Abnormal Psychology in a Changing World 10th edition Nevid Test Bank

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Total Assessment Guide

Topic		Factual	Conceptual	Applied
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	Essay			
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Topic		Factual	Conceptual	Applied
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2

Contemporary Perspectives on Abnormal Behavior and Methods of Treatment

Multiple-Choice Questions

1. In the case study of "Jessica's Little Secret," Jessica's bulimia nervosa is maladaptive in the sense that it can lead to:
    a. extreme loss of weight.
    b. social problems.
    c. minor health problems.
    d. unwanted social attention from others that is commonly associated with maintaining an ideal body type.

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 40
    Topic: Introduction
    Learning Objective: Introduction
    Skill: Applied

2. In contemporary times, the understanding of abnormal behavior has been largely approached from_____.
    a. spiritual perspectives
    b. mathematical models
    c. natural and social science theoretical models
    d. historical perspectives

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 41
    Topic: Introduction
    Learning Objective: Introduction
    Skill: Factual

3. Many scholars today believe that abnormal behavior patterns are_____.
    a. best explained with biological models
    b. complex phenomena that are best understood by taking into account multiple perspectives
    c. adaptations to difficult-to-understand modern social structures
    d. the result of the alienation associated with large, rapidly changing cultures

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 41
    Topic: Introduction
    Learning Objective: Introduction
    Skill: Factual

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4. The medical model represents a _____ perspective on abnormal behavior.
   a. phenomenological
   b. behavioral
   c. biological
   d. cognitive

   ANSWER: C
   Level of Difficulty (1-3): 1 Page: 41
   Topic: The Biological Perspective
   Learning Objective: 2.1
   Skill: Conceptual

5. Our understanding of the biological underpinnings of abnormal behavior has _____ in recent years.
   a. been eliminated
   b. declined
   c. remained unchanged
   d. grown

   ANSWER: D
   Level of Difficulty (1-3): 1 Page: 41
   Topic: The Biological Perspective
   Learning Objective: 2.1
   Skill: Factual

6. The nervous system is made up of cells called _____.
   a. somas
   b. neurons
   c. axons
   d. synapses

   ANSWER: B
   Level of Difficulty (1-3): 1 Page: 41
   Topic: The Biological Perspective
   Learning Objective: 2.1
   Skill: Factual

7. Neurons are _____cells.
   a. glial
   b. connective
   c. adipose
   d. nerve

   ANSWER: D
   Level of Difficulty (1-3): 1 Page: 41
   Topic: The Biological Perspective
   Learning Objective: 2.1
   Skill: Factual

8. The part of the neuron that receives messages from other neurons is called the _____.
   a. nucleus
   b. axon
   c. dendrite
   d. soma

   ANSWER: C
   Level of Difficulty (1-3): 2 Page: 41
   Topic: The Biological Perspective
   Learning Objective: 2.1
   Skill: Factual

9. The part of the neuron that transmits messages to other neurons is called the _____.
   a. nucleus
   b. axon
   c. dendrite
   d. soma

   ANSWER: B

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Level of Difficulty (1-3): 2 Page: 41
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

10. Axons can extend as long as several _____.
    a. millimeters
    b. inches
    c. feet
    d. meters

    ANSWER: C
    Level of Difficulty (1-3): 3 Page: 41
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

11. Terminals are located at the end of _____.
    a. nuclei
    b. axons
    c. dendrites
    d. somas

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 41
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

12. Neurons transmit messages to other neurons by means of chemical substances known as _____.
    a. precursors
    b. hormones
    c. neurotransmitters
    d. peptides

    ANSWER: C
    Level of Difficulty (1-3): 1 Page: 42
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

13. Neurotransmitters induce _____in receiving neurons.
    a. dendrites
    b. somas
    c. chemical changes
    d. structural changes

    ANSWER: C
    Level of Difficulty (1-3): 1 Page: 42
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

14. The junction between a transmitting neuron and a receiving neuron is called the _____.
    a. sheath
    b. synapse
    c. hillock
    d. knob

    ANSWER: B
    Level of Difficulty (1-3): 1 Page: 42
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

15. The proper sequence of structures a neural message passes through as it moves from one neuron to the next is

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_____.

a. dendrite, cell body, axon
b. dendrite, axon, cell body
c. axon, cell body, dendrite
d. cell body, dendrite, axon

ANSWER: A
Level of Difficulty (1-3): 2 Page: 41
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

16. Receptor sites are located on the _____.

a. endocrine system
b. axons
c. dendrites
d. cell body

ANSWER: C
Level of Difficulty (1-3): 2 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

17. The part of a dendrite on a receiving neuron that is structured to receive a neurotransmitter is the _____.

a. terminal
b. receptor site
c. myelin sheath
d. hillock

ANSWER: B
Level of Difficulty (1-3): 1 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

18. Each kind of neurotransmitter _____.

a. is unique and will fit into only one type of receptor site
b. will fit into several types, but not most types of receptor sites
c. will fit into most, but not all types of receptor sites
d. will fit into every type of receptor site

ANSWER: A
Level of Difficulty (1-3): 2 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

19. The process of neurotransmitters being reabsorbed by the axon terminal is called _____.

a. diffusion
b. recycling
c. reuptake
d. regurgitation

ANSWER: C
Level of Difficulty (1-3): 2 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

20. Anxiety disorders, sleep disorders, and eating disorders have been linked to imbalances of _____.

a. acetylcholine
b. dopamine
c. serotonin
d. epinephrine

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ANSWER: C
Level of Difficulty (1-3): 3 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

21. Two popular antidepressants, Prozac and Zoloft, increase the availability of _____ in the brain.
    a. acetylcholine
    b. dopamine
    c. serotonin
    d. cortisol

ANSWER: C
Level of Difficulty (1-3): 3 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

22. Alzheimer's disease has been associated with deficiencies of _____.
    a. acetylcholine
    b. dopamine
    c. norepinephrine
    d. serotonin

ANSWER: A
Level of Difficulty (1-3): 3 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

23. Schizophrenia has been linked to overutilization of _____.
    a. acetylcholine
    b. dopamine
    c. norepinephrine
    d. serotonin

ANSWER: B
Level of Difficulty (1-3): 3 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

24. A neurotransmitter linked to anxiety disorders and depression is _____.
    a. thyroxin
    b. acetylcholine
    c. dopamine
    d. serotonin

ANSWER: D
Level of Difficulty (1-3): 2 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

25. The two major parts of the nervous system are the _____.
    a. sympathetic and parasympathetic nervous systems
    b. central and peripheral nervous systems
    c. brain and spinal cord
    d. autonomic and somatic nervous systems

ANSWER: B
Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1

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Skill: Factual

26. The brain and spinal cord make up the _____ nervous system.
    a. central
    b. somatic
    c. sympathetic
    d. parasympathetic

    ANSWER: A
    Level of Difficulty (1-3): 1 Page: 43
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

27. The _____ nervous system is made up of nerves that receive and transmit sensory messages to the brain.
    a. central
    b. peripheral
    c. reticular
    d. limbic

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 44
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

28. The hindbrain consists of _____.
    a. the pons, thalamus, and reticular activating system
    b. the amygdala, hippocampus, and hypothalamus
    c. the medulla, pons, and cerebellum
    d. the cerebellum, reticular activating system, and hippocampus

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 44
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

29. The medulla, pons, and cerebellum are all parts of the _____.
    a. forebrain
    b. prebrain
    c. midbrain
    d. hindbrain

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 44
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

30. The _____ plays a role in vital functions like heart rate, respiration, and blood pressure.
    a. pons
    b. reticular activating system
    c. medulla
    d. cerebellum

    ANSWER: C
    Level of Difficulty (1-3): 3 Page: 44
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

31. The _____ transmits information about body movement and is involved in functions related to attention, sleep, and respiration.

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a. pons
b. thalamus
c. medulla
d. cerebellum

ANSWER: A
Level of Difficulty (1-3): 3 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

32. The _____ is located behind the pons and is involved in balance and motor behavior.
a. cerebrum
b. reticular activating system
c. medulla
d. cerebellum

ANSWER: D
Level of Difficulty (1-3): 2 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

33. Celia is having difficulty maintaining her balance and coordinating her muscle movements. Assuming her problems result from a brain injury, one would first examine her _____.
a. pons
b. thalamus
c. medulla
d. cerebellum

ANSWER: D
Level of Difficulty (1-3): 3 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Applied

34. The _____ lies just above the hindbrain and contains neural pathways linking the hindbrain to the upper regions of the brain.
a. forebrain
b. prebrain
c. midbrain
d. underbrain

ANSWER: C
Level of Difficulty (1-3): 2 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

35. The _____extends from the hindbrain to the lower part of the forebrain and is involved in regulating states of arousal.
a. pons
b. medulla
c. reticular activating system
d. cerebellum

ANSWER: C
Level of Difficulty (1-3): 2 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

36. The _____ plays vital roles in regulating sleep, attention, and arousal.
a. limbic system
b. reticular activating system
c. medulla
d. cerebellum

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ANSWER: B
Level of Difficulty (1-3): 3 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

37. Depressant drugs, such as alcohol, lower activity in the _____.
    a. reticular activating system
    b. amygdala
    c. cochlea
    d. optic chiasm

ANSWER: A
Level of Difficulty (1-3): 2 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

38. The reticular activating system is part of the _____.
    a. parietal region
    b. prebrain
    c. midbrain
    d. occipital lobe

ANSWER: C
Level of Difficulty (1-3): 3 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

39. The part of the brain involved with states of arousal is:
    a. cerebellum.
    b. hippocampus.
    c. reticular activating system.
    d. basal ganglia.

ANSWER: C
Level of Difficulty (1-3): 3 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

40. The _____ relays sensory information from the sense organs (i.e., the eyes and ears) to higher regions of the brain.
    a. thalamus
    b. hypothalamus
    c. basal ganglia
    d. cerebellum

ANSWER: A
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

41. The _____, in coordination with the reticular activating system, is involved in such functions as sleep and attention.
    a. cingulate nucleus
    b. thalamus
    c. medulla
    d. cerebellum

ANSWER: B
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1

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Skill: Factual

42. The _____ is a tiny structure located under the thalamus.
    a. cingulate gyrus
    b. cerebellum
    c. hippocampus
    d. hypothalamus

    ANSWER: D
    Level of Difficulty (1-3): 3 Page: 45
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

43. The _____ is vital in regulating body temperature, fluid concentrations, and motivation and emotional states.
    a. thalamus
    b. hypothalamus
    c. basal ganglia
    d. cerebellum

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 45
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

44. The _____ is involved in a range of motivational drives and behaviors, including hunger, thirst, sex, parenting behaviors, and aggression.
    a. thalamus
    b. hypothalamus
    c. basal ganglia
    d. cerebellum

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 45
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

45. The hypothalamus is part of the _____.
    a. limbic system
    b. endocrine system
    c. basal ganglia
    d. hindbrain

    ANSWER: A
    Level of Difficulty (1-3): 2 Page: 45
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

46. The _____ plays a role in emotional processing and memory and in regulating basic drives involving hunger, thirst, and aggression.
    a. basal ganglia
    b. cerebellum
    c. reticular activating system
    d. limbic system

    ANSWER: D
    Level of Difficulty (1-3): 3 Page: 45
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

47. The _____ regulate(s) postural movements and coordination.
    a. basal ganglia
    c. pons

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b. thalamus
d. limbic system

ANSWER: A
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

48. The _____ is the brain's "crowning glory," and is responsible for most thinking processes.
a. cerebellum
b. cerebrum
c. corpus callosum
d. limbic system

ANSWER: B
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

49. The cerebral cortex makes up the surface of the _____.
a. cerebrum
b. cerebellum
c. corpus callosum
d. limbic system

ANSWER: A
Level of Difficulty (1-3): 1 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

50. The deterioration of the basal ganglia is associated with _____.
a. Alzheimer's disease
b. Schizophrenia
c. Huntington's disease
d. Autism

ANSWER: C
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

51. The _____ has been implicated in certain types of sleep disorders.
a. medulla
b. amygdala
c. hippocampus
d. hypothalamus

ANSWER: D
Level of Difficulty (1-3): 3 Page: 45
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

52. The two major divisions of the peripheral nervous system are the _____ nervous systems.
a. sympathetic and somatic
b. sympathetic and central
c. autonomic and somatic
d. sympathetic and parasympathetic

ANSWER: C
Level of Difficulty (1-3): 3 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1

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Skill: Factual

53. The _____ nervous system transmits visual messages, auditory messages, and information such as body position and temperature to the brain.
    a. somatic
    b. autonomic
    c. sympathetic
    d. parasympathetic

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

54. The somatic nervous system is associated with processing_____.
    a. emotions
    b. complex thought
    c. information from glands and involuntary bodily processes
    d. messages from sense organs

    ANSWER: D
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

55. Messages from the brain to the _____ nervous system regulate intentional body movements like raising an arm and walking.
    a. somatic
    b. central
    c. sympathetic
    d. parasympathetic

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

56. The _____ nervous system regulates the glands and involuntary activities such as heart rate, digestion, and pupil dilation.
    a. somatic
    b. autonomic
    c. central
    d. limbic

    ANSWER: B
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Conceptual

57. The _____ nervous system is also known as the “automatic” nervous system.
    a. central
    b. somatic
    c. autonomic
    d. endocrine

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

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58. The sympathetic and parasympathetic divisions are part of the _____ nervous system.
    a. central
    b. somatic
    c. autonomic
    d. endocrine

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

59. The autonomic nervous system has two branches, the _____.
    a. central and peripheral
    b. somatic and peripheral
    c. somatic and sympathetic
    d. sympathetic and parasympathetic

    ANSWER: D
    Level of Difficulty (1-3): 1 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

60. Allen is in his house alone late at night when he hears a loud, frightening noise. His heart begins pounding, his senses sharpen, and his muscles tense up. Allen's reaction is due to the activity of his _____ nervous system.
    a. sympathetic
    b. parasympathetic
    c. somatic
    d. central

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

61. Len sits down to relax in his easy chair after a long, hard day at work. As he sits reading his paper, he grows more relaxed. His breathing and heart rate slow down, and his muscles loosen. Len's relaxation is due to the activity of his _____ nervous system.
    a. sympathetic
    b. parasympathetic
    c. somatic
    d. central

    ANSWER: B
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

62. When we relax, the _____ decelerates the heart rate.
    a. pons
    b. cerebellum
    c. parasympathetic nervous system
    d. right hemisphere

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

63. During processes that replenish energy reserves, such as digestion, _____.
    a. neither the sympathetic nor the parasympathetic divisions are active

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b. the sympathetic division is most active
c. the parasympathetic division is most active
d. both the sympathetic and parasympathetic divisions are equally active

ANSWER: C
Level of Difficulty (1-3): 2 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

64. When we are anxious or fearful, _____.
a. neither the sympathetic nor the parasympathetic divisions are active
b. the sympathetic division is most active
c. the parasympathetic division is most active
d. both the sympathetic and parasympathetic divisions are equally active

ANSWER: B
Level of Difficulty (1-3): 2 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

65. Each hemisphere of the cerebrum is divided into _____ lobes.
a. two
b. four
c. six
d. eight

ANSWER: B
Level of Difficulty (1-3): 1 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

66. The visual processing area of the cortex lies in the _____ lobe.
a. frontal
b. parietal
c. temporal
d. occipital

ANSWER: D
Level of Difficulty (1-3): 2 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

67. The occipital lobe is primarily involved in processing _____.
a. sensations of touch and pain
b. muscle control
c. auditory stimuli
d. visual stimuli

ANSWER: D
Level of Difficulty (1-3): 2 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

68. Susan was in a serious car accident and lost her vision as a result of the injuries she sustained. Susan may have suffered damage to her _____.
a. amygdala
b. prefrontal cortex
c. occipital lobe
d. temporal lobe

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ANSWER: C
Level of Difficulty (1-3): 3 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Applied

69. Susan was in a serious car accident and lost her ability to comprehend consequences of her actions as a result of the injuries she sustained. Susan may have suffered damage to her _____.
    a. amygdala
    b. frontal cortex
    c. occipital lobe
    d. temporal lobe

    ANSWER: B
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

70. Susan was in a serious car accident and lost her sense of fear as a result of the injuries she sustained. Susan may have suffered damage to her _____.
    a. amygdala
    b. prefrontal cortex
    c. occipital lobe
    d. temporal lobe

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

71. Susan was in a serious car accident and lost her hearing as a result of the injuries she sustained. Susan may have suffered damage to her _____.
    a. amygdala
    b. prefrontal cortex
    c. occipital lobe
    d. temporal lobe

    ANSWER: D
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

72. Susan was in a serious car accident and lost her sense of touch as a result of the injuries she sustained. Susan may have suffered damage to her _____.
    a. parietal
    b. prefrontal cortex
    c. occipital lobe
    d. temporal lobe

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

73. The auditory area of the cortex lies in the _____ lobe.
    a. frontal
    b. parietal
    c. temporal
    d. occipital

    ANSWER: C

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Level of Difficulty (1-3): 2 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

74. Maria accidentally collided with a tree while she was skiing and subsequently lost some of her ability to hear. Maria's accident most likely resulted in damage to her _____.
    a. temporal lobe
    b. occipital lobe
    c. parietal lobe
    d. frontal lobe

    ANSWER: A
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

75. The area of the cortex involved in skin sensation is the _____ lobe.
    a. frontal
    b. parietal
    c. temporal
    d. occipital

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

76. The parietal lobe is involved in processing _____.
    a. visual stimuli
    b. auditory stimuli
    c. muscle control
    d. sensations of touch, temperature and pain

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

77. The sensory area of the _____ lobe receives messages from skin sensors all over the body.
    a. parietal
    b. temporal
    c. frontal
    d. occipital

    ANSWER: A
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

78. Ever since John had a stroke, he must be careful when cooking on the stove because he cannot feel hot temperatures and he could burn himself. Most likely John has suffered damage to his _____.
    a. prefrontal cortex
    b. frontal lobe
    c. parietal lobe
    d. temporal lobe

    ANSWER: C
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Applied

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79. The area of the cortex most involved in memory, speech, language, and the controlling of voluntary muscle response is the _____ lobe.
    a. frontal
    b. parietal
    c. temporal
    d. occipital

    ANSWER: A
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

80. The prefrontal cortex lies in front of the _____.
    a. occipital lobe
    b. parietal lobe
    c. motor cortex
    d. cerebellum

    ANSWER: C
    Level of Difficulty (1-3): 3 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

81. The _____ is involved in higher mental functions like use of language, problem solving, and thought.
    a. limbic system
    b. parasympathetic nervous system
    c. cerebellum
    d. prefrontal cortex

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

82. The motor cortex is part of the _____ lobe.
    a. frontal
    b. parietal
    c. temporal
    d. occipital

    ANSWER: A
    Level of Difficulty (1-3): 2 Page: 46
    Topic: The Biological Perspective
    Learning Objective: 2.1
    Skill: Factual

83. Unlike many psychological disorders, Alzheimer's disease _____.
    a. involves only one area of the brain
    b. requires an interaction between biological processes and environment
    c. does not involve personality changes
    d. is caused chiefly by biological processes

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 47
    Topic: The Biological Perspective
    Learning Objective: 2.2
    Skill: Conceptual

84. The field of epigenetics focuses on how _____.
    a. environmental factors influence genetic expression

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b. genetic factors influence unconscious motives
c. learning theories affect environmental factors
d. humanistic theories determine DNA

ANSWER: A
Level of Difficulty (1-3): 2 Page: 48
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Factual

85. According to the principles of epigenetics, early life experiences, such as stress, diet, sexual or physical abuse, and exposure to toxic chemicals, may determine _____.
a. whether new neurons develop in the brain
b. whether certain genes become switched on or remain dormant later in life
c. if repressed issues manifest themselves later in adulthood
d. if DNA is passed on to the next generation

ANSWER: B
Level of Difficulty (1-3): 2 Page: 48
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Conceptual

86. Using their new genetic knowledge, scientists aspire to successfully treat mental disorders by _____.
a. blocking the effects of harmful or defective genes
b. developing patches to deliver medication
c. cloning newborns
d. finding compatible tissue donors

ANSWER: A
Level of Difficulty (1-3): 2 Page: 48
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Conceptual

87. As the debate on epigenetics continues, the authors of your textbook offer a few key points to consider. Which of the following is one of those key points?
a. Genes dictate behavioral outcomes.
b. Genetic factors make it a certainty that certain behaviors or disorders will develop.
c. Multigenetic determinism affects psychological disorders.
d. Genetic factors and environmental influence do not interact with each other in determining our vulnerability to a range of psychological disorders.

ANSWER: C
Level of Difficulty (1-3): 3 Page: 48
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Conceptual

88. The debate of heredity versus environment is also known as _____.
a. genes versus means
b. Mendel versus Darwin
c. body versus soul
d. nature versus nurture

ANSWER: D
Level of Difficulty (1-3): 1 Page: 48
Topic: The Biological Perspective

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Learning Objective: 2.2
Skill: Factual

89. For monozygotic (identical) twins, if one twin develops schizophrenia, the odds that the other twin will also develop schizophrenia are about _____ percent.
    a. 25
    b. 50
    c. 75
    d. 100

    ANSWER: B
    Level of Difficulty (1-3): 3 Page: 47
    Topic: The Biological Perspective
    Learning Objective: 2.2
    Skill: Factual

90. The contemporary view of the nature-nurture debate is best expressed in terms of _____.
    a. neither nature nor nurture
    b. nature, not nurture
    c. nurture, not nature
    d. nature and nurture acting together

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 49
    Topic: The Biological Perspective
    Learning Objective: 2.2
    Skill: Conceptual

91. Nature equals things like _____ whereas nurture equals things like _____.
    a. genetics; genes
    b. the environment; your family
    c. your family; your intelligence
    d. your parents' genes; the environments you are raised within

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 49
    Topic: The Biological Perspective
    Learning Objective: 2.2
    Skill: Conceptual

92. According to Freud, unconscious motives and conflicts revolve around _____.
    a. a drive for self-actualization
    b. primitive sexual and aggressive instincts
    c. learned motives
    d. irrational thinking

    ANSWER: B
    Level of Difficulty (1-3): 1 Page: 49
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Conceptual

93. According to Freud, abnormal behavior patterns represent symptoms_____.
    a. indicating that the individual is overwhelmed by negative environmental stimuli
    b. resulting from a physiological breakdown in the neural pathways of the cerebral cortex
    c. indicating that the sufferers consciously use illness to manipulate others into paying attention to them
    d. of dynamic struggles taking place within the unconscious mind

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ANSWER: D
Level of Difficulty (1-3): 1 Page: 49
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

94. Which of the following is one of the three structures of the mind described by Freud?
    a. The conscious
    b. The post conscious
    c. The superego
    d. The libido

ANSWER: A
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

95. A region of the mind that corresponds to one's present awareness is called _____.
    a. conscious
    b. superconscious
    c. superego
    d. hypothalamus

ANSWER: A
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

96. Freud postulated awareness of our basic urges would result in _____.
    a. insight
    b. depression
    c. anxiety
    d. catharsis

ANSWER: C
Level of Difficulty (1-3):2 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

97. According to Freud, the part of the mind that is largely hidden and can only be brought into awareness with great difficulty, if at all, is the _____.
    a. conscious
    b. superconscious
    c. preconscious
    d. unconscious

ANSWER: D
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

98. According to Freud, the part of the mind that can only be brought into awareness indirectly, is the _____.
    a. conscious
    b. superconscious
    c. preconscious
    d. unconscious

ANSWER: C
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3

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Skill: Conceptual

99. According to Freud, the part of the mind that one can always be aware of is _____.
a. conscious
b. superconscious
c. preconscious
d. unconscious

ANSWER: A
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

100. Freud's structural hypothesis proposes that the personality is divided into _____ mental entities.
a. two
b. three
c. four
d. five

ANSWER: B
Level of Difficulty (1-3): 2 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

101. Freudian theory states that the only psychic structure present at birth is the _____.
a. id
b. superego
c. ego
d. persona

ANSWER: A
Level of Difficulty (1-3): 2 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

102. According to Freud, the _____ follows the pleasure principle.
a. id
b. superego
c. ego
d. persona

ANSWER: A
Level of Difficulty (1-3): 2 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

103. An infant demands instant gratification of its needs without consideration of social customs or the needs of others. The infant is responding to the _____ principle.
a. survival
b. reality
c. Oedipal
d. pleasure

ANSWER: D
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

104. In Freudian terms, the _____ is the part of the mind where we can find memories that we are not aware of, but can be brought into our awareness by focusing on them.
a. conscious

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b. latent conscious
c. subconscious
d. unconscious

ANSWER: C
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

105. Moral standards and values of a child's parents and other important people in his or her life become internalized during _____.
a. adolescence
b. late childhood
c. middle childhood
d. early childhood

ANSWER: C
Level of Difficulty (1-3): 3 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

106. Freud proposed that a child's moral standards become internalized through the formation of the _____.
a. id
b. ego
c. superego
d. alter-ego

ANSWER: C
Level of Difficulty (1-3): 1 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

107. Which Freudian construct endeavors to satisfy cravings without offending moral standards?
a. ego
b. superego
c. id
d. fixation

ANSWER: A
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

108. Rachel’s boyfriend is pressing her to have sex; her parents have brought her up to believe that premarital sex is wrong. As she weighs out her decision, Rachel frequently thinks of what her parents have taught her. Based on Rachel’s thoughts, which Freudian psychic structure appears to be influencing her decision?
a. id
b. ego
c. superego
d. persona

ANSWER: C
Level of Difficulty (1-3): 3 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

109. Freud believed we protect ourselves from allowing socially unacceptable wishes or impulses that would be inconsistent with our moral values or social responsibilities from rising into conscious awareness through the use of _____.

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a. response sets
b. defense mechanisms
c. secondary process thinking
d. primary process thinking

ANSWER: B
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

110. The ego uses defense mechanisms to _____.
a. prevent socially unacceptable desires from reaching the unconscious parts of the mind
b. prevent socially unacceptable desires from rising into consciousness
c. mobilize the body to fight off or run away from an external threat
d. prevent the superego from thwarting id desires

ANSWER: B
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

111. The most basic defense mechanism is _____.
a. regression
b. repression
c. denial
d. rationalization

ANSWER: B
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

112. Defense mechanisms involve a dynamic struggle between the _____.
a. ego and the conscience
b. ego and the superego
c. id and the pleasure principle
d. id and the ego

ANSWER: D
Level of Difficulty (1-3): 3 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

113. People can remain outwardly calm and controlled while they inwardly harbor murderous or lustful impulses of which they are unaware through Freudian defense mechanism known as _____.
a. regression
b. projection
c. identification
d. repression

ANSWER: D
Level of Difficulty (1-3): 3 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

114. Freud noted that slips of the tongue and ordinary forgetfulness can represent hidden motives that are kept out of consciousness by _____.
a. repression
b. displacement
c. denial
d. sublimation

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ANSWER: A
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

115. The use of justifications, or excuses, for unacceptable behavior is a form of self-deception that is called _____.
a. projection
b. sublimation
c. reaction formation
d. rationalization

ANSWER: D
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

116. A man explains his cheating on his income taxes by saying, "Everyone does it, and besides the government steals from me every week" is using the defense mechanism of _____.
a. rationalization
b. projection
c. reaction formation
d. identification

ANSWER: A
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

117. A woman who has been reprimanded at work by her boss and quietly accepts his criticism. She later yells at her children without provocation from them. The defense mechanism she is using is _____.
a. projection
b. displacement
c. sublimation
d. regression

ANSWER: B
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

118. The defense mechanism where one imposes one's own unacceptable impulses or wishes onto another person is _____.
a. projection
b. displacement
c. sublimation
d. reaction formation

ANSWER: A
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

119. A sexually frustrated woman interprets innocent glances from others as sexual advances. Her defense mechanism is _____.
a. rationalization
b. reaction formation
c. displacement
d. projection

ANSWER: D

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Level of Difficulty (1-3): 3 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

120. Adopting public behaviors that are the extreme opposite of one's genuine desires in order to keep those desires repressed is called _____.
a. displacement
b. sublimation
c. reaction formation
d. denial

ANSWER: C
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

121. A conservative man who cannot accept his own sexual desires begins a highly publicized crusade to stamp out pornography. His defense mechanism is _____.
a. repression
b. reaction formation
c. projection
d. displacement

ANSWER: B
Level of Difficulty (1-3): 3 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

122. A college student with a "D-" average tells her parents that school is going well and refuses to admit to herself that she might fail. Her defense mechanism is _____.
a. denial
b. repression
c. sublimation
d. reaction formation

ANSWER: A
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

123. The channeling of unacceptable impulses into positive, constructive pursuits is called _____.
a. sublimation
b. displacement
c. reaction formation
d. projection

ANSWER: A
Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

124. Freud argued that _____ are the dominant factors in the development of personality, even among children.
a. security needs
b. self-actualizing tendencies
c. sexual drives
d. cognitive styles

ANSWER: C
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3

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Skill: Conceptual

125. The word _____ is probably closest in present-day meaning to what Freud meant by sexuality.
a. lust
b. infatuation
c. sensuality
d. stimulation

ANSWER: C
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

126. According to Freud, the basic drive to preserve and perpetuate life is called _____.
a. libido
b. Eros
c. thanatos
d. self-actualization

ANSWER: B
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

127. According to Freud, libidinal energy is expressed through _____.
a. the ego
b. the superego
c. aggression
d. sexual pleasure

ANSWER: D
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

128. Freud believed that sexual energy is expressed through sexual pleasure in different body parts called _____ zones.
a. subduction
b. transference
c. Oedipal
d. erogenous

ANSWER: D
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

129. Freud proposed several stages of _____ development.
a. cognitive
b. moral
c. psychosexual
d. psychosocial

ANSWER: C
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

130. For Freud, the stages of human development are _____in nature.
a. familial
b. psychosexual
c. regressive
d. creative

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ANSWER: B
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

131. The correct chronological order of Freud's stages of development is _____.
a. anal, oral, phallic, latency, genital
b. anal, oral, latency, phallic, genital
c. oral, anal, genital, latency, phallic
d. oral, anal, phallic, latency, genital

ANSWER: D
Level of Difficulty (1-3): 3 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

132. The Freudian stages of human development correspond to the transfer of _____ from one _____to another.
a. libidinal energy; erogenous zone
b. eros; libido
c. anxiety; psychic structure
d. knowledge; area of the mind

ANSWER: A
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

133. Mary is a baby and likes to put everything she touches into her mouth to suck on it or bite on it. According to Freud, she is in the _____ stage.
a. anal
b. oral
c. latency
d. phallic

ANSWER: B
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

134. The phallic stage generally begins during the _____ year of life.
a. second
b. third
c. fourth
d. fifth

ANSWER: B
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

135. The conflict hypothesized by Freud in which little boys sexually desire their mothers and wish to eliminate their fathers is called the _____.
a. Electra complex
b. Odysseus complex
c. Oedipus complex
d. Thanatos complex

ANSWER: C
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective

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Learning Objective: 2.3
Skill: Conceptual

136. The conflict hypothesized by Freud in which little girls sexually desire their fathers and wish to eliminate their mothers is called the _____.

a. Electra complex
b. Odysseus complex
c. Oedipus complex
d. Thanatos complex

ANSWER: A
Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

137. According to Freud, sexual drives diminish and children's interests become more directed toward school and play activities during the _____ stage.

a. oral
b. latency
c. phallic
d. genital

ANSWER: B
Level of Difficulty (1-3): 2 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

138. In Freud's theory, mature sexuality emerges only during the _____ stage.

a. oral
b. latency
c. genital
d. phallic

ANSWER: C
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

139. According to Freud, too little or too much gratification at any stage can lead to _____.

a. resistance
b. fixation
c. counter-transference
d. transference

ANSWER: B
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

140. Sean is a 38-year-old man who suffers from alcoholism, smokes, overeats, and bites his nails. Freud would most likely say that Sean is fixated in the _____ stage of development.

a. anal
b. oral
c. latency
d. phallic

ANSWER: B
Level of Difficulty (1-3): 1 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

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141. Orally fixated adults, according to Freud, may tend to become socially _____.
    a. isolated
    b. dependent
    c. gregarious
    d. angry

    ANSWER: B
    Level of Difficulty (1-3): 2 Page: 53
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Conceptual

142. In general, contemporary psychodynamic theorists believe that one's behavior is a reflection of _____.
    a. conscious motivation
    b. unresolved longings for the opposite sex parent
    c. defensive responses to anxiety
    d. basic instincts such as sex and aggression

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 53
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Conceptual

143. To Jung, the accumulated experiences of humankind are passed down genetically through the generations in the _____.
    a. personal unconscious
    b. anima
    c. animus
    d. collective unconscious

    ANSWER: D
    Level of Difficulty (1-3): 2 Page: 53
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Conceptual

144. The idea of a "collective unconscious" is most closely linked to the thinking of _____.
    a. Carl Jung
    b. Erik Erikson
    c. Alfred Adler
    d. Karen Horney

    ANSWER: A
    Level of Difficulty (1-3): 2 Page: 53
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Factual

145. According to Jung, the collective unconscious contains primitive images, or _____, reflects upon the history of our species.
    a. ancestral schemas
    b. personal constructs
    c. archetypes
    d. social constructs

    ANSWER: C
    Level of Difficulty (1-3): 2 Page: 53
    Topic: The Psychological Perspective
    Learning Objective: 2.3
    Skill: Conceptual

146. Mythical images such as the all-powerful God, the young hero, the nurturing mother, the wise old man, and the evil demon are examples of what Jung called _____.

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a. ancestral schemas
b. personal constructs
c. archetypes
d. social constructs

ANSWER: C
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

147. The theorist credited with developing analytical psychology was _____.
a. Eric Erikson
b. Alfred Adler
c. Karen Horney
d. Carl Jung

ANSWER: D
Level of Difficulty (1-3): 3 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

148. Alfred Adler believed that people were basically driven by _____.
a. the sexual instinct
b. an inferiority complex
c. basic anxiety
d. psychosocial motives

ANSWER: B
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

149. According to Adler, feelings of inferiority due to physical deficits can lead to the development of a powerful _____.
a. need for security
b. set of defense mechanisms
c. identity crisis
d. drive for superiority

ANSWER: D
Level of Difficulty (1-3): 1 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

150. According to Adler, the self-aware aspect of our personality that strives to overcome obstacles and develop our individual potential is called _____.
a. the self-actualizing tendency
b. the persona
c. the ego ideal
d. the creative self

ANSWER: D
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

151. Adler shifted the emphasis of psychodynamic theory from the _____.
a. ego to the id
b. ego to the superego
c. id to the superego
d. id to the ego

ANSWER: D

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Level of Difficulty (1-3):3 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

152. Adler's psychological theory has been termed _____.
a. analytical psychology
b. ego psychology
c. individual psychology
d. client-centered psychology

ANSWER: C
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

153. Which of the following terms is most closely associated with the thinking of Karen Horney?
a. The collective unconscious
b. Basic anxiety
c. An inferiority complex
d. Ego identity

ANSWER: B
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

154. Karen Horney stressed the importance of _____ in the development of emotional problems.
a. psychosocial development
b. psychosexual development
c. parent-child relationships
d. an inferiority complex

ANSWER: C
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

155. Heinz Hartmann was one of the originators of _____.
a. analytical psychology
b. individual psychology
c. ego psychology
d. client-centered psychology

ANSWER: C
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

156. Unlike Freud, Hartmann would not attribute a choice of a career in art to _____.
a. sublimation
b. repression
c. reaction formation
d. displacement

ANSWER: A
Level of Difficulty (1-3): 3 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

157. A noted psychologist argues that the ego is the dominant part of personality and its cognitive functions can be

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free of conflict. It is capable of making growth-oriented choices such as seeking an education, dedicating oneself to art or poetry, or furthering the good of humanity, and these choices are more than simply defensive forms of sublimation. This psychologist's views are MOST similar to those of _____.

a. Heinz Hartmann
b. Carl Jung
c. Sigmund Freud
d. E. L. Thorndike

ANSWER: A
Level of Difficulty (1-3): 3 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

158. Erik Erikson attributed more importance to children's _____ than to unconscious processes.

a. social relationships
b. moral maturity
c. cognitive development
d. sexual maturity

ANSWER: A
Level of Difficulty (1-3): 1 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

159. Erikson's theory of development differs from Freud's in that it claims that mental development _____.

a. is complete by age six
b. is complete by puberty
c. is complete by young adulthood
d. continues throughout life

ANSWER: D
Level of Difficulty (1-3): 1 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

160. According to Erikson, the goal of adolescence is the development of _____.

a. physical maturity
b. genital sexuality
c. ego identity
d. self-actualization

ANSWER: C
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

161. The psychodynamic theory which focuses on how children come to develop symbolic representations of important others in their lives, especially their parents, is called _____.

a. psychoanalysis
b. object-relations theory
c. ego psychology
d. Gestalt theory

ANSWER: B
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

162. For Margaret Mahler, the key to personality development is _____.

a. social relationships with peers
b. cognitive development
c. separation from the mother
d. someone's style of coping with guilt

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ANSWER: C
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

163. Margaret Mahler is most closely associated with _____ theory.
a. psychoanalysis
b. object-relations theory
c. individual psychology
d. Gestalt theory

ANSWER: B
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

164. Which of the following theorists is most closely associated with object-relations theory?
a. Heinz Hartman
b. Margaret Mahler
c. Harry Stack Sullivan
d. Karen Horney

ANSWER: B
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

165. The process of introjection was most crucial to the theory of _____.
a. Erik Erickson
b. Alfred Adler
c. Carl Jung
d. Margaret Mahler

ANSWER: D
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

166. Freud believed that the underlying conflicts in psychological disorders _____.
a. had childhood origins
b. had adolescent origins
c. were learned in adulthood
d. disappeared by adulthood

ANSWER: A
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

167. According to Freud, when the id breaks completely through to consciousness and the ego is no longer able to keep a lid on its urges, _____ results.
a. compulsiveness
b. neurosis
c. psychosis
d. psychopathic behavior

ANSWER: C
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3

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Skill: Conceptual

168. According to Freud, when the id leaks through to consciousness and the ego addresses these urges, _____ results.
a. compulsiveness
b. neurosis
c. psychosis
d. psychopathic behavior

ANSWER: B
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

169. A severe form of disturbed behavior characterized by impaired ability to interpret reality and difficulty meeting the demands of daily life is _____.
a. neurosis
b. symbiosis
c. catharsis
d. psychosis

ANSWER: D
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

170. Harlan suffers from bizarre hallucinations and delusions of persecution in which he believes demons are tormenting him. He often babbles aimlessly and contorts his body into grotesque positions, claiming the demons are doing it to him. Freud would argue that Harlan has _____.
a. a neurosis
b. a personality disorder
c. a psychosis
d. an excess of free association

ANSWER: C
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

171. For Freud, psychological health was related to _____.
a. the abilities to love and work
b. differentiation of the self
c. compensation for feelings of inferiority
d. positive outcomes of resolving life crises

ANSWER: A
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

172. For both Jung and Adler, psychological health was related to _____.
a. the abilities to love and work
b. differentiation of the self
c. compensation for feelings of inferiority
d. positive outcomes of resolving life crises

ANSWER: B
Level of Difficulty (1-3): 3 Page: 56

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Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

173. Adler, but not Jung, felt that psychological health was related to _____.
   a. the abilities to love and work
   b. differentiation of the self
   c. compensation for feelings of inferiority
   d. positive outcomes of resolving life crises

ANSWER: C
Level of Difficulty (1-3): 3 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

174. Maureen is feeling increasingly anxious. Her therapist suggests to Maureen that she has not psychologically separated herself from her mother. Maureen's therapist most likely agrees with the theories of _____.
   a. Erik Erickson
   b. Karen Horney
   c. Carl Jung
   d. Margaret Mahler

ANSWER: D
Level of Difficulty (1-3): 3 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Applied

175. Which of the following is true of psychodynamic theory?
   a. Psychodynamic theory fails to adequately account for the effects of sexual and aggressive impulses.
   b. The impact of psychodynamic theory was limited to the late 19th century and contributed little to modern views of psychological disorders.
   c. Freud's ideas of childhood sexuality were both illuminating and controversial.
   d. Freud's theory increased awareness that people may be motivated by an innate drive for self-actualization.

ANSWER: C
Level of Difficulty (1-3): 3 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

176. Which of the following is a criticism of Freud's theory?
   a. Many of Freud's concepts cannot be scientifically proved or disproved.
   b. Freud underemphasized the importance of unconscious processes on behavior.
   c. Freud overemphasized the role of social relationships in shaping personality.
   d. Freud placed too much emphasis on early childhood experiences in the development of personality.

ANSWER: A
Level of Difficulty (1-3): 3 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

177. The first major psychological theories of abnormal behavior were _____.

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a. phenomenological theories
b. behavioral theories
c. organic theories
d. psychodynamic theories

ANSWER: D
Level of Difficulty (1-3): 1 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

178. According to Freud, psychological health is equated with _____.
a. being able to obtain appropriate reinforcement from the environment
b. emotional differentiation from the mother
c. having the ability to love and work
d. being able to forgive and forget

ANSWER: B
Level of Difficulty (1-3): 3 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

179. The American psychologist who is known as the "father of behaviorism" is _____.
a. John B. Watson
b. B. F. Skinner
c. William James
d. Carl Rogers

ANSWER: A
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

180. The behavioral perspective views abnormal behavior as _____.
a. symptomatic of underlying psychological problems
b. symptomatic of underlying biological problems
c. the incurable result of a person's genetically inherited traits
d. learned in much the same way as normal behavior

ANSWER: D
Level of Difficulty (1-3): 1 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

181. Which of the following would a behavior therapist attribute abnormal behavior to?
a. Failure to resolve feelings of inferiority
b. Failure to establish a distinctive and individual identity
c. Neglectful or abusive parents
d. Conflicts between the id and superego

ANSWER: C
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

182. Which of the following scientists is associated with behaviorism?

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a. John B. Watson
b. Abraham Maslow
c. Alfred Adler
d. Carl Rogers

ANSWER: A
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

183. The learning perspective views abnormal behavior as _____.
a. being symptomatic of underlying biological problems
b. developing from unresolved unconscious conflict
c. the problem itself
d. stemming from societal problems

ANSWER: C
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

184. In _____ conditioning, conditioned and unconditioned responses are elicited by stimuli.
a. operant
b. classical
c. introjective
d. reactive

ANSWER: B
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

185. Ivan Pavlov lived from _____.
a. 1849-1936
b. 1921-2003
c. 1801-1837
d. 1967-present

ANSWER: B
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

186. A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the meat is the _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

ANSWER: A
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

187. A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the bell is the _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

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ANSWER: C
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

188. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the scary noise is the _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

ANSWER: A
Level of Difficulty (1-3): 3 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

189. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the boy's fear of the rat is the _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

ANSWER: D
Level of Difficulty (1-3): 3 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

190. Flinching at the sound of the dentist's drill as you are sitting in the dental office waiting room is an example of _____.
a. classical conditioning
b. operant conditioning
c. cue-controlled desensitization
d. negative reinforcement

ANSWER: A
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

191. Ashley is riding on an elevator when the lights suddenly go off and the elevator stops, trapping her inside. After an hour, electricity is restored and Ashley is able to safely exit the elevator. Ashley subsequently refuses to ride on an elevator because she is "afraid." Ashley's fear is the result of _____.
a. psychodynamic conditioning
b. negative reinforcement
c. classical conditioning
d. aversive conditioning

ANSWER: C
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

192. An example of a disorder that may be acquired through classical conditioning is _____.
a. bipolar disorder
c. obsessive compulsive anxiety disorder

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b. hysteria
d. phobia

ANSWER: D
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

193. The "Little Albert" study was important because it demonstrated that a fear response in _____.
a. animals could be classically conditioned
b. animals could be operantly conditioned
c. humans could be classically conditioned
d. humans could be operantly conditioned

ANSWER: C
Level of Difficulty (1-3): 2 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

194. In the "Little Albert" study, an 11-month-old boy was taught to fear a rat through _____.
a. observational learning
b. classical conditioning
c. cognitive retraining
d. operant conditioning

ANSWER: B
Level of Difficulty (1-3): 2 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

195. In _____ conditioning, organisms learn to emit behaviors because of the behavior's consequences.
a. operant
b. classical
c. aversive
d. reactive

ANSWER: A
Level of Difficulty (1-3): 3 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

196. The person most closely associated with operant conditioning is _____.
a. Watson
b. Skinner
c. Pavlov
d. Bandura

ANSWER: B
Level of Difficulty (1-3): 2 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

197. Changes in the environment that increase the frequency of the preceding behavior are called _____.
a. operants
b. stimuli
c. reinforcers
d. fixations

ANSWER: C
Level of Difficulty (1-3): 2 Page: 59

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Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

198. A stimulus or event that increases the frequency of the response that it follows is called _____.
a. an unconditioned response
b. punishment
c. an unconditioned stimulus
d. positive reinforcement

ANSWER: D
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

199. A scientist gives a rat a food pellet every time it presses a bar. This is an example of _____.
a. positive reinforcement
b. negative reinforcement
c. classical conditioning
d. aversive conditioning

ANSWER: A
Level of Difficulty (1-3): 1 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

200. Reinforcers that, when introduced, increase the frequency of the preceding behavior, are called _____ reinforcers.
a. manifest
b. positive
c. negative
d. latent

ANSWER: B
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

201. A mother repeatedly comes to her son's room and nags him about cleaning his room. When the boy cleans his room, the mother stops nagging. This is an example of _____.
a. positive reinforcement
b. negative reinforcement
c. punishment
d. aversive conditioning

ANSWER: B
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

202. The terms "positive reinforcement" and _____ are used interchangeably.
a. "response"
b. "negative reinforcement"
c. "reward"
d. "improvement"

ANSWER: C
Level of Difficulty (1-3): 1 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

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203. Stimuli that increase the frequency of a behavior when they are removed are called _____.

a. positive reinforcers
b. negative reinforcers
c. punishers
d. aversive conditioners

ANSWER: B
Level of Difficulty (1-3): 3 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

204. Fred sleeps soundly. His alarm makes a loud beeping noise every morning at 7:00AM. Fred getting out of bed and turning off the alarm is an example of_____.

a. positive reinforcement
b. negative reinforcement
c. punishment
d. aversive conditioning

ANSWER: B
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

205. Painful or aversive stimuli that decrease or suppress the frequency of the preceding behavior are known as _____.

a. positive reinforcers
b. negative reinforcers
c. extinguishers
d. punishments

ANSWER: D
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

206. According to your text, which of the following statements regarding punishment is true?

a. Punishment encourages the individual to be more attentive in most learning situations.
b. Punishment may generate anger and hostility rather than constructive learning.
c. Punishment eliminates undesirable behavior rather than suppressing it.
d. Punishment reinforces the individual's ability to understand and willingness to engage in appropriate behavior.

ANSWER: B
Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

207. According to the behaviorists, "normal" or adaptive behavior involves learning behaviors that allow us to _____ positive reinforcers and to _____ negative reinforcers.

a. obtain; obtain
b. obtain; avoid
c. seek out; negotiate
d. value; disregard

ANSWER: B
Level of Difficulty (1-3): 3 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

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208. Which of the following persons has contributed to the development of social-cognitive theory?
a. Albert Bandura
b. Carl Rogers
c. Heinz Hartmann
d. Harry Stack Sullivan

ANSWER: A
Level of Difficulty (1-3): 3 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

209. Albert Bandura lived _____.
a. 1925-Present
b. 1903-1976
c. 1888-1939
d. 1932-1999

ANSWER: A
Level of Difficulty (1-3): 3 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

210. Social-cognitive theorists expanded the traditional learning theory by introducing the concept of_____.
a. negative reinforcement
b. modeling
c. attention
d. positive reinforcement

ANSWER: B
Level of Difficulty (1-3): 2 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

211. Social-cognitive theorists emphasize the role of _____ and modeling in shaping personality.
a. biological influences
b. self-actualization
c. classical conditioning
d. thinking

ANSWER: D
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

212. The process of acquiring new behaviors and knowledge by imitating others is called _____.
a. conditioning
b. abreaction
c. modeling
d. implementing

ANSWER: C
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

213. A learning-based theory that emphasizes observational learning and incorporates roles for cognitive variables in determining behavior is _____.
a. Gestalt theory
b. humanistic theory
c. social-cognitive theory
d. sociocultural theory

ANSWER: C

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Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

214. Which of the following concepts would be important to a social-cognitive theorist?
a. self-actualization
b. unconscious conflicts
c. expectancies
d. inherited traits

ANSWER: C
Level of Difficulty (1-3): 2 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

215. Personal beliefs about outcomes of engaging in particular behaviors are called _____.
a. expectancies
b. competencies
c. encoding strategies
d. antecedents

ANSWER: A
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

216. Frank's father was a criminal and spent considerable time showing Frank how to break into different kinds of locks and doors as a child. Later in life, Frank also becomes a criminal. Whose theory of learning would best explain Frank's behavior?
a. Pavlov
b. Skinner
c. Watson
d. Bandura

ANSWER: D
Level of Difficulty (1-3): 3 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

217. Gloria goes to a therapist for treatment of her test anxiety. Her therapist says that her test anxiety is a learned reaction to the extreme demands for achievement placed on her by her parents while she was growing up. The therapist says that Gloria can learn to correct her test anxiety by learning to relax in test-taking situations. Gloria's therapist is using the _____ model of treatment.
a. psychoanalytic
b. humanistic
c. behavioral
d. sociocultural

ANSWER: C
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

218. Behavior therapy is also referred to as
a. behavior modification .
b. expectancy awareness.
c. cognitive therapy.
d. classical conditioning.

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ANSWER: A
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

219. Which if the following is a therapeutic approach that has evolved from the learning perspective?
a. behavior modification
b. catharsis
c. active listening
d. learning styles teaching

ANSWER: A
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

220. Which of the following is a criticism of learning models of behavior?
a. Learning models have not put enough emphasis on measuring observable behaviors.
b. Behaviorism cannot explain the richness of human experience.
c. Learning theorists do not apply scientific principles in their understanding of behavior.
d. Learning models do not pay adequate attention to the influence available reinforcement in the individual's environment.

ANSWER: B
Level of Difficulty (1-3): 2 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

221. Which model of psychology emphasizes the personal freedoms people have in making conscious choices?
a. Psychodynamic model
b. Behavioral model
c. Cognitive model
d. Humanistic model

ANSWER: D
Level of Difficulty (1-3): 1 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

222. Humanistic psychology emerged as a major force in psychology in the _____ century.
a. late 19th
b. early 20th
c. mid-20th
d. late 20th

ANSWER: C
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

223. A leader of the humanistic movement in American psychology was _____.
a. Albert Ellis
b. Carl Rogers
c. B. F. Skinner
d. Albert Bandura

ANSWER: B
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective

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Learning Objective: 2.5
Skill: Factual

224. Carl Rogers lived from _____.
a. 1902-1987
b. 1908-1970
c. 1880-1932
d. 1967-present

ANSWER: A
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

225. Abraham Maslow lived from _____.
a. 1902-1987
b. 1908-1970
c. 1880-1932
d. 1967-present

ANSWER: B
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

226. According to the humanists, if an individual is able to recognize his feeling and needs while being true to himself, he is living_____.
a. free of neuroses
b. a life rich with reinforcement
c. an ego-integrated life
d. authentically

ANSWER: D
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

227. According to humanistic psychologists, the tendency to strive to become all that we are capable of becoming is called _____.
a. self-potentiation
b. transcendental reformation
c. self-actualization
d. catharsis

ANSWER: C
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

228. Mary goes to a therapist for treatment of her test anxiety. The therapist helps Mary find her own explanation of her anxiety and focuses on how various events in her life, such as her test anxiety, have kept her from becoming self-actualized. Mary's therapist's approach to treatment is most likely to have been influenced by the theories of _____.
a. Sigmund Freud
b. Albert Ellis
c. Harry Stack Sullivan
d. Abraham Maslow

ANSWER: D
Level of Difficulty (1-3): 1 Page: 61

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Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Applied

229. Humanistic psychologists attempt to understand abnormal behavior by_____.
   a. evaluating the positive reinforcement available to people in the world
   b. attempting to understand the individual's subjective experience and his experiences of being "in the world"
   c. analyses of unconscious drives and motives that people possess
   d. evaluating the interaction of biological inheritance and environmental rewards

ANSWER: B
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Applied

230. For Rogers, a child's distorted self-concept can come from parents' _____.
   a. unconditional positive regard
   b. favoritism of one sibling over another
   c. conditional positive regard
   d. qualified negative regard

ANSWER: C
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Conceptual

231. When parents only accept children if they behave in an approved manner, they are showing their children _____.
   a. unconditional positive regard
   b. conditional positive regard
   c. low self-esteem
   d. unrealistic self-ideals

ANSWER: B
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Applied

232. Children who see themselves as worthwhile only when they behave in certain approved ways have developed _____, according to Rogers.
   a. negative self-efficacy
   b. reactive depression
   c. unconditional positive regard
   d. conditions of worth

ANSWER: D
Level of Difficulty (1-3): 3 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Applied

233. According to Rogers, parents help children develop self-esteem and self-actualize when they show them _____.
   a. unconditional positive regard
   b. conditional positive regard
   c. conditions of worth
   d. strict rules and discipline

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ANSWER: A
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Conceptual

234. According to Rogers, when parents accept children as having intrinsic worth regardless of their behavior at a particular moment in time, they are showing them _____.
a. unconditional positive regard
b. conditional positive regard
c. perceived self-efficacy
d. unrealistic self-ideals

ANSWER: A
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Conceptual

235. Paul visits a therapist for treatment of his depression. His therapist helps Paul recognize that his depression arises from his failure to meet various conditions of worth internalized from his interactions with his parents during childhood. Throughout the therapy process, Paul discovers and develops his own unique potential. Paul's therapist most resembles _____ in his therapeutic approach.
a. Beck
b. Rogers
c. Hartmann
d. Horney

ANSWER: B
Level of Difficulty (1-3): 3 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Applied

236. Rogers's method of psychotherapy is called _____.
a. person-centered therapy
b. logotherapy
c. rational-emotive behavior therapy
d. Gestalt therapy

ANSWER: A
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

237. According to the text, the humanistic model's primary strength and possibly its primary weakness is its _____.
a. naiveté
b. focus on conscious experience
c. ignoring of defense mechanisms
d. failure to develop a specific therapeutic methodology

ANSWER: B
Level of Difficulty (1-3): 3 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Conceptual

238. Which of the following is a strength or contribution of humanistic psychology?
a. It developed evidence-based therapy methods to help people self-actualize.
b. It focuses on unconscious repressed impulses.
c. It brought the concepts of free choice, inherent goodness, responsibility, and authenticity to the attention of modern psychology.
d. The movement resulted in the formulation of valid and testable concepts and theories.

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ANSWER: C
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

239. A cognition is most similar to _____.
a. an emotion
b. a thought
c. an urge
d. an experience

ANSWER: B
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

240. Theorists who focus on abnormal thought patterns, attitudes, and expectations associated with abnormal behavior are _____ theorists.
a. psychodynamic
b. humanistic
c. Gestalt
d. cognitive

ANSWER: D
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

241. Which scientific field do cognitive psychologists borrow concepts from in explaining how human process information and how the processes may break down?
a. Neurobiology
b. Chemistry
c. Computer science
d. Physics

ANSWER: C
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

242. According to cognitive psychology, information _____ is based on the individual's sensory and perceptual processes.
a. input
b. storage
c. manipulation
d. retrieval

ANSWER: A
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

243. According to cognitive psychology, "manipulation" refers to the way in which information is _____.
a. perceived
b. stored
c. interpreted or processed

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d. retrieved

ANSWER: C
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

244. According to cognitive psychology, the process by which information is interpreted or processed is referred to as _____.
a. output
b. manipulation
c. storage
d. retrieval

ANSWER: B
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

245. Cognitive theory defines placing information in memory as _____.
a. input
b. repression
c. storage
d. awareness

ANSWER: C
Level of Difficulty (1-3): 1 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

246. Maggie suffers from depression. She appears to focus on things that are not going well and often cites how events in her life are proof that she is a failure. For example, she considered a "B" on a recent calculus exam to be a "failure" and feels the grade supports her belief that she will never be successful. Maggie's interpretation and manipulation of events would be described as a(n) _____ by a cognitive therapist.
a. input error
b. cognitive distortion
c. condition of worth
d. retrieval problem

ANSWER: B
Level of Difficulty (1-3):2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

247. If a person has difficulty remembering information they once knew, a cognitive psychologist would say the difficulty was due to a problem with _____.
a. retrieval
b. output
c. input
d. manipulation

ANSWER: A
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

248. Cognitive psychologists define accessing information from memory as _____.

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a. manipulation
b. storage
c. retrieval
d. input

ANSWER: C
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

249. Cognitive theory defines acting on information as _____.
a. input
b. output
c. manipulation
d. retrieval

ANSWER: B
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

250. Albert Ellis and Aaron Beck are most closely associated with _____ psychology.
a. sociocultural
b. psychodynamic
c. humanistic
d. cognitive

ANSWER: D
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

251. Who used the "ABC approach" to explain the causes of misery?
a. J.B. Watson
b. Albert Ellis
c. Ivan Pavlov
d. Aaron Beck

ANSWER: B
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

252. Who proposed depression results from cognitive distortions?
a. J.B. Watson
b. Albert Ellis
c. Ivan Pavlov
d. Aaron Beck

ANSWER: D
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

253. The view that abnormality results from faulty storage, input, or retrieval of information is central to _____ psychology.
a. eclectic
b. cognitive
c. Skinnerian
d. humanistic

ANSWER: B
Level of Difficulty (1-3): 2 Page: 63

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Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

254. Cognitive psychologists view psychological disorders as disturbances in which of the following processes?
a. interpreting or transforming information
b. repression of traumatic experiences
c. psychosexual development
d. neurotransmitter reuptake

ANSWER: A
Level of Difficulty (1-3): 2 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

255. According to cognitive therapists, errors in thinking are known as _____.
a. cognitive manipulations
b. cognitive encoding
c. cognitive distortions
d. cognitive catharsis

ANSWER: C
Level of Difficulty (1-3): 1 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

256. Social-cognitive theorists, who share many ideas with cognitive psychologists, focus on _____.
a. behaviors in general
b. the ways in which social information is elicited
c. the ways in which social information is encoded
d. the ways in which behaviors are demonstrated

ANSWER: C
Level of Difficulty (1-3): 3 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

257. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. Jack ends up getting fired. According to Ellis' ABC approach, which of the following would be the "A" of Ellis' "A-B-C" paradigm?
a. Jack being passed over for a promotion.
b. Jack's feeling that he is not appreciated at work.
c. Jack's late arrivals and early departures from work.
d. Jack ends up getting fired.

ANSWER: A
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

258. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. Jack ends up getting fired. According to Ellis' ABC approach, which of the following would

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be the "B" of Ellis. "A-B-C" paradigm?

a. Jack being passed over for a promotion.
b. Jack's feeling that he is not appreciated at work.
c. Jack's late arrivals and early departures from work.
d. Jack ends up getting fired.

ANSWER: B
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

259. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. Jack ends up getting fired. According to Ellis' ABC approach, which of the following would be the "C" of Ellis. "A-B-C" paradigm?

a. Jack being passed over for a promotion.
b. Jack's feeling that he is not appreciated at work.
c. Jack's late arrivals and early departures from work.
d. Jack ends up getting fired.

ANSWER: D
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

260. Albert Ellis uses a(n) _____ approach to explain abnormal behavior.

a. personal construct
b. self-actualization
c. ABC approach
d. behavioral

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

261. In Ellis's ABC approach, A stands for_____.

a. analyzing the relevant experience
b. acuteness of the situation
c. actuality of the circumstance
d. activating event

ANSWER: D
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

262. In Ellis's ABC approach, B stands for _____.

a. beliefs
b. borrowed feelings
c. behavioral cues
d. blockages

ANSWER: A
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

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263. In Ellis's ABC approach, C stands for _____.
a. catastrophe
b. catalyst
c. cognitions
d. consequences

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

264. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. According to Ellis' ABC approach, which of the following would be the "C" of Ellis' "A-B-C" paradigm?
a. Jack being passed over for a promotion.
b. Jack's wife listening to his concerns.
c. Jack's late arrivals and early departures from work.
d. Jack's feeling that he is not appreciated at work.

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

265. For Ellis, the key factor in abnormal behavior is a person's _____.
a. early childhood
b. conditions of worth
c. genetic history
d. beliefs

ANSWER: D
Level of Difficulty (1-3): 1 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Conceptual

266. Ellis believes that adoption of irrational beliefs can lead people to _____their disappointments, which can then lead to profound distress and states of depression.
a. sensitize
b. rationalize
c. catastrophize
d. introject

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

267._____ developed rational-emotive behavior therapy (REBT).
a. Beck
b. Kelly
c. Ellis
d. Bandura

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

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268. Phil visits a therapist for treatment of his depression. The therapist tells him that his problems arise from a series of irrational beliefs about himself and about life which he has developed over the years. She says that to overcome the depression, Phil must replace his irrational beliefs with rational self-talk. Phil's therapist is most similar to _____ in the way she conceptualizes his problem.

a. Ellis
b. Sullivan
c. Skinner
d. Kelly

ANSWER: A
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

269. Rachel goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and judging herself entirely on the basis of her flaws rather than her strengths. Rachel's therapist is using the _____ treatment model.

a. psychoanalytic
b. cognitive
c. humanistic
d. sociocultural

ANSWER: B
Level of Difficulty (1-3): 1 Page: 63
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

270. Monica goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and faulty cognitions. Monica's therapist has a treatment approach most like _____.

a. Albert Ellis
b. Abraham Maslow
c. Carl Jung
d. Carl Rogers

ANSWER: A
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

271. Which of the following theorists developed the concept of four basic cognitive distortions that create emotional distress?

a. Karen Horney
b. Albert Ellis
c. Aaron Beck
d. Alfred Adler

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

272. Raul visits a therapist for treatment of his depression. The therapist tells him his problem stems from a series of cognitive errors and distortions in which he minimizes his successes and pessimistically assumes the worst about his future. Raul's therapist is most similar to _____ in the way she conceptualizes his problem.

a. Skinner
b. Beck
c. Bandura
d. Maslow

ANSWER: B

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Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

273. According to Beck, an individual who views the world in black-and-white terms would be engaging in _____?
a. selective abstraction
b. overgeneralization
c. magnification
d. absolutist thinking

ANSWER: D
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

274. Beck believes that depression may result from_____.
a. neurotransmitter dysregulation
b. conditions of worth
c. errors in thinking
d. lack of positive reinforcement

ANSWER: C
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

275. If a student focuses on one mediocre grade and ignores all of her other grades which are higher, a cognitive therapist would assert that her emotional distress is due to _____.
a. selective abstraction
b. overgeneralization
c. magnification
d. absolutist thinking

ANSWER: A
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

276. Mark is distressed because he received a "C" in his English class. Although he has "A's" in all of his other subjects, Mark continues to focus on his one average grade and he is making himself miserable. According to Beck, Mark's emotional distress is due to _____.
a. overgeneralization
b. magnification
c. selective abstraction
d. absolutist thinking

ANSWER: C
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

277. Darnell is depressed. He sees his future as hopeless because he has been turned down for one job. Beck would suggest that Darnell's emotional distress is due to _____.
a. magnification
b. overgeneralization
c. selective abstraction
d. absolutist thinking

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ANSWER: B
Level of Difficulty (1-3): 3 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

278. If someone overemphasizes and exaggerates the importance of an unfortunate event, a cognitive psychologist would contribute their emotional distress to _____.
a. absolutist thinking
b. overgeneralization
c. selective abstraction
d. magnification

ANSWER: D
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

279. Michael views the world in clearly defined terms. For example, behaviors are either right or wrong, one wins or loses. He is unable to entertain a middle ground in any of his beliefs. Beck would consider Michael to be engaging in the cognitive distortion of _____.
a. absolutist thinking
b. selective abstraction
c. magnification
d. overgeneralization

ANSWER: A
Level of Difficulty (1-3): 1 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

280. Amy sees her rejection from one job interview as proof that she will never be successful. According to Beck, which cognitive error is Amy making?
a. selective abstraction
b. magnification
c. absolutist thinking
d. overgeneralization

ANSWER: D
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

281. A major issue in terms of the application of cognitive perspective is_____.
a. the fact that because these therapy methods focus on thought processes, the treatment may worsen psychological disorders characterized by disordered thinking
b. the treatment methods are time consuming and expensive
c. the methods have so far been limited in the range of disorders that they have been used to treat
d. training in using the methods effectively is difficult for therapists to obtain

ANSWER: C
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

282. Cognitive therapists have largely focused on _____.
a. treatment of depression and anxiety
b. development of treatment approaches

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c. development of conceptual models
d. treatment of schizophrenia

ANSWER: A
Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Factual

283. Sociocultural theorists seek to understand causes of abnormal behavior that may be accounted for by factors such as _____.
a. ethnicity, gender, and social class
b. the limited reinforcement available for individuals in modern societies
c. cognitive distortions
d. psychosocial stages of development

ANSWER: A
Level of Difficulty (1-3): 1 Page: 65
Topic: The Sociocultural Perspective
Learning Objective: 2.7
Skill: Factual

284. According to radical psychosocial theorists like Thomas Szasz, _____.
a. psychological disorders or mental illness do not exist
b. mental illness is a result of the hardships that people encounter in society
c. mental illness is due to the stress of living in a fast paced society
d. mental illness is purely a biological phenomenon

ANSWER: A
Level of Difficulty (1-3): 2 Page: 65
Topic: The Sociocultural Perspective
Learning Objective: 2.7
Skill: Factual

285. Why is it important to take income level or socioeconomic status into account when comparing differences in rates of particular disorders across ethnic groups?
a. Ethnic minority groups tend to be disproportionally represented among lower socioeconomic status levels, and people with household incomes below the poverty line stand an increased risk of developing various psychological disorders.
b. Ethnic minority groups tend to have higher socioeconomic levels that are associated with higher risk of developing psychological disorders.
c. Only people from certain ethnic groups with a high level of socioeconomic status develop certain disorders, such as depression and anxiety.
d. Schizophrenia occurs only among certain ethnic groups who tend to have household incomes near the poverty line.

ANSWER: A
Level of Difficulty (1-3): 3 Page: 65
Topic: The Sociocultural Perspective
Learning Objective: 2.7
Skill: Conceptual

286. In the United States and Canada, the most impoverished ethnic group is _____.
a. African Americans
b. Native Americans
c. Hispanic Americans
d. Asian Americans

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ANSWER: B
Level of Difficulty (1-3): 2 Page: 65
Topic: The Sociocultural Perspective
Learning Objective: 2.7
Skill: Factual

287. Compared to other ethnic groups in the United States, the suicide rate is about four times higher among _____.
a. male African American adolescents and young adults
b. female Hispanic American adolescents
c. elderly Caucasian males
d. Native American adolescents and young adults

ANSWER: D
Level of Difficulty (1-3): 2 Page: 66
Topic: The Sociocultural Perspective
Learning Objective: 2.7
Skill: Factual

288. According to sociocultural theorists, the linkage between low socioeconomic status and severe behavior problems may be explained by the _____.
a. diathesis-stress model
b. theory of self-actualization
c. downward drift hypothesis
d. selective abstraction theory

ANSWER: C
Level of Difficulty (1-3): 1 Page: 67
Topic: The Sociocultural Perspective
Learning Objective: 2.8
Skill: Factual

289. The diathesis-stress model was originally developed as an explanatory framework for understanding the development of _____.
a. personality disorders
b. dissociative amnesia
c. paranoia
d. schizophrenia

ANSWER: D
Level of Difficulty (1-3):2 Page: 67
Topic: The Biopsychosocial Perspective
Learning Objective: 2.8
Skill: Factual

290. The psychological model which argues that abnormal behaviors are often caused by a combination of genetically inherited vulnerabilities and various life stresses is the _____ model.
a. diathesis-stress
b. perceived self-efficacy
c. downward drift hypothesis
d. stress amplification

ANSWER: A
Level of Difficulty (1-3):1 Page: 69
Topic: The Biopsychosocial Perspective
Learning Objective: 2.9
Skill: Factual

291. As with the case of Jessica discussed within the text, recent research is showing _____ influences on the development of bulimia.
a. only environmental
b. only peer
c. only food
d. biological

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ANSWER: A
Level of Difficulty (1-3): 1 Page: 70
Topic: The Biopsychosocial Perspective
Learning Objective: 2.10
Skill: Factual

292._____ are helping professionals who hold a doctoral degree and have completed graduate training that prepares them for careers in college counseling and mental health centers. They typically serve people with a milder range of psychological difficulties.
a. Clinical psychologists
b. Psychiatrists
c. Clinical social workers
d. Counseling psychologists

ANSWER: D
Level of Difficulty (1-3): 1 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

293.Which of the following helping professionals has earned a medical degree?
a. Clinical psychologist
b. Psychiatrist
c. Counselor
d. Clinical social worker

ANSWER: B
Level of Difficulty (1-3): 1 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

294.Bonnie is seeing a therapist who, in addition to talking with her, writes a prescription for an antidepressant for Bonnie to use. Bonnie's therapist is a _____.
a. Psychiatrist
b. Clinical psychologist
c. Counseling psychologist
d. Clinical social worker

ANSWER: D
Level of Difficulty (1-3): 1 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Applied

295.Patrick's therapist recently administered a series of psychological tests to Patrick as he feels it will help better identify Patrick's issues. What type of therapist is Patrick seeing?
a. Clinical social worker
b. Counselor
c. Clinical psychologist
d. psychiatrist

ANSWER: C
Level of Difficulty (1-3): 1 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11

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Skill: Factual

296. Psychoanalysts are typically_____ and _____.
a. Psychiatric nurses; undergone psychoanalysis themselves
b. Clinical social workers or licensed professional counselors; have undergone psychoanalysis themselves
c. Psychiatrists or psychologists; have undergone psychoanalysis themselves
d. Psychiatric nurses; undergone psychoanalysis themselves

ANSWER: C
Level of Difficulty (1-3): 2 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

297._____are registered nurses (R.N.s) who have completed a master's program in psychiatric nursing.
a. Nurse practitioners
b. Psychiatric nurses
c. Mental health nurses
d. Physician's associates

ANSWER: B
Level of Difficulty (1-3): 2 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

298._____ have typically completed a master's program in a counseling field.
a. Psychologists
b. Counselors
c. Mental health nurses
d. Priests

ANSWER: B
Level of Difficulty (1-3): 2 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

299. The first model of psychotherapy, developed and named by Freud, was called_____.
a. psychodynamic therapy
b. reality therapy
c. psychoanalysis
d. behavioral analysis

ANSWER: C
Level of Difficulty (1-3): 2 Page: 72
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

300. Shantel, a client of Dr. Smith, entered therapy to deal with the depression she experiences secondary to childhood abuse. After discussing the memories and pain associated with her abuse, Shantel, who is typically well-organized and punctual, recently "forgot" her therapy appointment. If Dr. Smith used a Freudian model in his treatment, he might assume that Shantel is exhibiting _____.
a. resistance
b. catharsis

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c. transference
d. unconscious dislike for her therapist

ANSWER: A
Level of Difficulty (1-3): 2 Page: 73
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Applied

301. Psychodynamic therapy is a form of psychotherapy based on the Freudian tradition that seeks to help people gain insight into, and resolve:
a. faulty thinking patterns.
b. irrational beliefs.
c. conflicts between forces within the unconscious mind.
d. problems with acquiring positive reinforcement from the environment.

ANSWER: C
Level of Difficulty (1-3): 2 Page: 72
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

302. Freud felt that the use of the technique of _____ in therapy would allow the client to _____.
a. catharsis; come to terms with psychosexual urges
b. free association; break down defenses that blocked awareness of unconscious processes
c. free association; recognize faulty thinking patterns
d. catharsis; break down defenses that blocked awareness of unconscious processes

ANSWER: B
Level of Difficulty (1-3): 2 Page: 73
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

303. George has been seeing a Freudian therapist for his troubles with anxiety. He reports that his therapist begins each session by saying "Tell me whatever comes to mind." George's therapist is using the Freudian technique of_____.
a. dream analysis
b. cognitive restructuring
c. free association
d. anxiety reduction

ANSWER: C
Level of Difficulty (1-3): 2 Pages: 73
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

304. Freudian psychotherapists feel that _____, a situation where clients may react to the analyst with the same feelings of anger, love, or jealousy they felt toward their own parents, is essential to the therapeutic process.
a. dream interpretation
b. transference
c. free association
d. countertransference

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ANSWER: B
Level of Difficulty (1-3): 2 Page: 73
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

305. Dr. Wong, a psychoanalyst, is troubled by his feelings toward his client, Trudy. Trudy is a reliable client and works hard in therapy. However, Dr. Wong feels intense rage when he meets with Trudy for her therapy session. Trudy reminds Dr. Wong of his mother, an individual that he harbors a lot of resentment toward. In Freudian analysis, the occurrence of Dr. Wong's feelings about Trudy are not considered unusual and are called _____.
   a. transference
   b. countertransference
   c. libidinal introjection
   d. introspection

ANSWER: B
Level of Difficulty (1-3): 2 Page: 74
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Applied

306. Unlike traditional psychoanalysis, modern psychodynamic therapies focus more on clients' _____.
   a. present relationships and less on sexual issues
   b. dreams and past relationships with one's parents
   c. outward appropriate expression of childhood longing
   d. current sexual issues and past grief

ANSWER: A
Level of Difficulty (1-3): 2 Page: 74
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

307. In modern psychodynamic therapy, therapist and client sit_____ and have more frequent_____.
   a. out of view of each other; periods of silence
   b. face-to-face; verbal give-and-take
   c. face-to-face; periods of silence
   d. out of view of each other; verbal give-and-take

ANSWER: B
Level of Difficulty (1-3): 2 Page: 74
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

308. Some modern psychoanalysts, such as Margaret Mahler, _____ approaches to psychodynamic therapy.
   a. rely more on cognitive
   b. are identified with object-relations
   c. focus on the interpretation of dreams in their
   d. place greater emphasis on the authenticity of the client in their

ANSWER: B
Level of Difficulty (1-3): 2 Page: 74
Topic: Psychological Methods of Treatment
Learning Objective: 2.12

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Skill: Conceptual

309. A behavioral technique called _____involves a therapeutic program of exposure of the client (in imagination or by means of pictures or slides) to progressively more fearful stimuli while he or she remains deeply relaxed.
    a. cognitive thought stopping
    b. behavioral analysis
    c. systematic desensitization
    d. gradual exposure

ANSWER: B
Level of Difficulty (1-3): 2 Page: 75
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

310. Jenny is working in therapy on her fear of flying. Jenny's therapist instructed Jenny to create a series of images about flying (pictures of planes, security check-in, ticket counter, etc.) and to rank them form least fear-producing to most fear-producing. The images Jenny has ranked are, in the parlance of Systematic desensitization, called _____.
    a. a hierarchy of needs
    b. a controlled image hierarchy
    c. a fear-stimulus hierarchy.
    d. a fear image gallery

ANSWER: C
Level of Difficulty (1-3): 2 Page: 76
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Applied

311. With _____procedures, people seeking to overcome phobias put themselves in situations in which they engage fearful stimuli in real-life encounters.
    a. gradual exposure
    b. modeling
    c. systematic desensitization
    d. flooding

ANSWER: A
Level of Difficulty (1-3): 2 Page: 76
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

312. At the Willow Ranch Treatment Center, therapists seek to increase adaptive behavior by rewarding residents with poker chips for performing appropriate behaviors such as self-grooming and making their beds. The residents are able to exchange the chips for various privileges; for example, a trip to the movie theatre. In behavior therapy, this poker chip system would be called_____.
    a. a token economy
    b. a task exchange
    c. a behavioral hierarchy
    d. a reinforcement economy

ANSWER: A
Level of Difficulty (1-3): 2 Page: 76
Topic: Psychological Methods of Treatment

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Learning Objective: 2.12
Skill: Factual

313._____ is a behavioral method used in the treatment of substance abuse problems such as smoking and alcoholism.
a. Modeling
b. Aversive conditioning
c. Flooding
d. Graduated skills training

ANSWER: B
Level of Difficulty (1-3): 2 Page: 76
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

314.During therapy, Humanistic therapists often use_____—the restating or paraphrasing of the client's expressed feelings without interpreting them or passing judgment on them.
a. interpretation
b. mirroring
c. cognitive restructuring
d. reflection

ANSWER: D
Level of Difficulty (1-3): 1 Page: 76
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

315.Which of the following groups represents the four basic qualities or attributes that an effective person-centered therapist would possess?
a. reflection, regard, empathy, and acceptance
b. integrity regard, patience, and empathy
c. unconditional positive regard, empathy, genuineness, and congruence
d. unconditional positive regard, empathy, genuineness, and integrity.

ANSWER: C
Level of Difficulty (1-3): 1 Page: 77
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

316.In Humanistic psychotherapy, congruence refers to_____.
a. the ability of the therapist to track the client's conversation
b. how like-minded the therapist and client are in their belief systems
c. the honesty of the client
d. the coherence or fit among one's thoughts, feelings, and behaviors.

ANSWER: C
Level of Difficulty (1-3): 2 Page: 77
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

317._____ believed that negative emotions such as anxiety and depression are caused by the irrational ways in which we interpret or judge negative events, not by the negative events themselves.

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a. Carl Rogers
b. Abraham Maslow
c. Karen Horney
d. Albert Ellis

ANSWER: D
Level of Difficulty (1-3): 1 Page: 77
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

318. In which of the following therapies does the therapists actively dispute the clients' irrational beliefs and the premises on which they are based in order to help clients develop alternative, adaptive beliefs in their place?
a. Rational emotive behavior therapy
b. Client-centered therapy
c. Psychodynamic therapy
d. Mindfulness-based therapy

ANSWER: A
Level of Difficulty (1-3): 1 Page: 78
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

319. Cognitive therapists label errors in thinking as_____.
a. distorted interpretation
b. cognitive distortions
c. cognitive errors
d. distorted reality

ANSWER: B
Level of Difficulty (1-3): 1 Page: 78
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

320. Cognitive therapists frequently assign behavioral homework for their clients to do outside of the therapy session. One assignment, called reality testing, has the client_____.
a. write a list of cognitive distortions that he or she is aware of using
b. interview various individuals about their personal cognitive distortions
c. to test their negative beliefs in light of reality.
d. write down a list of alternative thoughts to focus on instead of the negative beliefs

ANSWER: C
Level of Difficulty (1-3): 1 Page: 78
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

321. Patricia is a depressed woman who feels unwanted by everyone. Her therapist has asked her to call two friends on the phone to gather data about the friends' reactions to the calls and to report on the assignment: "Did they immediately hang up the phone, or did they seem pleased you called? Does the evidence support the conclusion that no one has any interest in you?" This type of behavioral homework is called _____.
a. behavioral contracting
b. reality testing
c. testing the distortion

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d. playing the belief

ANSWER: B
Level of Difficulty (1-3): 1 Page: 78
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

322._____ are used by therapists to incorporate principles and techniques from different therapeutic orientations that they believe will produce the greatest benefit in treating a particular client.
a. Biopsychosocial therapies
b. Eclectic therapies
c. Existential therapies
d. Cognitive therapies

ANSWER: B
Level of Difficulty (1-3): 1 Page: 79
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

323.Therapists who practice _____draw on techniques from different schools of therapy without necessarily adopting the theoretical positions that spawned those techniques.
a. technical eclecticism
b. rational emotive behavior therapy
c. integrative eclecticism.
d. person-centered therapy

ANSWER: A
Level of Difficulty (1-3): 1 Page: 79
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

324.An eclectic therapist may use which of the following therapies?
a. Biopsychosocial therapies
b. Cognitive therapies
c. Existential therapies
d. Any of these therapies

ANSWER: D
Level of Difficulty (1-3): 1 Page: 79
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

325.In family therapy, participants _____.
a. learn ways in which a family can have fun together
b. resolve their conflicts and problems so the family functions better as a unit
c. identify the family member that is creating the most disruption to the family
d. practice social skills that can be transferred to interactions outside of the family

ANSWER: B
Level of Difficulty (1-3): 1 Page: 80
Topic: Psychological Methods of Treatment
Learning Objective: 2.12

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Skill: Conceptual

326. In couple therapy, participants _____.
   a. learn ways in which a couple can have fun together
   b. resolve their conflicts and problems so the couple functions better as a unit
   c. identify the individual within the couple that is creating the most disruption
   d. practice social skills that can be transferred to interactions outside of the couple

ANSWER: B
Level of Difficulty (1-3): 1 Page: 80
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Conceptual

327. Therapists evaluate the effectiveness of therapy by averaging the results of a large number of studies to determine an overall level of effectiveness. This method of investigating treatment effectiveness is called_____.
   a. naturalistic assessment
   b. microanalysis
   c. meta-analysis
   d. quasi-experimental analysis

ANSWER: C
Level of Difficulty (1-3): 1 Page: 81
Topic: Psychological Methods of Treatment
Learning Objective: 2.13
Skill: Factual

328. A report of 375 controlled studies, each comparing psychotherapy (of different types, including psychodynamic, behavioral, and humanistic) against control groups revealed that_____.
   a. the average client receiving psychotherapy was no better off than 75% of clients who remained untreated
   b. the average client receiving psychotherapy was better off than 75% of clients who remained untreated
   c. clients receiving psychotherapy were not better off than 25% those not receiving therapy
   d. the average client receiving psychotherapy was better off than 40% of clients who remained untreated

ANSWER: B
Level of Difficulty (1-3): 1 Page: 81
Topic: Psychological Methods of Treatment
Learning Objective: 2.13
Skill: Factual

329. _____ studies speak to the issue of whether particular treatments work better than control procedures under tightly controlled conditions in a research lab setting.
   a. Efficacy
   b. Effectiveness
   c. Response-rate
   d. Evidence-based

ANSWER: A
Level of Difficulty (1-3): 1 Page: 82
Topic: Psychological Methods of Treatment
Learning Objective: 2.13
Skill: Factual

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330. Empirically supported treatments are also referred to as_____.
    a. efficacy studies
    b. eclectic practice
    c. evidence-based practices
    d. efficiency practices

ANSWER: C
Level of Difficulty (1-3): 1 Page: 82
Topic: Psychological Methods of Treatment
Learning Objective: 2.13
Skill: Factual

331. What is one advantage of treating people with psychological conditions in an online fashion?
    a. Easier for billing practices.
    b. Easier to keep confidential information.
    c. Can reach people who avoid seeking help because of embarrassment.
    d. Can reach people without them using public transportation.

ANSWER: C
Level of Difficulty (1-3): 1 Page: 83
Topic: Psychological Methods of Treatment
Learning Objective: 2.13
Skill: Factual

332. Sue (2010) argues that subtle forms of discrimination can be even more damaging to minority clients because_____.
    a. these discriminations reinvigorate earlier experiences with discrimination and thus re-traumatize the client.
    b. clients may fear confronting the discrimination out of fear of retribution from the offender
    c. they leave the victim with a sense of uncertainty about how to respond
    d. they leave the victim with a sense of powerlessness

ANSWER: C
Level of Difficulty (1-3): 1 Page: 85
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Conceptual

333. Asian cultures _____ which may _____Asian clients from expressing their feelings in therapy.
    a. value individual competence; inhibit
    b. discourage public expression of emotion; inhibit
    c. value authenticity and warmth; encourage
    d. value emotional expression; encourage

ANSWER: B
Level of Difficulty (1-3): 1 Page: 86
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Conceptual

334. Clinicians note that Asian clients often express psychological complaints such as anxiety through_____.
    a. the development of physical symptoms such as tightness in the chest or a racing heart
    b. withdrawal and sullenness
    c. the development of headaches and fatigue
    d. overeating

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ANSWER: A
Level of Difficulty (1-3): 1 Page: 86
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Conceptual

335. Most Hispanic American subcultures share certain cultural values and beliefs, such as_____.
a. hard work and personal strength
b. family and kinship ties, as well as respect and dignity
c. independence and achievement
d. self-reliance and individualism

ANSWER: B
Level of Difficulty (1-3): 1 Page: 86
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Conceptual

336. Psychologists recognize the importance of _____ mental health programs for Native Americans.
a. medical support for physical illnesses in
b. increasing client awareness of psychological disorders in
c. bringing elements of tribal culture into
d. excluding tribal and traditional beliefs from

ANSWER: C
Level of Difficulty (1-3): 1 Page: 87
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Conceptual

337. Latinos may not make use of mental health services because they _____.
a. lack knowledge of mental disorders and how to treat them
b. fear being stigmatized within their own culture
c. are better educated than most cultures on the management of psychological disorders
d. typically prefer to turn to religious beliefs and prayer for assistance with psychological difficulties

ANSWER: A
Level of Difficulty (1-3): 1 Page: 88
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Factual

338. Which one of the following statements is NOT a typical barrier for ethnic minority groups seeking therapy?
a. Cultural mistrust
b. Location
c. Mental health literacy
d. Language

ANSWER: B
Level of Difficulty (1-3): 1 Page: 88
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Factual

339. Your text lists how many barriers ethnic minority groups run into when seeking therapy?

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a. 0. There are no differences between ethnic groups seeking mental health therapy.
b. 2
c. 4
d. 6

ANSWER: D
Level of Difficulty (1-3): 1 Page: 88
Topic: Psychological Methods of Treatment
Learning Objective: 2.14
Skill: Factual

340. People who regularly use antianxiety drugs report that anxiety or insomnia returns in a more severe form once they discontinue the drugs. This phenomenon is called_____.
a. reactive anxiety
b. central nervous system crossfire
c. rebound anxiety
d. nervous system overload

ANSWER: C
Level of Difficulty (1-3): 1 Page: 89
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

341. Selective serotonin-reuptake inhibitors impact serotonin levels in the brain by_____.
a. stimulating the nucleus accumbens
b. mimicking serotonin molecules
c. causing synaptic vesicles in the axon to release large amount of serotonin
d. increasing the availability of serotonin by interfering with reuptake by transmitting neurons

ANSWER: D
Level of Difficulty (1-3): 1 Page: 89
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

342. Which of the following drugs helps treat manic symptoms and stabilize mood swings in people with bipolar disorder?
a. Effexor
b. Lithium carbonate
c. Mellaril
d. Fluoxetine

ANSWER: B
Level of Difficulty (1-3): 1 Page: 90
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

343. Which of the following psychological disorders has been successfully treated with Selective Serotonin-Reuptake Inhibitors (SSRIs)?
a. Autism spectrum
b. Obsessive-compulsive disorder
c. Gender Dysphoria
d. Schizophrenia

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ANSWER: B
Level of Difficulty (1-3): 2 Page: 90
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

344. Which of the following psychological disorders has been successfully treated with Thorazine?
a. Autism spectrum
b. Obsessive-compulsive disorder
c. Gender Dysphoria
d. Schizophrenia

ANSWER: D
Level of Difficulty (1-3): 2 Page: 91
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

345. Two concerns are presented in your text about the use of electroconvulsive therapy (ECT). These concerns are _____.
a. patient memory loss following ECT and high patient symptom relapse
b. suicidal patient behavior following ECT; patient fear of ECT
c. risk of heart attack during ECT and patient memory loss following ECT
d. patient symptom relapse rate and risk of patient developing psychosis following treatment

ANSWER: A
Level of Difficulty (1-3): 1 Page: 91
Topic: Biomedical Therapies
Learning Objective: 2.16
Skill: Conceptual

346. _____ was a surgical procedure used to treat psychological disorders by surgically severing nerve pathways linking the thalamus to the prefrontal lobes of the brain.
a. Prefrontal lobotomy
b. Cingulotomy
c. Electroconvulsive therapy
d. Capsulotomy

ANSWER: A
Level of Difficulty (1-3): 1 Page: 91
Topic: Biomedical Therapies
Learning Objective: 2.17
Skill: Factual

True-False Questions

347. Every neuron has a cell body.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 41
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

348. Neural axons can extend several feet.

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ANSWER: T
Level of Difficulty (1-3): 1 Page: 41
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

349. "Loose" neurotransmitters may be broken down in the synapse by enzymes, or be reabsorbed by the axon terminal through a process termed reuptake.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

350. Psychiatric drugs, including drugs used to treat anxiety, depression, and schizophrenia, work by affecting the availability of hormones in the brain.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

351. Neural messages electrically jump across the synaptic cleft like a spark.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

352. Alzheimer's disease is associated with reductions in the levels of the neurotransmitter serotonin in the brain.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

353. Acetylcholine is involved in the control of muscle contractions and formation of memories.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

354. The cerebellum contains the cerebral cortex.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 44
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

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355. Auditory stimuli are processed in the temporal lobes.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

356. Visual stimuli are processed in the temporal lobes.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

357. Tactile stimuli are processed in the parietal lobes.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

358. Olfactory stimuli are processed in the occipital lobes.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 46
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

359. Genetic factors create a certainty that certain behaviors or disorders will develop.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 47
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Factual

360. Freud's psychoanalytic theory represents a cognitive model of mental functioning.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 49
Topic: Psychological Perspective
Learning Objective: 2.3
Skill: Factual

361. Freud likened the mind to an immense iceberg, with only the tip rising into conscious awareness.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

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362. The ego is the only psychic structure at birth.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

363. The superego serves as the moral guardian of personality.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

364. Adler and Jung both believed that self-awareness plays a major role in the development of personality.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

365. Adler believed that we all encounter feelings of inferiority to some degree due to our small size during childhood.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

366. Whereas Freud's stages of development end with early adolescence, Erikson's stages explain development throughout adulthood and old age.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 54
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

367. According to psychoanalytic theory, neuroses develop when the id breaks through into consciousness and takes over personality.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

368. Freud equated psychological health with abilities to love and work.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 55

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Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

369. Both Adler and Jung equated psychological health with successfully compensating for feelings of inferiority.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 55
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

370. The learning perspectives of Watson and Skinner were the first major psychological theories of abnormal behavior.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

371. From the behavioral perspective, abnormal behavior is symptomatic of underlying biological or psychological problems.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

372. Behaviorists see us as products of environmental influences that shape and manipulate our behavior.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

373. Classical conditioning was discovered by accident.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

374. Punishment may suppress, but does not eliminate undesirable behavior.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

375. Rewarding desirable behavior is generally preferable to punishing misbehavior.

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ANSWER: T
Level of Difficulty (1-3): 1 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

376. Social-cognitive theory is an expansion of psychodynamic theory.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

377. One of the principle contributions of learning models is their emphasis on observable behavior.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

378. The Humanists define self-actualization as the need for a person to strive to become all they are capable of being.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

379. Rogers believed that parents help children become more secure in their sense of self when they show them conditional positive regard.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 62
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

380. Unlike the behavioral perspective, the humanistic perspective emphasizes that people have little or no free will.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Factual

381. According to Rogers, children may acquire a distorted self-concept that mirrors what others expect them to be which, in turn, helps them to live authentically.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 62
Topic: Psychological Perspective
Learning Objective: 2.5
Skill: Factual

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382. The strength of humanistic models lies in their focus on unconscious psychological material.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 62
Topic: Psychological Perspective
Learning Objective: 2.5
Skill: Factual

383. Many cognitive theorists are influenced by the concepts of computer science.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 63
Topic: Psychological Perspective
Learning Objective: 2.6
Skill: Factual

384. According to leading cognitive theorists, emotional distress is caused by the beliefs people hold about negative life experiences, not by the experiences themselves.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 63
Topic: Psychological Perspective
Learning Objective: 2.6
Skill: Factual

385. "How do a person's emotional problems reflect a distorted self-image?" is an example of the type of question a researcher who investigates the sociocultural perspective would ask.

ANSWER: F
Level of Difficulty (1-3): 3 Page: 63
Topic: Psychological Perspective
Learning Objective: 2.6
Skill: Factual

386. A diathesis or predisposition is usually genetic in nature, such as having a particular genetic variant that increases the risk of developing a particular disorder.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 69
Topic: Biopsychosocial Perspective
Learning Objective: 2.9
Skill: Factual

387. Psychiatrists are medical doctors who specialize in the diagnosis and treatment of emotional disorders.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 71
Topic: Psychological Methods of Treatment
Learning Objective: 2.11
Skill: Factual

388. In Freudian concepts, the manifest content of a dream is the unconscious material the dream symbolizes or represents.

ANSWER: F

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Level of Difficulty (1-3): 2 Page: 73
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

389. With Object-Relations Therapy, the therapist focuses on helping people blend their own ideas and feelings with elements of significant others they have incorporated or introjected onto themselves.

ANSWER: F
Level of Difficulty (1-3): 2 Page: 75
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

390. The behavioral concept of modeling asserts that individuals learn desired behaviors by observing others performing them.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 76
Topic: Psychological Methods of Treatment
Learning Objective: 2.12
Skill: Factual

391. Meta-analysis is a statistical technique which averages the results of a large number of studies to determine an overall level of effectiveness.

ANSWER: T
Level of Difficulty (1-3): 3 Page: 81
Topic: Evaluating the Methods of Psychotherapy
Learning Objective: 2.13
Skill: Factual

392. Efficacy studies examine the effects of treatment when it is delivered by therapists in real-world practice settings with the kinds of clients, therapists normally see in their practices.

ANSWER: F
Level of Difficulty (1-3): 3 Page: 82
Topic: Evaluating the Methods of Psychotherapy
Learning Objective: 2.13
Skill: Factual

393. Mindfulness meditation is a widely practiced Buddhist form of meditation used with some therapies.

ANSWER: T
Level of Difficulty (1-3): 2 Page: 86
Topic: Multicultural Issues in Psychotherapy
Learning Objective: 2.14
Skill: Factual

394. Although adequately funded by the Indian Health Service designated to serve their population, Native Americans remained underserved in regional mental health programs.

ANSWER: F
Level of Difficulty (1-3): 1 Page: 87
Topic: Multicultural Issues in Psychotherapy
Learning Objective: 2.14

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Skill: Factual

395. Financial burdens are often a major barrier to use of mental health services by ethnic minorities.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 87
Topic: Multicultural Issues in Psychotherapy
Learning Objective: 2.14
Skill: Factual

396. Antipsychotic drugs are often referred to as neuroleptics.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 89
Topic: Biomedical Therapies
Learning Objective: 2.15
Skill: Factual

397. Lithium carbonate has proven to be effective in managing the psychotic symptoms of schizophrenia.

ANSWER: T
Level of Difficulty (1-3): 1 Page: 90
Topic: Drug Therapy
Learning Objective: 2.15
Skill: Factual

398. Although many new psychosurgery techniques appear promising, the safety and effectiveness of these procedures remains to be demonstrated. Therefore, it is best to classify them as experimental treatments

ANSWER: T
Level of Difficulty (1-3): 2 Page: 91
Topic: Drug Therapy
Learning Objective: 2.17
Skill: Factual

Essay Questions

399. Describe the structure and functions of the neuron and explain how neurons communicate with each other.

Level of Difficulty (1-3): 1 Page: 42
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

400. Briefly describe the various parts of the nervous system, explaining what each does.

Level of Difficulty (1-3): 2 Page: 43
Topic: The Biological Perspective
Learning Objective: 2.1
Skill: Factual

401. Describe the structures of the brain and their functions.

Level of Difficulty (1-3): 1 Page: 44
Topic: The Biological Perspective

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Learning Objective: 2.1
Skill: Factual

402. Summarize research findings on the role of genetics and environment in the development of psychological disorders.

Level of Difficulty (1-3): 2 Page: 47
Topic: The Biological Perspective
Learning Objective: 2.2
Skill: Factual

403. Describe the basic tenets of Freud's psychodynamic theory.

Level of Difficulty (1-3): 2 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

404. Describe Freud's views on the structure of personality and the functions of each of the structures he proposed.

Level of Difficulty (1-3): 1 Page: 50
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

405. Explain what defense mechanisms are and for what they are used. Also, identify and give an example of at least five of the defense mechanisms proposed by Freud.

Level of Difficulty (1-3): 2 Page: 51
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

406. Identify and briefly explain each of Freud's stages of psychosexual development.

Level of Difficulty (1-3): 1 Page: 52
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Factual

407. Describe psychodynamic theories of Erikson, Jung, and Mahler. How are these theorists similar to Freud and where do they depart from Freud's ideas?

Level of Difficulty (1-3): 3 Page: 53
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

408. Evaluate the strengths and weaknesses of modern psychodynamic theory.

Level of Difficulty (1-3): 2 Page: 56
Topic: The Psychological Perspective
Learning Objective: 2.3
Skill: Conceptual

409. Create a scenario using the elements of classical conditioning and discuss examples of classical conditioning in

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everyday life.

Level of Difficulty (1-3): 3 Page: 57
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Applied

410. Explain the principles of operant conditioning, clarifying the differences among positive reinforcers, negative reinforcers, and punishments, and primary and secondary reinforcers.

Level of Difficulty (1-3): 3 Page: 58
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Factual

411. How does social-cognitive theory differ from the behavioral theories? What role do expectancies have on behavior?

Level of Difficulty (1-3): 2 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

412. Review the pitfalls of the use of punishment in working with others. Why is reinforcement considered a better option for behavior change?

Level of Difficulty (1-3): 2 Page: 59
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

413. List and describe the major criticisms of learning models.

Level of Difficulty (1-3): 1 Page: 60
Topic: The Psychological Perspective
Learning Objective: 2.4
Skill: Conceptual

414. Describe Rogers' perspective on how abnormal behavior develops. Summarize the strengths and weaknesses of the humanistic model.

Level of Difficulty (1-3): 2 Page: 61
Topic: The Psychological Perspective
Learning Objective: 2.5
Skill: Conceptual

415. Discuss the elements of Ellis' A-B-C approach to explaining psychological problems. Create an example to illustrate this concept using and identifying all three elements (A-B-C) in your illustration.

Level of Difficulty (1-3): 2 Page: 64
Topic: The Psychological Perspective
Learning Objective: 2.6
Skill: Applied

416. Describe the diathesis-stress model. Discuss the role each plays in the development of a psychological disorder.

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Level of Difficulty (1-3): 2 Page: 69
Topic: The Biopsychosocial Perspective
Learning Objective: 2.9
Skill: Conceptual

417. Describe what is meant by the term "eclectic" therapy. What has been learned about this therapy and its use among therapists.

Level of Difficulty (1-3): 3 Page: 79
Topic: Psychological Methods of Therapy
Learning Objective: 2.12
Skill: Conceptual

418. Review studies evaluating the effectiveness of psychotherapy. Summarize the concept of meta-analysis.

Level of Difficulty (1-3): 3 Page: 81
Topic: Psychological Methods of Therapy
Learning Objective: 2.13
Skill: Conceptual

419. Discuss the need for clinicians to be sensitive to multicultural differences and identify issues specific to the following cultures: African American, Asian, Hispanic, and Native American.

Level of Difficulty (1-3): 3 Page: 84
Topic: Psychological Methods of Therapy
Learning Objective: 2.14
Skill: Conceptual

420. Discuss the six barriers to mental health treatment experienced by ethnic minorities.

Level of Difficulty (1-3): 2 Page: 87
Topic: Psychological Methods of Therapy
Learning Objective: 2.14
Skill: Factual

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REVEL QUIZ QUESTIONS

EOC Q2.1

The control of muscle contractions and the formation of memories are linked to the neurotransmitter _____.

a) GABA
b) acetylcholine
c) serotonin
d) norepinephrine

Answer: b
Learning Objective: 2.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand
Difficulty: Moderate

EOC Q2.2

The nature (genes) versus nurture (environment) debate has shifted from one pitting nature against nurture to _____.

a) understanding that genes have an insignificant role in behavior
b) understanding that nature and nurture work together in explaining behavior
c) understanding that "nature" has the predominant role in behavior
d) recognizing the impact of exposure to environmental contaminants on gene expression and behavior

Answer: b
Learning Objective: 2.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Analyze
Difficulty: Difficult

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EOC Q2.3

Brad is impulsive and self-indulgent and often gets into trouble but experiences little if any remorse afterwards. According to psychoanalytic theory, Brad possesses a strong _____ but a weak _____.

a) ego; superego
b) id; superego
c) id; libido
d) personality; ego

Answer: b
Learning Objective: 2.3 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply
Difficulty: Difficult

EOC Q2.4

Dr. May uses _____ in his practice. He focuses on the study of how a person's thoughts, beliefs, expectations, and attitudes can color and distort perceptions of reality.

a) sociocultural perspectives
b) cognitive models
c) biopsychosocial perspectives
d) humanistic models

Answer: b
Learning Objective: 2.6 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply
Difficulty: Moderate

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EOC Q2.5

In all classical conditioning situations, the neutral stimulus becomes the _____.

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

Answer: a
Learning Objective: 2.4 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand
Difficulty: Moderate

EOC Q2.6

The belief that people have an inborn tendency toward self-actualization and that abnormal behavior results from a distorted self-concept is characteristic of _____.

a) social-cognitive theory
b) object-relations theory
c) sociocultural theory
d) humanistic theory

Answer: d
Learning Objective: 2.5 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand
Difficulty: Moderate

EOC Q2.7

Which ethnic group experiences the highest rates of alcoholism and the highest death rate due to adolescent suicide?

a) Native Americans
b) Hispanic Americans
c) Black Americans
d) Asian Americans

Answer: a
Learning Objective: 2.7 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Remember
Difficulty: Easy

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EOC Q2.8

The sociocultural perspective focuses on the role of _____ to provide a fuller understanding of abnormal behavior.

a) developmental differences
b) parenting practices
c) social stressors
d) cognitive interpretations

Answer: c
Learning Objective: 2.8 Evaluate the sociocultural perspective in our understanding of abnormal behavior.
Skill Level: Understand
Difficulty: Moderate

EOC Q2.9

A diathesis is usually _____ in nature.

a) environmental
b) genetic
c) psychological
d) social or cultural

Answer: b
Learning Objective: 2.9 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Remember
Difficulty: Easy

EOC Q2.10

Which of the following is an example of a cognitive factor that may contribute to bulimic behavior?

a) thinking in perfectionistic terms
b) irregularities in neurotransmitter activity
c) social pressures imposed on young women
d) relational conflicts within the family

Answer: a
Learning Objective: 2.10 Evaluate the biopsychosocial perspective of abnormal behavior.
Skill Level: Understand
Difficulty: Moderate

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EOC Q2.11

Sean's therapist has a medical degree (M.D.) and has been prescribing medication to Sean for anxiety. The type of therapist Sean is seeing is a _____.

a) psychiatric nurse
b) psychiatrist
c) clinical psychologist with specialized training in use of psychiatric medication
d) counseling psychologist with specialized training in use of psychiatric medication

Answer: b
Learning Objective: 2.11 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply
Difficulty: Moderate

EOC Q2.12

Compared to traditional psychoanalysis, modern psychodynamic therapists focus more on _____ and less on _____.

a) unconscious processes; conscious processes
b) sexual issues; family conflicts
c) clients' present relationships; sexual motives
d) the superego; the ego

Answer: c
Learning Objective: 2.12 Describe the goals and techniques of the following forms of psychotherapy: psychodynamic therapy, behavior therapy, person-centered therapy, cognitive therapy, cognitive-behavioral therapy, eclectic therapy, group therapy, family therapy, and couple therapy.
Skill Level: Understand
Difficulty: Moderate

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EOC Q2.13

Which of the following factors is associated with better psychotherapy treatment outcomes?

a) forming a positive alliance with the therapist early in the treatment process
b) the educational background of the therapist
c) having a therapist with 30 or more years of experience
d) the verbal skills of the therapist

Answer: a
Learning Objective: 2.13 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Analyze
Difficulty: Difficult

EOC Q2.14

Which of the following statements is a reason members of racial and ethnic minority groups typically have less access to mental health care and receive lower quality care than other Americans?

a) Persistent threats of racism prevent many minorities from seeking the treatment they need.
b) A cultural-based unwillingness in minority groups to accept the presence of psychological disorders creates the disparity.
c) A disproportionate number of minority group members remain uninsured or underinsured, and thus cannot access care.
d) Minority care providers are limited in number. Most minorities would prefer being treated by someone of their own racial or cultural group.

Answer: c
Learning Objective: 2.14 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand
Difficulty: Moderate

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EOC Q2.15

Jack has been prescribed a benzodiazepine for treatment of his anxiety. Recently, he has been experiencing anxiety that is much worse than his initial anxiety. The intense anxiety occurs after he stops using the medication. The phenomenon Jack is experiencing is referred to as _____.

a) systematic desensitization
b) countertransference
c) rebound anxiety
d) downward drift

Answer: c
Learning Objective: 2.15 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.
Skill Level: Apply
Difficulty: Difficult

EOC Q2.16

Which of the following psychological disorders has electroconvulsive therapy (ECT) been most effective in treating?

a) antisocial personality disorder
b) depression
c) anxiety disorders
d) schizophrenia

Answer: b
Learning Objective: 2.16 Describe the use of electroconvulsive therapy and psychosurgery and evaluate their effectiveness.
Skill Level: Understand
Difficulty: Moderate

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EOC Q2.17

Modern psychosurgery techniques target smaller areas of the brain and have been used to treat _____.

a) schizophrenia, attention deficit disorder, and major depression
b) obsessive–compulsive disorder, bipolar disorder, and major depression
c) social phobia, obsessive–compulsive disorder, and major depression
d) panic disorder, obsessive–compulsive disorder, and schizophrenia

Answer: b
Learning Objective: 2.17 Describe the use of psychosurgery and evaluate its effectiveness.
Skill Level: Understand
Difficulty: Difficult

EOC Q2.18

Which class of drugs is helpful in relieving symptoms of the disorder for which it was originally designed, along with other disorders such as panic disorder, obsessive–compulsive disorder, and eating disorders?

a) antidepressants
b) antipsychotics
c) neuroleptics
d) mood stabilizers

Answer: a
Learning Objective: 2.18 Evaluate biomedical treatment approaches.
Skill Level: Understand
Difficulty: Moderate

EOM Q2.1.1

The junction between a transmitting neuron and a receiving neuron is the _____.

a) receptor site
b) axon
c) dendrite
d) synapse

Answer: d
Learning Objective: 2.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember
Difficulty: Easy

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EOM Q2.1.2

The myelin sheath that is wrapped around the axon of some neurons _____.

a) speeds the transmission of neural impulses
b) is involved in nourishing the neuron
c) enhances the metabolic functioning of the neuron
d) creates the transmission of neural impulses

Answer: a
Learning Objective: 2.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand
Difficulty: Moderate

EOM Q2.1.3

Which lobe of the brain processes sensations such as touch, temperature, and pain?

a) occipital
b) parietal
c) frontal
d) temporal

Answer: b
Learning Objective: 2.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand
Difficulty: Moderate

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EOM Q2.1.4

Malcolm's mother has schizophrenia, as does his cousin. Malcolm fears he has inherited the "schizophrenic gene" and will develop schizophrenia. Which of the following statements best reflects current scientific understanding of the role of genetics in the likelihood of Malcolm developing schizophrenia?

a) Current research suggests that there is a cluster of genes that define whether or not an individual will develop schizophrenia.
b) Genetic factors create a predisposition or likelihood—not a certainty—that certain behaviors or disorders will develop.
c) The presence of a supportive father in the home will eliminate the possibility of Malcolm developing schizophrenia.
d) Proper nutrition and exercise can prevent the expression of schizophrenic genes.

Answer: b
Learning Objective: 2.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Apply
Difficulty: Difficult

EOM Q2.1.5

According to epigenetic theory, environmental factors may lead to chemical processes in the body that "tag" certain genes for either activation or suppression but do not change the genetic code or DNA sequence itself. These "tags" may _____.

a) cause irreversible brain damage
b) trigger the expression of psychological difficulties in the individual but not his or her offspring
c) become part of the organism's genetic inheritance that is passed along to offspring, affecting the workings of genes in future generations
d) serve to inoculate future generations from inheriting malignant traits

Answer: c
Learning Objective: 2.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Analyze
Difficulty: Difficult

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EOM Q2.2.1

A change in the environment that increases the frequency of the preceding behavior is called a(n) _____.

a) consequence
b) punishment
c) expectancy
d) reinforcer

Answer: d
Learning Objective: 2.4 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember
Difficulty: Moderate

EOM Q2.2.2

Analytical psychology, developed by _____, posits that we not only have a personal unconscious, but also a collective unconscious that contains archetypes that reflect the history of the species.

a) Carl Jung
b) Alfred Adler
c) Margaret Mahler
d) Karen Horney

Answer: a
Learning Objective: 2.3 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand
Difficulty: Moderate

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EOM Q2.2.3

Which cognitive theorist proposed that cognitive distortions, such as judging oneself entirely on the basis of flaws and failures and interpreting events in a negative light, may lead to depression?

a) Aaron Beck
b) Albert Bandura
c) Albert Ellis
d) Carl Rogers

Answer: a
Learning Objective: 2.6 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand
Difficulty: Easy

EOM Q2.2.4

Michael exercises every day in order to channel his anger toward his boss into a healthy, appropriate pursuit. Michael is utilizing Freud's defense mechanism of _____.

a) regression
b) displacement
c) sublimation
d) repression

Answer: c
Learning Objective: 2.3 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply
Difficulty: Difficult

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EOM Q2.2.5

The role of conditional and unconditional positive regard in the development of one's self-concept is a key component in _____ therapy, developed by _____.

a) client-centered; Carl Rogers
b) behavior; Albert Bandura
c) rational-emotive; Albert Ellis
d) cognitive-behavioral; Aaron Beck

Answer: a
Learning Objective: 2.5 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze
Difficulty: Difficult

EOM Q2.3.1

An analysis of American ethnic group differences in rates of mental disorders revealed which of the following groups to have the highest prevalence rate of psychological disorders?

a) European Americans
b) Non-Hispanic Black Americans
c) Hispanic Americans
d) Asian Americans

Answer: a
Learning Objective: 2.7 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Understand
Difficulty: Moderate

EOM Q2.3.2

_____ often attribute problems, such as depression and alcoholism, to the collapse of their traditional culture brought about by colonization.

a) Hispanic Americans
b) Native Americans
c) Puerto Rican Americans
d) Asian Americans

Answer: b
Learning Objective: 2.7 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Understand
Difficulty: Easy

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EOM Q2.3.3

The _____ holds that people from lower socioeconomic groups are at greater risk of severe behavioral problems because living in poverty results in greater stress.

a) social causation model
b) downward drift hypothesis
c) diathesis–stress model
d) humanistic model

Answer: a
Learning Objective: 2.8 Evaluate the sociocultural perspective in our understanding of abnormal behavior.
Skill Level: Understand
Difficulty: Moderate

EOM Q2.3.4

Henry has been drinking alcohol excessively for the last 10 years. He lost his family and his job and is now homeless and depressed. Which of the following explains the link between Henry's behavioral problems and his current low socioeconomic status?

a) downward drift hypothesis
b) negative reinforcement
c) pleasure principle
d) social causation model

Answer: a
Learning Objective: 2.8 Evaluate the sociocultural perspective in our understanding of abnormal behavior.
Skill Level: Apply
Difficulty: Difficult

EOM Q2.3.5

Compared to other Hawaiians, Native Hawaiians experience _____.

a) higher rates of alcoholism
b) lower rates of antisocial behavior
c) about the same rate of mental health problems
d) lower suicide rates

Answer: a
Learning Objective: 2.7 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Analyze
Difficulty: Moderate

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EOM Q2.4.1

The diathesis–stress model was originally developed as a framework for understanding _____.

a) schizophrenia
b) anxiety disorders
c) personality disorders
d) bipolar disorder

Answer: a
Learning Objective: 2.9 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Remember
Difficulty: Easy

EOM Q2.4.2

Dr. Moore takes a biological perspective when evaluating abnormal behavior. Dr. Moore is likely to ask which of the following questions?

a) What role is played by neurotransmitters in abnormal behavior?
b) How important are personal beliefs in the development of abnormal behavior patterns?
c) What role does the environment play in explaining abnormal behavior?
d) Are there gender or ethnic group differences in various disorders?

Answer: a
Learning Objective: The Biopsychosocial Perspective
Skill Level: Understand
Difficulty: Moderate

EOM Q2.4.3

The diathesis or predisposition in the diathesis–stress model is usually _____, but it can also take the form of a maladaptive personality trait.

a) genetic
b) cognitive
c) behavioral
d) social

Answer: a
Learning Objective: 2.9 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Understand
Difficulty: Easy

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EOM Q2.4.4

Jennifer has a strong genetic predisposition for schizophrenia. According to the diathesis–stress model, Jennifer _____.

a) may develop the disorder even under benign life circumstances
b) will be unaffected by the stressors of everyday life
c) may develop depressive tendencies in response to a mild stressor
d) may show initial strong symptoms that will reverse after a short period of time

Answer: a
Learning Objective: 2.9 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Apply
Difficulty: Difficult

EOM Q2.4.5

Which of the following perspectives holds that some psychological disorders arise from social ills such as poverty, racism, and prolonged unemployment?

a) sociocultural
b) biological
c) humanistic
d) cognitive

Answer: a
Learning Objective: The Biopsychosocial Perspective
Skill Level: Understand
Difficulty: Moderate

EOM Q2.5.1

_____ is a statistical process which averages the results of a large number of studies to determine an overall level of effectiveness.

a) EST
b) Meta-analysis
c) Nonspecific factor analysis
d) Multiple regression

Answer: b
Learning Objective: 2.13 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Remember
Difficulty: Easy

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EOM Q2.5.2

Disputing irrational beliefs and replacing them with more rational ones is the primary goal of _____.

a) cognitive-behavioral therapy
b) humanistic, client-centered therapy
c) behavior therapy
d) rational emotive behavior therapy

Answer: d
Learning Objective: 2.12 Describe the goals and techniques of the following forms of psychotherapy: psychodynamic therapy, behavior therapy, person-centered therapy, cognitive therapy, cognitive-behavioral therapy, eclectic therapy, group therapy, family therapy, and couple therapy.
Skill Level: Understand
Difficulty: Moderate

EOM Q2.5.3

Frequent verbal give-and-take, engaging in open dialogue face-to-face, and the direct exploration of defenses and transference relationships are characteristics of _____.

a) behavioral therapy
b) cognitive therapy
c) modern psychodynamic therapy
d) humanistic therapy

Answer: c
Learning Objective: 2.12 Describe the goals and techniques of the following forms of psychotherapy: psychodynamic therapy, behavior therapy, person-centered therapy, cognitive-behavioral therapy, cognitive behavior therapy, eclectic therapy, group therapy, family therapy, and couple therapy.
Skill Level: Analyze
Difficulty: Difficult

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EOM Q2.5.4

After Joe earned a doctoral degree in psychology he did a year-long internship and now specializes in diagnosing psychological disorders and practicing psychotherapy. Many of Joe's clients have severe disorders. Joe is most likely a _____.

a) clinical psychologist
b) counseling psychologist
c) psychoanalyst
d) psychiatrist

Answer: a
Learning Objective: 2.11 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply
Difficulty: Difficult

EOM Q2.5.5

An African American who enters therapy with a European American therapist who appears aloof, distant, and unresponsive to his or her life situation may well experience a barrier to effective mental health care called _____.

a) cultural mistrust
b) mental health illiteracy
c) institutional racism
d) lack of accessibility to health care services

Answer: a
Learning Objective: 2.14 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Difficult
Difficulty: Apply

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EOM Q2.6.1

Which of the following is most often used to treat manic symptoms and stabilize mood swings in people with bipolar disorder?

a) fluoxetine
b) phenelzine
c) lithium carbonate
d) methylphenidate

Answer: c
Learning Objective: 2.15 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.
Skill Level: Remember
Difficulty: Easy

EOM Q2.6.2

One of the positive outcomes related to the use of antipsychotic drugs for persons with schizophrenia is _____.

a) the reduced need for more restrictive forms of treatment
b) increased rates of cure
c) less muscular rigidity and tremors
d) less dependency

Answer: a
Learning Objective: 2.15 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.
Skill Level: Understand
Difficulty: Moderate

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EOM Q2.6.3

Fred has been taking Mellaril for treatment of his schizophrenia for the past twenty years. Recently he has developed a side effect to the medication that is characterized by uncontrollable eye blinking, facial grimaces, lip smacking, and other involuntary movements of the mouth, eyes, and limbs. Fred is most likely suffering from _____.

a) tardive dyskinesia
b) rebound anxiety
c) panic disorder
d) hallucinations

Answer: a
Learning Objective: 2.15 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.
Skill Level: Apply
Difficulty: Moderate

EOM Q2.6.4

To treat her severe depression, Tamara recently underwent electroconvulsive therapy. Tamara is likely at risk of developing _____.

a) memory loss for events occurring around the time of the treatment
b) blunted emotions for events right after the treatment
c) heightened emotions associated with events right before the treatment
d) memory loss for traumatic events early in life

Answer: a
Learning Objective: 2.16 Describe the use of electroconvulsive therapy and psychosurgery and evaluate their effectiveness.
Skill Level: Apply
Difficulty: Difficult

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EOM Q2.6.5

The psychosurgery technique known as _____ was thought to control a person's violent and aggressive tendencies by disconnecting the thalamus from the higher brain centers of the cerebral cortex.

a) electric shock therapy
b) ECT
c) deep brain stimulation
d) prefrontal lobotomy

Answer: d
Learning Objective: 2.17 Describe the use of psychosurgery and evaluate its effectiveness.
Skill Level: Analyze
Difficulty: Moderate

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