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Chapter 02: Theoretical Perspectives on Abnormal Behaviour

Chapter 02 Multiple Choice Questions

1. **An integrative approach to the case study of Hailey at the start of the chapter**
A) would focus on how maternal postpartum depression factors combine with peer social stressors in triggering depression.
B) would focus on how genetic factors interact with atypical synthesis of neurotransmitters to produce depression.
C) would infer biological, psychological and social factors from Hailey's developmental history and describe how these factors have interacted over time to produce depression.
D) would infer multiple biological and social factors from Hailey's history and then describe how these factors have dynamically and reciprocally interacted over time.
E) would look at Hailey's history of thoughts, feelings and behaviours and integrate these in an account of how and when her depression emerged.

Difficulty: 2
QuestionID: 02-1-01
Page-Reference: 25
Skill: Conceptual, application

Answer: C) would infer biological, psychological and social factors from Hailey's developmental history and describe how these factors have interacted over time to produce depression.

2. **A theory of abnormal behaviour**
A) should only consider biological factors.
B) should be abandoned when shown to be incorrect, regardless of whether there is a better one available.
C) should not be considered useful if it has been shown to be incorrect, even if it generates further research.
D) should be judged solely on how well it matches current information.
E) should be abandoned only when there is a better one available.

Difficulty: 3
QuestionID: 02-1-02
Page-Reference: 26
Skill: Conceptual

Answer: E) should be abandoned only when there is a better one available.

3. **Single-factor explanations**
A) tend to identify risk factors rather than specific causes of dysfunctional behaviour.
B) emphasize one factor as being a major contributor to a particular psychological disorder.
C) are generally preferred over other explanations because of their simplicity.
D) often reflect a high level of current comprehensive knowledge of disorders.
E) view behaviour as the product of the interaction of several factors.

Difficulty: 2
QuestionID: 02-1-03
Page-Reference: 26
Skill: Factual

Answer: B) emphasize one factor as being a major contributor to a particular psychological disorder.

4. **According to the text, scientific theories, such as those of abnormal psychology, are judged to be valuable for all of the following reasons EXCEPT:**
A) they make predictions about aspects of the phenomena that had not previously been made.
B) they make it possible to specify the evidence necessary to deny the theory.

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C) they are parsimonious.
D) they integrate most of what is presently known about the phenomena.
E) they describe the enduring truth about an issue.

Difficulty: 2
QuestionID: 02-1-04
Page-Reference: 27
Skill: Conceptual

Answer: E) they describe the enduring truth about an issue.

5. **Theories**
A) are never completely replaced in science because a better theory comes along.
B) are not facts, but rather the best approximation possible at the present time.
C) represent the known facts of current understanding.
D) can be proven correct, if enough evidence is gathered.
E) must be shown to be true by scientists.

Difficulty: 3
QuestionID: 02-1-05
Page-Reference: 27
Skill: Conceptual

Answer: B) are not facts, but rather the best approximation possible at the present time.

6. **In science, experiments are set up not to prove the worth of a theory, but rather to reject what is called the**
A) rejection hypothesis.
B) test hypothesis.
C) experimental hypothesis.
D) null hypothesis.
E) false hypothesis.

Difficulty: 1
QuestionID: 02-1-06
Page-Reference: 26-27
Skill: Factual

Answer: D) null hypothesis.

7. **According to the text, which of the following is NOT a general aim of theories about mental disorders?**
A) To identify characteristics that precede and follow episodes of the problem behaviour
B) To predict the course of the disorder
C) To identify the factors that maintain the behaviour
D) To design effective treatments
E) To explain the origins of the problem behaviour

Difficulty: 1
QuestionID: 02-1-07
Page-Reference: 27
Skill: Factual

Answer: A) To identify characteristics that precede and follow episodes of the problem behaviour

8. **The effects of untreated phenylketonuria (PKU) are**
A) markedly increased blood levels of phenylalanine, resulting in obsessive-compulsive disorder in adulthood.
B) markedly increased blood levels of phenylalanine, resulting in severe mental retardation.

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C) markedly increased blood levels of phenylalanine, resulting in severe dyslexia.
D) markedly increased blood levels of glycogen, resulting in severe dyslexia.
E) markedly increased blood levels of glycogen, resulting in severe mental retardation.

Difficulty: 1
QuestionID: 02-1-08
Page-Reference: 27
Skill: Factual

Answer: B) markedly increased blood levels of phenylalanine, resulting in severe mental retardation.

9. **The etiology of a disorder refers to**
A) the proportion of the population affected by the disorder at any one time.
B) the number of new cases of a disorder, per 100,000 people per year.
C) the factors that maintain a disorder.
D) the causes or origins of a disorder.
E) the predicted path that people diagnosed with a disorder usually follow.

Difficulty: 1
QuestionID: 02-1-09
Page-Reference: 27
Skill: Factual

Answer: D) the causes or origins of a disorder.

10. **Clark and Beck (2010) have modified Aaron Beck's cognitive formulation of depression and anxiety to include neurobiological correlates of cognitive therapy (CT): as CT modifies maladaptive cognitive processes, imaging studies show that these changes are accompanied by**
A) reduced activation of subcortical regions and increased activation of cortical regions involved in cognitive control of emotion and reflective processes.
B) reduced activation of cortical regions involved in excessive thinking, with increased activation in subcortical regions involved in the relaxation response.
C) increased activation in interactive cortical and subcortical regions where emotional processing takes place.
D) reduced activity in the left parietal lobe which has been associated with hyper- focusing and the anxio-depressogenic response complex.
E) increased activity in the left parietal lobe, which has been associated with adaptive judgment and appropriate emotional responses.

Difficulty: 2
QuestionID: 02-1-10
Page-Reference: 27
Skill: Factual

Answer: A) reduced activation of subcortical regions and increased activation of cortical regions involved in cognitive control of emotion and reflective processes.

11. **The best response to reductionism from an integrative perspective is**
A) biological processes have psychological and social correlates and vice versa: these are different and equally important levels of analysis for understanding human behaviour.
B) biological processes affect people at the psychological and social levels of analysis and so it's important to intervene at the most fundamental level.
C) the brain and the peripheral nervous system, but not the endocrine system, gives rise to all healthy and unhealthy psycho-social processes.
D) we must seek to identify the psychological processes that give rise to healthy and unhealthy brain states.
E) we must seek to identify the psycho-social processes that give rise to healthy vs. unhealthy brain states.

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Difficulty: 3
QuestionID: 02-1-11
Page-Reference: 28-47
Skill: Application

Answer: A) biological processes have psychological and social correlates and vice versa: these are different and equally important levels of analysis for understanding human behaviour.

12. **Biological theories of abnormal behavior have primarily implicated dysfunctions in**
A) the brain (central nervous system), the peripheral nervous system, or the endocrine system.
B) the peripheral nervous system and the endocrine system, but not the brain.
C) the brain and the peripheral nervous system, but not the endocrine system.
D) the brain only.
E) the brain and the endocrine system, but not the peripheral nervous system.

Difficulty: 1
QuestionID: 02-1-12
Page-Reference: 28
Skill: Factual

Answer: A) the brain (central nervous system), the peripheral nervous system, or the endocrine system.

13. **Dementia, a deterioration in cognitive processes seen in disorders such as Parkinson's or Alzheimer's disease, has been linked to**
A) spinal cord injury.
B) dysfunction of the reticular activating system of the midbrain.
C) dysfunction of the hindbrain.
D) the general loss or ineffective functioning of brain cells.
E) damage to the cerebellum.

Difficulty: 1
QuestionID: 02-1-13
Page-Reference: 29
Skill: Factual

Answer: D) the general loss or ineffective functioning of brain cells.

14. **It can be inferred from the chapter's discussion that current theories about the brain bases of abnormal behaviour**
A) have not seriously considered the roles of neurotransmitters and neuronal damage.
B) have given equal weight to the roles of neurotransmitters and neuronal damage.
C) have given more weight to the roles of neurotransmitters than to actual neuronal damage.
D) have only considered the role of one neurotransmitter, dopamine.
E) have given more weight to the role of actual neuronal damage than to neurotransmitters.

Difficulty: 2
QuestionID: 02-1-14
Page-Reference: 29
Skill: Factual

Answer: C) have given more weight to the roles of neurotransmitters than to actual neuronal damage.

15. **Which of the following statements concerning neurotransmitters is NOT true?**
A) The various neurotransmitters are spread fairly evenly throughout the brain, and are believed to play approximately equal roles in different functions (such as exploratory behaviours).
B) The majority of research concerning neurotransmitters has examined dopamine, serotonin, norepinephrine and (more

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recently) gamma aminobutyric acid (GABA).
C) Neurotransmitters either inhibit or activate an impulse in the post-synaptic neuron.
D) Neurotransmitters carry their messages across a gap between neurons called a "synapse" or "synaptic cleft".
E) Neurotransmitters are the chemical substances that carry messages from one neuron to the next.

Difficulty: 2
QuestionID: 02-1-15
Page-Reference: 29-30
Skill: Factual

Answer: A) The various neurotransmitters are spread fairly evenly throughout the brain, and are believed to play approximately equal roles in different functions (such as exploratory behaviours).

16. **Which of the following is NOT a manner in which disturbances in neurotransmitter systems can result in abnormal behaviour?**
A) Having certain neurotransmitters working in brain circuits not responsive to those transmitters
B) Having an excess or deficit in the amount of the transmitter-deactivating substance in the synapse
C) Having too much or too little of the neurotransmitter produced or released into the synapse
D) Having too few or too many receptors on the dendrites of the receiving neurons
E) Having the process of reuptake (drawing released neurotransmitters back into the releasing axon) be too rapid or too slow

Difficulty: 3
QuestionID: 02-1-16
Page-Reference: 29
Skill: Factual

Answer: A) Having certain neurotransmitters working in brain circuits not responsive to those transmitters

17. **An experiment by Canadian neurophysiologist Bryan Kolb and his colleagues demonstrated that the offspring of rats raised in a complex environment exhibited**
A) decreased synaptic space on the neurons in the their cerebral cortex.
B) increased synaptic space on the neurons in their cerebral cortex.
C) an increase in the speed of neuronal transmission.
D) increased numbers of the neurotransmitter dopamine.
E) a decrease in the speed of neuronal transmission.

Difficulty: 3
QuestionID: 02-1-17
Page-Reference: 31
Skill: Factual

Answer: B) increased synaptic space on the neurons in their cerebral cortex.

18. **Which of the following is NOT TRUE regarding brain plasticity?**
A) Behaviour affects neurotransmitter activity
B) Brain plasticity can be influenced by a number of experiences that occur pre- and post-natally through hormones, diet, aging, stress, disease, and maturation
C) Any manipulation that produces an enduring change in behaviour leaves an anatomical footprint in the brain
D) Environmental events and responses to those events might contribute to the development of schizophrenia
E) Brain plasticity is possible only until middle-adolescence, after which the brain remains relatively stable

Difficulty: 3
QuestionID: 02-1-18
Page-Reference: 31
Skill: Factual

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Answer: B) Brain plasticity is possible only until middle-adolescence, after which the brain remains relatively stable

19. **The autonomic nervous system consists of**
A) the somatic nervous system and the sympathetic nervous system.
B) the somatic nervous system and the parasomatic nervous system.
C) the sympathetic nervous system and the parasympathetic nervous system.
D) the central nervous system and the peripheral nervous system.
E) the somatic nervous system and the endocrine system.

Difficulty: 1
QuestionID: 02-1-19
Page-Reference: 31-32
Skill: Factual

Answer: C) the sympathetic nervous system and the parasympathetic nervous system.

20. **The Canadian physician Hans Selye established the area of study now known as**
A) biofeedback.
B) stress physiology.
C) comparative psychology.
D) neuropsychology.
E) behavioural genetics.

Difficulty: 1
QuestionID: 02-1-20
Page-Reference: 32
Skill: Factual

Answer: B) stress physiology.

21. **Which of the following has been shown to be involved in fear and anxiety reactions, and thus perhaps in phobias or other anxiety disorders?**
A) the parasympathetic nervous system
B) the sympathetic nervous system
C) the gonads
D) the somatic nervous system
E) the thalamus

Difficulty: 1
QuestionID: 02-1-21
Page-Reference: 32
Skill: Factual

Answer: B) the sympathetic nervous system

22. **Relative to healthy controls, people who experience panic attacks**
A) have been demonstrated to display chronic muscle tension.
B) have been described as *sympathetic restrictors* because of their consistently low sympathetic nervous system activity.
C) have extremely high levels of the neurotransmitter dopamine.
D) have extremely low levels of the neurotransmitter dopamine.
E) take longer to unlearn a conditioned fear response.

Difficulty: 2
QuestionID: 02-1-22
Page-Reference: 32

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Skill: Factual

Answer: E) take longer to unlearn a conditioned fear response.

23. **The hypothalamus**
A) secretes "releasing" hormones that activate the pituitary gland.
B) is activated by neurotransmitters released by the pituitary gland.
C) is often called the "master gland".
D) directly releases prolactin and adrenocorticotrophic hormone into the body.
E) releases sex hormones in response to signals from the pituitary gland.

Difficulty: 1
QuestionID: 02-1-23
Page-Reference: 32-33
Skill: Factual

Answer: A) secretes "releasing" hormones that activate the pituitary gland.

24. **Which of the following statements is correct?**
A) Hypoglycemia, a disorder known to be related to a defective thyroid gland, results in a variety of psychiatric symptoms including anxiety and depression.
B) Cretinism, a disorder known to be related to the failure of the pancreas to produce balanced levels of insulin or glycogen, produces experiences that mimic anxiety.
C) Cretinism, a disorder known to be related to a defective thyroid gland, results in a variety of psychiatric symptoms including anxiety and depression.
D) Hypoglycemia, a disorder known to be related to a defective thyroid gland, results in a dwarflike appearance and mental retardation.
E) Cretinism, a disorder known to be related to a defective thyroid gland, results in a dwarflike appearance and mental retardation.

Difficulty: 3
QuestionID: 02-1-24
Page-Reference: 32
Skill: Factual

Answer: E) Cretinism, a disorder known to be related to a defective thyroid gland, results in a dwarflike appearance and mental retardation.

25. **Regarding the HPA axis which of the following statements is true?**
A) Too little cortisol in the long term can have adverse effects.
B) Too much cortisol in the long term can have adverse effects.
C) Too little cortisol in the short term can have adverse effects.
D) Too little glycogen in the long term can have adverse effects.
E) Too much glycogen in the short term can have adverse effects.

Difficulty: 3
QuestionID: 02-1-25
Page-Reference: 32
Skill: Conceptual

Answer: B) Too much cortisol in the long term can have adverse effects.

26. **Regarding the HPA axis which of the following statements is NOT true?**
A) The HPA axis refers to the hippocampus, pituitary gland and adrenal cortex
B) Action of the HPA includes release of cortisol by the adrenal cortex
C) Cortisol facilitates an individual's response to short-term threat

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D) Cortisol affects the body in ways that confer survival benefits
E) The HPA is chronically activated in most cases of depression and some cases of anxiety disorder

Difficulty: 3
QuestionID: 02-1-26
Page-Reference: 32
Skill: Factual

Answer: A) The HPA axis refers to the hippocampus, pituitary gland and adrenal cortex

27. **Which of the following is true regarding the gene-environment interaction?**
A) It appears that genes may influence behaviours that contribute to environmental stressors, wnich in turn, heighten risk for psychopathology.
B) Contrary to commonly held ideas, it appears that there is not a reciprocal relationship between genes and environmental risk factors.
C) It turns out that genetic risk factors and environmental risk factors operate independently for most disorders except schizophrenia.
D) Some mental disorders have been shown to be entirely due to sociocultural and environmental factors.
E) Genetic contributions to disorder are always more dominant than environmental factors.

Difficulty: 2
QuestionID: 02-1-27
Page-Reference: 33
Skill: Conceptual

Answer: A) It appears that genes may influence behaviours that contribute to environmental stressors, wnich in turn, heighten risk for psychopathology.

28. **Which seventeenth-century English philosopher thought that aggression and self- interest were inborn features of all humans?**
A) Sigmund Freud
B) John Locke
C) Thomas Hobbes
D) William Shakespeare
E) William Bentham

Difficulty: 1
QuestionID: 02-1-28
Page-Reference: 32
Skill: Factual

Answer: C) Thomas Hobbes

29. **Which of the following statements is true?**
A) Cesare Lombroso declared that criminals could be identified by physiological features they inherited from their degenerate parents.
B) Arthur Jensen declared that criminals could be identified by physiological features they inherited from their degenerate parents.
C) Arthur Jensen declared that criminals could be identified by psychological features they inherited from their degenerate parents.
D) Paul Broca declared that criminals could be identified by physiological features they inherited from their degenerate parents.
E) Cesare Lombroso declared that criminals could be identified by psychological features they inherited from their degenerate parents.

Difficulty: 3

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QuestionID: 02-1-29
Page-Reference: 32
Skill: Factual

Answer: A) Cesare Lombroso declared that criminals could be identified by physiological features they inherited from their degenerate parents.

30. **Research into the genetic basis of psychiatric disorders typically takes one of three forms. These three methods are:**
A) adoption studies, family studies, and sibling studies.
B) family studies, sibling studies, and adoption studies.
C) family studies, twin studies, and adoption studies.
D) twin studies, family studies, and sibling studies.
E) sibling studies, adoption studies, and twin studies.

Difficulty: 2
QuestionID: 02-1-30
Page-Reference: 33
Skill: Conceptual

Answer: C) family studies, twin studies, and adoption studies.

31. **Genetic linkage studies rely upon**
A) the identification of environmental factors that relate to a particular psychiatric disorder that runs in families.
B) the identification of genetic markers that can be linked to the occurrence of a disorder within the general population.
C) the identification of genetic markers that can be linked to the occurrence of a disorder within extended families.
D) the identification of environmental factors that relate to a particular psychiatric disorder within the general population.
E) the identification of several genes within a single person that combine to produce a particular psychiatric disorder.

Difficulty: 2
QuestionID: 02-1-31
Page-Reference: 33
Skill: Conceptual

Answer: C) the identification of genetic markers that can be linked to the occurrence of a disorder within extended families.

32. **Little Hans had such a fear of being bitten by a horse that he would not leave the house. Freud took the case and**
A) explained that the boy was associating horses to his earlier frightening experience that involved a horse.
B) dismissed the experience with the horse as causal, and considered the fear to have hidden causes.
C) explained that the boy's decision to avoid horses and stay indoors was his young ego's attempt at suppressing threatening id material that he didn't like.
D) explained that avoiding horses was a conscious attempt at repressing the horse incident to the unconscious.
E) attempted to help the boy identify his own beliefs and expectations about encountering another horse.

Difficulty: 3
QuestionID: 02-1-32
Page-Reference: 33
Skill: Factual

Answer: B) dismissed the experience with the horse as causal, and considered the fear to have hidden causes.

33. **Sigmund Freud, founder of the psychodynamic school of thought, was a**
A) behaviourist from Chicago.
B) psychologist from Paris.

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C) psychiatrist from Berlin.
D) neurologist from Vienna.
E) hypnotist from Oslo.

Difficulty: 3
QuestionID: 02-1-33
Page-Reference: 34
Skill: Factual

Answer: D) neurologist from Vienna.

34. **Which statement is NOT true about Bertha Pappenheim, also known as Anna O.?**
A) She revealed traumatic past experiences associated with deep emotional responses during hypnosis.
B) She became Germany's first social worker.
C) She continued to suffer from intermittent recurrence of her problems for years after being told she was 'cured' by Freud's mentor, Josef Breuer.
D) She became a leading feminist.
E) Though she became quite hostile towards psychoanalysis, she grudgingly allowed the girls in the home she ran to be psychoanalyzed because of their considerable problems.

Difficulty: 1
QuestionID: 02-1-34
Page-Reference: 34
Skill: Factual

Answer: E) Though she became quite hostile towards psychoanalysis, she grudgingly allowed the girls in the home she ran to be psychoanalyzed because of their considerable problems.

35. **What are the three levels of consciousness as distinguished by Freud?**
A) the preconscious, the conscious, and the unconscious
B) the conscious, the subconscious, and the unconscious
C) the conscious, the preconscious, and the subconscious
D) the subconscious , the nonconscious, and the unconscious
E) the conscious, the preconscious, and the unconscious

Difficulty: 2
QuestionID: 02-1-35
Page-Reference: 34
Skill: Factual

Answer: C) the conscious, the preconscious, and the unconscious

36. **The personality structure Freud called the *id***
A) utilizes what is called "secondary process thinking."
B) is the internalization of the moral standards of society.
C) begins to develop in the first year of life in response to experiences in which the infant's instinctual demands are not immediately met.
D) represents the rational aspect of one's personality.
E) acts according to the pleasure principle.

Difficulty: 1
QuestionID: 02-1-36
Page-Reference: 35
Skill: Factual

Answer: E) acts according to the pleasure principle.

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37. **Which of the following statements concerning the *ego* is true?**
A) It develops out of a concern for right and wrong.
B) It develops in response to the Oedipal complex.
C) It operates according to the pleasure principle.
D) It operates according to the reality principle.
E) It operates by "primary process thinking".

Difficulty: 2
QuestionID: 02-1-37
Page-Reference: 35
Skill: Factual

Answer: D) It operates according to the reality principle.

38. **The *superego***
A) develops to curb the desires of the *id* so that the individual does not suffer any unpleasant consequences.
B) acts according to the reality principles.
C) is the internalization of the moral standards of our society.
D) operates by "secondary process thinking".
E) represents biological or instinctual drives.

Difficulty: 1
QuestionID: 02-1-38
Page-Reference: 35
Skill: Factual

Answer: C) is the internalization of the moral standards of our society.

39. **According to Freud, the energy for the sexual drive called *eros* is referred to as _____.**
A) libido
B) thanatos
C) erogeny
D) electra
E) phallic

Difficulty: 1
QuestionID: 02-1-39
Page-Reference: 35
Skill: Factual

Answer: A) libido

40. **In the first year of life, an infant is at the**
A) anal stage.
B) latency stage.
C) phallic stage.
D) genital stage.
E) oral stage.

Difficulty: 1
QuestionID: 02-1-40
Page-Reference: 35
Skill: Factual

Answer: E) oral stage.

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41. **Alex is a four-year-old boy who starts telling his mother that he wants to marry her. Freud would characterize his behaviour as reflecting**
A) the Oedipal complex.
B) the pleasure principle.
C) sublimation.
D) the fear of parental loss.
E) castration anxiety.

Difficulty: 3
QuestionID: 02-1-41
Page-Reference: 35
Skill: Application

Answer: A) the Oedipal complex.

42. **Joe is often characterized as a "chatter box." A Freudian therapist would likely feel that he is fixated at which stage of development?**
A) latency stage
B) oral stage
C) phallic stage
D) genital stage
E) anal stage

Difficulty: 2
QuestionID: 02-1-42
Page-Reference: 35-36
Skill: Application

Answer: B) oral stage

43. **At which stage of development did Freud believe that girls experience the Electra complex?**
A) oral stage
B) phallic stage
C) genital stage
D) latency stage
E) anal stage

Difficulty: 2
QuestionID: 02-1-43
Page-Reference: 35-36
Skill: Factual

Answer: B) phallic stage

44. **Freud's concept of the Oedipal complex is based upon a play by the Greek tragedian, Sophocles. In this play, the character Oedipus**
A) kills his father and marries his mother.
B) kills his brother and marries his mother.
C) kills his mother and marries his sister.
D) kills his brother and marries his sister.
E) kills his father and marries his sister.

Difficulty: 1
QuestionID: 02-1-44
Page-Reference: 35-36

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Skill: Factual

Answer: A) kills his father and marries his mother.

45. **Freud believed that girls desire their father to gain what they strongly desire - a penis. Freud referred to this desire for the father as the**
A) Phallic complex.
B) Displacement complex.
C) Libido complex.
D) Electra complex.
E) Pandora complex.

Difficulty: 1
QuestionID: 02-1-45
Page-Reference: 35
Skill: Factual

Answer: D) Electra complex.

46. **The case of Little Hans demonstrates what Freud meant by**
A) the pleasure principle.
B) the reality principle.
C) the moral principle.
D) reaction formation.
E) castration anxiety.

Difficulty: 3
QuestionID: 02-1-46
Page-Reference: 35
Skill: Factual

Answer: E) castration anxiety.

47. **Which of the following is true of the latency stage of development?**
A) Because sex is especially relevant during this stage, it has received a great deal of attention from psychoanalysts.
B) It is a relatively quiescent stage.
C) It spans the age range from approximately 3 to 6 years.
D) Children in this stage typically associate with other children of the opposite sex.
E) Children in this stage develop their toilet training skills.

Difficulty: 3
QuestionID: 02-1-47
Page-Reference: 35
Skill: Factual

Answer: B) It is a relatively quiescent stage.

48. **Freud believed that the *ego* employed _____ to allow the expression of libidinal desires in a distorted or symbolic form.**
A) insight
B) object relations
C) the id
D) defence mechanisms
E) primary process thinking

Difficulty: 2

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QuestionID: 02-1-48
Page-Reference: 36
Skill: Factual

Answer: D) defence mechanisms

49. **According to Freud,_____ is the most fundamental of the defence mechanisms.**
A) repression
B) denial
C) projection
D) reaction formation
E) sublimation

Difficulty: 3
QuestionID: 02-1-49
Page-Reference: 36
Skill: Factual

Answer: A) repression

50. **After putting up with numerous criticisms from his boss all day, John came home and yelled at his wife for no apparent reason. This illustrates the defense mechanism of**
A) regression.
B) reaction formation.
C) projection.
D) denial.
E) displacement.

Difficulty: 3
QuestionID: 02-1-50
Page-Reference: 36
Skill: Application

Answer: E) displacement.

51. **After being informed that she has only 2 months to live, Lisa plans a holiday that will take place in a year's time. This illustrates which defence mechanism?**
A) Repression
B) Regression
C) Intellectualization
D) Reaction formation
E) Denial

Difficulty: 3
QuestionID: 02-1-51
Page-Reference: 36
Skill: Application

Answer: E) Denial

52. **Which of the following statements does NOT represent a valuable aspect of Freud's thinking, according to your text?**
A) He legitimized discussion and research on sexual matters.
B) He recognized that the motives for human behaviour were not always the obvious ones.
C) He encouraged a concern with processes beyond our awareness.
D) He emphasized the need to support claims with empirical evidence.

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E) His work on defence mechanisms has witnessed the greatest acceptance among clinicians than any of his other ideas.

Difficulty: 1
QuestionID: 02-1-52
Page-Reference: 36
Skill: Conceptual

Answer: D) He emphasized the need to support claims with empirical evidence.

53. **Early behaviourists such as Watson were**
A) environmentalists.
B) psychoanalysts.
C) biologists.
D) geneticists.
E) physicians.

Difficulty: 3
QuestionID: 02-1-53
Page-Reference: 36
Skill: Conceptual

Answer: A) environmentalists.

54. **Watson's behaviourism was based on**
A) Freud's ideas concerning the development of the ego.
B) the ideas of Freud's followers such as Carl Jung and Alfred Adler.
C) classical conditioning.
D) operant conditioning.
E) social learning theory.

Difficulty: 3
QuestionID: 02-1-54
Page-Reference: 36-37
Skill: Factual

Answer: C) classical conditioning.

55. **Watson's most famous application of the process of "stimulus-stimulus learning" was to the acquisition of**
A) obsessive-compulsive disorder.
B) post-traumatic stress disorder.
C) schizophrenia.
D) generalized anxiety disorder.
E) phobias.

Difficulty: 1
QuestionID: 02-1-55
Page-Reference: 37
Skill: Factual

Answer: E) phobias.

56. **The case of _____ has been interpreted both as an example of Freudian analysis and classical conditioning.**
A) Little Anna
B) Little Otto
C) Little Ivan

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D) Little Albert
E) Little Hans

Difficulty: 3
QuestionID: 02-1-56
Page-Reference: 35-37
Skill: Factual

Answer: E) Little Hans

57. **Watson and his student, Rosalie Rayner, demonstrated that**
A) operant conditioning could instill a fear of a white rat in an eleven-month-old boy.
B) classical conditioning could instill a fear of a horse in an eleven-month-old boy.
C) classical conditioning could instill a fear of a white rat in an eleven-month-old boy.
D) operant conditioning could instill a fear of a spider in an eleven-month-old boy.
E) classical conditioning could instill a fear of a spider in an eleven-month-old boy.

Difficulty: 2
QuestionID: 02-1-57
Page-Reference: 37
Skill: Factual

Answer: C) classical conditioning could instill a fear of a white rat in an eleven-month-old boy.

58. **Recall the way classical conditioning applies to Pavlov's dogs and to Little Albert's conditioned fear of white rats. Which of the following analogies are correct?**
A) Food is to bell as sudden loud noise is to little white rat
B) Food is to bell as sudden loud noise is to fear / distress response
C) Food is to salivation as white rat is to fear / distress response
D) Food is to salivation as sudden loud noise is to playful response
E) Bell is to salivation as white rat is to playful response

Difficulty: 2
QuestionID: 02-1-58
Page-Reference: 37
Skill: Factual

Answer: A) Food is to bell as sudden loud noise is to little white rat

59. **Classical conditioning accounts of phobias**
A) were strongly supported by B.F. Skinner.
B) were first described by Freud.
C) remain popular to this day.
D) cannot explain many facets of phobias.
E) help explain why certain fears persist.

Difficulty: 1
QuestionID: 02-1-59
Page-Reference: 37-38
Skill: Factual

Answer: D) cannot explain many facets of phobias.

60. **Part of Mowrer's two-factor theory of conditioning is derived from the work of _____ concerning _____.**
A) Burrhus F. Skinner; classical conditioning

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B) John B. Watson; classical conditioning
C) Ivan Pavlov; stimulus-stimulus learning
D) Burrhus F. Skinner; operant conditioning
E) John B. Watson; operant conditioning

Difficulty: 2
QuestionID: 02-1-60
Page-Reference: 38
Skill: Factual

Answer: D) Burrhus F. Skinner; operant conditioning

61. **Which of the following was NOT discussed by Skinner as a part of operant conditioning?**
A) negative punishment
B) positive reinforcement
C) stimulus-stimulus learning
D) positive punishment
E) negative reinforcement

Difficulty: 2
QuestionID: 02-1-61
Page-Reference: 38
Skill: Factual

Answer: C) stimulus-stimulus learning

62. **The two-factor theory explains the persistence of phobias in a way that simple classical conditioning cannot, by adding a _____ component to the process.**
A) negative reinforcement
B) positive reinforcement
C) vicarious reinforcement
D) negative punishment
E) positive punishment

Difficulty: 3
QuestionID: 02-1-62
Page-Reference: 38
Skill: Factual

Answer: A) negative reinforcement

63. **Geris is a clinical psychologist whose therapeutic approach reflects the view that thinking and behaviour are learned and thus can be changed. Further, her approach essentially follows the views expressed by Bandura's social learning theory. Which of the following is most likely Geris's treatment approach?**
A) cognitive-behavioural
B) behavioural
C) operant
D) neo-psychodynamic
E) cognitive

Difficulty: 1
QuestionID: 02-1-63
Page-Reference: 39
Skill: Application

Answer: A) cognitive-behavioural

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64. **Sally became fearful of spiders as a child after repeatedly watching her mother show distress in the presence of a spider. Sally's fear of spiders is most easily accounted for by**
A) classical conditioning.
B) social learning theory.
C) cognitive theory.
D) operant conditioning.
E) stimulus-stimulus learning.

Difficulty: 2
QuestionID: 02-1-64
Page-Reference: 39
Skill: Application

Answer: B) social learning theory.

65. **According to learning paradigms, which one of the following is <u>not</u> a pathway by which phobias develop?**
A) classical conditioning.
B) direct observation (watching others' fearful reaction).
C) information transmission (from books, movies, television).
D) operant conditioning.
E) passive conditioning

Difficulty: 2
QuestionID: 02-1-65
Page-Reference: 39
Skill: Conceptual

Answer: E) passive conditioning

66. **Which pair of pre-eminent cognitive theorists have offered accounts of the etiology and treatment of abnormal behaviour?**
A) Ellis and Beck
B) Ellis and Rogers
C) Watson and Skinner
D) Bandura and Mowrer
E) Bandura and Walters

Difficulty: 3
QuestionID: 02-1-66
Page-Reference: 39
Skill: Factual

Answer: A) Ellis and Beck

67. **Albert Ellis**
A) developed a behaviourist view of abnormal behaviour that focused primarily on the role of reinforcement of dysfunctional behaviours.
B) believed that people who are low in self-efficacy are more likely to develop low self-worth.
C) discussed irrational beliefs, which he believed distort responding and increase feelings of worthlessness and hopelessness.
D) argued that people with disorders have underlying cognitive schemata that inappropriately direct their processing of information.
E) was the first to develop a form of cognitive-behavioural therapy, entitled "cognitive- rational therapy".

Difficulty: 2

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QuestionID: 02-1-67
Page-Reference: 39
Skill: Factual

Answer: C) discussed irrational beliefs, which he believed distort responding and increase feelings of worthlessness and hopelessness.

68. **In Beck's theory, content-specificity refers to the idea that**
A) people perceive themselves to be competent in very specific areas only, thereby limiting their potential for success in other areas.
B) people sometimes engage in "all-or-none thinking".
C) people tend to define their self-worth in terms of irrational if-then statements.
D) people are biased to selectively attend to information that is consistent with their prevailing schemas.
E) people tend to hold beliefs that match the features of their abnormal behaviour.

Difficulty: 3
QuestionID: 02-1-68
Page-Reference: 40
Skill: Conceptual

Answer: E) people tend to hold beliefs that match the features of their abnormal behaviour.

69. **According to Beck's theory, individuals who are depressed have negative automatic thoughts that focus on themes:**
A) that other people are dangerous and cannot be trusted.
B) of personal loss and failure.
C) that the world is a dangerous and unpredictable place.
D) of bad things that may happen in the future.
E) that one will never be attractive enough.

Difficulty: 2
QuestionID: 02-1-69
Page-Reference: 40
Skill: Factual

Answer: B) of personal loss and failure.

70. **Cognitive therapy has enjoyed most success with the treatment of**
A) phobias.
B) eating disorders.
C) anxiety and mood disorders.
D) schizophrenia.
E) personality disorders.

Difficulty: 2
QuestionID: 02-1-70
Page-Reference: 41
Skill: Factual

Answer: C) anxiety and mood disorders.

71. **According to third wave approaches to CBT, what is mindfulness?**
A) the capacity to experience self-compassion.
B) careful, deliberate mental simulation of coping strategies that one can employ in the face of adversity.
C) paying attention on purpose and in the present moment.
D) treating the self and others with respect.

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E) considering alternative explanations for ambiguous situations.

Difficulty: 3
QuestionID: 02-1-71
Page-Reference: 41
Skill: Factual, Conceptual

Answer: C) paying attention on purpose and in the present moment.

72. **Which of the following has been proposed as the likely mechanism underlying mindfulness-based interventions?**
A) changes in cognitive and emotional reactivity.
B) changes in behavioural and emotional reactivity.
C) changes in interoceptive reactivity.
D) changes in compassion for other people
E) changes in appraisals of one's physiological processes.

Difficulty: 3
QuestionID: 02-1-72
Page-Reference: 41
Skill: Factual, Conceptual

Answer: A) changes in cognitive and emotional reactivity.

73. **The text claims that humanistic and existential theories can be considered to be variants on the _____ approach to understanding human behaviour, first clearly formulated by _____.**
A) phenomenological; Locke
B) deterministic; Locke
C) deterministic; Freud
D) phenomenological; Husserl
E) deterministic; Husserl

Difficulty: 3
QuestionID: 02-1-73
Page-Reference: 42
Skill: Factual

Answer: D) phenomenological; Husserl

74. **According to the text, two of the most eminent advocates of humanistic psychology were**
A) Maslow, who discussed self-actualization; and Rogers, who discussed a person- centred approach.
B) Maslow, who discussed self-efficacy; and Rogers, who discussed existential angst.
C) Maslow, who discussed self-actualization; and Rosenhan, who discussed labelling theory
D) Maslow, who discussed labelling theory; and Rosenhan, who discussed self- actualization.
E) Maslow, who discussed a person-centred approach; and Rogers, who discussed self- actualization.

Difficulty: 1
QuestionID: 02-1-74
Page-Reference: 42
Skill: Factual

Answer: A) Maslow, who discussed self-actualization; and Rogers, who discussed a person- centred approach.

75. **According to Carl Rogers, abnormal behaviour results from**
A) a person's distorted view of other people.
B) a person's distorted need for self-fulfillment.

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C) a person's distorted view of the world.
D) a person's distorted fear of death.
E) a person's distorted view of himself or herself.

Difficulty: 2
QuestionID: 02-1-75
Page-Reference: 42
Skill: Conceptual

Answer: E) a person's distorted view of himself or herself.

76. **Abraham Maslow believed**
A) that people are evil and only behave positively as a result of experience that has diverted from the path of self-actualization.
B) the fulfillment of self-actualization often leads to abnormal behaviour in some people.
C) that people are neither good nor evil and behave positively or negatively as a result of experience that has diverted them from the path of self-actualization.
D) that there is a hierarchy of needs, with biological or survival needs at the top.
E) that people are good and only behave dysfunctionally as a result of experience.

Difficulty: 3
QuestionID: 02-1-76
Page-Reference: 42
Skill: Factual

Answer: E) that people are good and only behave dysfunctionally as a result of experience.

77. **Which of the following statements is NOT true of the existential approach?**
A) Considerable research has supported this approach to treatment.
B) Treatment is directed at confronting clients with their responsibility for their actions, and helping them find meaning in their lives.
C) A key concept is angst, a German word perhaps best translated as a sense of severe distress.
D) Two leading exponents are Rollo May and Victor Frankl.
E) Awareness of one's existence is a critical feature of human functioning.

Difficulty: 2
QuestionID: 02-1-77
Page-Reference: 43
Skill: Factual

Answer: A) Considerable research has supported this approach to treatment.

78. **Which of the following is true of the Rosenhan study in which normal people were admitted to psychiatric hospitals complaining of hearing voices?**
A) The on-duty psychiatrists later admitted that they were wrong with their initial diagnoses.
B) Once in the hospital, the pseudo-patients' normal behaviour was recognized as normal by the staff.
C) Once in the hospital, some of the pseudo-patients did in fact start to show symptoms that confirmed their diagnoses.
D) Each was diagnosed as suffering from a different disorder.
E) The staff rarely responded to legitimate questions by the pseudo-patients.

Difficulty: 2
QuestionID: 02-1-78
Page-Reference: 43
Skill: Factual

Answer: E) The staff rarely responded to legitimate questions by the pseudo-patients.

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79. **According to sociocultural theories, identifying someone as having a disorder**
A) can lead to the perception by others that the labelled person is dysfunctional and different.
B) is an important first step for the person so labelled in seeking the proper type of treatment for their disorder.
C) typically has little significance in the way of proper treatment.
D) does not lead to unwarranted expectations by others about the person labelled.
E) is important because it leads to the proper treatment.

Difficulty: 3
QuestionID: 02-1-79
Page-Reference: 43
Skill: Conceptual

Answer: A) can lead to the perception by others that the labelled person is dysfunctional and different.

80. **With respect to gender differences in the diagnosis of personality disorders, Pantony and Caplan (1991) point out that**
A) men and women are equally likely to be diagnosed with dependent personality disorder.
B) men and women are equally likely to be diagnosed with antisocial personality disorder.
C) men are more likely to be diagnosed with antisocial personality disorder and women are more likely to be diagnosed with dependent personality disorder.
D) gender does not appear to play role in the development or diagnosis of any particular personality disorder.
E) men are more likely to be diagnosed with dependent personality and women more likely to be diagnosed with antisocial personality disorder.

Difficulty: 3
QuestionID: 02-1-80
Page-Reference: 44-45
Skill: Conceptual

Answer: C) men are more likely to be diagnosed with antisocial personality disorder and women are more likely to be diagnosed with dependent personality disorder.

81. **Which of the following reasons was NOT suggested by the text to potentially account for the finding that people who were aggressive or psychotic were far more likely to be identified among the poor than the middle class?**
A) People who are low in functioning gravitate to the lower end of the socioeconomic spectrum.
B) Being poor produces higher levels of stress, and therefore higher rates of psychological dysfunction are to be expected.
C) More acceptable diagnoses are reserved for people from the upper classes.
D) Poorer people typically have genetic predispositions toward mental illnesses.
E) The resentment at being poor may generate behaviours that are seen by others as antisocial or dysfunctional.

Difficulty: 2
QuestionID: 02-1-81
Page-Reference: 45
Skill: Factual

Answer: D) Poorer people typically have genetic predispositions toward mental illnesses.

82. **Which integrative theory posits that the whole is more than the sum of its parts?**
A) the diathesis-stress perspective
B) systems theory
C) the combination approach
D) the biopsychosocial model
E) social-learning theory

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Difficulty: 1
QuestionID: 02-1-82
Page-Reference: 45
Skill: Conceptual

Answer: B) systems theory

83. **According to the diathesis-stress perspective, a diathesis is _____, while a stress is _____.**
A) either biological or psychological; either biological or psychological
B) always biological; either biological or psychological
C) always psychological; either biological or psychological
D) always biological; always psychological
E) always psychological; always biological

Difficulty: 3
QuestionID: 02-1-83
Page-Reference: 46
Skill: Conceptual

Answer: A) either biological or psychological; either biological or psychological

84. **Which scenario illustrates a diathesis-stress pathway to disorder?**
A) parents of a boy prone to hyper-impulsive behavior punish him inconsistently and harshly and do not provide socializing experiences
B) an impulsive boy with very little capacity for restraint robs a corner grocery and finds he enjoys the "rush"
C) a girl with very high levels of extraversion / outgoingness is influenced by her friends to try cocaine at a party
D) a girl with low self esteem, high anxiety and high need for control is exposed to unrealistic standards for body shape
E) all of these are illustrations of a diathesis-stress pathway to disorder.

Difficulty: 1
QuestionID: 02-1-84
Page-Reference: 46
Skill: Factual

Answer: E) all of these are illustrations of a diathesis-stress pathway to disorder.

85. **The biopsychosocial model is illustrated by the finding that**
A) brain functions have been shown to both influence and be influenced by psychological and social processes.
B) brain functions are mostly influenced by early childhood experiences.
C) brain functions are influenced most by adult behaviour, such as drug abuse.
D) brain functions are influenced by genetic factors only.
E) brain functions have been shown to influence psychological and social processes.

Difficulty: 3
QuestionID: 02-1-85
Page-Reference: 46
Skill: Factual

Answer: A) brain functions have been shown to both influence and be influenced by psychological and social processes.

Chapter 02 True/False Questions

1. **In addition to shared genes, there are additional ways that maternal post-partum depression might play a causal role in the depression of offspring.**

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a True
b False

Difficulty: 2
QuestionID: 02-2-86
Page-Reference: 25
Skill: Conceptual, Application

Answer: a. True

2. **Humanistic approaches place the responsibility for positive change upon the caregivers surrounding the individual.**
a True
b False

Difficulty: 1
QuestionID: 02-2-87
Page-Reference: 26
Skill: Factual

Answer: b. False

3. **Biological and psychodynamic formulations view dysfunctional behaviour as the product of forces beyond the individual's control.**
a True
b False

Difficulty: 1
QuestionID: 02-2-88
Page-Reference: 26
Skill: Factual

Answer: a. True

4. **Interactionist explanations of human behaviour view is as the product of a variety of dynamically-interacting factors.**
a True
b False

Difficulty: 1
QuestionID: 02-2-89
Page-Reference: 26
Skill: Factual

Answer: a. True

5. **Single factor explanations are the ultimate goal of scientific inquiry, but are rarely achieved.**
a True
b False

Difficulty: 2
QuestionID: 02-2-90
Page-Reference: 26
Skill: Factual, Conceptual

Answer: b. False

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6. **Theories persist until they can no longer be proven true with the available evidence.**
a True
b False

Difficulty: 2
QuestionID: 02-2-91
Page-Reference: 26
Skill: Conceptual

Answer: b. False

7. **In abnormal psychology, the term *etiology* refers to the prevalence or frequency of a disorder.**
a True
b False

Difficulty: 2
QuestionID: 02-2-92
Page-Reference: 26
Skill: Factual

Answer: b. False

8. **The metabolic problem associated with phenylketonuria (PKU) is genetically transmitted as a dominant trait, meaning that only one parent must carry the gene for a child to develop PKU.**
a True
b False

Difficulty: 3
QuestionID: 02-2-93
Page-Reference: 27
Skill: Factual

Answer: b. False

9. **The term *dementia* refers to a deterioration in all cognitive processes, particularly learning and memory.**
a True
b False

Difficulty: 2
QuestionID: 02-2-94
Page-Reference: 29
Skill: Factual

Answer: a. True

10. **Neurotransmitters are the chemical substances that carry the messages from one neuron to the next.**
a True
b False

Difficulty: 1
QuestionID: 02-2-95
Page-Reference: 29
Skill: Factual

Answer: a. True

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11. **Pleasure-seeking and exploratory behaviours appear to be associated with dopamine activity, whereas constraint or inhibition of behaviour seems mediated by serotonergic activity.**
a True
b False

Difficulty: 2
QuestionID: 02-2-96
Page-Reference: 29
Skill: Factual

Answer: a. True

12. **The autonomic nervous system (ANS) has two parts: the sympathetic nervous system and the somatic nervous system.**
a True
b False

Difficulty: 2
QuestionID: 02-2-97
Page-Reference: 31
Skill: Factual

Answer: b. False

13. **Irregular functioning in the respiratory and cardiovascular systems can be observed up to 47 minutes prior to the onset of a naturally occurring panic attack.**
a True
b False

Difficulty: 2
QuestionID: 02-2-98
Page-Reference: 32
Skill: Factual, Conceptual

Answer: a. True

14. **In a twin study concerning the genetic bases of schizophrenia, a pair of twins who both have this disorder are said to display *concordance*.**
a True
b False

Difficulty: 2
QuestionID: 02-2-99
Page-Reference: 33
Skill: Conceptual

Answer: a. True

15. **Hans Selye was analyzed by Sigmund Freud for a fear of horses. Apparently Freud analyzed this case without ever seeing the patient.**
a True
b False

Difficulty: 1
QuestionID: 02-2-100

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Page-Reference: 33
Skill: Conceptual

Answer: b. False

16. **Freud felt that there are four structures of personality, the *id*, the *ego*, the *superego* and the *collective unconscious*.**
a True
b False

Difficulty: 2
QuestionID: 02-2-101
Page-Reference: 34
Skill: Conceptual

Answer: b. False

17. **Freud proposed that the *ego* develops to curb the desires of the *id*.**
a True
b False

Difficulty: 2
QuestionID: 02-2-102
Page-Reference: 35
Skill: Conceptual

Answer: a. True

18. **In both girls and boys, Freudians refer to desire for the opposite-sex parent as the *Oedipal Complex*.**
a True
b False

Difficulty: 3
QuestionID: 02-2-103
Page-Reference: 35
Skill: Conceptual

Answer: b. False

19. **Freud theorized that children in the latency stage (from ages 6 to 12) are in a period of sexual quiescence during which the child focuses on developing intellectual and motor skills.**
a True
b False

Difficulty: 1
QuestionID: 02-2-104
Page-Reference: 35
Skill: Factual

Answer: a. True

20. **A teenager who sits in his room all day because his parents will not let him borrow the family car is showing what Freud referred to as regression.**
a True
b False

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Difficulty: 3
QuestionID: 02-2-105
Page-Reference: 36
Skill: Application

Answer: a. True

21. **What is learned in classical conditioning is the development of a new response (CR) to an old stimulus (UCS).**
a True
b False

Difficulty: 3
QuestionID: 02-2-106
Page-Reference: 37
Skill: Conceptual

Answer: b. False

22. **If a behaviour leads to a reduction of distress, *negative reinforcement* is said to have occurred.**
a True
b False

Difficulty: 3
QuestionID: 02-2-107
Page-Reference: 38
Skill: Conceptual

Answer: a. True

23. **According to Bandura, *self-efficacy* concerns the set of beliefs people have about their capabilities to exercise control over events that affect their lives.**
a True
b False

Difficulty: 2
QuestionID: 02-2-108
Page-Reference: 39
Skill: Conceptual

Answer: a. True

24. **Aaron Beck developed *rational-emotive* behaviour therapy.**
a True
b False

Difficulty: 2
QuestionID: 02-2-109
Page-Reference: 39
Skill: Factual

Answer: b. False

25. **The primary mechanism underlying mindfulness-based interventions is reduction of avoidance.**
a True
b False

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Difficulty: 2
QuestionID: 02-2-110
Page-Reference: 41
Skill: Factual

Answer: b. False

26. **The leading exponents of the existential view as applied to human problem behaviour have been Rollo May and Viktor Frankl.**
a True
b False

Difficulty: 1
QuestionID: 02-2-111
Page-Reference: 44
Skill: Factual

Answer: a. True

27. **In the *diathesis-stress perspective* the diathesis refers to a predisposition to develop a disorder.**
a True
b False

Difficulty: 2
QuestionID: 02-2-112
Page-Reference: 46
Skill: Conceptual

Answer: a. True

Chapter 02 Essay Questions

1. **Briefly describe 4 ways in which abnormal behaviour can result from disturbances in neurotransmitter systems.**

Difficulty: 2
QuestionID: 02-3-113
Page-Reference: 29-30
Skill: Factual

Answer: 1. There may be too much or too little of the *neurotransmitter produced or released* into the synapse.
2. There may be too few or too many *receptors* on the dendrites.3. There may be an excess or a deficit in the amount of *transmitter-deactivating substance* in the synapse.
4. The *reuptake* process may be too rapid or too slow.

2. **List the three forms research into the genetic bases of psychiatric disorders typically takes, and explain the basic premise of such studies.**

Difficulty: 2
QuestionID: 02-3-114
Page-Reference: 32-33
Skill: Factual

Answer: The three forms are family (or pedigree) studies, twin studies, and adoption studies. The premise is to identify a person with a disorder (called the index case or proband) and examine the other people to see if there is a match for the

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disorder.

3. **Briefly list and define the three levels of awareness (consciousness) discussed by Freud, and state which he believed to be the most important.**

Difficulty: 3
QuestionID: 02-3-115
Page-Reference: 34-35
Skill: Conceptual

Answer: 1. The conscious, which contains information of which we are currently aware.
2. The preconscious, which holds information not presently within our awareness, but that can be readily brought into awareness.
3. The unconscious, which contains the majority of our memories and drives, and which can only make it to awareness with great effort (i.e., by psychoanalytic procedures). Freud felt the unconscious was the most important level of the mind.

4. **Briefly illustrate how Watson and Rayner demonstrated that phobias could result from classical conditioning experiences.**

Difficulty: 3
QuestionID: 02-3-116
Page-Reference: 36-37
Skill: Application

Answer: Watson and Rayner showed a white rat to an eleven-month-old boy called Little Albert, to which he displayed no fear. After being sure that he was not fearful of the rat, they paired the rat's appearance with a sudden loud noise, which startled and upset Little Albert. After several presentations of the rat (the CS) with the sudden loud noise (the UCS), Little Albert displayed a conditioned fear to the rat.

5. **Describe mindfulness as a form of clinical intervention. Describe the components and processes of mindfulness as well as some types of mindfulness-based interventions. Identify some mental health problems that it has been shown to be effective in treating. Using information from the chapter, state one possible mechanism by which mindfulness could be helpful in treating these problems.**

Difficulty: 3
QuestionID: 02-3-117
Page-Reference: 41+ extra teaching required
Skill: Application

Answer: Mindfulness is defined as the awareness that arises through paying attention in a particular way: on purpose, in the present moment, and nonjudgmental. Mindfulness- Based Stress Reduction, Mindfulness-Based Cognitive Therapy, Dialectical Behavior Therapy and Acceptance and Commitment Therapy are four major therapies that have mindfulness components and for which there is ongoing research. Components typically include skills training and exercises that involve intentional awareness and acceptance of one's experience in the "here-and-now". Mindfulness has been shown to be effective in reducing worry, fear, anxiety, anger symptoms as well as other forms of psychological distress.

Mindfulness-based therapy typically involves teaching and practicing with clients so they can independently engage in some or all of the following: regular, scheduled dedicated exercises; use of techniques throughout the day as opportunity arises (e.g., in a grocery store lineup); or use of techniques when coping with stressful or emotionally troubling situations.

Mindfulness might be helpful because it diverts one's attention to the here and now and away from (forwards looking) worry and (backwards-focused) rumination which are central to anxiety and depressive disorders. An attitude of acceptance is similarly incompatible with the negative emotions that accompany the cognitive aspects of rumination and worry.

Many anxious-depressed clients are well entrenched in their routine ways of reacting to their environment and so might

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experience various forms of reinforcement (i.e., reward, escape from punishment) and/or exposure-extinction processes as they sit non- judgmentally with the "here and now" through the help of a clinician. These behavioural processes may lead to lasting changes in the way a client responds to their environment. Also, stepping back from and noticing one's experience is qualitatively different from just "having" or being "in" experience, and might automatically engage cortical brain processes and divert processing from the subcortical amygdalo-hippocampal areas which the chapter tells us are overly-activated in cases of anxiety and depression. Thinking about one's thoughts and feelings – treating them as objects to be examined non- judgmentally – is perhaps common to cognitive therapy and mindfulness-based methods. Therefore, engaging in mindfulness and cognitive therapy might be expected to trigger similar lasting changes in brain activation.

6. **Describe the biopsychosocial model - briefly contrasting it with the diathesis-stress model. More importantly, what are the factors in the biopsychosocial model that interact to determine human behaviour? What does it mean to say that they are dynamically and reciprocally interacting? Illustrate this with an example of a process that begins in infancy but where disorder is not apparent until adolescence or later. Use the example of Hailey at the beginning of the chapter if you wish.**

Difficulty: 3
QuestionID: 02-3-118
Page-Reference: 25, 46
Skill: Application

Answer: The diathesis-stress model is compatible with the biopsychosocial model, but in my opinion does not explicitly capture the dynamic and reciprocal interaction of factors.

With a diathesis, the person is (by some biological or other process) "predisposed" to develop a disorder and then depicted as passively waiting for the "stressor" that triggers emergence. The biopsychosocial model more accurately captures how the person, as a result of dynamic interaction between biological, psychological and social / environmental factors, unfolding since conception, can often actively solicit the very stressors from the environment that become the triggers for the emergence of disorder. Hailey's case at the beginning of the chapter can illustrate this.

It is probable that Hailey displayed "difficult" behaviours as an infant that had an impact on her mother's behaviour and the unfolding parent-child interaction patterns and relationship. It is likely that Hailey needed reassurance often, was difficult to soothe, was an irregular sleeper with distress upon waking etc. Dealing with a "difficult" baby is hard for any parent – even those who are not suffering from depression. It is quite common to experience various negative feelings including frustration since one might interpret the baby's inconsolability as evidence that one is "doing it wrong" despite one's best efforts etc. These feelings might be expected to impact behaviour in the moment, and to influence the unfolding parent-child relationship. Thus, some of Hailey's mother's unavailability can be attributed already to the dynamic interaction of biological, psychological and social factors, including her own depression and Hailey's difficult temperament.

Hailey in turn, reacts to the unavailability of her mother with perhaps increased "difficult" behaviour, which might trigger less availability in her mother and perhaps some episodes of unpredictable anger. At some point in development, Hailey's attachment can be assessed and found to be "insecure," validating the importance of internalized representations of self, other and primary relationship. From a cognitive perspective, Hailey predictably develops problematic beliefs and information processing biases (e.g., biased attention towards cues of threat in others' behaviour). From a behavioural perspective, she might learn some patterns that "work" at one time, but that become dysfunctional in later childhood and adolescence.

Hailey enters a relationship with her boyfriend with a personality that is the product of prior dynamic interaction up to this point. Her behaviour in the relationship is understandable in light of her history, and yet now elicits the very rejection from this boyfriend that she fears. This event becomes a stressor – a social factor – that she actively elicited, and which now interacts with her current personality to trigger her eventual depression.

7. **Behavioural theories focusing on classical conditioning and operant conditioning led to important advancements in our understanding of human behaviour. However, researchers eventually suggested that these learning principles provided an incomplete account of how people learn. Explain how Bandura's social learning theory extended these earlier learning paradigms.**

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Difficulty: 2
QuestionID: 02-3-119
Page-Reference: 39
Skill: Conceptual

Answer: Social learning theory was developed by Bandura and Walters in 1959. They acknowledged the important roles of classical and operant conditioning in behaviour; they pointed out however that these earlier theories did not quite capture the social context of behaviour; specifically, the idea that people for the most part learn how to behave by watching other people, and not by directly experiencing events. This is called vicarious acquisition. For example, Bandura and colleagues conducted a number of key experiments showing that people can learn aggressive behaviour by watching others being rewarded for their own aggressive behaviour. Also, people can develop phobias by watching others behave in a fearful way in response to objects or situations. An extension of this theory indicates that people also learn from movies, television, books and stories – in the literature, this is called the "information transmission" pathway to learning. Taken together, Bandura's theory stimulated the idea that people do not always learn from direct experience – in fact, much of our learning occurs indirectly through vicarious acquisition and information transmission.

Another important contribution of social learning theory is the idea that certain cognitive processes play an important role in learning. Although behavioural theories do acknowledge the role of cognitions, Bandura elaborated on these more explicitly. For example, he proposed that one's expectancies and appraisals/interpretations of a situation influence how one will react to it.

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