Abnormal Psychology 9th edition Oltmanns Test Bank

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Chapter 2
Causes of Abnormal Behavior
Total Assessment Guide (T.A.G.)

Topic	Question Type	Understand the Concepts	Apply What You Know	Analyze It	Evaluate It
Overview	**Multiple Choice**	1,2	3		
	True/False	51,52			
	Essay	82	81		
Brief Historical Perspective	**Multiple Choice**	4,5,6,7,8,10,11, 14,15	9,12,13		
	True/False	53,54,55			
	Essay				
Systems Theory	**Multiple Choice**	17,18,19,20,21, 22	16		
	True/False	56,57,58,59,60			
	Essay		83	84,*85	
Biological Factors	**Multiple Choice**	23,24,25,26,27, 31,32,33,35,36	28,29,30,34		
	True/False	61,62,63,64,65, 66,67,68,69,71, 72,73	70		
	Essay	87,88	86,89	*85	
Psychological Factors	**Multiple Choice**	37,38,40,41,43, 44,45,46	39,42		
	True/False	74,75,76,77,78			
	Essay	90,91			
Social Factors	**Multiple Choice**	48,49	47,50		
	True/False	79,80			
	Essay	94	95	93	

* This question covers two topics.

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Chapter 2: Causes of Abnormal Behavior

Multiple Choice

2.1.1. The etiology of a problem behavior is its

a. cause.
b. paradigm.
c. treatment.
d. classification.

Answer: a.
Difficulty: Easy
Question ID: 2.1.1
Topic: Overview
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.2. Most forms of abnormal behavior are thought to be caused by

a. genetics.
b. learning.
c. a single cause.
d. multiple factors.

Answer: d.
Difficulty: Easy
Question ID: 2.1.2
Topic: Overview
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.3. A researcher described her approach to understanding mental disorders as biopsychosocial. When you ask her to explain what she means, what is she likely to say?

a. Biological abnormalities give rise to psychological disturbances that have social consequences.
b. Biological, psychological, and social factors are just as likely to be the cause of these disorders.
c. The integration of biological, psychological, and social factors provides the most fruitful avenue for discovering the cause of most mental disorders.
d. The search for etiologies is best accomplished by viewing the evidence through the lens provided by one of the major paradigms.

Answer: c.
Difficulty: Easy
Question ID: 2.1.3
Topic: Overview
Skill: Apply What You Know
LO 2.1: Outline the historical origins of psychology paradigms

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2.1.4. The search for explanations of the etiology of abnormal behavior dates to ancient times. It was not until the nineteenth and twentieth centuries that three major advances occurred: the work of Sigmund Freud, the discovery of general paresis, and the

a. blank slate theory.
b. stationary universe model.
c. development of the germ theory.
d. development of academic psychology.

Answer: d.
Difficulty: Easy
Question ID: 2.1.4
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.5. What is the assertion of the psychodynamic paradigm?

a. Feelings, thoughts, and behaviors are shaped by the unconscious.
b. Behavior is a function of environment.
c. Behavior is a function of biology.
d. Abnormal behavior is caused by unconscious mental conflicts that have roots in early childhood experience.

Answer: d.
Difficulty: Easy
Question ID: 2.1.5
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.6. *DSM-5* uses the descriptive approach to classify abnormal behavior because experts do not know what causes mental disorders and because it

a. helps diagnose the underlying cause of a mental disorder.
b. is easier to understand.
c. helps professionals to agree about the presence or absence of an emotional problem.
d. categorizes behavior with a known mental disorder.

Answer: c.
Difficulty: Easy
Question ID: 2.1.6
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

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2.1.7. According to Sigmund Freud, what are the three parts of the mind?

a. id, ego, superego
b. oral, anal, phallic
c. reality, pleasure, spiritual
d. conscious, preconscious, unconscious

Answer: a.
Difficulty: Easy
Question ID: 2.1.7
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.8. According to Freudian theory, what part of the mind is roughly equivalent to the conscience?

a. id
b. ego
c. libido
d. superego

Answer: d.
Difficulty: Easy
Question ID: 2.1.8
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.9. When we are around someone we dislike intensely we often "bend over backward" to be nice to this individual. Which defense mechanism is illustrated here?

a. denial
b. projection
c. sublimation
d. reaction formation

Answer: d.
Difficulty: Moderate
Question ID: 2.1.9
Topic: Brief Historical Perspective
Skill: Apply What You Know
LO 2.1: Outline the historical origins of psychology paradigms

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2.1.10. Ivan Pavlov rang a bell every time he fed meat powder to dogs. After repeated trials, the dogs began to salivate when they heard the bell, even if there was no food in sight. According to Pavlov, the dogs' salivation in the absence of food, following the ringing of the bell, is called the

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

Answer: b.
Difficulty: Moderate
Question ID: 2.1.10
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.11. What is the primary concept in operant conditioning?

a. a conditioned stimulus is neutral
b. conditioned response leads to extinction
c. behavior is determined by its consequences
d. negative reinforcement is the same as punishment

Answer: c.
Difficulty: Easy
Question ID: 2.1.11
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.12. Your neighbors are playing loud music late at night and it annoys you. You ask them to turn down the music and they do. The next time they play loud music, you call them even sooner. B. F. Skinner would say this happens because

a. your assertiveness is like a punishment.
b. the noise was an unconditioned stimulus.
c. the decreased noise negatively reinforced your assertiveness.
d. the decreased noise positively reinforced your assertiveness.

Answer: c.
Difficulty: Moderate
Question ID: 2.1.12
Topic: Brief Historical Perspective
Skill: Apply What You Know
LO 2.1: Outline the historical origins of psychology paradigms

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2.1.13. Though easily confused, negative reinforcement and punishment are quite different. With negative reinforcement, behavior _____ when the aversive stimulus is _____, and with punishment, behavior _____ when the aversive stimulus is _____.

a. increases; removed; increases; introduced
b. increases; removed; decreases; introduced
c. decreases; removed; increases; introduced
d. decreases; introduced; increases; removed

Answer: b.
Difficulty: Moderate
Question ID: 2.1.13
Topic: Brief Historical Perspective
Skill: Apply What You Know
LO 2.1: Outline the historical origins of psychology paradigms

2.1.14. Watson made the very important assumption that all behavior is

a. under the control of free will.
b. inborn rather than learned.
c. the result of hidden desires and unconscious conflicts.
d. a result of learning.

Answer: d.
Difficulty: Easy
Question ID: 2.1.14
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.15. Which paradigm views human nature as basically good, attributes abnormal behavior to frustrations of society, and uses non-directive therapy to treat abnormal behavior?

a. biomedical
b. humanistic
c. psychoanalytic
d. cognitive behavioral

Answer: b.
Difficulty: Easy
Question ID: 2.1.15
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

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2.1.16. A newspaper headline heralds a finding that an excess of a particular brain chemical is the cause of a certain mental disorder. The article is not convincing to you. What potential flaw do you note in the report?

a. The chemical change could be due to other variables.
b. Chemical changes cannot bring about changes in behavior.
c. The genetic code associated with the chemical has not been identified.
d. Such findings are very difficult to generalize to the entire population.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.16
Topic: Systems Theory
Skill: Apply What You Know
LO 2.2: Relate systems theory to psychopathology

2.1.17. Assume that variables X and Y are significantly correlated; the third variable problem means that

a. the correlation could be explained by their joint relation with some other factor.
b. another variable must correlate with X but not Y.
c. another variable must correlate with Y but not X.
d. X causes Y and Y causes X.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.17
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.1.18. The principle of equifinality, or the concept of multiple pathways, means that

a. many risk factors might be involved in a disorder's etiology.
b. disorders must always be explained in terms of many different risk factors.
c. a diathesis must always be combined with some form of stress.
d. the same risk factors can produce many different disorders.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.18
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

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2.1.19. Which of the following best illustrates reciprocal causality?

a. Parents influence their children and are also influenced by their own parents.
b. Parents influence their children both through heredity and through socialization.
c. Parents influence their children and children influence their parents.
d. Children are influenced both by their parents and by their peers.

Answer: c.
Difficulty: Moderate
Question ID: 2.1.19
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2 Relate systems theory to psychopathology

2.1.20. Some researchers view alcoholism as the result of having a genetic predisposition to alcohol addiction while also having to cope with difficult life circumstances. This type of analysis is an example of

a. circular thinking.
b. biological etiology.
c. the diathesis-stress model.
d. the nature-nurture controversy.

Answer: c.
Difficulty: Moderate
Question ID: 2.1.20
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.1.21. Developmental psychopathology is a new approach to abnormal psychology that emphasizes the importance of analyzing behavior in terms of

a. cybernetics.
b. early childhood trauma.
c. learned patterns that are ingrained over time.
d. comparisons of individual behavior to age-based norms.

Answer: d.
Difficulty: Easy
Question ID: 2.1.21
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

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2.1.22. What term is used to describe the pattern of behavior that is apparent before a disorder develops?

a. premorbid history
b. prognosis
c. homeostasis
d. developmental history

Answer: a.
Difficulty: Easy
Question ID: 2.1.22
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.1.23. What has been suggested as a way that neurotransmitters could play a role in abnormal behavior?

a. an oversupply of a certain neurotransmitter
b. an absence of neuromodulators
c. faulty genes that misfold the proteins that make up a given neurotransmitter
d. there is no relationship

Answer: a.
Difficulty: Easy
Question ID: 2.1.23
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.1.24. Which of the following neurotransmitters was first implicated in the development of schizophrenia?

a. GABA
b. dopamine
c. serotonin
d. norepinephrine

Answer: b.
Difficulty: Easy
Question ID: 2.1.24
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.1.25. Evidence that effective treatments for depression inhibit the reuptake of a neurotransmitter links a depletion of that neurotransmitter to mood disorders. That neurotransmitter is

a. dopamine.
b. GABA.
c. serotonin.
d. Prozac.

Answer: c.
Difficulty: Easy
Question ID: 2.1.25
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.1.26. In patients with schizophrenia, what two parts of the brain are larger than normal?

a. Frontal lobe and parietal lobe
b. Medulla and corpus callosum
c. Ventricles and planum temporale
d. Planum temporale and amygdala

Answer: c.
Difficulty: Moderate
Question ID: 2.1.26
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.1.27. Which region of the brain plays a key role in regulating emotion?

a. cerebellum
b. limbic system
c. corpus callosum
d. reticular activating system

Answer: b.
Difficulty: Easy
Question ID: 2.1.27
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.1.28. Which of the following is most likely to be affected by a tumor on the hypothalamus?

a. creativity
b. long-term memory
c. motor coordination
d. basic biological urges

Answer: d.
Difficulty: Moderate
Question ID: 2.1.28
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.1.29. Your patient shows signs of restlessness, agitation, and anxiety. One of the first disorders to test for would be Graves' disease, so you order tests of

a. dopamine levels.
b. blood sugar levels.
c. thyroid function.
d. cerebral blood flow.

Answer: c.
Difficulty: Moderate
Question ID: 2.1.29
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.1.30. A patient has just undergone a complete examination of the brain using the most sophisticated imaging tools available. The neurosurgeon found a tumor in the frontal lobe. Which of the following is most likely to be affected by this tumor?

a. sleep
b. biological urges
c. reasoning and planning
d. hearing and vision

Answer: c.
Difficulty: Moderate
Question ID: 2.1.30
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

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2.1.31. Theories that attempt to link psychophysiology to the etiology of psychopathology have implicated

a. both overarousal and underarousal.
b. only overarousal.
c. both overmodulation and undermodulation.
d. only overmodulation.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.31
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.1.32. What is a phenotype?

a. a genetic structure
b. a set of observable traits
c. a pattern of dominant and recessive genes
d. a description of a chromosomal abnormality

Answer: b.
Difficulty: Easy
Question ID: 2.1.32
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Are Identify biological factors that impact mental health

2.1.33. Most theories developed by behavior geneticists to pin down genetic explanations for abnormal behavior assume that mental disorders are most likely

a. polygenic; that is, caused by a single gene.
b. polygenic; that is, caused by multiple genes.
c. autosomal; that is, caused by a single gene.
d. autosomal; that is, caused by multiple genes.

Answer: b.
Difficulty: Easy
Question ID: 2.1.33
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Are Identify biological factors that impact mental health

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2.1.34. In a study of twins, a researcher finds that 40 percent of dizygotic (DZ) twins and 40 percent of monozygotic (MZ) twins share a trait. What is the researcher most likely to conclude about the trait?

a. It is 40 percent concordant.
b. It is 60 percent concordant.
c. It is genetically determined.
d. It is not genetically determined.

Answer: d.
Difficulty: Moderate
Question ID: 2.1.34
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.1.35. Adoption studies are important in behavior genetics because they help to

a. investigate the effects of adoption.
b. provide evidence on genetic versus environmental contributions.
c. separate the MZ twins from the DZ twins.
d. determine whether adoption can influence genetic makeup.

Answer: b.
Difficulty: Moderate
Question ID: 2.1.35
Topic: Biological Factors
Skill: Understand the Concepts
LO 23: Identify biological factors that impact mental health

2.1. 36. Dr. Andrew Wakefield has speculated that the measles/mumps/rubella vaccination may be responsible for 12 cases of autism. A Danish study of half a million children found

a. weak evidence to support this theory.
b. strong evidence to support this theory.
c. no evidence to support this theory.
d. evidence that rubella itself is part of the cause of autism.

Answer: c.
Difficulty: Easy
Question ID: 2.1.36
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.1.37. In evolutionary psychology, which of the following would be a good description of natural selection?

a. Successful genetically determined adaptations become more common over successive generations.
b. Successful genetically determined adaptations become less common over successive generations.
c. Unsuccessful genetically determined adaptations become more common over successive generations.
d. Successful genetically determined adaptations become more common in many other species.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.37
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.38. According to attachment theorists, why do anxious attachments develop during the first year of life?

a. modeling
b. low self-actualization
c. inconsistent and unresponsive parenting
d. temperament differences

Answer: c.
Difficulty: Moderate
Question ID: 2.1.38
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.39. While visiting your niece in the hospital, you see several other very young children. You observe one young child who is placid and smiles often, whereas another child seems to be very active and fussy. Such differences in style are often described as reflections of

a. imprinting.
b. motivation.
c. affiliation.
d. temperament.

Answer: d.
Difficulty: Moderate
Question ID: 2.1. 39
Topic: Psychological Factors
Skill: Apply What You Know
LO 2.4: Evaluate the impact of psychological factors on mental health

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2.1.40. In addition to conscientiousness and extraversion, what is one of the "big five" dimensions of temperament?

a. aggressiveness
b. mood
c. distractability
d. neuroticism

Answer: d.
Difficulty: Moderate
Question ID: 2.1.40
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.41. In addition to love, joy, surprise, anger, and fear, what other basic emotion has been identified by researchers?

a. hesitant
b. melancholy
c. sadness
d. conscientiousness

Answer: c.
Difficulty: Moderate
Question ID: 2.1.41
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.42. What conclusion follows from the finding that emotions are controlled primarily by subcortical brain structures?

a. Emotional response may be more basic than cognition.
b. In terms of evolution, emotions are a rather new development.
c. Emotional response requires the input of the cerebral cortex.
d. Reduced memory capacity has led to expression of a limited number of emotions.

Answer: a.
Difficulty: Moderate
Question ID: 2.1.42
Topic: Psychological Factors
Skill: Apply What You Know
LO 2.4: Evaluate the impact of psychological factors on mental health

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2.1.43. Erikson's concept of _____ is an integrated sense of individuality, wholeness, and continuity.

a. ego
b. self
c. identity
d. schema

Answer: c.
Difficulty: Easy
Question ID: 2.1.43
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.44. Socialization is a process that leads a child to develop

a. identity.
b. self-schema.
c. self-concept.
d. self-control.

Answer: d.
Difficulty: Moderate
Question ID: 2.1.44
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.45. In their stage theories, Sigmund Freud focused on _____ stages while Erik Erikson focused on _____ stages.

a. psychological; biological
b. unlearned; learned
c. conscious; unconscious
d. psychosexual; psychosocial

Answer: d.
Difficulty: Moderate
Question ID: 2.1.45
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

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2.1.46. What is an important characteristic of Erik Erikson's theory of psychosocial development?

a. There are no stages in development.
b. Development does not end in adolescence.
c. Children ages 5–12 are in a period of latency.
d. Developmental changes are quantitative, not qualitative.

Answer: b.
Difficulty: Moderate
Question ID: 2.1.46
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.1.47. A child overhears her teacher call her a "troublemaker." This label may play a key role in the child's development of

a. ADHD.
b. ADD.
c. psychotic tendencies.
d. antisocial behavior.

Answer: d.
Difficulty: Moderate
Question ID: 2.1.47
Topic: Social Factors
Skill: Apply What You Know
LO 2.5: Analyze the relationship between society and mental health

2.1.48. What two relationship problems have researchers found that are associated with various mental disorders?

a. lying and cheating
b. conflict and anger
c. insecurity and lack of self-confidence
d. jealousy and anger

Answer: b.
Difficulty: Moderate
Question ID: 2.1.48
Topic: Social Factors
Skill: Understand the Concepts
LO 2.5: Analyze the relationship between society and mental health

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2.1.49. Research suggests that one reason why many children facing troubled family circumstances are protected against the development of psychopathology is

a. social support from adults outside the family.
b. that their parents still love them.
c. their ability to learn to repress negative feelings.
d. their agreeable temperament.

Answer: a.
Difficulty: Easy
Question ID: 2.1.49
Topic: Social Factors
Skill: Understand the Concepts
LO 2.5: Analyze the relationship between society and mental health

2.1.50. Which of the following is an example of how gender roles may influence psychopathology?

a. Mike cannot remember any of the details of an accident that killed two of his friends.
b. Alice has developed a form of schizophrenia involving delusions related to television shows.
c. Carol has been dependent on others for most of her life and has recently developed depression.
d. Andy fears water as an adult after falling into a pool at the age of 4.

Answer: c.
Difficulty: Moderate
Question ID: 2.1.50
Topic: Social Factors
Skill: Apply What You Know
LO 2.5: Analyze the relationship between society and mental health

True/False

2.2.51. A _paradigm is a set of shared assumptions that includes both the substance of a theory and beliefs about how scientists should collect data and test hypotheses.

Answer: True
Difficulty: Moderate
Question ID: 2.2.51
Topic: Overview
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.2.52. Many contemporary psychological scientists are guided by the sociocultural model, an effort to integrate research on various contributions to the causes of mental disorders.

Answer: False
Difficulty: Moderate
Question ID: 2.2.52
Topic: Overview
Skill: Understand the Concepts

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LO 2.1: Outline the historical origins of psychology paradigms

2.2.53. According to Freud the ego protects itself from anxiety by utilizing various defense mechanisms that he saw as unconscious self-deceptions.

Answer: True
Difficulty: Easy
Question ID: 2.2.53
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.2.54. In Freudian theory the part of the psyche that is present at birth and houses biological drives, such as hunger, as well as two key psychological drives, sex and aggression, is known as the ego.

Answer: False
Difficulty: Easy
Question ID: 2.2.54
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.2.55. Negative reinforcement is when the cessation of a stimulus increases the frequency of a behavior.

Answer: True
Difficulty: Moderate
Question ID: 2.2.55
Topic: Brief Historical Perspective
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.1.56. Reductionism attempts to understand problems by focusing on smaller and smaller units, suggesting the smallest account is the true case.

Answer: True
Difficulty: Moderate
Question ID: 2.2.56
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.2.57. Equifinality has a mirror concept, the principle of multifinality, which says that the same event can lead to different outcomes.

Answer: True
Difficulty: Moderate
Question ID: 2.2.57
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

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2.2.58. A risk factor is a predisposition toward developing a disorder, for example, an inherited tendency toward alcoholism.

Answer: False
Difficulty: Moderate
Question ID: 2.2.58
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.2.59. The diathesis-stress model suggests that mental disorders develop only when a stress is added on top of a predisposition.

Answer: True
Difficulty: Easy
Question ID: 2.2.59
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.2.60. Multiple stressors or risk factors may contribute to mental disorders.

Answer: True
Difficulty: Easy
Question ID: 2.2.60
Topic: Systems Theory
Skill: Understand the Concepts
LO 2.2: Relate systems theory to psychopathology

2.2.61. The basic building blocks of the brain, the cells that are most active, are known as neurons.

Answer: True
Difficulty: Easy
Question ID: 2.2.61
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.62. Neurotransmitters are released into the synaptic gap and eventually come into contact with sites called axon terminals at the surface of the receiving neuron.

Answer: False
Difficulty: Easy
Question ID: 2.2.62
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.2.63. The pituitary gland controls basic biological urges, such as eating, drinking, and sexual activity.

Answer: False
Difficulty: Moderate
Question ID: 2.2.63
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.64. The brain is said to be dualistic, since often one hemisphere of the brain serves a specialized role as the site of specific cognitive and emotional activities.

Answer: False
Difficulty: Moderate
Question ID: 2.2.64
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.65. Endocrine glands produce psychophysiological responses by releasing hormones into the bloodstream.

Answer: True
Difficulty: Moderate
Question ID: 2.2.65
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.66. An individual's actual genetic makeup is known as her/his phenotype.

Answer: False
Difficulty: Moderate
Question ID: 2.2.66
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.67. Chromosomes have alternative forms known as alleles.

Answer: False
Difficulty: Moderate
Question ID: 2.2.67
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.2.68. If a mental disorder has a genetic component at its root, a single gene is rarely the cause. Instead, the disorder is said to be multigenetic.

Answer: False
Difficulty: Moderate
Question ID: 2.2.68
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.69. Genes are located on chainlike structures known as chromosomes, which are found in the nucleus of cells.

Answer: True
Difficulty: Easy
Question ID: 2.2.69
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.70. Family incidence studies ask whether diseases "run in families." Investigators identify normal and ill probands, and tabulate the frequency with which other members of their families suffer from the same disorder.

Answer: True
Difficulty: Moderate
Question ID: 2.2.70
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.2.71. Dizygotic twins start when one sperm fertilizes one egg. They start off being genetically identical, having identical genotypes.

Answer: False
Difficulty: Easy
Question ID: 2.2.71
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.2.72. Genetic influences on abnormal behavior are predispositions (i.e., increased risks), not predestinations or inevitabilities.

Answer: True
Difficulty: Easy
Question ID: 2.2.72
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.73. The widely accepted idea that a combination of a genetic risk and an environmental stress causes emotional disorders is known as gene-environment interaction.

Answer: True
Difficulty: Moderate
Question ID: 2.2.73
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.2.74. Attachment theory is known mainly through the writing of John Bowlby.

Answer: True
Difficulty: Easy
Question ID: 2.2.74
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.2.75. From the perspective of evolutionary psychology, sexual selection improves inclusive fitness through increased access to mates and mating.

Answer: True
Difficulty: Moderate
Question ID: 2.2.75
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.2.76. John Bowlby based his approach known as attachment theory on anthropology, the study of animals in their natural habitat.

Answer: False
Difficulty: Moderate
Question ID: 2.2.76
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

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2.2.77. One of the most important areas of study of individual differences is categorizing personality traits or characteristic styles of relating to the world.

Answer: False
Difficulty: Moderate
Question ID: 2.2.77
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.2.78. Having internal rules for guiding appropriate behavior is an important concept in research on abnormal behavior and is known as self-control.

Answer: True
Difficulty: Moderate
Question ID: 2.2.78
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

2.2.79. Social support is the emotional and practical assistance received from others.

Answer: True
Difficulty: Easy
Question ID: 2.2.79
Topic: Social Factors
Skill: Understand the Concepts
LO 2.5: Analyze the relationship between society and mental health

2.2.80. Poverty affects a disproportionate number of people of all minority races.

Answer: False
Difficulty: Moderate
Question ID: 2.2.80
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.5: Analyze the relationship between society and mental health

Essay

2.3.81. Describe how a paradigm can both direct and misdirect scientists.

Answer: A paradigm can suggest ways to look for answers to questions and the methodology to test ideas. On the other hand, a paradigm works under assumptions that may be appropriate for one theory, but may hinder the discovery of solutions to other problems because of a limiting mindset.
Difficulty: Moderate
Question ID: 2.3.81
Topic: Overview
Skill: Apply What You Know

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LO 2.1: Outline the historical origins of psychology paradigms

2.3.82. Explain how scientists suspect abnormal behavior is caused by a combination of biological, psychological, and social factors.

Answer: Biological contributions range from brain chemistry to genetic predispositions. Psychological contributions range from troubled emotions to distorted thinking. Social and cultural contributions range from conflict in family relationships to sexual and racial bias.
Difficulty: Moderate
Question ID: 2.3.82
Topic: Overview
Skill: Understand the Concepts
LO 2.1: Outline the historical origins of psychology paradigms

2.3.83. Define systems theory and explain how it has influenced many sciences.

Answer: Systems theory is an integrative approach to science, one that embraces not only the importance of multiple contributions to causality but also their interdependence. Systems theory has influenced many sciences; for example, it is basic to ecology, the study of the interdependence of living organisms in the natural world.
Difficulty: Moderate
Question ID: 2.3.83

Topic: Systems Theory
Skill: Apply What You Know
LO 2.2: Relate systems theory to psychopathology

2.3.84. Define reductionism. Discuss the limitations of the reductionistic idea that if a depletion of certain chemicals in the brain accompanies depression, then the depletion must be the cause of the depression.

Answer: Reductionism is the belief that ultimate causes rest in the smallest unit of analysis. However, in the case of depression, just because chemicals are a small unit of analysis does not mean that they are a more likely causal element. Broader elements such as behavior, relationships, and negative cognitions associated with depression could also cause chemical changes in the brain.
Difficulty: Moderate
Question ID: 2.3.84
Topic: Systems Theory
Skill: Analyze It
LO 2.2: Relate systems theory to psychopathology

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2.3.85. Explain why it is not possible to assume that a correlation must indicate causation. Relate this to the correlation of depression with the depletion of neurotransmitters.

Answer: In interpreting any correlation, there are always two alternative explanations. Reverse causality means that if X and Y are correlated, X could cause Y but Y might also cause X. The third variable problem means that the correlation between X and Y could be explained by their joint relation with some unmeasured factor. Thus, even if there is a correlation between depression and the depletion of neurotransmitters, it is possible that the depletion causes the depression, but it is also possible that the depression causes the depletion. Moreover, both the depression and the depletion could come about as the result of stress.
Difficulty: Moderate
Question ID: 2.3.85
Topic: Systems Theory & Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.3.86. Discuss the implications of the idea that most forms of psychopathology are polygenic.

Answer: Phenotypes produced by a single gene produce characteristics that are categorically different. Polygenic traits (caused by more than one gene) are continuously distributed, and thus polygenic abnormal traits are on a continuum with normal traits. This point may make it difficult to determine the threshold of abnormality, which may be a question of degree rather than qualitative differences. What's more, when behavior geneticists find that a given mental disorder is "genetic," our interpretation must be cautious. This finding does not mean the disorder is caused by the presence or absence of one or two genes, nor does it confirm that the abnormal behavior is in a different category from normal behavior.
Difficulty: Moderate
Question ID: 2.3.86
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.3.87. The assumption that the environment affects dizygotic (DZ) twins in the same way it influences monozygotic (MZ) twins has been criticized. Describe this criticism and the research methodology used to address it.

Answer: The criticism is that there may be greater concordance among MZ twins in part because they are treated more similarly than the DZ twins are treated. To address this concern, adoption studies have been conducted. If the concordance rate is higher for biological relatives than for adoptive relatives, this finding will point to genetic involvement in the trait.
Difficulty:Easy
Question ID: 2.3.87
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

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2.3.88. When discussing biological functions, it is important to note the distinction between the study of biological structures and biological functions. Explain these distinctions.

Answer: The field of anatomy is concerned with the study of biological structures; the field of physiology investigates biological functions. Neuroanatomy and neurophysiology are subspecialties within these broader fields that focus on brain structure and brain functions. The study of neuroanatomy and neurophysiology is the domain of an exciting, multidisciplinary field of research called neuroscience.
Difficulty: Easy
Question ID: 2.3.88
Topic: Biological Factors
Skill: Understand the Concepts
LO 2.3: Identify biological factors that impact mental health

2.3.89. Summarize the evidence in the matter of the hypothesis that vaccinations contribute to the cause of autism.

Answer: In 1998, Andrew Wakefield and several other authors speculated that it was likely that MMR vaccinations were responsible for 12 cases of autism. They did not however base this speculation on any empirical evidence. Since then several very large, empirical studies have looked for epidemiological evidence of a link between vaccinations and the rate of autism. For example a Danish study of 1.5 million children found no statistical difference in the rate of autism between children who had received the suspect vaccination and children who hadn't. The same conclusion was published by studies in the United Kingdom and Japan, which also found no evidence of a link between vaccinations and autism.
Difficulty: Moderate
Question ID: 2.3.89
Topic: Biological Factors
Skill: Apply What You Know
LO 2.3: Identify biological factors that impact mental health

2.3.90. Researchers have identified the five basic dimensions of personality (temperament). List them.

Answer: (1) extraversion (active and talkative vs. passive and reserved); (2) agreeableness (trusting and kind vs. hostile and selfish); (3) conscientiousness (organized and reliable vs. careless and negligent); (4) neuroticism (nervous and moody vs. calm and pleasant); (5) openness to experience (imaginative and curious vs. shallow and imperceptive).
Difficulty: Easy
Question ID: 2.3.90
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4: Evaluate the impact of psychological factors on mental health

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2.3.91. Describe emotions and list the six basic emotions researchers have isolated to reduce our lexicon of feelings.

Answer: Emotions, internal feeling states, are essential to human experience and to our understanding of mental disorders. The six basic emotions are love, joy, surprise, anger, sadness, and fear.
Difficulty: Easy
Question ID: 2.3.91
Topic: Psychological Factors
Skill: Understand the Concepts
LO 2.4 Evaluate the impact of psychological factors on mental health

2.3.92. What are attributions? Why are psychologists interested in them? Describe, with a specific example, how attributions can be used to explain depression.

Answer: Attributions involve how people perceive causes, their beliefs about cause-effect relations. Attribution errors can play a prominent role in the development of psychopathology. For example, a person who attributes a bad event to internal, stable, and global causes is more at risk for depression. So a student getting a bad grade who says “I'm stupid” will feel more helpless and ultimately more depressed.
Difficulty: Moderate
Question ID: 2.3.92
Topic: Psychological Factors
Skill: Apply What You Know
LO 2.4: Evaluate the impact of psychological factors on mental health

2.3.93. What has research revealed concerning the relationship between marital status and mental health? What particular problems of interpretation occur when trying to reach valid conclusions on this relationship?

Answer: Data from the Epidemiological Catchment Area study provided valuable data in assessing the relationship between marriage and mental health. Researchers found consistent relationships between marital status and mental health. For example, depression occurred in 1.5 percent of people still in their first marriage. The rate for those who were never married (one-year prevalence) was 2.4 percent. Among those who had been divorced, the rate was 4.1 in the past year. Finally, 5.8 percent of people who had been divorced more than once had experienced depression in the previous 12 months. Similar findings were found for alcoholism and schizophrenia as well as virtually every disorder diagnosed in the study. How do we interpret these results? The usual interpretation is that not being married causes emotional problems. The absence of a supportive mate makes one more susceptible to psychological problems. However, reverse causality needs to be considered as an alternative explanation. Specifically, emotional problems may be the cause of marital status. Psychologically disturbed people may have more trouble dating and forming permanent relationships. If they get married, their emotional struggles may make them or their spouses unhappy in their marriages and prone to divorce. What’s more, third variable interpretations could create spurious relationships, and poverty has been suggested as one possible third variable. Researches have concluded that although the relationship between marriage and mental health may be partly explained by third variables, the correlation is still found when the effects of poverty are excluded. For severe psychological disorders like schizophrenia, it seems clear that being single or getting divorced is a reaction to, not a cause of, the emotional problems.

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Difficulty: Moderate
Question ID: 2.3.93
Topic: Social Factors
Skill: Analyze It
LO 2.5: Analyze the relationship between society and mental health

2.1.94. Explain why MZ twins who divorce have more psychological problems than their married co-twins is not due to the difference in genes nor childrearing experiences that the twins share.

Answer: Identical twins have identical genes and grow up in the same families. Any difference between them is caused by the non-shared environment, or their unique experiences, one of which is divorce. Twin research suggests that divorce causes some psychological problems in both children and adults.
Difficulty: Easy
Question ID: 2.3.94
Topic: Social Factors
Skill: Understand the Concepts
LO 2.5: Analyze the relationship between society and mental health

2.3.95. Discuss how gender roles affect the development, expression, and consequences of psychopathology.

Answer: Gender roles may cause problems (e.g., women are raised to show dependency and helplessness, which may cause depression). Gender roles may affect the expression of problems (e.g., it is socially acceptable for women to show depression, and for men to show physical illness). Gender roles can affect the consequences of problems (e.g., once a phobia develops, it is socially acceptable for women, but not men, to continue to avoid the feared object, and this avoidance may exacerbate the problem for women).
Difficulty: Moderate
Question ID: 2.3.95
Topic: Social Factors
Skill: Apply What You Know
LO 2.5: Analyze the relationship between society and mental health

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