Psychopathology 4th edition Ray Test Bank

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Psychopathology (4th)

ISBN 9781071928479 | Chapter 1: An Overview of Psychopathology and Changing Conceptualizations of Mental Illness

Total Questions: 119

Easy

Multiple Choice (23)

Q1. *[Multiple Choice]*

Beginning in the 1950s and 1960s, there was a movement to determine the effectiveness of medical and psychological treatments in a scientific manner. In psychology, treatments that have scientific evidence that the treatment is effective are called _____.

a) empirically based treatments ✓ correct
b) systematically supported treatments
c) research-based treatments
d) evidence-based treatments

Q2. *[Multiple Choice]*

Descartes suggested that the rational soul was able to control the mechanical body by having both functions come together in a structure of the brain called the _____.

a) brain stem
b) cerebellum
c) pineal gland ✓ correct
d) occipital lobe

Q3. *[Multiple Choice]*

During any given year, approximately _____ of the American population experiences a mental disorder.

a) 3%
b) 10%
c) 23% ✓ correct
d) 45%

Q4. *[Multiple Choice]*

In the 1850s, Hermann von Helmholtz measured the speed of the nerve impulse at about _____ ft per second.

a) 30
b) 60
c) 90 ✓ correct
d) 120

Q5. *[Multiple Choice]*

In the sixth century BCE, the philosopher _____ set the stage for understanding human behavior and experience as related to internal processes and natural causes. He is also known for his theorem regarding the sides of a right triangle.

a) Hippocrates
b) Plato
c) Aristotle
d) Pythagoras ✓ correct

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Q6. *[Multiple Choice]*

Often considered to be the father of modern medicine, the philosopher _____ emphasized careful observation and the idea that the causes of all disorders, both mental and physical, should be sought within the patient.

a) Hippocrates ✓ correct
b) Galen
c) Aristotle
d) Pythagoras

Q7. *[Multiple Choice]*

The French philosopher _____ argued that the reflexes and involuntary actions of organisms were based on mechanical principles similar to those in machines.

a) Jean-Marc Ferry
b) Antoine Arnauld
c) Edmond Fleg
d) René Descartes ✓ correct

Q8. *[Multiple Choice]*

The _____ perspective examines psychological disorders with respect to the adaptive value of particular traits or characteristics.

a) behavioral and experiential
b) neuroscience
c) evolutionary ✓ correct
d) psychodynamic

Q9. *[Multiple Choice]*

The _____ perspective examines psychopathological experience from the standpoint of the structure and function of the brain.

a) behavioral and experiential
b) neuroscience ✓ correct
c) evolutionary
d) psychodynamic

Q10. *[Multiple Choice]*

The _____ perspective focuses on information that people acquire from others through teaching, imitation, and other forms of social transmission.

a) neuroscience
b) behavioral
c) cultural ✓ correct
d) evolutionary

Q11. *[Multiple Choice]*

The principle of _____ states that the levels of the brain interact with each other and that interactions from the higher levels of the brain restrict or inhibit the lower levels of the brain.

a) encephalization
b) evolutionary functioning
c) hierarchical integration ✓ correct
d) natural selection

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Q12. *[Multiple Choice]*

The study of mental illness is called _____.

a) pathophysiology
b) psychopathology ✓ correct
c) pathology
d) physiology

Q13. *[Multiple Choice]*

The word*insanity*is appropriately used in which context?

a) corporate
b) legal ✓ correct
c) medical
d) educational

Q14. *[Multiple Choice]*

This physicist, mathematician, engineer, astronomer, and philosopher who invented the telescope and led a movement that would eventually replace authority with experimentation is _____.

a) Newton
b) Galileo ✓ correct
c) Descartes
d) Galen

Q15. *[Multiple Choice]*

Which one of the following individuals were an important figure in the push for the “moral treatment of the insane?"

a) Benjamin Rush ✓ correct
b) Ivan Pavlov
c) Carl Jung
d) Joseph Gall

Q16. *[Multiple Choice]*

Which perspective is based on the notion that psychological problems are the result of inner conflicts?

a) behavioral
b) humanist
c) existential
d) psychodynamic ✓ correct

Q17. *[Multiple Choice]*

Which term is used to refer to the negative attitudes and beliefs that sometimes cause the general public to avoid those with mental illness?

a) stigma ✓ correct
b) charisma
c) pathology
d) abnormality

Q18. *[Multiple Choice]*

Who discovered classical conditioning?

a) Ivan Pavlov ✓ correct
b) John Watson
c) B. F. Skinner
d) Aaron Beck

Q19. *[Multiple Choice]*

Who removed the chains from asylum inmates in Paris, abandoned bloodletting as a cure for mental illness, and developed a classification system of mental illness, published in 1789?

a) Benjamin Rush
b) Phillipe Pinel ✓ correct
c) Vincenzo Chiarugi
d) Jean-Martin Charcot

Q20. *[Multiple Choice]*

_____ is a technique that involves a focused, purposeful awareness of the present moment in an accepting, nonjudgmental manner.

a) Presentism
b) Person-centered experience
c) Relativism
d) Mindfulness ✓ correct

Q21. *[Multiple Choice]*

_____ is often considered to be the father of American psychiatry and saw mental illness as a problem of the mind.

a) Benjamin Rush ✓ correct
b) Phillipe Pinel
c) Vincenzo Chiarugi
d) Jean-Martin Charcot

Q22. *[Multiple Choice]*

_____ was the creator of client-centered therapy.

a) Carl Rogers ✓ correct
b) Leslie Greenburg
c) Karen Horney
d) Carl Jung

Q23. *[Multiple Choice]*

_____'s area is located in the brain's left frontal lobe and is related to language production.

a) Broca ✓ correct
b) Wernicke
c) Bouillaud
d) Jackson

True/False (7)

Q24. *[True/False]*

Galileo led the movement that would eventually result in authority being replaced by experimentation.

a) True ✓ correct
b) False

Correct answer: True

Q25. *[True/False]*

In Roman times, Galen was a champion of empiricism.

a) True ✓ correct
b) False

Correct answer: True

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Q26. *[True/False]*

Luigi Galvani and Emil Du Bois-Reymond were among the first to demonstrate that body used electricity by showing electrical stimulation would cause a frog's leg to twitch.

a) True ✓ correct
b) False

Correct answer: True

Q27. *[True/False]*

Mental disorders contribute to more loss of disability-adjusted life years than cancer does.

a) True ✓ correct
b) False

Correct answer: True

Q28. *[True/False]*

Seventeenth-century doctor Thomas Willis may have been the first to use the word "psychology" in English.

a) True ✓ correct
b) False

Correct answer: True

Q29. *[True/False]*

The number of hospitals for those with mental illness in the United States has decreased substantially since the 1950s.

a) True ✓ correct
b) False

Correct answer: True

Q30. *[True/False]*

The term "signs" refers to the features of a disorder that are experienced and reported by the patient.

a) True
b) False ✓ correct

Correct answer: False

Medium

Multiple Choice (45)

Q31. *[Multiple Choice]*

According to Darwin's idea of _____, if an individual has even a slight variation that helps it to compete for survival, then over time, the species will be made up of more members with this variation.

a) hierarchical integration
b) encephalization
c) sexual selection
d) natural selection ✓ correct

Q32. *[Multiple Choice]*

According to the MacArthur Foundation, which phrase best describes what proportion of those hospitalized with mental illness go on to commit violence with a gun?

a) very few (less than 10%) ✓ correct
b) some (10% to 20%)
c) about half (around 50%)
d) most (over 55%)

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Q33. *[Multiple Choice]*

According to the text, the discovery of psychiatric medications allowed for those with mental illnesses to live more independently. Considering the closing of a number of hospitals for those with mental illness that resulted from this development, the discovery of these drugs most likely occurred in the _____.

a) 1930s
b) 1950s ✓ correct
c) 1970s
d) 1980s

Q34. *[Multiple Choice]*

Although Joseph Gall's ideas regarding the shape of the skull were inaccurate, one important idea that he suggested was that _____.

a) the brain could perform a variety of functions and these functions were localized in the brain ✓ correct
b) the brain was capable of processing and integrating sensory information almost instantaneously
c) the brain was divided into hemispheres that are distinct and connected through the corpus callosum
d) the brain was malleable, and specific regions could be adapted to perform a variety of functions

Q35. *[Multiple Choice]*

At the level of the spinal cord, sensory information is conveyed by the _____ root, whereas motor information is conveyed by the _____ root.

a) lateral; dorsal
b) ventral; lateral
c) dorsal; lateral
d) dorsal; ventral ✓ correct

Q36. *[Multiple Choice]*

Based on the textbook's discussion, Americans' attitudes toward those with mental illness are best described as _____.

a) contradictory ✓ correct
b) hostile
c) indifferent
d) sympathetic

Q37. *[Multiple Choice]*

Compared to physical diseases such as cancer, the loss of productivity and quality of life caused by mental illnesses such as major depression _____.

a) is somewhat less
b) is about the same
c) is greater ✓ correct
d) has not been studied

Q38. *[Multiple Choice]*

During the Middle Ages, Western science and medicine generally experienced _____ partially due to _____.

a) innovation; increased dedication to empiricism
b) innovation; the influence of authority structures
c) stagnation; increased dedication to empiricism
d) stagnation; the influence of authority structures ✓ correct

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Q39. *[Multiple Choice]*

Dynamic psychotherapy is an effective treatment for a number of disorders, especially _____.

a) personality disorders ✓ correct
b) major depression
c) schizophrenia
d) phobias

Q40. *[Multiple Choice]*

Emotion-focused therapy is one example of a(n) _____ therapy.

a) existential-humanistic ✓ correct
b) psychodynamic
c) biological
d) cognitive behavioral

Q41. *[Multiple Choice]*

Empirically based treatments in psychology are best seen as _____ to evidence-based medicine.

a) unrelated
b) dissimilar
c) similar ✓ correct
d) identical

Q42. *[Multiple Choice]*

For a behaviorist like John Watson, _____ is the only important aspect in understanding human behavior.

a) observable behavior ✓ correct
b) an internal conflict in the subconscious mind
c) the striving toward wholeness
d) a hierarchy of needs

Q43. *[Multiple Choice]*

Genetic studies have shown a higher percentage of Japanese people have a gene related to serotonin that results in higher levels of anxiety and depression. Approximately, how much more likely it is for Japanese people to have this gene than Europeans?

a) 5%
b) 10%
c) 30% ✓ correct
d) 80%

Q44. *[Multiple Choice]*

If they can be measured, the signs of mental illness are best described as _____.

a) dichotomous
b) subjective
c) symptoms
d) objective ✓ correct

Q45. *[Multiple Choice]*

In explaining why humans are not completely mechanical, Descartes has become associated with the _____ distinction.

a) mind–body ✓ correct
b) voluntary–involuntary
c) heart–brain
d) material–immaterial

Q46. *[Multiple Choice]*

In learning theory, classical conditioning applies to involuntary responses, whereas operant conditioning applies to voluntary actions. This distinction ultimately reflects the intellectual legacy of _____.

a) Galen
b) Newton
c) Galileo
d) Descartes ✓ correct

Q47. *[Multiple Choice]*

In the 1970s, psychopathology was seen as a myth created by Western societies. How did Jane Murphy disprove this idea?

a) Her research showed that all people have the same idea of what is normal.
b) She studied Inuit and Yoruba people and found they define abnormal in similar terms. ✓ correct
c) Murphy was the first to study psychopathology in non-White populations.
d) She proved that culture has no influence on what people see as normal behavior.

Q48. *[Multiple Choice]*

In the Renaissance, a group of philosophers known as the British Empiricists argued that all knowledge comes from the senses. The British Empiricists' ideas can be traced back to the work of the Roman physician _____.

a) Hippocrates
b) Galen ✓ correct
c) Galileo
d) Pythagoras

Q49. *[Multiple Choice]*

Jean-Martin Charcot showed that the human motor cortex is organized with the _____ hemisphere controlling the _____ side of the body and vice versa.

a) dorsal; lateral
b) left; right ✓ correct
c) anterior; posterior
d) superior; volar

Q50. *[Multiple Choice]*

Myelin is made up of fats and proteins and wraps around axons to _____.

a) store information
b) increase the speed of information transmission ✓ correct
c) control advanced processes
d) provide support and stability for the nerve

Q51. *[Multiple Choice]*

Numerous studies have demonstrated that many forms of mental illness, such as schizophrenia, might be more related to nature than nurture because they are found _____.

a) mostly in Western cultures
b) at an ever increasing rate around the world
c) at similar rates around the world ✓ correct
d) mostly in unindustrialized countries

Q52. *[Multiple Choice]*

One contribution that helped scientists to understand how the nervous system developed and worked was the realization that the body created and used _____.

a) specific nerve cells called myelin to store information
b) Broca's areas to understand and produce language
c) the pineal gland to connect the mind and body
d) electrical activity in its basic processes ✓ correct

Q53. *[Multiple Choice]*

One example of a benzodiazepine is _____; it is used to treat _____.

a) Thorazine; anxiety
b) Thorazine; schizophrenia
c) Valium; anxiety ✓ correct
d) Valium; schizophrenia

Q54. *[Multiple Choice]*

People who have been diagnosed with a mental illness often report such symptoms as feeling sad or anxious. Because everyone has a different baseline for feelings, these symptoms are best described as _____.

a) subjective ✓ correct
b) transference
c) objective
d) inferred

Q55. *[Multiple Choice]*

Psychoanalysis was developed by Freud and based on _____.

a) the search for ideas and emotions that are in conflict on an unconscious level ✓ correct
b) the search for self-actualization and practicing mindfullness
c) the need for individuals to receive unconditional positive regard
d) the importance of correcting maladaptive behavior

Q56. *[Multiple Choice]*

The _____ approach to psychotherapy focuses on the experience of the person and the manner in which they interpret these experiences.

a) psychodynamic
b) existential-humanistic ✓ correct
c) behavioral
d) cognitive

Q57. *[Multiple Choice]*

The fact that foods with milk are found in European diets where individuals are more lactose-tolerant and not in Asian diets where as many Asian individuals are lactose intolerant suggests that _____.

a) Culture and evolution are closely linked, as more Europeans are lactose-tolerant. ✓ correct
b) Culture is socially driven, as there are no biological explanations for this behavior.
c) Culture and environment are linked, as more milk products were available in Europe.
d) Culture and family are closely linked, as the diets are often transgenerational.

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Q58. *[Multiple Choice]*

The final phase in emotion-focused therapy is _____.

a) transformation and generation of alternatives ✓ correct
b) evocation and exploration
c) mindfulness and meditation
d) bonding and awareness

Q59. *[Multiple Choice]*

The purpose of the white matter of the brain is used for _____.

a) storing information
b) transferring information ✓ correct
c) maintaining basic functions of life
d) advanced processes

Q60. *[Multiple Choice]*

The reduction of mental hospital facilities in the United States during the 1950s was in part due to which factor?

a) distrust in government care facilities
b) development of psychiatric medications ✓ correct
c) increase in the number of psychotherapists
d) greater awareness about the importance of mental health

Q61. *[Multiple Choice]*

Thomas Willis suggested that lower brain structures were responsible for _____, whereas structures located higher in the brain were involved in _____.

a) basic functions of life; advanced processes ✓ correct
b) advanced processes; fine motor movements
c) fine motor movements; basic functions of life
d) basic functions of life; fine motor movements

Q62. *[Multiple Choice]*

Together, signs and symptoms constitute _____.

a) conversion reactions
b) abnormal psychology
c) pyschopathologies
d) syndromes ✓ correct

Q63. *[Multiple Choice]*

Traditionally, psychologists have used the term *neurosis* to refer to _____.

a) schizophrenia
b) anxiety ✓ correct
c) bipolar disorder
d) antisocial personality disorder

Q64. *[Multiple Choice]*

Very roughly, the beginning of the movement toward the humane or “moral” treatment of those with mental disorders in Western society may be dated to approximately _____.

a) 1700
b) 1800 ✓ correct
c) 1900
d) 1950

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Q65. *[Multiple Choice]*

Which catchphrase best captures psychopathologists' current understanding of the origins of mental illness?

a) nature, not nurture
b) nurture, not nature
c) nature or nurture
d) nature and nurture ✓ correct

Q66. *[Multiple Choice]*

Which drug is matched with the disorder it is used to treat?

a) Prozac--bipolar disorder
b) Thorazine--schizophrenia ✓ correct
c) Lithium--anxiety
d) Valium--depression

Q67. *[Multiple Choice]*

Which of the following is a key characteristic of client-centered therapy?

a) meeting lower-level needs before attaining higher-level needs
b) discovering the unconscious
c) demonstrating unconditional positive regard ✓ correct
d) focusing only on maladaptive behaviors

Q68. *[Multiple Choice]*

Which of the following sentences best exemplifies the "new way" of CBT therapy?

a) "I am working on being present and accepting the way I feel without judging myself." ✓ correct
b) "I am focusing on rewarding myself every time I engage in a positive coping strategy."
c) "I am practicing with my therapist how to have healthy adult relationships."
d) "I am bringing unconscious thoughts to my awareness."

Q69. *[Multiple Choice]*

Which of the following sentences best supports the idea of mental disorders as a social construction?

a) A number of languages have words for anxiety, depression, and schizophrenia.
b) Anxiety disorders and major depression are the most common mental disorders in every nation for which data exist.
c) Mental illness is expressed in different ways in different parts of the world. ✓ correct
d) The types of mental illnesses seen and their rates of occurrence are consistent from one historical period to another.

Q70. *[Multiple Choice]*

Which of the following statements most accurately describe the early history of care for those with mental disorders in the 1700s?

a) People with mental disorders were treated as objects of curiosity, not people. ✓ correct
b) Mentally ill people were treated primarily using psychoanalysis.
c) Individuals with mental disorders were often treated at home.
d) Treatment of people with mental disorders was far better in England than in France and Italy.

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Q71. *[Multiple Choice]*

Which state provides the best theoretical basis for the principles of a psychodynamic approach?

a) Behaviors are the result of input from the environment, not a process in the mind.

b) Experiencing is the basis of thought, feeling, and action.

c) Behaviors and experiences may be influenced by processes that are beyond our awareness. ✓ correct

d) Negative thought patterns are the basis of disorders like depression.

Q72. *[Multiple Choice]*

Which term identifies the broadest approach to understanding mental illness?

a) biopsychosocial approach ✓ correct

b) behavioral and experiential perspective

c) neuroscience perspective

d) evolutionary perspective

Q73. *[Multiple Choice]*

With respect to Galen's notion of spirits, the brain is to _____ spirits as the _____ is to natural spirits.

a) vital; heart

b) vital; liver

c) animal; liver ✓ correct

d) animal; heart

Q74. *[Multiple Choice]*

With respect to biological treatments for mental illness, invasive is to noninvasive as _____ is to _____.

a) frontal lobotomy; deep brain stimulation

b) frontal lobotomy; electroconvulsive therapy ✓ correct

c) deep brain stimulation; frontal lobotomy

d) electroconvulsive therapy; transcranial magnetic stimulation

Q75. *[Multiple Choice]*

With respect to psychopathology, Pythagoras's two most important contributions were _____.

a) his idea that "spirits" or hormones affected brain function and extensive firsthand knowledge of trauma and its treatments

b) the belief that behavior reflects natural and internal causes and extensive firsthand knowledge of trauma and its treatments

c) his idea that "spirits" or hormones affected brain function and the idea that the brain is the seat of intellect and mental illness

d) the belief that behavior reflects natural and internal causes and the idea that the brain is the seat of intellect and mental illness ✓ correct

True/False (8)

Q76. *[True/False]*

Electroconvulsive therapy (ECT) is used to treat people with severe schizophrenia.

a) True

b) False ✓ correct

Correct answer: False

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Q77. *[True/False]*

From the cognitive behavioral perspective, dysfunctional thinking is common to all psychological disturbances.

a) True ✓ correct

b) False

Correct answer: True

Q78. *[True/False]*

Gray matter is responsible for transmitting information throughout the brain.

a) True

b) False ✓ correct

Correct answer: False

Q79. *[True/False]*

In classical conditioning, the unconditioned stimulus results in a conditioned response.

a) True

b) False ✓ correct

Correct answer: False

Q80. *[True/False]*

In recent years, the stigma surrounding mental illness in the United States has grown more negative.

a) True

b) False ✓ correct

Correct answer: False

Q81. *[True/False]*

John Watson, a behaviorist, suggested that the proper study of psychology focuses on our unconscious motivations.

a) True

b) False ✓ correct

Correct answer: False

Q82. *[True/False]*

One limitation of behaviorism is that it ignores internal processes.

a) True ✓ correct

b) False

Correct answer: True

Q83. *[True/False]*

Research suggests that psychopathology is socially constructed.

a) True

b) False ✓ correct

Correct answer: False

Essay (15)

Q84. *[Essay]*

Briefly describe the beliefs around the causes of mental disorders in the Middle Ages.

Suggested answer: *Sample response: In the Middle Ages in Europe, mental illness was viewed from a religious perspective and was most likely due to being possessed by the devil or a person being deemed a witch.*

Q85. *[Essay]*

Briefly describe the change in American attitudes toward people with mental disorders over the past few decades.

Suggested answer: *Sample response: Attitudes are becoming less negative. In the mid 1990's, about half of the population viewed depression as related to neurobiological causes. That percentage increased over the next 10 years.*

Q86. *[Essay]*

Define "stigma" and discuss how it may negatively influence funding for how people with psychological disorders are perceived and treated.

Suggested answer: *Sample response: Stigma refers to the negative attitudes that may cause people to avoid those with psychological disorders. One example of this stigma is the belief that people with psychological disorders can change themselves through willpower. Because mental illness is seen as a personal failing, society is reluctant to allocate sufficient funds to the hospitals, clinics, programs, and so on that might treat the mentally ill.*

Q87. *[Essay]*

Discuss at least two (2) ways that Phillipe Pinel contributed to the spirit of the "moral treatment of the insane."

Suggested answer: *Sample response: Responses should include any two (or more) of the following ways Pinel contributed to the improved treatment of people with mental disorders: could study mental illness using science, removed chains from patients, abandoned bloodletting as a treatment, observed and talked to patients, created detailed case histories to better understand the development of the disorder, and he created categories for mental diseases.*

Q88. *[Essay]*

Explain how the insights of (a) Pythagoras, (b) Hippocrates, and (c) Galen are reflected in the present-day sciences of normal and abnormal behavior.

Suggested answer: *Sample response: (a) Pythagoras sought to identify the scientific principles underlying behavior; argued that the causes of behavior are not supernatural but are natural and internal to the individual; saw the brain as the organ involved in intellect and mental disorders. (b) Hippocrates emphasized knowledge through observation and discussed the role of the brain at length. (c) Galen described the brain, the cranial nerves, and the sympathetic nervous system; theory of spirits in the blood foreshadowed our modern understanding of the endocrine system.*

Q89. *[Essay]*

Explain how the signs of mental disorders and symptoms of mental disorders are differentiated from one another.

Suggested answer: *Sample response: What a patient reports that they are experiencing is considered a symptom whereas signs are what the clinician observes. Thus, the difference lies in who makes the observations, the patient or the clinician.*

Q90. *[Essay]*

Identify and explain one (1) psychotropic medication and one (1) nonmedication biological approach used to treat depression.

Suggested answer: *Sample response: Psychotropic medication includes any one of the following: monoamine oxidase inhibitors (MAOIs), tricyclic antidepressants (TCAs), selective serotonin reuptake inhibitors (SSRIs). Nonmedication biological approaches includes any one of the following: electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), surgeries.*

Q91. *[Essay]*

Identify and explain one major belief that guided the Tuke Quaker retreat and the treatment of individuals with mental disorders.

Suggested answer: *Sample response: Answers should include any one of the following: Individuals should be given respect, receive good food and exercise, not be chained, and perform farm duties.*

Q92. *[Essay]*

Identify and explain two (2) of the three key characteristics of the client-centered approach to therapy.

> ***Suggested answer:*** *Sample response: Any two of the following three characteristics: empathic understanding, which involves the therapist reflecting what a client says back at them; unconditional positive regard, which involves accepting what the client says without trying to change the client; genuineness and congruence, in which the therapist models what interaction between two people could be like.*

Q93. *[Essay]*

Name three people who were important proponents of the idea of localization of function in the brain. Describe their contributions. Why was localization of function an important discovery in the history of psychology?

> ***Suggested answer:*** *Sample response: Any three of the following will do: Joseph Gall, Paul Broca, Carl Wernicke, or John Hughlings Jackson. Gall correctly described some of the functions of the frontal lobe; Broca and Wernicke identified brain areas involved in speech production and comprehension; and Hughlings Jackson described the hierarchical organization of the brain. Understanding that specific locations in the brain were responsible for specific functions set the foundation for our current understanding of the brain.*

Q94. *[Essay]*

What are the four (4) important*personal components*in psychopathology?

> ***Suggested answer:*** *Sample response: (1). Loss of freedom or ability to consider alternatives (2). Loss of genuine personal contact (3). Loss of connection with one's self and ability to live in a productive manner and (4). Personal distress*

Q95. *[Essay]*

What are the three (3) levels of analysis of psychopathology?

> ***Suggested answer:*** *Sample response: (1). Individual in relationship with others (including culture and society) (2). Individual domain (3). Physiological processes.*

Q96. *[Essay]*

What are the three (3) phases of emotion-focused therapy?

> ***Suggested answer:*** *Sample response: (1) bonding and awareness (2) evocation and exploration and (3) transformation and generation of alternatives.*

Q97. *[Essay]*

What are two major biological approaches to treating mental illness? What does the fact that biological treatments can be effective indicate about the role of biology in mental illness?

> ***Suggested answer:*** *Sample response: Two major biological approaches include psychotropic medication (such as those used for mood disorders and schizophrenia) and nonmedication approaches such as electrical and magnetic stimulation as well as surgery. The fact that these biological interventions show improvement is strong evidence that there is a close connection between mental illness and one's biology and physiology.*

Q98. *[Essay]*

What is meant by the notion that mental illness is a social construction? How does cross-cultural research suggest that psychopathology is universal rather than a social construction?

> ***Suggested answer:*** *Sample response: The view that mental illness is a social construction suggests that thought or behavior may be abnormal only in relation to social norms; mental illness may be defined very differently from one society or historical period to another. Cross-cultural research by Jane Murphy discredits this view by showing that similar disorders are found at similar rates in very different cultures, including non-Western groups. Diverse cultures have words to refer to neurosis, psychosis, and normalcy.*

Hard

Multiple Choice (17)

Q99. *[Multiple Choice]*

A clinician notes that a patient seems emotionless and remains immobile for long periods. These features reflect _____ of schizophrenia.

a) symptoms
b) signs ✓ correct
c) self-reports
d) syndromes

Q100. *[Multiple Choice]*

A medical anthropologist is examining the words used to describe mental illness in a variety of cultures, including an array of traditional, non-Western societies. The anthropologist is most likely to find _____.

a) words for anxiety and depression in most cultures ✓ correct
b) few, if any, words for disorders in some cultures
c) a word for schizophrenia only in Western cultures
d) that there is no consistency of disorders found across cultures

Q101. *[Multiple Choice]*

A scholar is writing a book titled *The History of Psychopathology*. Which of the following potential subtitles is the most appropriate to capturing historical views of mental illness to present day views?

a) *From Dopamine to Demons*
b) *From Prescription to Persecution*
c) *From Magic to Neurons* ✓ correct
d) *From Science to Authority*

Q102. *[Multiple Choice]*

After a stroke, Mr. Larkin's ability to produce fluent speech remains intact. However, he seems unable to understand speech. Because he cannot understand his own words as he speaks them, his speech tends to be nonsensical and often includes made-up words. The stroke appears to have damaged _____'s area in the left _____ lobe.

a) Broca; frontal
b) Broca; temporal
c) Wernicke; frontal
d) Wernicke; temporal ✓ correct

Q103. *[Multiple Choice]*

Bonita's parents are getting a divorce and all Bonita can think is "It's all my fault. If only I had been a better daughter, they would still be together!" From a cognitive-behavioral perspective, Bonita's thoughts best exemplify which type of thinking?

a) catastrophizing
b) dichotomous thinking
c) personalization ✓ correct
d) overgeneralization

Q104. *[Multiple Choice]*

Dr. Badeaux describes her specialization as *abnormal psychology*. Dr. Carruthers states that her field is *psychopathology*. Based on information provided in the text, it is most likely that Drs. Badeaux and Carruthers specialize in _____ field(s).

a) different
b) the same ✓ correct
c) unrelated
d) opposing

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Q105. *[Multiple Choice]*

Dr. Lazlo notices that advertising, social media, and TV highlight thin women. Dr. Lazlo believes that these aspects of society may put undue pressure on women to also be thin and may make eating disorders more likely. Which perspective is Dr. Lazlo most likely using to analyze eating disorders?

a) evolutionary
b) cultural ✓ correct
c) biological
d) affective

Q106. *[Multiple Choice]*

Emma is a therapist who practices emotion-focused therapy. Currently, she is building a trusting relationship with her client so that her client feels secure to express themselves to Emma. Which phase of emotion-focused therapy is Emma in with her client?

a) transformation and generation of alternatives
b) evocation and exploration
c) client-centered
d) bonding and awareness ✓ correct

Q107. *[Multiple Choice]*

Every time John gets a math problem correct, he receives a piece of candy. John is more likely to solve his math problems correctly in the future. This is an example of _____.

a) operant conditioning ✓ correct
b) classical conditioning
c) observational learning
d) mindfulness

Q108. *[Multiple Choice]*

Every time somebody flushes a toilet in the house, the shower becomes very cold and causes the person to jump back. Overtime, the person begins to jump back automatically after hearing the flush, before the water temperature changes. This is an example of _____.

a) operant conditioning
b) classical conditioning ✓ correct
c) positive reinforcement
d) response cost

Q109. *[Multiple Choice]*

George believes that people are generally caring and sympathetic toward people with mental illness. However, he also believes that people with depression should just be able to think positive and snap out of it. This is best seen as an example of the _____.

a) focus of the biopsychosocial approach to psychopathology
b) adaptive value of traits related to psychopathology
c) relationship between culture and psychopathology
d) tension in American attitudes toward mental illness ✓ correct

Q110. *[Multiple Choice]*

In order to better understand depression, a psychological researcher decided to focus on the fact that people with depression often have self-defeating thoughts. This focus illustrates which level of analysis?

a) cultural
b) individual ✓ correct
c) neurological
d) physiological

Q111. *[Multiple Choice]*

Keiko is Japanese and lives in Kyoto. Kristin is Danish and lives in Copenhagen. Which statement is most accurate with respect to whether these women carry the serotonin-related gene 5-HTT, which makes people more prone to depression?

a) Keiko is more likely to carry the gene. ✓ correct
b) Kristin is more likely to carry the gene.
c) Keiko and Kristin are equally likely to carry the gene.
d) It is highly unlikely that either woman carry the gene.

Q112. *[Multiple Choice]*

Rebecca really loved her father and admired his sense of humor. Now when Rebecca is in therapy, she thinks of her therapist as a lot like her dad and she laughs loudly at all of her therapist's jokes. In psychoanalysis, Rebecca is likely demonstrating which of the following occurrences?

a) personalization
b) free association
c) resistance
d) transference ✓ correct

Q113. *[Multiple Choice]*

Sam complains of muscular tension and a constant, nagging sense of worry or apprehension. These complaints reflect _____ of generalized anxiety disorder.

a) symptoms ✓ correct
b) signs
c) syndromes
d) stigmas

Q114. *[Multiple Choice]*

Stigma is best illustrated through which of the following example?

a) failing to consider alternative ways of thinking, feeling, or doing
b) believing that as a general rule, most individuals with mental illness show more violence than that seen in the general population ✓ correct
c) understanding that a behavior that might be acceptable in one culture could be seen as "crazy" in another
d) experiencing a loss of connection with one's self

Q115. *[Multiple Choice]*

Which of the following best represents "person-first language" when describing individuals with mental disorders?

a) alcoholics who are currently in recovery
b) two individuals with schizophrenia who hear voices ✓ correct
c) ten obsessive-compulsives who spend a great deal of time washing their hands
d) research participants who are insomniacs and undergoing experimental treatment

Essay (4)

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Q116. *[Essay]*

A student struggling with depression visits the campus counseling center. In one session, the counselor asks the student to complete Beck's cognitive triad by listing some negative thoughts under each of the three headings. Identify the headings that might appear on the sheet; for each, list a negative thought the student might write.

> ***Suggested answer:*** *Sample response: Headings should group thought as negative views of the self, negative interpretations of experiences, and thoughts that regard the future in a negative way. Examples might include, "I am no good at all," (Self) "College is too hard," (Interpret Experiences in a Negative Manner) and, "I'll never graduate and find a job," (Future).*

Q117. *[Essay]*

List the three perspectives that form the themes of the textbook. Suggest how each perspective may enrich our understanding of anxiety or depression.

> ***Suggested answer:*** *Sample response: Behavioral and experiential perspective, neuroscience perspective, and evolutionary perspective. The behavioral and experiential perspective might emphasize the subjective symptoms of anxiety or depression, such as worry or sadness, as well as such objective signs as inhibited emotional expression or changes in sleeping patterns. The neuroscience perspective focuses on the brain bases of disorders and contributes to the development of antianxiety or antidepressant medication. Finally, the evolutionary perspective considers the adaptive value of such disorders as anxiety or depression; anxiety may inhibit one from taking unnecessary risks, for example. The evolutionary perspective also examines the extent to which disorders are universal across cultures.*

Q118. *[Essay]*

One psychologist believes that anxiety may be present in humans as a way to protect people from taking unnecessary risks and thus keeping them safe. Which perspective of psychopathology is this psychologist most adopting? Explain.

> ***Suggested answer:*** *Sample response: This phycologist is adopting an evolutionary perspective. This approach considers how basic human processes developed in relation to earlier ones and how these interrelated processes might have improved our survival.*

Q119. *[Essay]*

Suppose a friend is considering visiting a humanistic-experiential psychotherapist. Briefly outline several themes of humanistic-experiential therapy you might describe when the friend asks you what you think this type of therapy might be like.

> ***Suggested answer:*** *Sample response: The response should mention an emphasis on human growth and the need for positive psychology, the idea that psychological health is more than just an absence of pathology, the importance of finding meaning in life, and a focus on both the external world and the individual's subjective experience.*