Understanding Abnormal Behavior 12th edition Sue Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 1

1. Which statement about the field of abnormal psychology is *accurate*?
   a. Abnormal psychology seeks to describe, explain, predict, and modify unusual behaviors.
   b. Abnormal psychology is not yet considered a scientific field of research.
   c. Abnormal psychology focuses on the study of only the most bizarre behavior
   d. Abnormal psychology is most interested in narrowing a disorder to one behavioral factor.

ANSWER: a

2. Symptoms of mental illness or abnormal behavior (psychopathology) come primarily from ____.
   a. genetic factors
   b. environmental factors
   c. sociocultural factors
   d. an interaction of many factors

ANSWER: d

3. Dr. Thompson is a mental health professional collecting information in order to describe and draw inferences about an individual's emotional distress. Dr. Thompson is engaged in the process of ____.
   a. investigative therapy
   b. predicting dangerousness
   c. psychodiagnosis
   d. experimental research

ANSWER: c

4. Dr. Kohn is a psychoanalyst, Dr. Edwards is a humanistic therapist, Dr. Peterson is a cognitive behavioral therapist, and Dr. James is a Gestalt therapist. On which of the following factors are they *most* likely to differ in terms of how they describe a client's mental distress?
   a. time of onset
   b. etiology
   c. diagnosis
   d. prognosis

ANSWER: b

5. A psychologist states that "Juan's abnormal behavior is likely due to a combination of biology and inadequate interpersonal skills." The psychologist is ____.
   a. predicting the future symptoms of Juan
   b. giving Juan a psychodiagnosis
   c. offering an explanation for Juan's difficulties
   d. describing how to control Juan's symptoms

ANSWER: c

6. Which statement regarding the prediction of abnormal behavior is most *accurate*?
   a. People with deteriorating mental conditions can be functioning well.
   b. Psychologists are not interested in predicting clients' future behavior.
   c. Prediction is unrelated to understanding the cause of abnormality.
   d. Psychologists tend to underpredict future violence.

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ANSWER: a

7. College administrators suspended Lee Loughner after they became concerned about Loughner's potential to exhibit dangerous behaviors. Why didn't authorities arrest him?
   a. Loughner's therapist did not feel he posed a danger to others.
   b. None of the local mental health facilities had space to house him
   c. Loughner did not make any overt threats against anyone.
   d. Loughner's behavior was not considered odd in comparison to his peer group

ANSWER: c

8. When psychologists talk about modifying abnormal behavior to relieve mental distress, they are referring to ____.
   a. attempting to understand the underlying cause of that behavior
   b. restricting the freedom of dangerous clients
   c. attempting to anticipate the future behaviors of clients
   d. using psychotherapy to improve client behavior

ANSWER: d

9. Which statement defines *psychotherapy* most accurately?
   a. systematic intervention designed to alter behavior, emotion, or thought
   b. the scientific study of abnormal behavior
   c. a system of observing abnormal behavior in an attempt to classify it
   d. the application of a theoretical model to explain the cause of abnormal behavior

ANSWER: a

10. A psychologist develops several activities for clients aimed at helping them become more self-disciplined and feel more confident about trying new behaviors. This example illustrates ____.
   a. how epidemiological work is done in the field
   b. how psychotherapy may be seen as an attempt to modify behavior
   c. the function of providing an explanation for abnormal behavior
   d. the essential need for accurate psychodiagnosis

ANSWER: b

11. Clinical psychologists usually have which type of degree?
   a. bachelor's (B.S. or B.A.)
   b. medical (M.D.)
   c. doctorate (Ph.D. or Psy.D)
   d. master's (M.S., L.C.S.W., or M.S.W.)

ANSWER: c

12. Harold is a mental health professional who has a medical degree and prescribes antidepressants and antipsychotic medication for his patients. After graduating from medical school, he completed a three-year residency in his field. We can guess that Harold is a ____.
   a. social worker
   b. psychiatrist
   c. clinical psychologist

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d. psychoanalyst

ANSWER: b

13. Linda, Jayne, and Sheryl all are called "doctors." All are mental health professionals. However, Linda has a Psy.D., Jayne has an M.D., and Sheryl has a D.S.W. We can assume that ____.

a. Sheryl is a psychiatrist
b. Linda is a social worker
c. Linda is a clinical psychologist
d. Jayne is a clinical psychologist

ANSWER: c

14. Psychiatrists must have an M.D.; clinical psychologists must have a Ph.D. or Psy.D., and psychiatric social workers require ____.

a. a master's (M.S.W.) degree
b. an M.D
c. only a bachelor's (B.S.) degree
d. a Ph.D.

ANSWER: a

15. Johanna has specialized training and works with individuals who drink too much or take drugs illegally. We can guess that Johanna is probably a ____.

a. substance abuse counselor
b. school psychologist
c. psychiatric social worker
d. psychiatrist

ANSWER: a

16. Isabel, who lives in Brazil, tells Dr. Paz that the spirits she sees of her dead grandparents are causing her a great deal of anxiety, although they have motivated her to pursue a medical degree. If Dr. Paz diagnoses her as having a psychological disorder, he will likely attribute it to which criterion?

a. deviance
b. distress
c. dangerousness
d. dysfunction

ANSWER: b

17. One strength in using the deviance factor in defining mental disorders is that it ____.

a. relies on statistical standards of defining abnormal behavior
b. stresses the attainment of realistic goals
c. examines how the individual views their own behavior
d. accounts for the complexity of behavior observed in people from different cultures

ANSWER: a

18. A psychologist defined intellectual disability solely on the basis of how far from "normal" an individual's IQ score is. The criterion used in this example is ____.

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a. abnormality
b. cultural relativism
c. cultural universality
d. deviance

ANSWER: d

19. Sam is at the mall. Suddenly he looks around and sees a man with wings flying in the air, when in fact, there is no such man. Sam is likely experiencing ____.

a. a hallucination
b. a delusion
c. disorientation
d. dissociation

ANSWER: a

20. Suree is studying to be a clinical psychologist from an accredited program. She will learn that, with respect to bias in diagnosing clients, ____.

a. even the most enlightened and well-intended mental health professionals may engage in race, gender, and social class bias
b. psychologists are less likely than other mental health professionals to overpathologize clients on the basis of race, gender, or social class
c. clinical psychologists receive better training than other mental health professionals for recognizing their tendency to hold prejudicial attitudes toward clients
d. mental health professionals are more likely to hold prejudicial attitudes and biases against males than against females

ANSWER: a

21. "You must understand the values and expectations of the society in which behavior occurs before you decide that abnormality exists." This quote *best* reflects which view of abnormality?

a. traditional
b. cultural relativism
c. epidemiological
d. cultural universality

ANSWER: b

22. Which of the following concepts assumes that certain mental disorders exist across cultures?

a. cultural universality
b. cultural relativism
c. cultural ubiquity
d. cultural diversity

ANSWER: a

23. The most fruitful approach to using multicultural criteria is to rely on ____.

a. neither cultural universality nor cultural relativism
b. the cultural relativism approach

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c. the cultural universality approach
d. some combination of cultural relativism and cultural universality

ANSWER: d

24. Early psychological research, such as that by Emil Kraepelin, supported which viewpoint about the origins of abnormal behavior?
a. social
b. biological
c. psychological
d. psychopathological

ANSWER: b

25. Juanita visits a mental health center. She complains that her fatigue, anxiety, and inability to sleep keep her from enjoying life. If her symptoms are considered a form of abnormal behavior, it is because she is showing ____.
a. delusions and hallucinations
b. dysfunction
c. disorientation
d. deviation from the norm

ANSWER: b

26. Robert is experiencing symptoms of depression, including depressed mood, difficulty sleeping, and feelings of intense guilt. As a result of these symptoms, Robert rarely leaves his bad or takes care of his personal hygiene. Which of the following factors play a role in Robert's psychopathology?
a. deviance, dangerousness, and dysfunction
b. distress, deviance, and dysfunction
c. dysfunction and distress
d. deviance and dangerousness

ANSWER: b

27. Sensory misperceptions, which may include hearing voices others do not hear or seeing things other do not see, are called ____.
a. dysfunctions
b. disorientations
c. delusions
d. hallucinations

ANSWER: d

28. Mel took out a gun and threatened a fellow student, stating that they intended to kill him. Mel's statements illustrate ____.
a. delusions
b. disorientation
c. dangerousness
d. hallucinations

ANSWER: c

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29. Jack carries on conversations with creatures only he can see in a language that no one else can understand. Jack says the creatures instruct him to crush insects that only Jack can see. Jack is *most* likely experiencing ____.

a. delusions
b. discomfort
c. hallucinations
d. disorientation

ANSWER: c

30. During a diagnostic interview, a psychiatrist asks the client how he has been functioning in normal social interactions. These questions are designed to assess levels of ____.

a. disorientation
b. discomfort
c. distress
d. dysfunction

ANSWER: c

31. One way to assess dysfunction is in terms of the discrepancy between ____.

a. thoughts and feelings
b. expectations and attitudes
c. cultural norms and actual behavior
d. role requirements and actual performance

ANSWER: d

32. Terrence, normally an energetic stay-at-home father of three small children, is suddenly unable to go shopping, prepare meals, or even dress his children. Terrence's behavior illustrates the practical definition of abnormality called ____.

a. disorientation
b. discomfort
c. dysfunction
d. deviance

ANSWER: c

33. According to Thomas Szasz, ____.

a. mental illness is a fictional creation by society used to control and change people
b. the causes for most mental disorders will ultimately be found in brain pathology
c. individuals who are suffering from mental illnesses have biological diseases
d. medication is far superior to psychotherapy in reducing the suffering of individuals with mental disorders

ANSWER: a

34. A psychologist considers the importance of an individual's background in determining abnormal behavior. What is the psychologist considering?

a. cultural relativism
b. cultural universality
c. multipath
d. statistical deviance

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ANSWER: a

35. The American Psychiatric Association has published a manual that is the most widely used classification system of psychological disorders. What is this manual called?

a. *International Classification of Diseases* (*ICD*)

b. *Physicians' Desk Reference* (*PDR*)

c. *Psychodynamic Diagnostic Manual* (*PDM*)

d. *Diagnostic and Statistical Manual of Mental Disorders* (*DSM*)

ANSWER: d

36. Kunti, a Black slave who works on a Southern plantation in the 18th century, tries to escape to freedom. A psychological diagnosis at that time would likely be that Kunti ____.

a. has a normal desire to be free

b. suffers from drapetomania

c. suffers from an anxiety disorder

d. is expressing a statistical anomaly

ANSWER: b

37. Thomas Szasz believes that ____.

a. unusual belief systems are not necessarily wrong

b. abnormal behavior reflects an illness

c. psychologists are better trained than other professionals to diagnose abnormality

d. people who have problems of living are suffering from mental illness

ANSWER: a

38. Dr. Karlin specializes in working with clients whose emotional problems interfere with their ability to work effectively or to engage in meaningful relationships. She focuses on which criterion of abnormality?

a. distress

b. deviance

c. dangerousness

d. dysfunction

ANSWER: d

39. Consider the statement, "A behavior pattern in an individual that is associated with distress or disability, and is not merely an expectable response to common stressors or losses." This is most consistent with the definition of abnormal behavior of ____.

a. humanistic psychologists

b. the *Diagnostic and Statistical Manual of Mental Disorders*

c. cultural relativists

d. the National Institute of Mental Health

ANSWER: b

40. Dr. Henry conducts an epidemiological study to assess the lifetime prevalence of schizophrenia in the United States. Dr. Henry is assessing ____.

a. the percentage of people in the United States who suffer from schizophrenia

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b. the number of people in the United States who have had schizophrenia within a certain period of time
c. the total proportion of people in the United States who have ever suffered from schizophrenia
d. the age of onset for people in the United States who have schizophrenia

ANSWER: c

41. A researcher who investigates the specific periods of time when individuals have a particular disorder is studying the ____ of the disorder.
a. incidence
b. prevalence
c. lifetime prevalence
d. criteria

ANSWER: b

42. Psychiatric epidemiology ____ our understanding of the factors that contribute to the occurrence of specific mental disorders
a. restricts
b. does not affect
c. confuses
d. improves

ANSWER: d

43. Which statement about psychiatric disorders in the United States is *accurate*?
a. Depression and anxiety are more common in men than in women.
b. Compared to adults, a larger percentage of children have anxiety disorders.
c. Twenty-five percent of adults suffer from a diagnosable mental health disorder in a given year.
d. Phobias are more common in the elderly than in the young.

ANSWER: c

44. Research shows that in the United States, adolescents suffer from which of the following conditions more than other mental health issues?
a. anxiety disorders
b. schizophrenia
c. impulse control
d. personality disorders

ANSWER: a

45. One finding from epidemiological studies is that ____.
a. males and females tend to differ in the kinds of disorders they experience
b. adolescents have a lower rate of mood disorders than adults
c. almost 50 percent of adolescents meet criteria for at least one psychological disorder
d. people living in rural areas have a much higher incidence of mental disorders than do people living in urban areas

ANSWER: c

46. What information will prevalence data provide?

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a. the cost of mental health services
b. the number of people who do not seek treatment
c. the types of treatment available
d. the age of individuals with a particular disorder

ANSWER: d

47. Researchers in the United States have found that ____.
a. the rate of mental disorders in the population has been steadily decreasing over the past 50 years
b. adolescents and adults are equally likely to suffer from anxiety disorders
c. women are more likely than men to suffer from mental disorders
d. almost half of adolescents diagnosed with one disorder meet the criteria for a second disorder

ANSWER: d

48. According to Merikangas et al. (2010), what percent of adults suffer from serious psychological disorders such as schizophrenia in a given year?
a. 5 percent
b. 8 percent
c. 25 percent
d. 32 percent

ANSWER: a

49. Which condition is most common in the United States?
a. schizophrenia
b. anxiety
c. mood
d. substance abuse

ANSWER: b

50. Which statement about the burden of mental disorders is *accurate*?
a. Incidence is associated with negative attitudes about mental illness.
b. Mental health symptoms that do not meet criteria for a mental disorder could be as equally debilitating as a diagnosable mental health disorder if treated inadequately.
c. At least half of the people who suffer from a diagnosable mental disorder are neither seeking nor receiving mental health services.
d. Spending on mental health services has increased exponentially.

ANSWER: b

51. Jason says, “Mental illness is not based on voluntary, controllable behaviors.” Jason’s remark ____.
a. contradicts the myth that people are responsible for their condition
b. supports the myth that mentally disturbed people can use willpower to recover
c. supports the myth that mental illness runs in families
d. contradicts the myth that mentally disturbed people can cure themselves

ANSWER: a

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52. Which statement regarding the causes of mental disorders is *accurate*?
    a. Mental health disorders are caused by weaknesses in an individual
    b. In most disorders, environmental factors have little influence; heredity is the predominant cause.
    c. Heredity has little influence on disorders such as schizophrenia and mental retardation.
    d. Even though mental illnesses have biological causes, many people blame the person for the illness.

ANSWER: d

53. At one time, Abraham Lincoln, William James, news anchor Mike Wallace, and author J. K. Rowling each suffered from a mental disorder. Consequently, their examples contradict the myth that ____.
    a. mentally disordered people must have had bad parents
    b. mental illness makes a person useless
    c. mentally disturbed people must have inherited their disorders
    d. mentally disordered people only need to exercise willpower to recover

ANSWER: b

54. Eli refuses to let his daughter marry Avi because Avi's brother suffers from depression. Eli believes that his daughter could be killed by Avi's brother. Eli believes which myth about mental illness?
    a. Mental disorders are transmitted by touch.
    b. We can easily identify people with mental disorders.
    c. People with mental disorders cannot be cured.
    d. People with mental disorders are dangerous.

ANSWER: d

55. Many psychological problems stem from situations that are not under an individual's control. This fact counters the myth that ____.
    a. mental illness is incurable
    b. mental patients are usually dangerous
    c. most mental disorders are caused by inherited biological defects
    d. mental illness is caused by weak personal willpower

ANSWER: d

56. Morgan is a highly respected teacher and poet whose works have been published in three languages. He also suffers from bipolar disorder and has never been successfully treated. This case ____.
    a. supports the claim that mental disorders are usually the result of bad parenting and past traumatic experiences
    b. contradicts the claim that people with mental disorders cannot contribute until they are cured
    c. contradicts the claim that mentally disturbed people are recognizable
    d. supports the idea that mentally disturbed people can never function normally or hold down jobs

ANSWER: b

57. Dr. Chu reports that "mental patients are no more dangerous than other people." What does research suggest about the doctor's statement?
    a. Research shows that there is no correlation between mental patients and dangerousness.
    b. Research shows that patients are considerably more dangerous than others in the population.
    c. Research shows that individuals with dual diagnoses are slightly more dangerous than other patients.
    d. Research shows that mental patients are actually less dangerous than are others in the population.

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ANSWER: c

58. Throughout history, most popular ideas about abnormal behavior have been ____.
a. rooted in the beliefs of a given time period and society
b. based on religious dogma of the day
c. rooted in supernatural explanations
d. based on scientific evidence

ANSWER: a

59. Professor Martin, a historian who studies ancient cultures, would likely suggest that prehistoric societies attributed mental illness primarily to ____.
a. social stressors
b. sorcery
c. chemical imbalance
d. biological disequilibrium

ANSWER: b

60. In some non-Western societies today, headaches, depression, and seizures are all believed to be caused by offended ancestral spirits or by evil forces that possess the sufferer. This type of explanation is called ____.
a. naturalism
b. demonology
c. trephining
d. exorcism

ANSWER: b

61. Trephining refers to the process of ____.
a. putting leaches on the body to remove bad blood
b. making a person chant and pray to drive out evil spirits
c. changing one's diet to improve one's physical and mental health
d. chipping a hole in the skull to let demons escape

ANSWER: d

62. During what period of time would a behavior or mental disorder *most* likely be treated with the surgical method called trephining?
a. the Stone Age
b. biblical times
c. the Golden Age of Greece
d. the 19th and 20th centuries

ANSWER: a

63. Exorcism involves ____.
a. increasing one's activity level so that, by becoming fit, a person's body can recover from a physical or mental illness
b. chipping a hole in the skull of a person believed to be possessed by demons
c. praying and chanting over or flogging and starving a person to cast evil spirits out of the body

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d. examining the brains of people who have severe mental disorders

ANSWER: c

64. The first naturalistic explanation of abnormal behavior can be traced to ____.
a. early 20th-century psychosurgery
b. Philippe Pinel in 18th-century Paris
c. Hippocrates in ancient Greece
d. Galen in ancient Rome

ANSWER: c

65. Suppose an archaeologist unearthed an ancient Greek document that contained instructions for the treatment of mental disorders such as melancholia and mania. What would the writing probably say?
a. "Hypnotize the person and encourage the person to express his or her negative emotions."
b. "Have the family treat the person with rest, good diet, and moderate exercise."
c. "Treat the person as you would a witch."
d. "Take a sharp stone and cut a hole in the person's skull to let out the evil demons."

ANSWER: b

66. "Your sadness is what I call melancholia. It is a problem with your brain, the cure for which is abstinence from sex, rest, and, if necessary, the removal of some of your bad blood." During what era would this advice *most* likely have been given?
a. 16th-century Paris, France
b. prehistoric times
c. ancient Greece
d. the Dark Ages

ANSWER: c

67. This individual practiced medicine in Rome and related mental illness in the brain and central nervous system. His greatest contribution may have been compiling all medical knowledge from Hippocrates's time to his own. Who is he?
a. Pinel
b. Mesmer
c. Weyer
d. Galen

ANSWER: d

68. During the Middle Ages, mental illness was ____.
a. based on a disease model
b. handled with care and humane treatment
c. based on scientific principles
d. seen as a manifestation of God's will

ANSWER: d

69. The early Christian Church believed that ____.
a. demons could be released through the cathartic method
b. many behaviors we call mental disorders were the result of supernatural forces

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c. science was the most effective way to understand abnormal human behavior

d. abnormal behavior was primarily the result of biological abnormality

ANSWER: b

70. Imagine that half the clerical employees in one building of a school begin to have headaches, feel agitated, scratch themselves furiously, feel numbness in their fingers, and faint. There is no biological explanation. This incident would *most* likely be seen by psychologists as an example of ____.

a. mass madness

b. exorcism

c. hypnotic susceptibility

d. mesmerism

ANSWER: a

71. Imagine that you could use a time machine to travel back to the 13th century. You see groups of people in a village jumping, dancing, and having convulsions in the town square. All over Europe, you find similar groups of raving people. You would have witnessed the ____.

a. phenomenon called trephining

b. mass madness called Saint Vitus's dance

c. phenomenon called lycanthropy

d. mass madness called mesmerism

ANSWER: b

72. What was the *Malleus Maleficarum*?

a. a compilation of all medical knowledge regarding abnormal behavior from the Greeks and Romans

b. a description of how to treat madness in the Dark Ages

c. a guide to building hospitals for the mentally ill that were more humane

d. a guidebook for identifying and exterminating witches

ANSWER: d

73. Which statement below concerning witchcraft is *accurate*?

a. At first, the church made no distinctions between types of demonic possession.

b. Witchcraft became a way of explaining peculiar behavior when the church was under attack.

c. The church tried to stop people from accusing deviant people of being witches.

d. The treatment for witchcraft typically involved prayers, gentle persuasion, and sympathy.

ANSWER: b

74. Historians of the witchcraft age concluded that ____.

a. the mentally ill were especially prone to being perceived as witches

b. few people were ever accused of being witches and almost none were killed

c. many witches were actually intellectually disabled, not mentally disordered

d. almost all witches were mentally disordered

ANSWER: a

75. Humanism is the ____.

a. scientific study of behavior

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b. philosophical movement that emphasizes human welfare and individual uniqueness
c. biological theory of abnormal behavior first used by the ancient Greeks
d. name the Catholic Church gave to the practice of identifying and executing individuals believed to be witches

ANSWER: b

76. The humanistic movement of the Renaissance ____.
a. emphasized the value of the cathartic method
b. presented the first biogenic theory of abnormal behavior in recorded history
c. challenged the notion of demonic possession
d. led directly to deinstitutionalization of mentally disordered individuals

ANSWER: c

77. "I reject the idea of witchcraft. Disturbed people are sick people who deserve our sympathy, not torture and death." Who would have been *most* likely to say these words?
a. Pope Innocent VIII
b. Ivan Pavlov
c. John B. Watson
d. Johann Weyer

ANSWER: d

78. Who ordered the chains to be removed from inmates at a mental asylum and is considered a founder of the moral treatment movement?
a. Clifford Beers
b. Johann Weyer
c. Philippe Pinel
d. Dorothea Dix

ANSWER: c

79. "Although I lived in a different country than Philippe Pinel, I also worked to establish moral treatment for mental patients." Who might have said this?
a. William Tuke
b. Galen
c. Jean-Martin Charcot
d. Friedrich Anton Mesmer

ANSWER: a

80. In treating the mentally disturbed, moral therapists were likely to make use of which of the following?
a. antipsychotic medications
b. controls such as chains, starvation, restraints, and hot baths
c. mesmerism
d. prayer, work, kindness, and talking out problems

ANSWER: d

81. Imagine that we travel back in time and meet two Americans. The first says, "I am sometimes called the father of U.S. psychiatry. I used bloodletting to treat my mental patients, but I insisted they be treated with respect." The second says,

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"Although I was only a schoolteacher, when I saw the deplorable conditions under which mental patients were living, I devoted my life to establishing suitable mental hospitals." These two individuals are likely to be:

a. Benjamin Rush and Dorothea Dix
b. William Tuke and Clifford Beers
c. Clifford Beers and Dorothea Dix
d. Benjamin Rush and Friedrich Anton Mesmer

ANSWER: a

82. Who was the first person to introduce humane policies into American mental hospitals?

a. William Tuke
b. Dorothea Dix
c. Benjamin Rush
d. Philippe Pinel

ANSWER: c

83. Frenchman Philippe Pinel and American Benjamin Rush were both concerned with ____.

a. the development of private "madhouses" because they were highly profitable
b. the moral treatment of patients in hospitals
c. helping patients gain easy access to medications
d. instituting the use of shamans in the modern treatment of mentally disturbed individuals in an attempt to be culturally sensitive

ANSWER: b

84. Dr. Lawrence believes that mental illness has an emotional basis. We can therefore conclude that Dr. Lawrence holds which of the following views of mental illness?

a. organic
b. biological
c. psychological
d. emotional

ANSWER: c

85. Which statement would be most consistent with the ideas of Emil Kraepelin?

a. Whenever behavior prevents people from performing the tasks they are expected to perform, it is a sign of abnormality.
b. Abnormality is a deviation from ideal personality traits such as competence, self-actualization, and creativity.
c. Every culture has its own unique set of symptoms and disorders.
d. Symptoms of mental health disorders tend to occur in clusters.

ANSWER: d

86. Dr. Juarez discovers that certain symptoms of behavior reliably occur in clusters. Their discovery would be seen as ____.

a. evidence of a syndrome
b. support for a psychological viewpoint
c. an illustration of epidemiology
d. support for a biological viewpoint

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ANSWER: a

87. According to Kraepelin, mental disorders can be seen in terms of symptom clusters that have their own cause, course, and outcome that are considered to have what primary origin?

a. sociocultural
b. biological
c. psychological
d. culturally universal

ANSWER: b

88. A psychologist says, "There are certain emotional disorders for which we can find no evidence of brain pathology." This psychologist's statement reflects which of the following viewpoints?

a. organic
b. biogenic
c. humanistic
d. psychological

ANSWER: d

89. Mesmer's lasting contribution to psychology is his ____.

a. research showing the relationship between syphilis and the mental deterioration seen in general paresis
b. development of a textbook for psychiatry that described the major disorders
c. demonstration that psychological factors, such as the power of suggestion, can be highly therapeutic
d. demonstration that the masses can fall for a false set of beliefs

ANSWER: c

90. Imagine that you are in Paris in 1775. People tell you their physical and mental health is remarkably improved when they experience a strange sleeplike trance. Later, you hear that the man who performed these remarkable cures was investigated and forced to leave Paris. What forerunner of hypnosis were the people of Paris discussing?

a. catharsis
b. mesmerism
c. exorcism
d. trephining

ANSWER: b

91. Dr. Smith researches mental disorders using laboratory methods. Dr. Smith stresses the importance of directly observable behaviors and the conditions or stimuli that evoke, reinforce, or extinguish them. Dr. Smith adheres to which early viewpoint of mental illness?

a. humanism
b. behaviorism
c. psychoanalysis
d. mesmerism

ANSWER: b

92. When working with one of his female patients, Josef Breuer discovers that she is able to resolve many of her symptoms by remembering and reliving the emotional aspects of previously forgotten memories. This therapeutic use of

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Chapter 1

verbal expression is referred to as which of the following methods?

a. association
b. memory
c. hypnotic
d. cathartic

ANSWER: d

93. Catharsis assumes that ____.

a. abnormal behavior is affected primarily by cultural norms
b. reliving forgotten emotions reduces suffering
c. astrology and planetary movements affect human emotions
d. drug treatment, coupled with social skills training, improves mental functioning

ANSWER: b

94. The advent of psychotropic drugs in the 1950s was considered a major revolution in the treatment of mental disorders because ____.

a. the medications slowly reduced patients' symptoms
b. patients were able to focus their attention without resorting to therapy
c. use of medications revised the strong belief in the psychological basis of mental illness
d. stays in mental hospitals were shortened and became more cost-effective

ANSWER: d

95. Which perspective proposes that people can develop new meaning and purpose even though limitations caused by illness exist?

a. recovery movement
b. psychoanalytic theory
c. psychological resilience
d. clinical intuition

ANSWER: a

96. ____ is the industrialization of health care through which large organizations determine what type and duration of treatment clients can have.

a. Managed health care
b. Multicultural psychology
c. Moral therapy
d. The drug revolution

ANSWER: a

97. Critics of empirically based treatments express concern that the move to evidence-based therapy ____.

a. is biased in favor of psychodynamic treatment.
b. is too broad-based with respect to identifying psychological disorders
c. provides too many treatment options
d. does not recognize clinical intuition

ANSWER: d

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98. A psychologist states the following: "Because they have higher birthrates, racial and ethnic minorities in the United States are already a numerical majority. This increase in diversity has led to the field called multicultural psychology, which is interested in increasing the cultural sensitivity of mental health professionals." What portion of this statement is *incorrect*?

a. It is incorrect to say that multicultural psychology is interested in increasing cultural sensitivity.
b. It is incorrect to say that racial minorities have higher birthrates.
c. It is incorrect to say that minorities are currently the majority.
d. It is incorrect to say that diversity has led to multicultural psychology.

ANSWER: c

99. Social conditioning, sociopolitical influences, and bias in diagnosis are factors that help explain ____.

a. ethnic and gender differences in mental health
b. the impetus for the development of managed health care
c. the success of hypnosis and catharsis in changing an individual's behavior
d. the increase in the number of mental health professionals in the United States

ANSWER: a

100. A person who subscribes to the multipath model of mental illness would probably agree that ____.

a. behaviorism was much more influential in the treatment of mental disorders than drug treatment or psychoanalysis
b. biological factors are only a part of the picture for explaining and treating mental disorders
c. biological factors are the most important causes of most mental disorders
d. sociocultural factors are the most important causes of most mental disorders

ANSWER: b

101. List four major means used to judge abnormal behavior. Discuss the strengths and weaknesses of each criterion.

ANSWER: Distress: Distress can manifest itself in physical illnesses, such as asthma and hypertension, as well as in physical symptoms, such as fatigue and nausea, and in extreme or prolonged emotional reactions, such as anxiety and depression. Intense, exaggerated, and prolonged distress can interfere with a person's capacity to function effectively and can cause discomfort for the individual and for others around that individual. However, distress is a common, normal, and even healthy response to many situations and, by itself, is not sufficient to determine abnormality.
Deviance: Deviance is related to using a statistical average and considers behavior in terms of that which occurs least frequently, thus equating commonplace with healthy. Deviance can be interpreted subjectively and is affected by social norms, which are ever-changing, although some behaviors (e.g., disorientation, hallucinations, and delusions) are typically considered abnormal. This criterion fails to look at the various types of rare behavior and whether all rare behaviors are in need of treatment or change. Exceptional creativity is not what most people consider abnormal behavior. Furthermore, so many people are likely to be deviant that such a definition would label large portions of the population abnormal.
Dysfunction: Emotional problems sometimes interfere with the performance of people's everyday roles (student, teacher, friend, employee, etc.). Another way to consider abnormality is when an individual's performance is below that individual's potential. However, it is difficult to assess potential accurately and to determine whether a person is performing at their peak. Additionally, cultures have expectations for individuals in society; those who fall well short of expected performance of roles might be seen as dysfunctional.
Dangerousness: Predicting a client's dangerousness to self and others has been a critical element of diagnosing abnormality. Unfortunately, predicting dangerousness is difficult and usually inaccurate, there are no clear-cut criteria correlated with it (although previous violent behavior is a strong risk factor), mental

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health professionals tend to overpredict dangerousness (which can result in unwarranted deprivation of an individual's rights), and in reality, it is a statistical rarity.
No matter what definition is used, subjective judgments abound. In practice, abnormality is defined when several signs of it are present.

102. Chart the major ideas and historical figures in the history of treating the mentally ill, from the era of witchcraft in the 15th and 16th centuries through the rise of the Reform Movement in the 18th and 19th centuries.

ANSWER: During the 15th and 16th centuries in Europe, when the Roman Catholic Church was under attack, witchcraft became a common explanation for deviant behavior. At one time, treatment was relatively mild for people who were seen as being involuntarily possessed by the devil. Exorcisms involving incantations, purges, fasting, and other rituals were used to restore people to sanity. Harsher treatments were reserved for those considered voluntarily in league with the devil. Eventually, the distinction blurred. In 1484, the pope called for the identification and extermination of witches. More than 100,000 people were executed. Historians suggest that mental disorders were at the roots of witchcraft persecution.
The Renaissance marked a time of increased rationality and concern about human welfare and dignity called humanism. Johann Weyer, a German physician, courageously challenged church teachings on witchcraft and argued that these people suffered from physical or social problems. Treatment of mentally ill people continued to be cruel throughout the 1600s and 1700s. At the beginning of the 1800s in France (Philippe Pinel), England (William Tuke), and the United States (Benjamin Rush), a new viewpoint called moral treatment came about. It argued that people who were treated humanely could be restored to sanity. Later, Dorothea Dix campaigned for reforms in mental hospitals and established hospitals for the poor in the United States. The treatment of mental patients has often been exposed as inadequate or heartless. Still, most people would agree that conditions are better today than at any time in the past.

103. Briefly discuss the changing views of mental disorders throughout history. Be sure to include in your discussion a comparison and contrast of views across cultures and across time periods.

ANSWER: Prehistoric societies appeared to believe in demonology and likely attributed abnormal behaviors to evil spirits that inhabited a victim's body. Treatment seems to have consisted of trephining (drilling a hole in a person's brain to let the evil spirit out). The early Greeks, Chinese, Hebrews, and Egyptians treated behavior they perceived as abnormal with exorcism, which consisted of elaborate prayers, noise, emetics, and bodily assaults to excise the evil spirits.
Two influential themes came from Greek and Roman cultures in which (1) a relationship was acknowledged between mental disorder and psychological conflict and (2) mental disorder was viewed as a physical illness with biological causes. Hippocrates's treatments included tranquility, moderate exercise, a careful diet, abstinence from sexual activity, and sometimes bloodletting. He understood that often family dynamics can foster deviant behavior. The Roman physician Galen explained the role of the brain and central nervous system in mental functioning; he codified all European medical knowledge from Hippocrates's time to his own.
After the 5th century, mental disorders in many cultures were again viewed as the result of possession by evil spirits. Treatment during this period reverted to torturous, exorcistic procedures to drive out the devil. In the 13th century, belief in the power of the supernatural was so prevalent that it often created mass madness in whole populations. As the authority of the Catholic church was increasingly challenged beginning in the 15th century, the *Malleus Maleficarum* was published (1486) as a guide for detecting witches, who were believed to have made a pact with Satan. As a result of the consequent witch hunts over the next 200 years, thousands of innocent men, women, and children were beheaded, burned alive, drowned, and otherwise tortured and mutilated.
In the late 1700s, the emphasis on evil spirits, demons, and witchcraft gave way to the moral movement, with reformists advocating for more humane treatment of people with mental disorders. Specifically, reformists advocated treating patients kindly and respectfully, offering guidance and support, and encouraging fresh air and activity. In addition to changes in the treatment of the mentally ill, the scientific study of mental disorders was emphasized. People came to realize that psychological disorders were caused by physical

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factors or personal and social conditions. Along with this realization came the tradition of scientific observation and exploration leading to developments such as the diagnostic classification system of Emile Kraepelin and Freud's theory of personality. In the 20th century, a strong emphasis was placed on exploring the biological bases of psychological disorders (including brain functioning, genetic transmission of disorder, and neurochemical factors), as well as on social behaviors acquired through learning.
Toward the end of the 20th century, and extending into the 21st, as society has become increasingly multicultural, multiracial, and multilingual, multicultural psychology has had a major impact on the mental health professions. This approach stresses the importance of culture, race, ethnicity, gender, age, socioeconomic class, and other similar factors for understanding and treating abnormal behavior. There is currently an understanding that an integrative model is important for understanding abnormality by considering interactions among biological, psychological, social, and sociocultural dimensions for understanding the complexity of human behavior.

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