MULTIPLE CHOICE

1. According to the authors of your textbook, the definition of a psychological disorder is associated with
   a. stress.
   b. impaired functioning.
   c. culturally expected responses.
   d. psychotic symptoms.
   ANS: B  DIF: Easy  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Factual

2. A psychological dysfunction refers to
   a. a breakdown in cognitive functioning.
   b. a breakdown in emotional functioning.
   c. a breakdown in behavioral functioning.
   d. all of these
   ANS: D  DIF: Moderate  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Factual

3. Regarding the definition of abnormality, it is correct to state that
   a. it is difficult to define "normal" and "abnormal."
   b. personal distress is the only criterion that defines abnormality.
   c. the criteria differ depending on the cause of the psychological disorder.
   d. the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.
   ANS: A  DIF: Easy  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Conceptual

4. The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because
   a. behavior that occurs infrequently is considered abnormal in every culture.
   b. society is less willing to tolerate eccentricity in people who are productive.
   c. behaviors vary very little from one culture to another.
   d. many people behave in ways that deviate from the average or appear to violate social norms, but this doesn’t mean that they have a disorder.
   ANS: D  DIF: Difficult  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Conceptual

5. It is 2002, and Hakim is an idealistic young Iraqi student. He joins a group protesting various government policies and criticizes Saddam Hussein. For his dissident political views, Ivan will probably be
   a. forced to work for the Communist Party.
   b. incarcerated in a maximum security prison.
   c. given psychological tests to determine if he is mentally ill.
   d. committed to a mental institution.
   ANS: D  DIF: Difficult  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Applied
   NOT: NEW

6. A male college student begins feeling sad and lonely. Although still able to go to classes and work at his job, he finds himself feeling down much of the time and worries about what is happening to him. Which part of the definition of abnormality applies to his situation?
   a. Personal distress
   b. Cultural factors
   c. Impaired functioning
   d. Violation of societal norms
   ANS: A  DIF: Moderate  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Applied
   NOT: NEW

7. Which of the following degrees is earned by a psychiatrist?
   a. Ph.D.
   b. Ed.D.
   c. M.D.
   d. Psy.D.
   ANS: C  DIF: Easy  REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a  MSC: TYPE: Factual

8. Rocky Starr is a rocker who wears outlandish female makeup and women’s clothing when performing on stage. This behavior is considered
   a. more normal than that of a business man who suddenly starts to do so.
   b. less abnormal than that of a business man who starts to do so because it contributes to his job success.
   c. less abnormal than that of a female who wears makeup every day.
   d. just as abnormal as that of a business man who starts wearing makeup.
   ANS: B  DIF: Moderate  REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a  MSC: TYPE: Applied
   NOT: NEW
9. The typical profile or prototype of a disorder reflects the ________ as described in DSM-IV.
   a. theoretical perspectives on abnormality
   b. treatments for mental disorders
   c. causes of mental illness
   d. diagnostic criteria for psychological disorders
   ANS: D DIF: Moderate REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a MSC: TYPE: Conceptual

10. The scientific study of psychological disorders is called
   a. psychopathology. c. pseudoscience.
   b. psychoanalysis. d. parapsychology.
   ANS: A DIF: Easy REF: Understanding Psychopathology
   OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual

11. After college graduation, two of your friends are interested in careers in the helping professions. Anna wants to become a psychiatrist; Carl plans on becoming a psychologist. Since you are taking a course in abnormal psychology, they ask you for career advice. You would tell
   a. Anna to apply to medical school and Carl to study psychology at the graduate level.
   b. Carl to apply to medical school and Anna to study psychology at the graduate level.
   c. both of them to apply to medical school.
   d. both of them to apply to graduate school.
   ANS: A DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied

12. All of the following are ways in which mental health professionals might function as scientist-practitioners EXCEPT
   a. analyzing their own motivations and reasons for helping people with psychological problems.
   b. evaluating their own assessments and treatments for effectiveness.
   c. conducting research leading to new information about mental disorders and their treatments.
   d. using the most current diagnostic and treatment procedures.
   ANS: A DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

13. Tameka, having earned her master’s degree, has begun treating disorders and concentrating on family problems. Tameka is probably a(n)
   a. psychiatric social worker. c. psychiatric nurse.
   b. family therapist. d. mental health counselor.
   ANS: A DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied

14. As used by clinical psychologists, the term “presenting problem” is used to indicate the problem that
   a. the patient thinks is most severe.
   b. has lasted the longest amount of time.
   c. the therapist thinks is most severe.
   d. first brought the individual to therapy.
   ANS: D DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

15. Statistical data are often relevant when discussing psychological disorders. For example, a researcher might want to know how many new cases of depression are diagnosed each year, a figure called the ________ of the disorder.
   a. prevalence c. recurrence
   b. incidence d. ratio
   ANS: B DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

16. Psychological disorders can be described as following a typical course or individual pattern. For example, schizophrenia follows a chronic course. On the other hand, mood disorders, including depression, follow a(n) ________ course.
   a. episodic c. guarded
   b. time-limited d. insidious
   ANS: A DIF: Difficult REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Conceptual

17. If a psychological disorder is said to have an acute onset, it means that the symptoms developed
   a. suddenly.
   b. atypically.
   c. gradually.
   d. following a period of recovery.
   ANS: A DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

18. When 20-year-old Larry was first diagnosed with schizophrenia, his family wanted to know if and how the disorder would progress and how it would affect him in the future. In medical terms, the family wanted to know Larry’s
   a. diagnosis. c. psychosocial profile.
   b. prognosis. d. pathology.
   ANS: B DIF: Moderate REF: Understanding Psychopathology
   OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied
19. At various times in history, in an attempt to explain problematic, irrational behavior, humans have focused on supernatural causes that include all of the following EXCEPT
   a. witchcraft.  
   b. demons and evil spirits. 
   c. bodily humors. 
   d. the moon and stars. 
   
   ANS: C  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Conceptual

20. The biological and psychological models or theories of abnormality derived originally from the ancient Greek concept, in which the
   a. mind was considered separate from the body. 
   b. flow of bodily fluids affected behavior and personality. 
   c. female reproductive organs were associated with psychopathology. 
   d. movement of the planets influenced human behavior. 
   
   ANS: A  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Conceptual

21. Since ancient Greece, the concept of a psyche or soul was similar to that of the
   a. brain.  
   b. mind.  
   c. body.  
   d. blood. 
   
   ANS: B  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Conceptual

22. Toward the end of the 14th century and continuing into the 15th, the causes of “madness” were generally attributed to
   a. toxins in the blood. 
   b. religious delusions. 
   c. brain disease. 
   d. demons and witches. 
   
   ANS: D  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Factual

23. Which of the following accurately describes the attitudes of the Catholic Church toward mentally ill people during the turbulent political and
   religious events of the 14th and 15th centuries?
   a. They were considered to be suffering from religious delusions and were cared for by members of the church communities. 
   b. They were seen as possessed by evil spirits and blamed for all misfortunes. 
   c. They were regarded as basically good individuals who were not responsible for their abnormal behavior. 
   d. They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness. 
   
   ANS: B  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Factual

24. During the Middle Ages, as well as at other times, mentally ill people were sometimes forced to undergo the religious ritual called exorcism. This was in order to
   a. cure the mental illness by making the individual more religious. 
   b. build up muscle strength and make the person healthier. 
   c. rid the individual’s body of evil spirits. 
   d. prove that the person was not a witch. 
   
   ANS: C  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Factual

25. As noted in the textbook, the young girl in the movie The Exorcist was
   a. diagnosed with a brain tumor. 
   b. diagnosed with a seizure disorder. 
   c. forced to submit to an exorcism before receiving any medical or psychological treatments. 
   d. forced to submit to an exorcism after mental and physical conditions were ruled out. 
   
   ANS: D  
   DIF: Difficult  
   REF: Understanding Psychopathology  
   OBJ: 3 APALO: 1.2.b  
   MSC: TYPE: Factual

26. The belief of homophobic people that the “sin” of homosexuality has resulted in HIV/AIDS is related to the historical concept of ________ as a cause of madness.
   a. divine punishment  
   b. faith healing  
   c. hysteria  
   d. sorcery  
   
   ANS: A  
   DIF: Easy  
   REF: Understanding Psychopathology  
   OBJ: 1 APALO: 1.1.a  
   MSC: TYPE: Conceptual

27. DSM-IV-TR, an updated version of the Diagnostic and Statistical Manual of Mental Disorders, was published in
   a. 1996.  
   b. 1998.  
   c. 2000.  
   d. 2002. 
   
   ANS: C  
   DIF: Easy  
   REF: Understanding Psychopathology  
   OBJ: 1 APALO: 1.1.a  
   MSC: TYPE: Factual

28. Research about psychological disorders falls into three basic categories. Which is NOT one of these categories?
   a. Analysis  
   b. Description  
   c. Causation (etiology)  
   d. Treatment and outcomes 
   
   ANS: A  
   DIF: Moderate  
   REF: Understanding Psychopathology  
   OBJ: 1 APALO: 1.1.a  
   MSC: TYPE: Factual
29. The authors describe an example of conditioning in which cancer patients develop a negative reaction to a variety of people and things associated with their chemotherapy treatments. The phenomenon is called
   a. generalized conditioning.
   b. stimulus generalization.
   c. variety stimulus.
   d. stimulus discrimination.
   
   ANS: B
   DIF: Difficult
   REF: Understanding Psychopathology
   OBJ: 1
   APALO: 1.1.a
   MSC: TYPE: Factual

30. One hot and humid night, one of your friends suggests doing some really crazy things. You look up at the sky and say, “It must be the full moon.” Your statement reflects the concept from which the word _______ is derived.
   a. lunatic
   b. idiot
   c. manic
   d. psychopath
   
   ANS: A
   DIF: Difficult
   REF: The Supernatural Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Applied

31. Induced vomiting was a 17th century treatment for depression. As described in Anatomy of Melancholy (1621), this could be accomplished in part by eating
   a. raw meat.
   b. ice.
   c. coal.
   d. tobacco.
   
   ANS: D
   DIF: Moderate
   REF: The Supernatural Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

32. You are listening to old musical tunes, including “My Melancholy Baby.” Your friends are impressed when you tell them that “melancholic,” referring to a depressive personality, derives from a Greek word meaning
   a. blood.
   b. phlegm.
   c. yellow bile.
   d. black bile.
   
   ANS: D
   DIF: Difficult
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

33. According to Hippocrates’ humoral theory, the “choleric” personality is
   a. hot-tempered.
   b. easygoing.
   c. kind.
   d. cheap.
   
   ANS: A
   DIF: Moderate
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

34. Based on Hippocrates’ humoral theory, “sanguine” describes a person who is
   a. pessimistic.
   b. pale.
   c. cheerful.
   d. humorous.
   
   ANS: C
   DIF: Moderate
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

35. Bloodletting, a treatment devised centuries ago to restore the balance of humors, was accomplished with the use of
   a. needles.
   b. leeches.
   c. tourniquets.
   d. bacteria.
   
   ANS: B
   DIF: Moderate
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

36. In ancient Greece, a woman suffering from “hysteria” might be told that her condition could be cured by
   a. marriage.
   b. pregnancy.
   c. childbirth.
   d. divorce.
   
   ANS: A
   DIF: Moderate
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

37. In ancient Greece, some “humoral excesses” thought to be causing psychological disorders were treated by
   a. increasing or decreasing the person’s exposure to heat, dryness, moisture, or cold.
   b. herbal remedies.
   c. decreasing both caloric and liquid intake.
   d. lowering the person’s body temperature for extended periods of time.
   
   ANS: A
   DIF: Difficult
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

38. Somatoform disorders, a current DSM-IV classification that evolved from the concept of “hysteria,” affect
   a. adult males only.
   b. both males and females.
   c. adult females only.
   d. children only.
   
   ANS: C
   DIF: Difficult
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual

39. In keeping with an accepted treatment for mental illness in the 14th century, a physician treating King Charles VI of France had him moved to the countryside in order to
   a. have him closer to a hospital that treated mental illness.
   b. keep him away from his family.
   c. restore the balance in his humors.
   d. cure him of hysteria.
   
   ANS: C
   DIF: Difficult
   REF: The Biological Tradition
   OBJ: 3
   APALO: 1.2.b
   MSC: TYPE: Factual
40. In an attempt to rid the body of the excessive humors thought to be causing psychological disorders, physicians throughout history have used treatments such as
   a. bloodletting. c. exorcism.
   b. induced seizures. d. drilling through the skull.
   
   ANS: A  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

41. The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-IV classification?
   a. Anxiety disorders  c. PMS
   b. Neurosis  d. Somatoform disorders
   
   ANS: D  DIF: Difficult  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

42. The traditional tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of
   a. the “wandering womb.”
   b. an “incompetent cervix.”
   c. “penis envy.”
   d. “pelvic dysfunction.”
   
   ANS: A  DIF: Difficult  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

43. Until the 1970s, hysterical disorders were diagnosed only in women. In fact the term “hysteria” derives from the Greek hysteron, which means
   a. ovary.
   b. uterus.
   c. pregnancy.
   d. vagina.
   
   ANS: B  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

44. The first significant supporting evidence for a biological cause of a mental disorder was the 19th century discovery that the psychotic disorder called general paresis was caused by the same bacterial microorganism that causes
   a. malaria.
   b. Alzheimer’s disease.
   c. syphilis.
   d. hysteria.
   
   ANS: C  DIF: Difficult  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

45. In the 19th century, John Grey, a well-known American psychiatrist, believed that mental illness was due to
   a. psychological factors.
   b. physical causes.
   c. social/environmental influences.
   d. unknown influences.
   
   ANS: B  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

46. In the 1930s, after insulin shock therapy had been abandoned because it was too risky as a treatment for mental disorder, medical professionals began to use ________ instead.
   a. bromides  c. megavitamin therapy
   b. electronconvulsive therapy  d. moral therapy
   
   ANS: B  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

47. The first effective medications for severe psychotic disorders were developed in the
   a. 1930s.
   b. 1950s.
   c. 1970s.
   d. 1990s.
   
   ANS: B  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

48. In the 1800s, an important research and clinical publication read by psychiatrist in the United States was titled
   a. Case Studies in Mental Illness.
   c. American Journal of Insanity.
   d. Lunatics in America.
   
   ANS: C  DIF: Difficult  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

49. With the discovery of the major tranquilizers called ________, it became possible to control psychotic symptoms, including hallucinations, delusions, and aggressiveness.
   a. neuroleptics  c. bromides
   b. benzodiazepines  d. opiates
   
   ANS: A  DIF: Moderate  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual

50. Benzodiazepines, or “minor” tranquilizers such as Valium and Librium, are effective in reducing the symptoms of
   a. depression.
   b. anxiety.
   c. schizophrenia.
   d. hysteria.
   
   ANS: B  DIF: Easy  REF: The Biological Tradition  
   OBJ:  3 APALO: 1.2.b  MSC: TYPE: Factual
51. In the late 1800s, the emphasis on a biological cause of mental disorder ironically resulted in reduced interest in treatments for mental patients because it was thought that
   a. physicians should devote more time to the physically ill.
   b. patients would improve more rapidly if they were not hospitalized.
   c. the hospital staff was not adequately trained to administer new treatments.
   d. mental illness due to brain pathology was incurable.
   
   ANS: D  DIF: Difficult  REF: The Biological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

52. In contrast to the asylums of the early 18th century, the psychosocial approach called “moral therapy” advocated all of the following EXCEPT
   a. restraint and seclusion.
   b. normal social interaction.
   c. individual attention from the hospital staff.
   d. lectures on interesting subjects for hospitalized patients.
   
   ANS: A  DIF: Easy  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

53. After Philippe Pinel systematically introduced moral therapy as a treatment in mental hospitals in France, a similar type of treatment was first
   established in a U.S. hospital by
   a. Benjamin Rush.
   d. Manfred Sakel.
   
   ANS: A  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

54. After the mid 1800s, moral therapy declined as a treatment for the mentally ill in the United States because
   a. the number of patients in mental institutions also declined.
   b. immigrants caused an increase in the mental hospital population.
   c. the number of people available to staff mental hospitals increased.
   d. new biologically based treatments became available.
   
   ANS: B  DIF: Difficult  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

55. You have been asked to give a report on the mental hygiene movement and its foremost crusader, Dorothea Dix, who campaigned for more
   humane treatment of the insane. After mentioning all of her accomplishments, you note the unforeseen consequence of her efforts, namely,
   a. a decrease in the number of mental patients in institutions, forcing many to close.
   b. an increase in the number of mental patients, resulting in insufficient staff to care for them.
   c. a change from custodial care to moral therapy for institutionalized patients.
   d. more patients receiving psychotherapy and fewer receiving medication.
   
   ANS: B  DIF: Difficult  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

56. Anton Mesmer, an early 18th century physician, purported to be affecting cures in patients by unblocking their flow of a bodily fluid he called
   “animal magnetism.” In fact, any effectiveness of his methods was actually due to
   a. undetectable magnetic fields.
   b. chemically induced humoral balance.
   c. mental telepathy.
   d. the power of suggestion.
   
   ANS: D  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

57. ________ demonstrated that some techniques of mesmerism were effective with several psychological disorders.
   
   ANS: D  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Factual

58. Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological
   disorders?
   a. Feelings of relief and improvement
   b. Decreased emotionality while in the hypnotic state
   c. Accurate posthypnotic recall
   d. Increased understanding of the causes of their psychological disorder
   
   ANS: A  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

59. Realizing that patients were often unaware of material previously recalled under hypnosis, Breuer and Freud hypothesized the existence of
   ________, a concept considered one of the most important developments in the history of psychopathology.
   a. neurosis  b. the unconscious mind  c. the Electra complex  d. catharsis
   
   ANS: B  DIF: Easy  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Factual
60. In using hypnosis to treat patients with psychological disorders, Freud discovered
   a. that it is therapeutic to recall and relive emotionally traumatic events.
   b. that patients are unable to process emotionally charged information.
   c. that hypnosis is less effective than mesmerism.
   d. the existence of conscious memories.

   ANS: A  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

61. In the classic case of Anna O. in 1895, neurologist Josef Breuer treated her “hysterical” symptoms by using
   a. hydrotherapy.  c. faith healing.
   b. hypnosis.    d. the placebo effect.

   ANS: B  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

62. Which of the following is NOT included as part of Freud’s structure of the mind?
   a. Id  c. Superego
   b. Psyche  d. Ego

   ANS: B  DIF: Easy  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Factual

63. In Freudian theory, “libido” and “thanatos” represent the two basic but opposing drives of
   a. life and death.  c. good and evil.
   b. sex and celibacy.  d. pleasure and pain.

   ANS: A  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Factual

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

   ANS: C  DIF: Difficult  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

65. Although Freud conceptualized the libido as the life energy within the id, many people think of it as the
   a. death instinct.  c. conscience.

   ANS: A  DIF: Easy  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Factual

66. According to psychoanalytic theory, the ________ develops early in life to insure that we can adapt to the demands of the real world while still
   finding ways to meet our basic needs.
   a. ego  c. libido
   b. superego  d. ideal self

   ANS: A  DIF: Difficult  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

67. According to psychoanalytic theory, the id operates on the “pleasure principle,” which means that it
   a. adheres to social rules and regulations.
   b. thinks in an unemotional, logical, and rational manner.
   c. is sexual, aggressive, selfish, and envious.
   d. utilizes secondary process thinking.

   ANS: C  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.2.b  MSC: TYPE: Conceptual

68. When Johnny wanted a cookie before dinner, he thought about just going and taking one without permission. However, after thinking about it,
   he decided to get permission from his mom. Johnny was operating according to the ________ principle.
   a. pleasure  c. moral
   b. reality  d. Oedipal

   ANS: B  DIF: Moderate  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.3.d  MSC: TYPE: Applied
   NOT: NEW

69. A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of the id. You respond by saying that
   a. each of us develops an ego to help us behave more realistically.
   b. id fantasies never become reality.
   c. psychologists disproved Freud’s theories a long time ago.
   d. since id impulses are usually part of consciousness awareness, we can learn to control
      them.

   ANS: A  DIF: Difficult  REF: The Psychological Tradition
   OBJ: 3  APALO: 1.3.d  MSC: TYPE: Applied
70. According to psychoanalytic theory, the role of the ego involves
a. counteracting the aggressive and sexual drives of the id.
b. maximizing pleasure and reducing tension.
c. mediating conflict between the id and the superego.
d. utilizing fantasy and primary process thinking.

ANS: C 
DIF: Difficult 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

71. According to psychoanalytic theory, the conflicts between the id and the superego often lead to feelings of
a. anxiety. 
 b. desire. 
c. depression. 
d. anger.

ANS: A 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

72. According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as
a. reality-based actions. 
b. unconscious protective processes. 
c. conscious efforts to maintain control. 
d. primitive emotional responses.

ANS: B 
DIF: Difficult 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

73. All of the following are examples of defense mechanisms EXCEPT
a. adaptation. b. displacement. c. repression. d. projection.

ANS: A 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Factual

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

ANS: C 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

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

ANS: B 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

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

ANS: A 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Applied

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

ANS: A 
DIF: Easy 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Applied

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

ANS: B 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual

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

ANS: C 
DIF: Moderate 
REF: The Psychological Tradition 
OBJ: 3 APALO: 1.3.d 
MSC: TYPE: Conceptual
80. Borderline personality disorder, in which some behavior “borders” on being out of touch with reality, was first associated with the ideas of
a. Otto Kernberg.  
c. Alfred Adler.
b. Sigmund Freud.  
d. Carl Jung.
ANS: A  
DIF: Difficult  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Factual

81. In their theories about human nature, psychoanalysts Carl Jung and Alfred Adler both
a. regarded human nature as possessing many negative qualities.
b. completely accepted Freud’s ideas.
c. believed that there were no barriers to the internal and external growth of the individual.
d. emphasized a strong drive toward individual self-actualization.
ANS: D  
DIF: Difficult  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

82. Severe internal conflicts that produce a lot of anxiety or other emotions can trigger self-defeating defensive processes or symptoms such as
a. acute and posttraumatic stress symptoms.
b. depression or bipolar symptoms.
c. phobic or obsessive symptoms.
d. suicidal or aggressive symptoms.
ANS: A  
DIF: Difficult  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

83. In Erik Erikson’s theory of lifespan development, an individual reaches the mature stage when he or she is about ________ years old.
55  
c. 75
b. 65  
d. 85
ANS: B  
DIF: Easy  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Factual

84. Which of the following is an accurate statement about “stage” theories of development?
a. In Freudian theory, sexual arousal and interest occur during the latency stage.
b. In Erikson’s theory, development occurs across the lifespan.
c. In Freudian theory, intrapsychic conflicts are resolved in early childhood.
d. In Fromm’s theory, culture and society influence personality.
ANS: B  
DIF: Moderate  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

85. In psychoanalytic psychotherapy, it is important for patients to
a. keep their thoughts and feelings to themselves.
b. make eye contact with the psychoanalyst.
c. describe the content of their dreams to the analyst.
d. remain emotionally detached from the analyst.
ANS: C  
DIF: Moderate  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

86. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it
a. emphasizes the goal of personality reconstruction.
b. requires a long-term commitment on the part of the person being analyzed.
c. focuses on social and interpersonal issues.
d. considers past experiences important.
ANS: C  
DIF: Difficult  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

87. The concepts of “self-actualizing” and “the hierarchy of needs” are most closely associated with the theories of
a. Abraham Maslow.  
c. Carl Jung.
b. Carl Rogers.  
d. Melanie Klein.
ANS: A  
DIF: Easy  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

88. Which of the following is NOT associated with the humanistic theories of Carl Rogers?
a. Unconditional positive regard 
b. Hierarchy of needs 
c. Empathy 
d. Person-centered therapy
ANS: B  
DIF: Easy  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual

89. Humanistic therapists regard ________ as the single most positive influence in facilitating human growth.
a. therapist interpretation of patient verbalizations 
b. relationships (including the therapeutic relationship) 
c. self-esteem 
d. intellectual and moral development
ANS: B  
DIF: Moderate  
REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d  
MSC: TYPE: Conceptual
90. The systematic development of a scientific approach to psychopathology is represented by
   a. humanistic psychology.  
   b. psychoanalysis.  
   c. Jungian psychology.  
   d. the behavioral model.
   ANS: D  
   DIF: Moderate  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Conceptual  

91. Which scientist felt that psychology should not use introspection or other unquantifiable methods and is considered the founder of behaviorism?
   a. Edward Titchener  
   b. B.F. Skinner  
   c. John Watson  
   d. Ivan Pavlov
   ANS: C  
   DIF: Easy  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Factual  

92. Someone you know has been having a lot of difficulty because of irrational fears. Knowing that you are studying abnormal psychology, this person asks if you know of an effective and well-established treatment. You advise her that ________, based on the mid 20th century work of Joseph Wolpe, is a successful anxiety reduction procedure.
   a. systematic desensitization  
   b. person centered therapy  
   c. exorcism  
   d. aversive conditioning
   ANS: A  
   DIF: Moderate  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Applied  

93. Which well-known behavioral scientist was the author of *The Behavior of Organisms* (1938) and *Walden Two* (1948)?
   a. John Watson  
   b. Ivan Pavlov  
   c. B.F. Skinner  
   d. Edward L. Thorndike
   ANS: C  
   DIF: Moderate  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Factual  

94. Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on
   a. humans.  
   b. pigeons.  
   c. rats.  
   d. dogs.
   ANS: D  
   DIF: Moderate  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Conceptual  

95. Mustafa was bitten by a dog when he was five years old. Now he is afraid of any dog he sees. His fear of dog is a(n)
   a. unconditioned stimulus.  
   b. unconditioned response.  
   c. conditioned stimulus.  
   d. conditioned response.
   ANS: D  
   DIF: Difficult  
   REF: The Psychological Tradition  
   OBJ: 3  
   APALO: 1.3.d  
   MSC: TYPE: Applied  

96. In the process of self-actualizing, emphasized in humanistic psychology, individuals
   a. adopt a conditioned response to a variety of stimuli.  
   b. direct their own course of therapy under the guidance of a counselor.  
   c. strive to achieve their highest potential against life’s obstacles.  
   d. achieve a complete and almost unqualified acceptance of their own dysfunctions.
   ANS: C  
   DIF: Easy  
   REF: The Psychological Tradition  
   OBJ: 4  
   APALO: 1.4.e  
   MSC: TYPE: Conceptual  

97. The continual interaction of biological, psychological, and social influences and their effect on behavior is considered
   a. sociocultural.  
   b. psychobiological/biopsychological.  
   c. systematic.  
   d. multidimensional and integrative.
   ANS: D  
   DIF: Moderate  
   REF: An Integrative Approach  
   OBJ: 4  
   APALO: 1.4.e  
   MSC: TYPE: Conceptual  

ESSAY

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

   ANS:

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

   NOT: NEW
2. Describe the process of becoming a mental health professional. Include a discussion of the differences among the following: psychiatrist, psychologist, psychiatric social worker, psychiatric nurse. For each profession, list the credentials, the educational background, and the professional responsibilities.

ANS:
Sample Answer: Within this field are clinical and counseling psychologists, psychiatrists, psychiatric social workers, and psychiatric nurses, as well as marriage and family therapists and mental health counselors.

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

Finally, marriage and family therapists and mental health counselors typically spend one to two years earning a master’s degree and are employed to provide clinical services by hospitals or clinics.

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

ANS:
Sample Answer: For much of our recorded history, the supernatural tradition described deviant behavior as a reflection of the battle between good and evil. During the last quarter of the 14th century, religious and lay authorities supported these popular superstitions, and society as a whole began to believe more strongly in the existence and power of demons and witches. Treatments included exorcism, in which various religious rituals were performed to rid the victim of evil spirits. Other approaches included shaving the pattern of a cross in the hair of the victim’s head and securing sufferers to a wall near the front of a church so that they might benefit from hearing Mass. An equally strong opinion reflected the view that insanity was a natural phenomenon, caused by mental or emotional stress, and was curable. Common treatments were rest, sleep, and a healthy environment. Other treatments included baths, ointments, and various potions. Paracelsus, a Swiss physician who lived from 1493 to 1541, rejected notions of possession by the devil, suggesting instead that the movements of the moon and stars had profound effects on people’s psychological functioning. This influential theory inspired the word lunatic, which is derived from the Latin word for moon, Luna.

With the biological tradition, physical causes of mental disorders have been sought since antiquity. The Greek physician Hippocrates (460–377 B.C.) and others suggested that psychological disorders could be treated like any other disease. They believed psychological disorders might also be caused by brain pathology or head trauma and could be influenced by heredity (genetics). Hippocrates considered the brain to be the seat of wisdom, consciousness, intelligence, and emotion. Therefore, disorders involving these functions would logically be located in the brain. Hippocrates also recognized the importance of psychological and interpersonal contributions to psychopathology. The Roman physician Galen (approximately 129–198 A.D.) adopted these ideas and developed them further, creating an influential school of thought that extended well into the 19th century. Physicians believed that disease resulted from too much or too little of one of the humors; for example, too much black bile was thought to cause melancholia (depression). The humoral theory was, perhaps, the first example of associating psychological disorders with a “chemical imbalance,” an approach that is widespread today.

The psychological tradition has a long tradition. Plato, for example, thought that the two causes of maladaptive behavior were the social and cultural influences in one’s life and the learning that took place in that environment. If something was wrong in the environment, such as abusive parents, one’s impulses and emotions would overcome reason. The best treatment was to reeducate the individual so that reason would predominate.

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

After William Tuke (1732–1822) followed Pinel’s lead in England, Benjamin Rush (1745–1813), often considered the founder of American psychiatry, introduced moral therapy at Pennsylvania Hospital. Asylums had appeared in the 16th century, but they were more like prisons than hospitals.

Dorothea Dix (1802–1887) campaigned for reform in the treatment of insanity. Having worked in various institutions, she had firsthand knowledge of the deplorable conditions imposed on patients with insanity, and she made it her life’s work to inform the American public of these abuses. Her work became known as the mental hygiene movement. An unforeseen consequence of Dix’s heroic efforts was a substantial increase in the number of mental patients. This influx led to a rapid transition from moral therapy to custodial care.

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

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

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

-Defense mechanisms. In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.

-Psychosexual stages of development. Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning. These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure.
5. Explain the inadequacies of the various perspectives, and explain why the concept of a multidimensional integrative approach to psychopathology appears to be the more logical choice.

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

NOT: NEW