Abnormal Psychology in a Changing World 11th edition Nevid Test Bank

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2

Contemporary Perspectives on Abnormal Behavior and Methods of Treatment

Total Assessment Guide

Learning Objective	Question Type	Remember the Facts	Understand the Concepts	Apply What You Know	Analyze It
Chapter introduction	Multiple Choice	2	3	1	
	True-False				
	Essay				
Introduction 2.1 The Biological Perspective	Multiple Choice		4, 5		
	True-False		347		
	Essay				
2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.	Multiple Choice	8, 9, 13, 17, 19, 23, 25–27, 29, 31, 34, 35, 38, 39, 41–44, 46, 48, 49, 52, 53, 57, 58, 65, 67, 73, 75, 76, 79, 81	6, 10–12, 14–16, 18, 22, 24, 28, 32, 37, 40, 50, 56, 59, 62, 66, 82	7, 20, 21, 30, 33, 36, 45, 47, 51, 54, 55, 60, 61, 63, 64, 68–72, 74, 77, 78, 80	
	True-False	349, 350, 353, 354, 356	348, 358	351, 352, 355, 357	
	Essay			399	400, 401
2.1.2 Evaluate biological perspectives on abnormal behavior.	Multiple Choice	85, 88	83, 84, 86, 87, 89–91		
	True-False		359		
	Essay				402
Introduction 2.2 The Psychological Perspective	Multiple Choice				
	True-False				
	Essay				

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Learning Objective	Question Type	Remember the Facts	Understand the Concepts	Apply What You Know	Analyze It
2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.	Multiple Choice	100, 115, 118, 120, 124, 126, 128, 131, 132, 135, 138, 139, 144, 145, 147–149, 152, 154, 161–163, 165, 169, 171, 177, 178	92–94, 96, 97, 99, 101, 102, 105–107, 109–111, 123, 125, 127, 129, 130, 136, 137, 141–143, 150, 151, 153, 155, 156, 158, 159, 166, 168, 172–174, 176	95, 98, 103, 104, 108, 112–114, 116, 117, 119, 121, 122, 133, 134, 140, 146, 157, 160, 164, 167, 170, 175	
	True-False	360, 361, 364, 365, 367	362, 363, 366, 369, 370	368	
	Essay			403–405	406–408
2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.	Multiple Choice	179, 182, 192, 194, 196, 197, 202–204, 206, 209, 210, 212, 215, 218–220	180, 181, 183, 190, 193, 195, 198, 200, 207, 208, 211, 213, 214	184–189, 191, 199, 201, 205, 216, 217	
	True-False	371, 372, 375, 376	373, 377	374	
	Essay			409	410–413
2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.	Multiple Choice	221, 223–225, 236, 238	222, 226, 229–231, 233, 237, 239	227, 228, 232, 234, 235	
	True-False	379, 381	378, 380, 382		
	Essay				414
2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.	Multiple Choice	242–244, 251, 253–256, 260–262, 265, 271, 282	240, 241, 245, 248, 249, 264, 280, 281	246, 247, 250, 252, 257–259, 263, 266–270, 272–279	
	True-False			383–385	
	Essay			415	
Introduction 2.3 The Sociocultural Perspective	Multiple Choice	285, 286	283	284	
	True-False				
	Essay				
2.3.1 Evaluate ethnic group differences in rates of psychological disorders.	Multiple Choice	289, 290	287	288	
	True-False				
	Essay				
2.3.2 Evaluate the sociocultural perspective in our understanding of abnormal behavior.	Multiple Choice	291			
	True-False				

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Learning Objective	Question Type	Remember the Facts	Understand the Concepts	Apply What You Know	Analyze It
	Essay				
Introduction 2.4 The Biopsychosocial Perspective	Multiple Choice				
	True-False				
	Essay				
2.4.1 Describe the diathesis–stress model of abnormal behavior.	Multiple Choice	292	293		
	True-False	386			
	Essay			416	
2.4.2 Evaluate the biopsychosocial perspective on abnormal behavior.	Multiple Choice	294, 295			
	True-False				
	Essay				
Introduction 2.5 Psychological Methods of Treatment	Multiple Choice				
	True-False				
	Essay				
2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.	Multiple Choice		297	296, 298, 299	
	True-False			387	
	Essay				
2.5.2 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.	Multiple Choice	302, 313, 319, 322	306–310, 314–317, 320, 323, 325, 326	300, 301, 303–305, 311, 312, 318, 321, 324	
	True-False		389, 390	388	
	Essay				417
2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.	Multiple Choice	327, 328, 331	329, 330		
	True-False		392	391	
	Essay				418

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Learning Objective	Question Type	Remember the Facts	Understand the Concepts	Apply What You Know	Analyze It
2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.	Multiple Choice	337	332–336	338, 339	
	True-False	394, 395	393		
	Essay			420	419
Introduction 2.6 Biomedical Therapies	Multiple Choice				
	True-False				
	Essay				
2.6.1 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type and evaluate their strengths and weaknesses.	Multiple Choice	340–343			
	True-False	396	397		
	Essay				
2.6.2 Describe the use of electroconvulsive therapy and evaluate its effectiveness.	Multiple Choice		344		
	True-False				
	Essay				
2.6.3 Describe the use of psychosurgery and evaluate its effectiveness.	Multiple Choice	345			
	True-False		398		
	Essay				
2.6.4 Evaluate biomedical treatment approaches.	Multiple Choice	346			
	True-False				
	Essay				

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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
   Difficulty Level: Moderate
   Topic: Introduction
   Learning Objective: None
   Skill Level: Apply What You Know
   APA Learning Objective: 1.3 Describe applications of psychology.

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
   Difficulty Level: Moderate
   Topic: Introduction
   Learning Objective: None
   Skill Level: Remember the Facts
   APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

3. Historically, supernatural explanations were used to explain abnormal behavior; today, _____ are used.
   a. only biological models
   b. multiple perspectives
   c. only sociocultural perspectives
   d. only psychological perspectives

   Answer: B
   Difficulty Level: Moderate
   Topic: Introduction
   Learning Objective: None
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

   Answer: C
   Difficulty Level: Easy
   Topic: 2.1 The Biological Perspective
   Learning Objective: None
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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5. The _____ model grew from the _____.
   a. medical; spiritual perspective
   b. biological; medical model
   c. medical; sociocultural perspective
   d. medical; biological perspective

   Answer: D
   Difficulty Level: Moderate
   Topic: 2.1 The Biological Perspective
   Learning Objective: None
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

6. _____ are to message reception as _____ are to message conductance.
   a. Somas; dendrites
   b. Dendrites; axons
   c. Axons; dendrites
   d. Dendrites; somas

   Answer: B
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

7. Mary feels a tickle on her foot and she suspects there is a bug crawling on her. Which part of the cell is sending this information to her spinal cord?
   a. soma
   b. dendrite
   c. myelin
   d. axon

   Answer: D
   Difficulty Level: Easy
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Apply What You Know
   APA Learning Objective: 1.3 Describe applications of psychology.

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
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Remember the Facts
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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
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Remember the Facts
   APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

10. Which of the following is characteristic of axons?
   a. They receive incoming messages from other neurons.
   b. They can be several feet in length.
   c. They start with terminals and extend from that point.
   d. They are always covered with myelin.

   Answer: B
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

11. Communication between neurons is _____ whereas messages are conducted by axons in _____ form.
   a. mechanical; electrical
   b. chemical; electrical
   c. electrical; chemical
   d. chemical; mechanical

   Answer: B
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
   Skill Level: Understand the Concepts
   APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

12. When a message travels from Neuron A to Neuron B, the message is conveyed via chemicals known as _____.
   a. precursors
   b. neurotransmitters
   c. hormones
   d. peptides

   Answer: B
   Difficulty Level: Moderate
   Topic: 2.1.1 The Nervous System
   Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: C
    Difficulty Level: Easy
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

14. If the receptors are the harbor, then _____ are the ships.
    a. neurotransmitters
    b. chemicals
    c. synapses
    d. messages

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

15. The proper sequence of structures neural messages pass through as they move from one neuron to the next is _____.
    a. dendrite – cell body – axon
    b. dendrite – axon – cell body
    c. axon – cell body – dendrite
    d. cell body – dendrite – axon

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

16. A lock is to the _____ as the key is to the _____.
    a. receptor; peptide
    b. peptide; receptor
    c. neurotransmitter; receptor
    d. receptor; neurotransmitter

    Answer: D
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex,

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and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Easy
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

19. The process of neurotransmitters being reabsorbed by the axon terminal is called _____.
    a. diffusion
    b. recycling
    c. reuptake
    d. regurgitation

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

20. If Merita has an anxiety disorder accompanied by sleep disturbances and binge eating behavior, she may have an imbalance of _____.
    a. acetylcholine
    b. serotonin
    c. dopamine
    d. epinephrine

    Answer: B
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System

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Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

21. Prozac and Zoloft would be suitable treatments for _____.
    a. bipolar disorder
    b. Alzheimer's disease
    c. depression
    d. schizophrenia

    Answer: C
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

22. _____ is to Alzheimer's patients as _____ is to depressed patients.
    a. Increased acetylcholine; reduced serotonin
    b. Reduced acetylcholine; reduced serotonin
    c. Increased serotonin; reduced acetylcholine
    d. Reduced serotonin; increased acetylcholine

    Answer: B
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: B
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

24. Learning and memory benefit from _____.
    a. both serotonin and norepinephrine
    b. serotonin only
    c. norepinephrine only
    d. both dopamine and norepinephrine

    Answer: D
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

    Answer: A
    Difficulty Level: Easy
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

28. The _____ is to the hindbrain as the _____ is to the forebrain.
    a. thalamus; frontal lobe
    b. medulla; thalamus
    c. thalamus; medulla
    d. frontal lobe; thalamus

    Answer: B
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System

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Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: D
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

30. If Celia was in a car accident, she would be more likely to die from a hit to the _____.
    a. frontal lobe
    b. forebrain
    c. midbrain
    d. hindbrain

    Answer: D
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

31. The _____ transmits information about body movement and is involved in functions related to attention, sleep, and respiration.
    a. pons
    b. thalamus
    c. medulla
    d. cerebellum

    Answer: A
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

32. Which brain area is more vital to life?
    a. cerebrum
    b. medulla
    c. reticular activating system
    d. cerebellum

    Answer: B
    Difficulty Level: Difficult

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Topic: 2.1.1 The Nervous System
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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: D
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

36. When Trisha feels awake and ready to go, the activity of her reticular activating system is likely _____, and when she is groggy, it is _____.
a. decreased; increased
b. increased; decreased
c. decreased; decreased

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d. increased; increased

Answer: B
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

37. _____ alcohol in the system results in _____ reticular activating system activity.
a. Decreased; decreased
b. Increased; decreased
c. Increased; increased
d. Decreased; homeostatic

Answer: B
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
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Skill Level: Remember the Facts
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40. The _____ could be compared to a large train station where information is relayed to new destinations.
a. thalamus
b. basal ganglia
c. hypothalamus

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d. cerebellum

Answer: A
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
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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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: D
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

44. The _____ is involved in a range of motivational drives and behaviors, including hunger, thirst, sex, parenting behaviors, and aggression.

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a. thalamus
b. hypothalamus
c. basal ganglia
d. cerebellum

Answer: B
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

45. If Rainesha is unable to regulate hunger, thirst, or aggression after an accident, she likely sustained damage to her _____.
a. hypothalamus
b. basal ganglia
c. occipital lobe
d. hindbrain

Answer: A
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

47. Two brain areas that would help a soccer player regulate coordination and balance are the _____.
a. cerebellum and basal ganglia
b. thalamus and pons
c. pons and cerebellum
d. limbic system and basal ganglia

Answer: A
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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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
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

    Answer: A
    Difficulty Level: Easy
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

50. Abnormalities in the limbic system are to _____ as abnormalities in the basal ganglia are to _____.
    a. Alzheimer's disease; Huntington's disease
    b. schizophrenia; autism
    c. schizophrenia; Huntington's disease
    d. autism; schizophrenia

    Answer: C
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

51. If Fynn is plagued by sleep problems, a possible culprit may be the _____.
    a. medulla
    b. hippocampus
    c. amygdala
    d. hypothalamus

    Answer: D
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Apply What You Know

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APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

54. When Oskar's eyes dilate, his _____ nervous system is working, but when he runs across a field, his _____ nervous system is working.
a. sympathetic; central
b. somatic; autonomic
c. autonomic; peripheral
d. autonomic; somatic

Answer: D
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: A
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System

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Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

59. The _____ nervous system is to a stress reaction as the _____ nervous system is to the aftermath of that stress reaction.
a. central; peripheral
b. somatic; sympathetic
c. somatic; peripheral
d. sympathetic; parasympathetic

Answer: D

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Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

60. Liam 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. Liam's reaction is due to the activity of his _____ nervous system.
a. sympathetic
b. parasympathetic
c. somatic
d. central

Answer: A
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

61. Tyrese 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. Tyrese's relaxation is due to the activity of his _____ nervous system.
a. sympathetic
b. parasympathetic
c. somatic
d. central

Answer: B
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

62. The _____ nervous system is to accelerated heart rate as the _____ nervous system is to decelerated heart rate.
a. parasympathetic; peripheral
b. parasympathetic; sympathetic
c. sympathetic; peripheral
d. sympathetic; parasympathetic

Answer: D
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

63. When Lennon is digesting his BLT sandwich, _____.
a. neither the sympathetic nor the parasympathetic divisions is 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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

64. When Domaneisha is scared in a haunted house, _____.
a. neither the sympathetic nor the parasympathetic divisions is 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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Easy
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

66. The _____ lobe is to visual processing as the _____ lobe is to auditory processing.
a. frontal; temporal
b. parietal; frontal
c. temporal; occipital
d. occipital; temporal

Answer: D
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

67. The occipital lobe is primarily involved in processing _____.
a. sensations of touch and pain

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b. muscle control
c. auditory stimuli
d. visual stimuli

Answer: D
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

70. If Mr. Johnson's tumor affected his ability to see and hear, then it would be likely that the tumor affected the _____ and _____ lobes.
a. frontal; occipital
b. occipital; temporal
c. parietal; occipital
d. occipital; frontal

Answer: B
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: D
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: A
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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 _____ lobe.
    a. temporal
    b. occipital
    c. parietal
    d. frontal

    Answer: A
    Difficulty Level: Difficult
    Topic: 2.1.1 The Nervous System
    Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex,

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and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

77. When Mia feels the cool breeze all over her skin, messages are being sent to her _____ lobe.
a. parietal
b. frontal
c. temporal
d. occipital

Answer: A
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.1.1 The Nervous System

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Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

80. The ability to learn in a college class is likely due to the _____.
a. prefrontal cortex
b. primary motor cortex
c. parietal lobe
d. cerebellum

Answer: A
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

82. The sensory area is to the _____ lobe as the motor area is to the _____ lobe.
a. frontal; parietal
b. temporal; frontal
c. parietal; frontal
d. occipital; parietal

Answer: C

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Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

84. As the debate on epigenetics continues, the authors of your text 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
Difficulty Level: Difficult
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

85. 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
Difficulty Level: Easy
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

86. 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
Difficulty Level: Moderate

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Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

87. Nature equals things like _____ whereas nurture equals things like _____.
a. genetics; genes
b. the environment; family
c. family; intelligence
d. parents' genes; the environments people are raised in

Answer: D
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

88. The field of epigenetics focuses on how _____.
a. environmental factors influence genetic expression
b. genetic factors influence unconscious motives
c. learning theories affect environmental factors
d. humanistic theories determine DNA

Answer: A
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

89. 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
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

90. 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
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts

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APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

91. Which of the following is a good metaphor for epigenetics?
    a. one path that a person is destined to follow
    b. two paths that a person chooses between
    c. two paths with the environment pushing toward one path more than the other
    d. a group of divergent paths that can be chosen

    Answer: C
    Difficulty Level: Difficult
    Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
    Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: D
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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95. Right now, Camilia is aware of her surroundings and thoughts. Freud would call this the _____.
    a. conscious
    b. subconscious
    c. post conscious
    d. superconscious

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: A
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

98. According to Freud, memories, such as someone's last five addresses, would be part of the _____.
    a. conscious
    b. superconscious
    c. preconscious
    d. unconscious

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Apply What You Know

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APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: A
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: B
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts

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APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

104. Timmy, a toddler, is ruled by his _____, because he wants what he wants with no consideration of anything else.
a. id
b. ego
c. superego
d. unconscious

Answer: A
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

105. _____ is to reality as _____ is to pleasure.
a. Id; superego
b. Superego; id
c. Ego; id
d. Id; ego

Answer: C
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: A
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and

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evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

107. 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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

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Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

111. 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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

112. When Sayid is unaware that he has aggressive urges toward his father, he is engaged in _____.
a. regression
b. denial
c. repression
d. rationalization

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

114. When Will says that a woman is a "breast" of fresh air instead of a "breath" of fresh air, he is demonstrating hidden motives that are part of which defense mechanism?
a. repression
b. denial

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c. displacement
d. sublimation

Answer: A
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
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116. A man explains his cheating on his income taxes by saying, "Everyone does it, and besides, the government steals from me every week." He is using the defense mechanism of _____.
a. rationalization
b. projection
c. reaction formation
d. identification

Answer: A
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

117. After receiving a poor performance evaluation at work, Nate goes home and yells at his wife for no reason. Nate is engaging in _____.
a. projection
b. sublimation
c. displacement
d. regression

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
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118. The defense mechanism in which one attributes one's own unacceptable impulses or wishes to another person

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is known as _____.
a. projection
b. displacement
c. sublimation
d. reaction formation

Answer: A
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.

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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

123. _____ would likely be a more positive defense mechanism with regard to outcomes.
a. Sublimation
b. Reaction formation
c. Displacement
d. Projection

Answer: A
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models

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Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

127. According to Freud, the mouth, the anus, and the genitals all serve as _____ zones.
a. subduction
b. Oedipal
c. transference
d. erogenous

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: C
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

129. For Freud, the stages of human development are _____ in nature.
a. familial
b. psychosexual
c. regressive
d. creative

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models

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Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

130. 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
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

131. According to Freud, the phallic stage is the _____ stage of development.
a. first
b. second
c. third
d. fourth

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

132. 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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

133. Riley 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

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Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

134. If Malik is 3 years old, he is likely in the _____ stage of development.
a. second
b. third
c. fourth
d. fifth

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: C
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

136. _____ complex is to a boy's sexual desire for his mother as _____ complex is to a girl's sexual desire for her father.
a. Electra; Oedipus
b. Oedipus; Electra
c. Oedipus; Odysseus
d. Electra; Odysseus

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

137. Freud would characterize the elementary school age years as the _____ stage.
a. oral
b. phallic
c. latency
d. genital

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Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

138. In Freud's theory, mature sexuality emerges only during the _____ stage.
a. oral
b. latency
c. genital
d. phallic

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

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d. angry

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

143. According to Jung, primitive images are to the _____ unconscious as repressed memories are to the _____ unconscious.
a. personal; collective
b. animus; anima
c. anima; animus
d. collective; personal

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

145. According to Jung, the collective unconscious contains primitive images, or _____, that reflect the history of our species.
a. ancestral schemas

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b. personal constructs
c. archetypes
d. social constructs

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

149. According to Adler, feelings of inferiority due to physical deficits can lead to the development of a powerful

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_____.
a. need for security
b. set of defense mechanisms
c. identity crisis
d. drive for superiority

Answer: D
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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153. Sexual and aggressive urges are to _____ as social influences are to _____.
    a. Erikson; Horney
    b. Horney; Freud
    c. Freud; Horney
    d. Erikson; Freud

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

155. Growth orientation best fits the _____ whereas conflict-ridden drives best fit the _____.
    a. superego; ego
    b. ego; superego
    c. ego; id
    d. id; superego

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

156. A similarity between Freud and Horney was that they _____.
    a. shared the view that parent–child conflict cannot impact relationships
    b. shared the view that children repress hostile feelings toward their parents
    c. both believed that sexual urges are powerful
    d. both believed that social influences are most important in development

    Answer: B
    Difficulty Level: Difficult
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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157. A noted psychologist argues that the ego is the dominant part of personality and its cognitive functions can be 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
    Difficulty Level: Difficult
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

159. Erikson's theory of development differs from Freud's in that it claims that mental development _____.
    a. is complete by age 6
    b. is complete by puberty
    c. is complete by young adulthood
    d. continues throughout life

    Answer: D
    Difficulty Level: Easy
    Topic: 2.2.1 Psychodynamic Models
    Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

160. Roberto has developed an understanding of who he is and what he stands for in life. Erikson would say Roberto has achieved _____.
    a. physical maturity
    b. genital sexuality
    c. ego identity
    d. self-actualization

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.1 Psychodynamic Models

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Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

161. The psychodynamic theory that 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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: B
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

164. When Rosita incorporates her father's disapproving attitude into her own personality, she is engaged in _____.
a. introspection
b. introjection
c. projection
d. sublimation

Answer: B

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Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

167. James has a long history of inflicting pain on others—pets, friends, significant others—without remorse. He would be considered by Freud as having an underdeveloped _____.
a. id
b. ego
c. superego
d. unconscious

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

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Answer: C
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

170. Noah 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 Noah has a(n) _____.
a. neurosis
b. personality disorder
c. psychosis
d. excess of free association

Answer: C
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

172. For both Jung and Adler, psychological health was related to _____.
a. the abilities to love and work

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b. differentiation of the self
c. compensation for feelings of inferiority
d. positive outcomes of resolving life crises

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

174. For psychological health, _____ was to differentiation as _____ was to the ability to love.
a. Adler; Jung
b. Jung; Freud
c. Freud; Jung
d. Freud; Adler

Answer: B
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: D
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

176. An evaluation of psychodynamic theory would suggest that it _____.

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a. fails to adequately account for the effects of sexual and aggressive impulses
b. impacted the late 19th century and contributed little to modern views of psychological disorders
c. is controversial, but it helped the field address previous unaddressed aspects
d. increased awareness that people may be motivated by an innate drive for self-actualization

Answer: C
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

177. 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
Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

178. _____ is believed by many critics to have placed too great an emphasis on sexual impulses.
a. Jung
b. Freud
c. Horney
d. Adler

Answer: B
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

180. The behavioral perspective views abnormal behavior as _____.

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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
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

181. To which of the following would a behavior therapist attribute abnormal behavior?
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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

182. Which of the following scientists is associated with behaviorism?
a. John B. Watson
b. Abraham Maslow
c. Alfred Adler
d. Carl Rogers

Answer: A
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

184. When a cat responds to a can opener as if to food, it has been _____ conditioned.

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a. operantly
b. introjectively
c. classically
d. reactively

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

185. When a cat responds to a can opener as if to food, the can opener is the _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.

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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

190. Flinching at the sound of the dentist's drill as a person is 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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

191. Ashley was attacked in a dark alley and robbed at gunpoint by a man with a beard. Now she feels fearful every time she sees a man with a beard. When she feels this fear, it would be considered a(n) _____.
a. unconditioned stimulus
b. unconditioned response
c. conditioned stimulus
d. conditioned response

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Answer: D
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

195. When four children are rewarded with "points" that can then be surrendered for outings or privileges, they are being trained using _____ conditioning.
a. operant
b. aversive

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c. classical
d. reactive

Answer: A
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

198. A _____ increases the subsequent behavior whereas a _____ decreases the subsequent behavior.
a. punishment; reinforcement
b. token economy; reinforcement
c. reinforcement; stimulus
d. reinforcement; punishment

Answer: D
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

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c. classical conditioning
d. aversive conditioning

Answer: A
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

200. A _____ reinforcement is the removal of a noxious stimulus.
a. bad
b. positive
c. negative
d. good

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

201. When Latisha does not wear her seatbelt, the car makes an insistent beeping noise. When she wears it, the beeping stops. This is an example of _____.
a. positive reinforcement
b. punishment
c. negative reinforcement
d. aversive conditioning

Answer: C
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: C
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

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b. negative reinforcers
c. punishers
d. aversive conditioners

Answer: B
Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

204. 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
Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

205. Hiroshi sleeps soundly. His alarm makes a loud beeping noise every morning at 7:00 AM. Hiroshi 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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

206. 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
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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207. If a parent wanted to eliminate bad behavior in a child, _____ would be most effective.
    a. punishment
    b. reinforcement
    c. aversive conditioning
    d. classical conditioning

    Answer: B
    Difficulty Level: Moderate
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

208. Which of the following children would be most likely to stop a bad behavior?
    a. a child who was punished for the behavior
    b. a child who was rewarded for the behavior
    c. a child who was rewarded for a behavior opposite to the bad behavior
    d. a child who was ignored when performing the bad behavior

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: A
    Difficulty Level: Difficult
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
    Difficulty Level: Moderate
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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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
    Difficulty Level: Easy
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: C
    Difficulty Level: Easy
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

213. If a researcher views behavior as resulting from watching others and incorporating those roles, the researcher likely believes in _____ theory.
    a. Gestalt
    b. social-cognitive
    c. humanistic
    d. sociocultural

    Answer: B
    Difficulty Level: Moderate
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts
    APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
    Difficulty Level: Moderate
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Understand the Concepts

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APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

    Answer: A
    Difficulty Level: Easy
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

    Answer: D
    Difficulty Level: Difficult
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

217. Priya 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 Priya can learn to correct her test anxiety by learning to relax in test-taking situations. Priya's therapist is using the _____ model of treatment.
    a. psychoanalytic
    b. humanistic
    c. behavioral
    d. sociocultural

    Answer: C
    Difficulty Level: Easy
    Topic: 2.2.2 Learning-Based Models
    Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
    Skill Level: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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

    Answer: A

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Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

219. Which of 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
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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 of available reinforcement in the individual's environment.

Answer: B
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Easy
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

222. Compared to behaviorism, humanism is more focused on _____.
a. rewards
b. internal motivations
c. internal conscious experiences
d. external motivations

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Answer: C
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

224. 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
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

225. 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
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

226. Humanists believe that _____.
a. we cannot make everyone happy and be authentic at the same time
b. it is possible to make others happy while being authentic
c. authenticity is easy to accomplish

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d. authenticity is not important

Answer: A
Difficulty Level: Difficult
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

227. When Michael has a bad day at school, his parents refer to him as a bad child. He is likely to _____.
a. realize that his behavior is bad, not himself
b. begin to deny his impulses even exist so that he fits his parents' ideals
c. have better days at school
d. only act up at school and not at home

Answer: B
Difficulty Level: Difficult
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

228. Emily goes to a therapist for treatment of her test anxiety. The therapist helps Emily 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. Emily'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
Difficulty Level: Easy
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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230. For Carl 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
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Difficult
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: A
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

234. When Miguel has a bad day, his parents focus on his behavior as bad, but reinforce the idea that Miguel is always loved. In this case, they are demonstrating _____.
a. unconditional positive regard
b. perceived self-efficacy
c. conditional positive regard
d. unrealistic self-ideals

Answer: A
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

235. Paul visits a therapist for treatment of his depression. The 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 her therapeutic approach.
a. Beck
b. Rogers
c. Hartmann
d. Horney

Answer: B
Difficulty Level: Difficult
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: A
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

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Answer: B
Difficulty Level: Difficult
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

238. Humanistic psychology's strength was that it _____.
a. developed evidence-based therapy methods to help people self-actualize
b. focused on unconscious repressed impulses
c. brought the concepts of free choice, inherent goodness, responsibility, and authenticity to the attention of modern psychology
d. resulted in the formulation of valid and testable concepts and theories

Answer: C
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

239. Humanists and Freud were similar in that they _____.
a. proposed ideas that could not be tested
b. thought that the ability to love was the example of psychological health
c. believed in the idea of self-actualization
d. proposed the idea that individuals strive against inferiority

Answer: A
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

240. A cognition is most similar to a(n) _____.
a. emotion
b. thought
c. urge
d. experience

Answer: B
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

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d. cognitive

Answer: D
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

242. From which scientific field do cognitive psychologists borrow concepts in explaining how humans process information and how those processes may break down?
a. neurobiology
b. chemistry
c. computer science
d. physics

Answer: C
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

243. 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: C
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

245. When a person has an experience and commits that experience to memory, cognitive theorists refer to it as _____.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

247. If Dakota has difficulty remembering information she once knew, a cognitive psychologist would say her difficulty is due to a problem with _____.
a. retrieval
b. output
c. input
d. manipulation

Answer: A
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

248. When a person pulls information from memory, the person is engaged in _____.
a. manipulation
b. retrieval
c. storage
d. input

Answer: B
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

250. If Aaliyah incorrectly stored a memory of a criticism as a personal attack, _____ psychology would call it faulty storage.
a. eclectic
b. Skinnerian
c. cognitive
d. humanistic

Answer: C
Difficulty Level: Easy
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

251. 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

252. When Jameson feels attacked because his kids do not listen, a cognitive psychologist would classify it as cognitive _____.
a. manipulation
b. encoding
c. distortion
d. catharsis

Answer: C
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models

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Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

253. 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
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

255. 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: D
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models

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Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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's ABC approach, which of the following would be the "A" of Ellis's "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 getting fired

Answer: A
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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's ABC approach, which of the following would be the "B" of Ellis's "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 getting fired

Answer: B
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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's ABC approach, which of the following would be the "C" of Ellis's "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 getting fired

Answer: D
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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260. 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
   Difficulty Level: Moderate
   Topic: 2.2.4 Cognitive Models
   Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
   Skill Level: Remember the Facts
   APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

261. In Ellis's ABC approach, B stands for _____.
   a. beliefs
   b. borrowed feelings
   c. behavioral cues
   d. blockages

   Answer: A
   Difficulty Level: Moderate
   Topic: 2.2.4 Cognitive Models
   Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
   Skill Level: Remember the Facts
   APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

   Answer: C
   Difficulty Level: Moderate
   Topic: 2.2.4 Cognitive Models
   Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
   Skill Level: Remember the Facts
   APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

263. 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's ABC approach, which of the following would be the "C" of Ellis's "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
   Difficulty Level: Moderate
   Topic: 2.2.4 Cognitive Models
   Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.

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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

264. 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
Difficulty Level: Easy
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

265. Ellis believed 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

266. When arguing with his wife, Jacob makes mountains out of molehills and the whole argument seems catastrophic to their marriage. In this case, he is using _____.
a. selective abstraction
b. overgeneralization
c. magnification
d. absolutist thinking

Answer: C
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

267. When arguing with his wife, Jacob focuses exclusively on any flaws she points out. He glosses over positive statements she makes, such as "You're a good husband," and instead focuses on her critical comments, such as "You don't clean around the house often enough." In this case, Jacob is using _____.
a. selective abstraction
b. overgeneralization
c. magnification
d. absolutist thinking

Answer: A

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Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

268. Malcolm 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 that he has developed over the years. She says that to overcome the depression, Malcolm must replace his irrational beliefs with rational self-talk. Malcolm's therapist is most similar to _____ in the way she conceptualizes his problem.
a. Ellis
b. Sullivan
c. Skinner
d. Kelly

Answer: A
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Easy
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

273. Laura cannot see a middle ground, so when she is given criticism, it is the end of the world. In this case, she is demonstrating _____.
a. selective abstraction
b. magnification
c. overgeneralization
d. absolutist thinking

Answer: D
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

274. If a student focuses on one mediocre grade and ignores all of her other grades that 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
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models

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Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: C
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Difficult
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

277. If someone overemphasizes and exaggerates the importance of an unfortunate event, a cognitive psychologist would attribute the person's emotional distress to _____.
a. absolutist thinking
b. overgeneralization
c. selective abstraction
d. magnification

Answer: D
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

278. Mason 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 Mason to be engaging in the cognitive distortion of _____.
a. absolutist thinking
b. selective abstraction

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c. magnification
d. overgeneralization

Answer: A
Difficulty Level: Easy
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

279. Amy sees her rejection after 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

280. A major issue in the application of the cognitive perspective is that _____.
a. 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
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

281. Which of the following people would benefit the most from cognitive therapy?
a. a person who is experiencing depression
b. a person with schizophrenia
c. a person with bipolar disorder
d. a person with antisocial personality disorder

Answer: A
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

282. Cognitive therapists have largely focused on _____.

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a. treatment of depression and anxiety
b. development of treatment approaches
c. development of conceptual models
d. treatment of schizophrenia

Answer: A
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

283. _____ is to focus within a person as _____ is to external forces.
a. Psychological; sociocultural
b. Sociocultural; biological
c. Sociocultural; psychological
d. Psychological; biological

Answer: A
Difficulty Level: Moderate
Topic: 2.3 The Sociocultural Perspective
Learning Objective: None
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

284. Dr. Murphy analyzes patients' abnormal behavior through a lens of understanding how the person's gender or ethnicity may be an influence. This therapist likely follows the _____ perspective.
a. biological
b. psychological
c. sociocultural
d. psychodynamic

Answer: C
Difficulty Level: Easy
Topic: 2.3 The Sociocultural Perspective
Learning Objective: None
Skill Level: Apply What You Know
APA Learning Objectives: 1.3 Describe applications of psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

285. 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
Difficulty Level: Easy
Topic: 2.3 The Sociocultural Perspective
Learning Objective: None
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

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

    Answer: A
    Difficulty Level: Moderate
    Topic: 2.3 The Sociocultural Perspective
    Learning Objective: None
    Skill Level: Remember the Facts
    APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

287. 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
    Difficulty Level: Difficult
    Topic: 2.3.1 Ethnicity and Mental Health
    Learning Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.
    Skill Level: Understand the Concepts
    APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

288. When JaMarkus talks to his therapist, the focus is on ethnic pressures and discrimination. His therapist likely follows the _____ perspective.
    a. sociocultural
    b. biological
    c. cognitive
    d. psychodynamic

    Answer: A
    Difficulty Level: Easy
    Topic: 2.3.1 Ethnicity and Mental Health
    Learning Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.
    Skill Level: Apply What You Know
    APA Learning Objectives: 1.3 Describe applications of psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

289. From least to greatest, which of the following groups have more psychological illness?
    a. African Americans, Hispanic Americans, Asian Americans
    b. Hispanic Americans, non-Hispanic White Americans, Asian Americans
    c. American Indians, Hispanic Americans, non-Hispanic White Americans
    d. Asian Americans, African Americans, non-Hispanic White Americans

    Answer: D

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Difficulty Level: Difficult
Topic: 2.3.1 Ethnicity and Mental Health
Learning Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

290. 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
Difficulty Level: Moderate
Topic: 2.3.1 Ethnicity and Mental Health
Learning Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

291. 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
Difficulty Level: Easy
Topic: 2.3.2 Evaluating the Sociocultural Perspective
Learning Objective: 2.3.2 Evaluate the sociocultural perspective in our understanding of abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

292. 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
Difficulty Level: Moderate
Topic: 2.4.1 The Diathesis–Stress Model
Learning Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

293. "You probably were predisposed to this disorder and were triggered by a stressful event" best fits _____.
a. the diathesis–stress model
b. the downward drift hypothesis
c. perceived self-efficacy

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d. stress amplification

Answer: A
Difficulty Level: Moderate
Topic: 2.4.1 The Diathesis–Stress Model
Learning Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: D
Difficulty Level: Easy
Topic: 2.4.2 Evaluating the Biopsychosocial Perspective
Learning Objective: 2.4.2 Evaluate the biopsychosocial perspective on abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

295. A weakness of the biopsychosocial perspective is that it _____.
a. does not account for all disorders
b. only applies to schizophrenia
c. is too complex
d. only works for certain people

Answer: C
Difficulty Level: Moderate
Topic: 2.4.2 Evaluating the Biopsychosocial Perspective
Learning Objective: 2.4.2 Evaluate the biopsychosocial perspective on abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

296. Dr. Abboud holds a doctoral degree and works with people who have cognitive distortions or mild depression and anxiety. She is likely a _____.
a. clinical psychologist
b. psychiatrist
c. clinical social worker
d. counseling psychologist

Answer: D
Difficulty Level: Easy
Topic: 2.5.1 Types of Helping Professionals
Learning Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

297. If a person is a psychiatrist, he or she likely holds a(n) _____.
a. Ph.D.
b. M.D.
c. M.A.
d. B.A.

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Answer: B
Difficulty Level: Easy
Topic: 2.5.1 Types of Helping Professionals
Learning Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

298. Brooklyn is seeing a therapist who, in addition to talking with her, writes a prescription for an antidepressant for Brooklyn to use. Brooklyn's therapist is a _____.
a. psychiatrist
b. clinical psychologist
c. counseling psychologist
d. clinical social worker

Answer: A
Difficulty Level: Easy
Topic: 2.5.1 Types of Helping Professionals
Learning Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: C
Difficulty Level: Easy
Topic: 2.5.1 Types of Helping Professionals
Learning Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
c. transference
d. unconscious dislike for her therapist

Answer: A
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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301. Dr. Zimmerman uses a type of psychotherapy in which conflicts of the unconscious are explored. She is likely a _____ therapist.
    a. biological
    b. cognitive-behavioral
    c. psychodynamic
    d. rational emotive

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.5.2 Types of Psychotherapy
    Learning Objective: 2.5.2 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: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

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
    Difficulty Level: Moderate
    Topic: 2.5.2 Types of Psychotherapy
    Learning Objective: 2.5.2 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: Remember the Facts
    APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

303. Trey 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.” Trey’s therapist is using the Freudian technique of _____.
    a. dream analysis
    b. cognitive restructuring
    c. free association
    d. anxiety reduction

    Answer: C
    Difficulty Level: Moderate
    Topic: 2.5.2 Types of Psychotherapy
    Learning Objective: 2.5.2 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: Apply What You Know
    APA Learning Objective: 1.3 Describe applications of psychology.

304. When Taylor feels a kinship with her therapist, as if they could be friends “on the outside,” she is experiencing _____.
    a. dream interpretation
    b. transference
    c. free association
    d. countertransference

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Answer: B
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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 their parents
c. outward appropriate expression of childhood longing
d. current sexual issues and past grief

Answer: A
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts

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APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

309. If a client with a bridge phobia were to be exposed to increasingly scary bridges in real life, this would be considered _____.
a. cognitive thought stopping
b. behavioral analysis
c. systematic desensitization
d. gradual exposure

Answer: D
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

310. _____ is to imagined stimuli as _____ is to real stimuli.
a. Systematic desensitization; cognitive thought stopping
b. Gradual exposure; sudden exposure
c. Systematic desensitization; gradual exposure
d. Gradual exposure; systematic desensitization

Answer: C
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

311. 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 from 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. controlled image hierarchy
c. fear-stimulus hierarchy
d. fear image gallery

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Answer: C
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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. task exchange
c. behavioral hierarchy
d. reinforcement economy

Answer: A
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

314. When a humanistic therapist recaps what his client said without judgment, he is engaged in _____.
a. interpretation
b. mirroring
c. cognitive restructuring
d. reflection

Answer: D
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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.

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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: D
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: D
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

318. In Aiden's therapy session, his therapist disputes his irrational beliefs in order to help Aiden develop new beliefs. The therapist is using _____ therapy.
a. rational emotive behavior
b. client-centered
c. psychodynamic
d. mindfulness-based

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Answer: A
Difficulty Level: Difficult
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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. test his or her negative beliefs in light of reality
d. write down a list of alternative thoughts to focus on instead of the negative beliefs

Answer: C
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

321. Gemma 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
d. playing the belief

Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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.

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Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

322. _____ therapy is 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
b. Eclectic
c. Existential
d. Cognitive

Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

323. If a clinician uses different schools of thought in his approach to therapy without formally adopting any specific position, he would be considered a(n) _____ therapist.
a. technical eclectic
b. rational emotive behavior
c. integrative eclectic
d. person-centered

Answer: A
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

324. Kyra's therapist varies which modality she uses—sometimes cognitive, sometimes behavioral. This therapist would be considered a(n) _____ therapist.
a. biopsychosocial
b. eclectic
c. integrative
d. technical

Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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 who is creating the most disruption in the family
d. practice social skills that can be transferred to interactions outside of the family

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Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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 who is creating the most disruption
d. practice social skills that can be transferred to interactions outside of the couple

Answer: B
Difficulty Level: Easy
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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
Difficulty Level: Easy
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.4 Interpret, design, and conduct basic psychological research.

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 percent of clients who remained untreated
b. the average client receiving psychotherapy was better off than 75 percent of clients who remained untreated
c. clients receiving psychotherapy were no better off than 25 percent of those not receiving therapy
d. the average client receiving psychotherapy was better off than 40 percent of clients who remained untreated

Answer: B
Difficulty Level: Moderate
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in

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therapy.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

329. If a clinician wanted to know if a particular treatment was better than a control procedure, he would conduct a(n) _____ study.
a. efficacy
b. effectiveness
c. response-rate
d. evidence-based

Answer: A
Difficulty Level: Easy
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.4 Interpret, design, and conduct basic psychological research.

330. If controlled research supports the use of a particular treatment, it is said to be an _____.
a. efficacious study
b. eclectic study
c. evidence-based practice
d. efficiency practice

Answer: C
Difficulty Level: Easy
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.4 Interpret, design, and conduct basic psychological research.

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. ability to reach people who avoid seeking help because of embarrassment
d. ability to reach people without them using public transportation

Answer: C
Difficulty Level: Easy
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

332. African American clients may have specific barriers to therapy including _____.
a. greater trust for certain therapists over others
b. difficulty with the language
c. heightened reserve as protection against mistreatment
d. becoming too emotional in therapy sessions

Answer: C

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Difficulty Level: Moderate
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

333. Asian cultures _____, which may _____ Asian clients' expression of 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
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

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

Answer: A
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

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
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

336. Psychologists recognize the importance of _____ mental health programs for Native Americans.
a. medical support for physical illnesses in

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b. increasing client awareness of psychological disorders in
c. bringing elements of tribal culture into
d. excluding tribal and traditional beliefs from

Answer: C
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

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
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

338. If Maria has no understanding of psychological disorders and does not realize her maladaptive thoughts are problematic, she likely has the barrier of _____.
a. cultural mistrust
b. location
c. mental health literacy
d. language

Answer: C
Difficulty Level: Moderate
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Apply What You Know
APA Learning Objectives: 1.3 Describe applications of psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

339. Ahmed grew up in a family that did not believe in seeking help for psychological issues. His father insisted that problems such as depression and anxiety were not things anyone outside the family should know about or assist with. This barrier to treatment would best be characterized as a(n) _____ barrier.
a. accessibility
b. institutional
c. language
d. cultural

Answer: D
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of

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mental health services by ethnic minorities.
Skill Level: Apply What You Know
APA Learning Objectives: 1.3 Describe applications of psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

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
Difficulty Level: Easy
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

341. 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
Difficulty Level: Easy
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

342. Which of the following psychological disorders has been successfully treated with selective serotonin-reuptake inhibitors (SSRIs)?
a. autism spectrum disorder
b. obsessive–compulsive disorder
c. gender dysphoria
d. schizophrenia

Answer: B
Difficulty Level: Moderate
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

343. Which of the following psychological disorders has been successfully treated with Thorazine?
a. autism spectrum disorder
b. obsessive–compulsive disorder
c. gender dysphoria
d. schizophrenia

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Answer: D
Difficulty Level: Moderate
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: A
Difficulty Level: Easy
Topic: 2.6.2 Electroconvulsive Therapy
Learning Objective: 2.6.2 Describe the use of electroconvulsive therapy and evaluate its effectiveness.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

345. _____ 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
Difficulty Level: Easy
Topic: 2.6.3 Psychosurgery
Learning Objective: 2.6.3 Describe the use of psychosurgery and evaluate its effectiveness.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

346. Research on the effectiveness of treatment shows which of the following to be most effective?
a. drug therapies
b. psychotherapies
c. psychodynamic therapy
d. drug therapy combined with therapy

Answer: D
Difficulty Level: Moderate
Topic: 2.6.4 Evaluation of Biomedical Approaches
Learning Objective: 2.6.4 Evaluate biomedical treatment approaches.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

True-False Questions

347. The biological perspective and the medical model are synonymous.

Answer: False
Difficulty Level: Difficult

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Topic: 2.1 The Biological Perspective
Learning Objective: None
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

348. Dendrites receive and axons send information.

Answer: True
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

349. Neural axons can extend several feet.

Answer: True
Difficulty Level: Easy
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

351. When Malia takes her antianxiety medication, she feels better because the drug affects her hormone levels.

Answer: False
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

352. If Adelaide has Alzheimer's disease, one would expect a lack of serotonin in her brain.

Answer: False
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

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Answer: True
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

354. The cerebellum contains the cerebral cortex.

Answer: False
Difficulty Level: Easy
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

355. When Carrie listens to her professor speak, she is processing the stimuli in her temporal lobes.

Answer: True
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

356. Visual stimuli are processed in the temporal lobes.

Answer: False
Difficulty Level: Easy
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

357. When Tucker touches a smooth surface, he is processing the stimuli in his parietal lobe.

Answer: True
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

358. The sympathetic nervous system would be responsible for responses during a stressful situation, such as presenting in public, and the parasympathetic nervous system would calm the body afterward.

Answer: True
Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex,

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and describe their functions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

359. Genetic factors guarantee that certain behaviors or disorders will develop.

Answer: False
Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: True
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

362. The ego would respond more rationally than the id.

Answer: True
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

363. If there was an angel on one shoulder and a devil on the other, the superego would be the devil.

Answer: False
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: True

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Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: True
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

366. Erikson's theory spans a longer time frame than Freud's theory of development.

Answer: True
Difficulty Level: Easy
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

368. If Ariel was able to have a relationship and hold a job, Freud would say she was psychologically healthy.

Answer: True
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.

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Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

370. If a person is concerned with behavior that can be observed and quantified, he or she is likely following a psychodynamic model.

Answer: False
Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: True
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

374. If a cat comes to the kitchen after hearing a can opener that has been associated with food, the can opener serves as a conditioned stimulus.

Answer: True
Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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375. Punishment always eliminates undesirable behavior.

Answer: False
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: True
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

Answer: False
Difficulty Level: Easy
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

378. If a therapist believes that a person should strive to become all the person is capable of being, the therapist is a humanist.

Answer: True
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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

Answer: False
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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

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Answer: False
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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: False
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

382. The strength of humanistic models lies in their focus on unconscious psychological material.

Answer: False
Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

383. Naoki believes the human mind is much like a computer, with encoding, storage, and retrieval. He would be considered a cognitive theorist.

Answer: True
Difficulty Level: Easy
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

384. If Jamie's therapist believes that emotional distress is caused by the beliefs people hold about negative life experiences, not by the experiences themselves, the therapist is a cognitive therapist.

Answer: True
Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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: False
Difficulty Level: Difficult

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Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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: True
Difficulty Level: Easy
Topic: 2.4.1 The Diathesis–Stress Model
Learning Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Remember the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

387. If Quinn is a medical doctor who specializes in the diagnosis and treatment of emotional disorders, she would be classified as a psychiatrist.

Answer: True
Difficulty Level: Easy
Topic: 2.5.1 Types of Helping Professionals
Learning Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

388. When Emma dreams of the ocean, the latent content would refer to what the ocean actually represents in Emma's unconscious.

Answer: True
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

389. Countertransference affects the client whereas transference affects the therapist.

Answer: False
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

390. Systematic desensitization involves imagined rather than real stimuli as compared to gradual exposure.

Answer: True
Difficulty Level: Moderate
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 Describe the goals and techniques of the following forms of psychotherapy:

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psychodynamic therapy, behavior therapy, person-centered therapy, cognitive therapy, cognitive-behavioral therapy, eclectic therapy, group therapy, family therapy, and couple therapy.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

391. When Shakita conducts a study that amasses a large number of other studies in order to determine the overall effectiveness of a treatment, she is conducting a meta-analysis.

Answer: True
Difficulty Level: Easy
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

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: False
Difficulty Level: Difficult
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

393. All types of psychotherapy work well for all different cultures.

Answer: False
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Understand the Concepts
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

394. Although adequately funded by the Indian Health Service designated to serve their population, Native Americans remain underserved in regional mental health programs.

Answer: False
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

395. Financial burdens are often a major barrier to use of mental health services by ethnic minorities.

Answer: True
Difficulty Level: Easy
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of

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mental health services by ethnic minorities.
Skill Level: Remember the Facts
APA Learning Objectives: 1.1 Describe key concepts, principles, and overarching themes in psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

396. Antipsychotic drugs are often referred to as neuroleptics.

Answer: True
Difficulty Level: Easy
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Facts
APA Learning Objective: 1.1 Describe key concepts, principles, and overarching themes in psychology.

397. Lithium carbonate has been shown to be the best treatment for schizophrenia.

Answer: False
Difficulty Level: Moderate
Topic: 2.6.1 Drug Therapy
Learning Objective: 2.6.1 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 the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

398. If psychosurgery is classified as experimental, it means the surgery is safe and effective.

Answer: False
Difficulty Level: Moderate
Topic: 2.6.3 Psychosurgery
Learning Objective: 2.6.3 Describe the use of psychosurgery and evaluate its effectiveness.
Skill Level: Understand the Concepts
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

Essay Questions

399. Using terms to describe the structure and function of neurons, describe how a person would react to placing a hand on a hot stove.

Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

400. Compare the functions of at least four neurotransmitters.

Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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401. Compare the hindbrain, midbrain, and forebrain in terms of function.

Difficulty Level: Moderate
Topic: 2.1.1 The Nervous System
Learning Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

402. Synthesize research findings on the role of genetics and environment in the development of psychological disorders.

Difficulty Level: Moderate
Topic: 2.1.2 Evaluating Biological Perspectives on Abnormal Behavior
Learning Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

403. Provide a Freudian interpretation of a woman who has difficulty making friends and who struggles to be intimate with her husband.

Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

404. Compare Freud's structures of personality and provide an example of how these structures may influence a situation.

Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

405. Identify and give an example of at least five of the defense mechanisms proposed by Freud.

Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

406. Discuss each of Freud's stages of psychosexual development.

Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

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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?

Difficulty Level: Difficult
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

408. Evaluate the strengths and weaknesses of modern psychodynamic theory.

Difficulty Level: Moderate
Topic: 2.2.1 Psychodynamic Models
Learning Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

409. Create a scenario using the elements of classical conditioning and discuss examples of classical conditioning in everyday life.

Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

410. Explain the principles of operant conditioning, clarifying the differences among positive reinforcers, negative reinforcers, and punishments.

Difficulty Level: Difficult
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

411. Compare reinforcement and punishment and their effects on behavior change.

Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

412. How does social-cognitive theory differ from the behavioral theories? What role do expectancies have on behavior?

Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It

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APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

413. Evaluate the major criticisms of learning-based models.

Difficulty Level: Moderate
Topic: 2.2.2 Learning-Based Models
Learning Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

414. Evaluate the strengths and weaknesses of the humanistic model.

Difficulty Level: Moderate
Topic: 2.2.3 Humanistic Models
Learning Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.
Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

415. Discuss the elements of Ellis's ABC approach to explaining psychological problems. Create an example to illustrate this concept using and identifying all three elements (A-B-C) in your illustration.

Difficulty Level: Moderate
Topic: 2.2.4 Cognitive Models
Learning Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

416. Describe the diathesis–stress model and provide an example. Discuss the role each plays in the development of a psychological disorder.

Difficulty Level: Moderate
Topic: 2.4.1 The Diathesis–Stress Model
Learning Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.
Skill Level: Apply What You Know
APA Learning Objective: 1.3 Describe applications of psychology.

417. Describe what is meant by the term "eclectic" therapy. Synthesize what has been learned about this therapy and its use among therapists.

Difficulty Level: Difficult
Topic: 2.5.2 Types of Psychotherapy
Learning Objective: 2.5.2 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: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

418. Synthesize studies evaluating the effectiveness of psychotherapy. Summarize the concept of meta-analysis.

Difficulty Level: Difficult
Topic: 2.5.3 Evaluating the Methods of Psychotherapy
Learning Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.

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Skill Level: Analyze It
APA Learning Objective: 1.2 Develop a working knowledge of psychology's content domains.

419. Choose one of the major therapeutic models and suggest at least three culturally sensitive modifications.

Difficulty Level: Difficult
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Analyze It
APA Learning Objectives: 1.2 Develop a working knowledge of psychology's content domains; 2.5 Incorporate sociocultural factors in scientific inquiry.

420. Provide examples that illustrate the six barriers to mental health treatment experienced by ethnic minorities.

Difficulty Level: Moderate
Topic: 2.5.4 Multicultural Issues in Psychotherapy
Learning Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.
Skill Level: Apply What You Know
APA Learning Objectives: 1.3 Describe applications of psychology; 2.5 Incorporate sociocultural factors in scientific inquiry.

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Revel Quizzes

The following questions appear at the end of each module and at the end of the chapter in Revel for *Abnormal Psychology in a Changing World, 11e*.

Chapter 2: Contemporary Perspectives on Abnormal Behavior and Methods of Treatment

Quiz: The Biological Perspective

EOM Q2.1.1
Question: In terms of neuronal transmission, _____ are to receipt of information whereas _____ are to transmission of information.
a. dendrites; axons
b. axons; dendrites
c. myelin sheaths; dendrites
d. dendrites; myelin sheaths
Answer: a
Consider This: One component has to first receive the incoming message whereas another component sends that message along to the next cell.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.

EOM Q2.1.2
Question: 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
Consider This: The myelin sheath helps to insulate the axon from the bodily fluids surrounding the neuron.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.

EOM Q2.1.3
Question: Amelie can report sensations of her cell phone in her hand, the heat of the sun on her skin, and the feeling of a needle poking her. Which lobe of the brain processes these sensations?
a. parietal
b. occipital
c. frontal
d. temporal
Answer: A
Consider This: The sensory area of this lobe receives messages from receptors in the skin all over the body.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.

EOM Q2.1.4
Question: 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?

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a. Genetic factors create a predisposition or likelihood—not a certainty—that certain behaviors or disorders will develop.
b. Current research suggests that there is a cluster of genes that define whether or not an individual will develop schizophrenia.
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: a
Consider This: The effect that genes have on the brain and the body is influenced by environmental factors.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.

EOM Q2.1.5
Question: 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. become part of the organism's genetic inheritance that is passed along to offspring, affecting the workings of genes in future generations
b. trigger the expression of psychological difficulties in the individual but not his or her offspring
c. cause irreversible brain damage
d. serve to inoculate future generations from inheriting malignant traits

Answer: a
Consider This: With advances in the field of epigenetics, one day it may be possible to directly control genes involved in psychological disorders.
Skill: Analyze It
Difficulty: Difficult
Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.

Quiz: The Psychological Perspective

EOM Q2.2.1
Question: JeNeva is a highly serious individual who does not tend to engage in impulsive or reckless behaviors. In fact, she often dampens her own urges to engage in pleasurable activities by shaming herself for not meeting high standards she has set for herself. According to psychodynamic theory, Freud might consider JeNeva to have a strong _____ and a weak _____.

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

Answer: A
Consider This: There are three components of personality, the id, ego, and superego, which differ in their function. One focuses on pleasure whereas another is a moral compass.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.

EOM Q2.2.2
Question: 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. sublimation
b. displacement
c. regression
d. repression

Answer: a

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Consider This: According to Freud's psychoanalytic theory, Michael is channeling his unacceptable impulses into socially acceptable behavior.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.

EOM Q2.2.3
Question: When Damion starts up his car to drive to work, the vehicle begins to beep loudly if he has not yet put on his seatbelt. In this case, the beeping of the vehicle best fits the concept of a _____.

a. negative reinforcer
b. consequence
c. punishment
d. positive reinforcer

Answer: A
Consider This: Punishment and reinforcement can be used to increase or decrease certain behaviors.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.

EOM Q2.2.4
Question: If a therapist was primarily concerned with a client's self-concept as related to the presence or absence of conditional versus unconditional positive regard in the client's life, that therapist likely practices _____ therapy, which was developed by _____.

a. client-centered; Carl Rogers
b. behavioral; Albert Bandura
c. rational emotive; Albert Ellis
d. cognitive-behavioral; Aaron Beck

Answer: A
Consider This: This psychologist believed that parents can help their children develop self-esteem by showing them unconditional positive regard.
Skill: Analyze It
Difficulty: Moderate
Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.

EOM Q2.2.5
Question: 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
Consider This: This theorist focused on errors in thinking that can lead to negative emotional reactions.
Skill: Understand the Concepts
Difficulty: Easy
Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.

Quiz: The Sociocultural Perspective

EOM Q2.3.1

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Question: 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
Consider This: Disadvantaged groups have been shown to have less prevalence of psychological disorders.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.

EOM Q2.3.2
Question: 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
Consider This: Native Hawaiians face higher rates of mental health problems.
Skill: Analyze It
Difficult: Moderate
Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.

EOM Q2.3.3
Question: _____ often attribute problems, such as depression and alcoholism, to the collapse of their traditional culture brought about by colonization.

a. Native Americans
b. Hispanic Americans
c. Puerto Rican Americans
d. Asian Americans

Answer: a
Consider This: Members of this ethnic group commonly seek help from traditional healers rather than mental health professionals.
Skill: Understand the Concepts
Difficulty: Easy
Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.

EOM Q2.3.4
Question: Giordano believes that people in higher socioeconomic groups are at less risk of severe behavioral problems compared to those in lower socioeconomic groups due to insulation from stress related to living in poverty. Clearly, he believes in the _____.

a. social causation model
b. downward drift hypothesis
c. diathesis-stress model
d. humanistic model

Answer: a
Consider This: This model helps to explain the link between socioeconomic status and mental health problems.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.3.2 Evaluate the sociocultural perspective in our understanding of abnormal behavior.

EOM Q2.3.5
Question: Henry has been drinking alcohol excessively for the last ten 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?

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a. downward drift hypothesis
b. negative reinforcement
c. pleasure principle
d. social causation model

Answer: a
Consider This: Henry's behavior has led to a change in his socioeconomic status.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.3.2 Evaluate the sociocultural perspective in our understanding of abnormal behavior.

Quiz: The Biopsychosocial Perspective

EOM Q2.4.1
Question: 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
Consider This: No single theoretical perspective accounts for the many complex forms of abnormal behavior.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: Introduction to 2.4 The Biopsychosocial Perspective

EOM Q2.4.2
Question: If an individual has a genetic predisposition to develop attention deficit hyperactivity disorder but this disorder is manifested by the presence of a life stressor, such as a birth complication, this scenario would best fit the _____ of abnormal behavior.

a. diathesis-stress model
b. sociocultural model
c. psychodynamic model
d. biopsychosocial model

Answer: a
Consider This: This model holds that some disorders arise from an interaction of a predisposition and a life event.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.4.1 Describe the diathesis-stress model of abnormal behavior.

EOM Q2.4.3
Question: 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
Consider This: There are several factors that can increase vulnerability to psychological disorders in the face of life stressors.
Skill: Understand the Concepts
Difficulty: Easy
Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.

EOM Q2.4.4
Question: Jennifer has a strong genetic predisposition for schizophrenia. According to the diathesis–stress model, Jennifer _____.

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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
Consider This: In contrast to cases like Jennifer, people with a weak diathesis for a particular disorder may not develop symptoms if the level of stress in their life remains low.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.4.1 Describe the diathesis–stress model of abnormal behavior.

EOM Q2.4.5
Question: Which of the following is a strength of the biopsychosocial perspective?

a. its interactive approach to understanding mental disorders
b. its focus on psychological factors that impact mental disorders
c. its focus on the biological and social factors that impact mental disorders
d. its views of mental disorders from a nature standpoint

Answer: a
Consider This: Some theoretical standpoints take into account more factors than others.
Skill: Understand the Concepts
Difficulty: Easy
Objective: 2.4.2 Evaluate the biopsychosocial perspective on abnormal behavior.

Quiz: Psychological Models of Treatment

EOM Q2.5.1
Question: 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
Consider This: Granting of prescription privileges to this group of helping professionals is currently a topic of debate among professionals in the field.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.

EOM Q2.5.2
Question: Disputing irrational beliefs and replacing them with more rational ones is the primary goal of _____.

a. rational emotive behavior therapy
b. humanistic, client-centered therapy
c. behavior therapy
d. cognitive-behavioral therapy

Answer: a
Consider This: Albert Ellis believed that negative emotions are caused by the irrational ways in which we interpret negative events.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.5.2 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.

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EOM Q2.5.3
Question: 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. modern psychodynamic therapy
b. cognitive therapy
c. behavioral therapy.
d. humanistic therapy
Answer: a
Consider This: Many of these therapists use the ideas of Erik Erikson and Karen Horney in their treatment.
Skill: Analyze It
Difficulty: Difficult
Objective: 2.5.2 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.

EOM Q2.5.4
Question: In order to demonstrate the poor outcomes of children who received corporal punishment when growing up, several researchers combined the results of many studies that have investigated the impact of corporal punishment on child development in a large-scale _____.
a. meta-analysis
b. therapeutic alliance
c. statistical analysis
d. effectiveness study
Answer: a
Consider This: An example of this type of analysis involved 375 controlled studies, each of which compared outcomes for psychotherapy against control groups.
Skill: Analyze It
Difficulty: Moderate
Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.

EOM Q2.5.5
Question: 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
Consider This: This emotional response may stem from a cultural or personal history of oppression or discrimination, or from an experience in which needs were not met.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.

Quiz: Biomedical Therapies
EOM Q2.6.1
Question: 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

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Consider This: With the use of these drugs, the need for physical restraints and confinement in padded cells has been greatly reduced.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.6.1 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.

EOM Q2.6.2
Question: Fred has been taking an antipsychotic drug 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
Consider This: Although the side effects of neuroleptics can sometimes be controlled with other drugs, long-term use can cause irreversible disorders.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.6.1 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.

EOM Q2.6.3
Question: Deidre vacillates between feelings of worthlessness and euphoria. She will talk rapidly and work energetically, often not needing sleep when she is feeling euphoric. Which of the following medications would she likely be prescribed?

a. lithium carbonate
b. fluoxetine
c. phenelzine
d. methylphenidate

Answer: a
Consider This: People with bipolar disorder may need to use this drug indefinitely to help control the disorder.
Skill: Analyze It
Difficulty: Difficult
Objective: 2.6.1 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.

EOM Q2.6.4
Question:
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
Consider This: Although electroconvulsive therapy can be helpful for individuals with severe depression, it has several negative side effects.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.6.2 Describe the use of electroconvulsive therapy and evaluate its effectiveness.

EOM Q2.6.5

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Question: 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. prefrontal lobotomy
b. ECT
c. deep brain stimulation
d. electroconvulsive shock therapy

Answer: a
Consider This: This procedure was based on the idea that aggressive tendencies resulted from overexcitation of lower brain areas.
Skill: Analyze It
Difficulty: Moderate
Objective: 2.6.3 Describe the use of psychosurgery and evaluate its effectiveness.

Chapter Quiz: Contemporary Perspectives on Abnormal Behavior and Methods of Treatment

EOC Q2.1
Question: Diana's ability to control muscle contractions during her runs and remember her running pace at her last race are linked to the neurotransmitter _____.

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

Answer: a
Consider This: Alzheimer's disease is associated with reduced levels of this neurotransmitter in the brain.
Skill: Apply What You Know
Difficulty: Difficult
Objective: 2.1.1 Identify the major parts of the neuron, the nervous system, and the cerebral cortex, and describe their functions.

EOC Q2.2
Question: The nature (genes) versus nurture (environment) debate has shifted from one pitting nature against nurture to _____.

a. understanding that nature and nurture work together in explaining behavior
b. understanding that genes have an insignificant role in 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: a
Consider This: Research supports the idea that genes create predispositions that increase the likelihood of developing particular disorders.
Skill: Analyze It
Difficulty: Difficult
Objective: 2.1.2 Evaluate biological perspectives on abnormal behavior.

EOC Q2.3
Question: 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. id; superego
b. ego; superego
c. id; libido
d. personality; ego

Answer: a
Consider This: According to Freud, there are three components to personality, one of which is more indulgent and the other is more like a moral compass.
Skill: Apply What You Know
Difficulty: Difficult

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Objective: 2.2.1 Describe the key features of psychodynamic models of abnormal behavior and evaluate their major contributions.

EOC Q2.4
Question: In all classical conditioning situations, the neutral stimulus becomes the _____.
a. conditioned stimulus
b. unconditioned stimulus
c. conditioned response
d. unconditioned response
Answer: a
Consider This: In Pavlov's experiments, after several pairings of a bell and meat, the dog learned to salivate in response to the bell alone.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.2.2 Describe the key features of learning-based models of abnormal behavior and evaluate their major contributions.

EOC Q2.5
Question: 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. humanistic theory
b. object-relations theory
c. sociocultural theory
d. social-cognitive theory
Answer: a
Consider This: This theory emphasizes the personal freedom people have in making choices that result in a sense of meaning and purpose.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.2.3 Describe the key features of humanistic models of abnormal behavior and evaluate their major contributions.

EOC Q2.6
Question: Dr. May uses _____ in his practice in which he focuses on the study of how a person's thoughts, beliefs, expectations, and attitudes can color and distort perceptions of reality.
a. cognitive models
b. sociocultural perspectives
c. biopsychosocial perspectives
d. humanistic models
Answer: a
Consider This: Dr. May believes that our interpretation of the events in our lives determines our emotional state.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.2.4 Describe the key features of cognitive models of abnormal behavior and evaluate their major contributions.

EOC Q2.7
Question: White Americans tend to have a _____.
a. higher prevalence of current disorders
b. higher prevalence of chronic disorders
c. lower prevalence of disorders
d. lower prevalence of current disorders
Answer: a
Consider This: White Americans differ from others in terms of rates and chronicity of disorders.
Skill: Analyze It

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Difficulty: Difficult
Objective: 2.3.1 Evaluate ethnic group differences in rates of psychological disorders.

EOC Q2.8
Question: Dr. Zeman spends a great deal of time with her client at their first visit in which she investigates the degree to which her client feels social stressors from her gender, race, ethnicity, and lifestyle. Which perspective does Dr. Zeman support?

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

Answer: a
Consider This: Factors related to gender, race, ethnicity, and lifestyle inform our understanding of abnormal behavior.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.3.2 Evaluate the sociocultural perspective in our understanding of abnormal behavior.

EOC Q2.9
Question: Suzanne lives in an impoverished area, has been the victim of bullying, has abnormal neurotransmitter levels, and has a family history of schizophrenia. In this example, which best fits a diathesis?

a. having a family history of schizophrenia
b. living in an impoverished area
c. being a victim of bullying
d. having abnormal neurotransmitter levels

Answer: a
Consider This: A diathesis can be thought of as a vulnerability or disposition to develop a specific disorder.
Skill: Analyze It
Difficulty: Moderate
Objective: 2.4.1 Describe the diathesis-stress model of abnormal behavior.

EOC Q2.10
Question: Which of the following is an example of a cognitive factor that may contribute to bulimic behavior within a biopsychosocial framework?

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
Consider This: The biopsychosocial model leads psychologists to consider multiple factors that might account for bulimic behavior.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.4.2 Evaluate the biopsychosocial perspective of abnormal behavior.

EOC Q2.11
Question: 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. psychiatrist
b. psychiatric nurse
c. clinical psychologist with specialized training in use of psychiatric medication
d. counseling psychologist with specialized training in use of psychiatric medication

Answer: a
Consider This: This type of medical doctor specializes in the diagnosis and treatment of emotional disorders.
Skill: Apply What You Know
Difficulty: Moderate

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Objective: 2.5.1 Identify three of the major types of helping professionals and describe their training backgrounds and professional roles.

EOC Q2.12
Question: Compared to traditional psychoanalysis, modern psychodynamic therapists focus more on _____ and less on _____.

a. clients' present relationships; sexual motives
b. sexual issues; family conflicts
c. unconscious processes; conscious processes
d. the superego; the ego

Answer: a
Consider This: Compared to traditional psychoanalysis, modern psychodynamic therapists offer less lengthy and less intensive forms of treatment.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.5.2 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.

EOC Q2.13
Question: 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 thirty or more years of experience
d. the verbal skills of the therapist

Answer: a
Consider This: Evidence suggests that therapeutic outcome is determined by common features that cut across the different types of therapy.
Skill: Analyze It
Difficulty: Moderate
Objective: 2.5.3 Evaluate the effectiveness of psychotherapy and the role of nonspecific factors in therapy.

EOC Q2.14
Question: 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. A disproportionate number of minority group members remain uninsured or underinsured, and thus cannot access care.
b. A cultural-based unwillingness in minority groups to accept the presence of psychological disorders creates the disparity.
c. Persistent threats of racism prevent many minorities from seeking the treatment they need.
d. Minority care providers are limited in number. Most minorities would prefer being treated by someone of their own racial or cultural group.

Answer: a
Consider This: Health care disparities result in minorities with a greater burden of mental health problems that go undiagnosed and untreated.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.5.4 Evaluate the role of multicultural factors in psychotherapy and barriers to use of mental health services by ethnic minorities.

EOC Q2.15
Question: 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. rebound anxiety
b. countertransference

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c. systematic desensitization
d. downward drift

Answer: a
Consider This: When used on a short-term basis antianxiety drugs can be effective, but regular use has drawbacks.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.6.1 Identify the major categories of psychotropic or psychiatric drugs and examples of drugs in each type, and evaluate their strengths and weaknesses.

EOC Q2.16
Question: Which of the following psychological disorders has electroconvulsive therapy (ECT) been most effective in treating?

a. depression
b. antisocial personality disorder
c. anxiety disorders
d. schizophrenia

Answer: a
Consider This: ECT is intrusive and is generally considered a treatment of last resort after other methods have failed.
Skill: Understand the Concepts
Difficulty: Moderate
Objective: 2.6.2 Describe the use of electroconvulsive therapy and evaluate its effectiveness.

EOC Q2.17
Question: Modern psychosurgery techniques target smaller areas of the brain and have been used to treat _____.

a. obsessive–compulsive disorder, bipolar disorder, and major depression
b. schizophrenia, attention deficit disorder, and major depression
c. social phobia, obsessive–compulsive disorder, and major depression
d. panic disorder, obsessive–compulsive disorder, and schizophrenia

Answer: a
Consider This: Modern psychosurgery techniques are guided by a better understanding of brain circuitry associated with specific disorders.
Skill: Understand the Concepts
Difficulty: Difficult
Objective: 2.6.3 Describe the use of psychosurgery and evaluate its effectiveness.

EOC Q2.18
Question:
Bianca has an eating disorder, Richard has panic disorder, and Erin has obsessive–compulsive disorder. Which class of drugs would be helpful for all three of them?

a. antidepressants
b. antipsychotics
c. neuroleptics
d. mood stabilizers

Answer: a
Consider This: Some drugs can be used across multiple disorders due to their mechanism of action, such as the neurotransmitters they affect.
Skill: Apply What You Know
Difficulty: Moderate
Objective: 2.6.4 Evaluate biomedical treatment approaches.

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