Disorders of Childhood 4th edition Parritz Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01: Introduction

1. The authors of this text assert that psychopathology is best understood in relationship to:
   a. how children typically develop.
   b. adaptation to atypical situations.
   c. each child's unique pattern of development.
   d. maladaptation to environmental stressors.

ANSWER: a

2. Why might the same behavior be considered typical or adaptive for a child in one context and atypical or maladaptive for another child in a different context?
   a. Definitions of typical behavior vary among clinicians and medical professionals.
   b. Behaviors that are very apparent in some contexts may be very difficult to notice or diagnose in other contexts.
   c. Sociocultural expectations are context-dependent and may factor into the definition of what is typical or adaptive and what is not.
   d. Mental health criteria are usually not standardized in practice, so there is a great deal of variability in what is considered typical versus atypical behavior.

ANSWER: c

3. Dr. Rokumba tells her psychology class that it is difficult to determine one true definition of psychopathology. Which statement would best support her assertion regarding developmental psychopathology?
   a. Children who experience minimal stressors may develop maladaptive behaviors.
   b. Typically developing children can and do display behaviors that could be described as "abnormal."
   c. Children who display maladaptive behaviors come from a variety of situations, including socioeconomic status.
   d. Atypical development can best be defined in terms of gender expectations and age of the child.

ANSWER: b

4. At age 6, Alicia's temper tantrums are more frequent and intense than her same-aged peers. Alicia's behavior may be considered pathological based on which criteria?
   a. violation of sociocultural norms
   b. meeting the definition of a specific mental health disorder
   c. statistical deviance from peers
   d. major emotional maladjustment

ANSWER: a

5. Dr. Vance works with all of his clients to identify their strengths and weaknesses and develops a plan for them to be able to function at the highest level possible. This is known as what type of adaptation?
   a. adequate
   b. foundational
   c. superior
   d. optimal

ANSWER: d

6. Dr. Schwiesow, a school psychologist, is interested in understanding whether the student she is evaluating displays off-task behaviors more or less frequently than same-aged peers. She is likely to be considering psychopathology from which perspective?

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a. sociocultural norm
b. mental health definitions
c. statistical deviance
d. educational relevance

ANSWER: c

7. Sameroff (1993) stated that "all life is characterized by disturbance that is overcome, and . . . only through disturbance can we advance and grow." How does this statement further the understanding of developmental psychopathology?
a. It provides a basis for defining psychopathology in youth.
b. It normalizes the fact that most children can and do face challenges.
c. It creates a basis for understanding why we must provide funding for children's mental health.
d. It supports the fact that in order to overcome adversity all humans need support.

ANSWER: b

8. The major difference between psychopathology and developmental psychopathology is the:
a. likelihood that children's development will be negatively impacted.
b. role of culture in understanding deviant behavior.
c. understanding of how family values impact the development of maladaptive behavior.
d. belief that most deviant behavior is innate.

ANSWER: a

9. Dr. Uyenco wants to know how many new cases of autism are diagnosed each year in her particular state. Which type of data should she access?
a. epidemiology
b. prevalence
c. identification rate
d. incidence

ANSWER: d

10. In the context of developmental psychopathology, what influences our understanding of what constitutes poor adaptation, adequate adaptation, and optimal adaptation?
a. stigma
b. values
c. traditions
d. pathways

ANSWER: b

11. Statistical deviance refers to the relative frequency or infrequency of a specific emotion, cognition, or behavior in comparison to a:
a. sociocultural norm.
b. reference group.
c. family member.
d. categorical definition.

ANSWER: b

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12. Children in Africa, Latin America, and Eastern Europe are less likely to have access to quality mental health services. These countries may be classified as:

a. uneducated.
b. poor.
c. resource-poor.
d. rural.

ANSWER: c

13. A global perspective of mental health care emphasizes factors such as:

a. climate and topography.
b. urbanization and urban poverty.
c. genetics and heritability.
d. religious traditions and customs.

ANSWER: b

14. In order to accurately understand psychopathology in children, it is important to distinguish between "normal" and "abnormal" development.

a. True
b. False

ANSWER: True

15. An age-related issue of development for adolescents is the development of competence in peer relationships.

a. True
b. False

ANSWER: False

16. If a clinician wants to know if a child's particular behavior is typical for the child's age and community, the clinician would likely be approaching the child's behavior from a sociocultural perspective.

a. True
b. False

ANSWER: True

17. In some Native American nations, it is considered a sign of disrespect to look at elders when talking to them. This is an example of a sociocultural norm.

a. True
b. False

ANSWER: True

18. Despite early abuse and neglect, 10-year-old Jayden has adapted well to his new foster family, has made good friends at school, and is excelling in reading and soccer. Jayden's situation would most likely be an example of adequate adaptation.

a. True
b. False

ANSWER: False

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19. Contemporary definitions of psychopathology include both extremes of behavior (too little or too much).
    a. True
    b. False

ANSWER: True

20. Dr. Ahmad wants to study how many children under the age of 5 in the United States have been diagnosed with autism over the past 10 years. In order to do this, he is most likely to use a random sampling of the general population to estimate the prevalence of autism.
    a. True
    b. False

ANSWER: True

21. For most children, lack of mental health care is primarily due to noncoverage of mental health conditions by health insurance companies.
    a. True
    b. False

ANSWER: False

22. Pedro's parents are reluctant to have him see a psychologist because they're afraid other family members will think they are "bad" parents. Their reluctance is most closely related to lack of resources in their local community.
    a. True
    b. False

ANSWER: False

23. The belief that childhood mental health issues are overdiagnosed and overmedicated is one factor related to the stigma of mental illness.
    a. True
    b. False

ANSWER: True

24. The fact that mental illness is sometimes shrouded in secrecy and rejection is one reason children and their families may not seek treatment for mental illness.
    a. True
    b. False

ANSWER: True

25. According to the authors of this text, what must the understanding of developmental psychopathology be centered on?
    a. typical development for a particular child
    b. abnormal development for a particular child
    c. prevalence of childhood pathologies
    d. genetic predisposition of a particular child

ANSWER: a

26. Dr. Wang has diagnosed Elena with separation anxiety disorder based on her presenting symptoms, but also has considered how these symptoms impact her quality of life. Dr. Wang is using which aspect of psychopathology?
    a. continuous model approach

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b. mental health definition
c. evolutionary adaptation model
d. medical exclusion perspective

ANSWER: b

27. All children should have the support they need to reach their full potential, in spite of challenges they may face. In other words, children should be able to achieve:
a. moderate development.
b. suboptimal achievement.
c. optimal adaptation.
d. adequate adaptation.

ANSWER: c

28. In some communities, it is common and acceptable for unmarried children to continue to live at home with their parents and family. This example illustrates the importance of which factor in understanding developmental psychopathology?
a. genetic variability
b. socioeconomic status
c. family systems
d. sociocultural norms

ANSWER: d

29. A researcher is conducting studies to determine the prevalence of specific child psychopathologies in different regions of the world. Most likely, the researcher's focus is in the area of:
a. clinical psychopathology.
b. behavioral genetics.
c. developmental epidemiology.
d. family systems.

ANSWER: c

30. The factors that may prevent individuals from receiving adequate treatment of mental health issues are referred to as:
a. health care disparities.
b. insurance premiums and copays.
c. sociocultural obstacles.
d. barriers to care.

ANSWER: d

31. Which statement about access to appropriate and effective mental health treatment has been shown to be true?
a. Children aged 5–11 years were more likely to have received mental health care than children aged 12–17.
b. White children are more likely than Hispanic children to have received any mental health care.
c. Girls are more likely than boys to have received any mental health care.
d. Black children are more likely than White children to have received any mental health care.

ANSWER: b

32. From a global perspective of mental health care, which children are at greatest risk for poor adaptation and poor

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outcomes?

a. children who live in resource-poor locations
b. children who have more than two siblings
c. children who speak more than one language
d. children who live in politically diverse regions

ANSWER: a

33. According to the text, the difficult task of decreasing the stigma of mental illness is best met by increasing:

a. community's access to mental health resources.
b. patient confidentiality and identity protection for individuals with mental illness.
c. society's tolerance, compassion, and understanding for people with mental illness.
d. health care provider's coverage of mental health conditions across the life span.

ANSWER: c

34. Identify the pros and cons of using the statistical deviance model of abnormality. Include a brief definition.

ANSWER: According to the statistical deviance model, abnormality is defined in terms of statistical deviance, which is the relative frequency or infrequency of a specific emotion, cognition, or behavior in comparison to a sample group. An advantage of this approach is that it provides a reference point for defining that which is psychopathological; a standard by which the behavior of an individual can be compared against a reference group composed of other individuals of similar age, gender, race, and other demographic variables. A limitation or weakness of this approach is that it does not acknowledge the role of culture and values in understanding statistical rarity; there may be an overemphasis on statistical majority.

35. Define and provide an example of the sociocultural perspective on abnormality. How does this approach differ from the statistical deviance model?

ANSWER: The sociocultural perspective defines abnormality in terms of deviation from sociocultural norms, which are the beliefs and expectations of certain groups about what kinds of emotions, cognitions, and/or behaviors are appropriate and acceptable within that society and culture. For example, the behavior of a child who is acting aggressively in a dangerous neighborhood may not be viewed as abnormal in that particular context, whereas the same behavior in a calm and peaceful environment may be considered abnormal. The sociocultural perspective defines abnormality in terms of deviation from behavior that is acceptable by sociocultural norms, whereas the statistical deviance model defines abnormality in terms of deviation from the behavior of a representative reference group.

36. Define and give an example of the mental health definition perspective on abnormality. How might this approach help or hinder the advancement of mental health treatment for youth?

ANSWER: According to the mental health definition perspective on abnormality, psychopathology is viewed in terms of mental health professionals' descriptions of illness and well-being among children and youth. For example, a child who is experiencing cognitive and behavioral symptoms consistent with a diagnosis of anxiety would be assessed for this condition and given a diagnosis of anxiety. By defining the patterns of symptoms associated with specific disorders, mental health professionals would be better able to treat individuals experiencing specific disorders, as well as undertake preventative measures to reduce the risk of developing these disorders. On the other hand, the mental health definition may be too rigid in some cases, and may not adequately take into consideration the various presentations of a given disorder among different children.

37. Compare and contrast adequate versus optimal adaptation. How might these approaches impact the outcome of youth who are experiencing mental health issues?

ANSWER: Adequate adaptation refers to a basic level of functioning that is considered sufficient for development,

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whereas optimal adaptation refers to the highest possible level of functioning for a particular child. If adequate functioning is the goal, outcomes may not be maximized; instead, efforts may be time limited and stop when a child reaches a basic level of functioning. In contrast, the goal of an optimal adaptation approach is for a child to reach their full potential; treatment is more likely to be sustained beyond the standard of basic functioning. An adequate functioning approach is likely to focus treatment on the child; in an optimal adaptation approach, the focus of treatment is broader, and may include the child, family, school, and neighborhood.

38. Compare developmental psychopathology and psychopathology in terms of basic approaches.

ANSWER: The basic approach of psychopathology considers intense, frequent, and/or persistent maladaptive patterns of emotion, cognition, and behavior; may apply to individuals of any age and does not emphasize development. In contrast, developmental psychopathology considers how maladaptive behaviors occur in the context of typical development; the focus includes impairment of the child's development in the short or long term; and emphasizes the impact of typical versus atypical development on the child's current and future development.

39. What are the definitions of *incidence* and *prevalence*? Give examples of when it might be best to know each one of these when working with youth with mental health issues.

ANSWER: *Incidence* refers to the current number of cases in a given population; *prevalence* is the rate at which new cases are identified. Knowledge of these statistics is useful to identify trends and changes in the number of cases, for example, to identify whether a particular disorder is being diagnosed at a higher rate due to factors such as environmental toxins, revised definitions, and the like. Incidence and prevalence may be useful in the identification of clusters or outbreaks of particular disorders, which may inform the strategic implementation of interventions such as prevention and treatment efforts.

40. What are two problems related to estimating rates of disorders in childhood? How might researchers guard against these potential problems?

ANSWER: Estimates of rates of disorders may underestimate the true rate of numbers; this issue might be avoided by increasing sample sizes, comparing results to findings of other studies, and repeating studies over time. Another problem is created by random sampling; while this may reduce bias, random sampling may not capture relevant factors such as ethnicity, gender, and socioeconomic variables. This problem may be addressed by identifying relevant factors, such as gender and ethnicity, and including these factors in the parameters of the sampling method.

41. What are some of the barriers to care that are likely to be especially problematic for youth who are members of minority groups or whose families have relatively low income?

ANSWER: Youth who are members of minority groups and children whose families have lower income are likely to face unique barriers to care. Structural barriers may include a lack of transportation, inability to pay, and fewer competent providers; perception barriers include cultural norms that place a stigma on seeking mental health treatment and lack of education or information about mental health; and preventative barriers include a lack of programs available in lower-income neighborhoods and communities, or fewer resources available in schools due to funding issues.

42. Briefly describe the approach and importance of the global perspective of children's mental health.

ANSWER: The focus of the global perspective of children's mental health is recognition of children's experiences of distress, dysfunction, and unmet needs around the globe. A global perspective is critical to understanding children's mental health because children in resource-poor locations (e.g., in low- and middle-income countries) are at higher risk for poor adaptation and poor outcomes. An understanding of children's mental health worldwide must consider global disparities in levels of risk, adaptation, and outcomes for children living in different regions of the world.

43. Discuss two factors mental health providers must consider when implementing prevention and treatments in countries

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outside of the United States.

ANSWER: When implementing prevention and treatments in countries outside of the United States, mental health providers must consider factors such as local health and welfare systems, such as community caretaking and service models, and local culture-based treatment practices, such as holistic approaches.

44. Identify and provide an example of how mental health stigma may impact (a) a child or adolescent with a mental illness and (b) the parents of a child or adolescent with a mental illness.

ANSWER: The ignorance and intolerance that contribute to stigmatization of individuals with psychopathology may impact the affected individual and their family. A child or adolescent with mental illness may be reluctant to share their experiences with others who may not understand or accept their condition or who may jump to unwarranted conclusions. Children and adolescents may feel isolated, misunderstood, and/or rejected by peers. Parents of children with mental illness may be blamed, or may fear blame, for their child's illness. Parents may experience shame, feelings of inadequacy or incompetence, and they may blame themselves for their child's psychopathology. Even if a child or parent does not actually experience differential treatment by others, the fear of blame and/or rejection may contribute to a sense of isolation.

45. According to the authors of this text, why is it important to maintain a flexible and changing understanding of a child's strengths and weaknesses?

ANSWER: The authors of this text emphasize the importance of maintaining a flexible and changing understanding of a child's strengths and weaknesses for a variety of reasons. One consideration is that a variety of factors impact a child's development, and these may interact with each other and influence a child's development over time. For example, a child's development is influenced by their cultural background, family dynamics, and the society in which they live. Children also change over time and throughout their development; as a result, children's needs change over time. Because of the many factors that contribute to changes in children's strengths and weaknesses over time and across development, a flexible approach and understanding of an individual child is necessary for optimal mental health and adaptation.

46. A 15-year-old first-year high school student has been referred to the school psychologist by the student's mother. The concerns include poor grades, withdrawal from family, increased moodiness, and conflicts with peers. Briefly describe how this school psychologist might view this child's problems from a statistical deviance perspective, sociocultural perspective, and mental health perspective.

ANSWER: From a statistical deviance perspective, a school psychologist might view this child's behavior as abnormal to the extent that it differs from the child's peers of the same age and gender. From a sociocultural perspective, a school psychologist would likely consider the cultural expectations of the child's behavior with respect to the child's family, culture, school, and larger context. Specifically, the school psychologist would probably view the child's behavior as abnormal to the extent that it violates the sociocultural norms expected of that child. Peer conflicts and withdrawal from family would be considered problematic. From a mental health perspective, a school psychologist would consider how the child's behavior was impacting functioning at home and school, as well as the child's potential for future harm. From this perspective, the psychologist would factor in the child's moodiness and declining grades.

47. What are three key issues related to the stigma of psychopathology in children, and why are they important to address? For each of these issues, propose one way to combat stigma related to psychopathology in children.

ANSWER: In the context of child psychopathology, stigma is when someone is viewed negatively as a result of their mental illness and the behavior associated with their condition. For example, a child with poor impulse control and Tourette's syndrome (TS) may say inappropriate things in class that upset the other children. The child with TS may be perceived by others as "weird" or labeled as a troublemaker or attention seeking, and rejected by their peers. This stigma may be reduced by the child's self-disclosure and by greater parental openness about their family experiences. The child and their family may benefit from a program such as Honest, Open, Proud, which is an intervention that decreases stigma

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stress and improves functioning in adolescents with serious mental illnesses.

48. Using what is known about developmental psychopathology, develop a brief public service announcement (3–4 sentences) highlighting the important aspects and/or misconceptions related to mental health issues in youth and what can and should be done to help these youth.

ANSWER: Mental Health in Today's Youth (a public service announcement): A significant number of children and adolescents struggle with mental health disorders which are associated with serious impairment. Many of the youth experiencing distress and dysfunction are not identified or diagnosed, and those who are diagnosed may lack access to adequate mental health care services. Efficient and equitable allocation of resources is critical. Another barrier to care is the stigma associated with mental health disorders. We can work together to reduce this stigma by countering negative perceptions and inaccurate beliefs about mental illness, increasing awareness and education, and by showing greater compassion, understanding, and acceptance of youth affected by mental illness. The effort to optimize mental health and developmental trajectories of children and adolescents is a worthwhile investment that will benefit communities in the short and long term; we must take action now to ensure that the youth of today become healthy, well-adjusted, productive members of society in the future.

49. Define and give an example of a misconception of mental illness related to psychopathology in children. In what ways does today's media either reduce or contribute to misconceptions related to mental health?

ANSWER: A misconception in the context of psychopathology is a false or inaccurate understanding of mental illness and/or the behavior associated with that disorder. An example is thinking that teenagers who have mental illness such as depression are likely to lash out and become violent. Media may contribute to such misconceptions, but may also help dispel them. Today's youth garner the majority of their information from online sources; some reputable, others less so. Media that provides insight into mental illness by illustrating cases accurately, respectfully, and with contextual information is likely to be helpful. For example, a documentary that discusses depression in teens may feature interviews with the individuals experiencing depression, their friends and family, and mental health professionals who have knowledge of the specific cases in the documentary and expertise in clinical depression at large. Social media and news outlets may also feature individuals with mental health issues. Unfortunately, in some cases, the facts about mental illness are distorted or obscured by more sensational content, such as the violent actions of an individual who is mentally ill. Disproportionate coverage of violent crimes perpetrated by individuals with mental illness may lead to stigmatization of all people with mental illness as violent—despite the fact that the majority of people who experience mental illness are not violent.

50. Based on what you've learned about developmental psychopathology, develop a preventative program that would be housed in the local school district. Identify at least four key components to such a program.

ANSWER: A four-pronged program called ERPAC would include the following key components: education, resources, proactive approach, and context. Education efforts would aim to increase awareness and understanding, and reduce stigma, of mental illness; resources would extend availability of care to youth in the community and increase access to quality professionals and interventions; proactive approach efforts would emphasize the identification of risk factors and early detection of symptoms and/or problem behavior before full manifestation of a mental illness; and, all of the above would follow a holistic approach that views each child in the context of their family, culture, community, and society. For example, the program would include access to culturally competent providers, and inclusive workshops for parents, families, teachers, and community members to bring together the contextual elements that influence a child's mental health and development.

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