Introduction to Child and Adolescent Psychopathology 5th edition Weis Test Bank

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Introduction to Child and Adolescent Psychopathology (5th)

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Total Questions: 69

Multiple Choice (50)

Q1. *[Multiple Choice] · Cognitive Domain: Knowledge*

Epidemiologists often report the prevalence of a medical or psychological disorder. What is meant by the term prevalence?

a) The number of people in a population with a given disorder
b) The percentage of people in a population with a given disorder ✓ correct
c) The number of new cases of a disorder in a population
d) The percentage of new cases of a disorder in a population

Q2. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following is an essential component of the DSM-5-TR definition of a mental disorder?

a) A pattern of behavior occurring within an individual
b) A behavior that reflects an underlying dysfunction
c) A known cause exists for the dysfunction.
d) Experiencing clinically significant disability or distress ✓ correct

Q3. *[Multiple Choice] · Cognitive Domain: Knowledge*

How do developmental psychopathologists characterize behavior indicative of child mental health problems?

a) Behavior that interferes with children's competence and does not meet the demands of the environment. ✓ correct
b) Behavior that leads to psychological distress, impairment, and risk of harm to self or others.
c) Behavior that causes distress to parents, teachers, caregivers or other adults who must regularly interact with the child.
d) Behavior that is statistically different than the behavior of the typical child without mental health problems.

Q4. *[Multiple Choice] · Cognitive Domain: Knowledge*

What type of treatment do psychologists provide?

a) Psychotherapy and medication
b) Psychotherapy and nonmedicinal intervention ✓ correct
c) Medication and assessment
d) Medication and communication training

Q5. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following statements best describes Wakefield's (1992, 1997) concept of harmful dysfunction?

a) It provides criteria for differentiating mental health from mental health problems. ✓ correct
b) It requires all mental disorders to have an underlying biological cause
c) It asserts that genetic and biological factors play a greater role in psychopathology than social-cultural factors
d) It assumes that a biological or medical cause of a person's psychopathology has been ruled out before a psychiatric diagnosis is assigned

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Q6. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following is true of students providing services to children in need?

a) If students have been trained to provide evidence–based treatment, the treatment will be effective.

b) Students should not question the evidence for the intervention or the ethics behind the intervention.

c) Once students have been trained to provide an intervention, it is safe and ethical for them to do so without supervision.

d) Students should ask themselves whether alternative services might provide greater benefits than their services can. ✓ correct

Q7. *[Multiple Choice] · Cognitive Domain: Analysis*

Which of the following statements about prevalence is true?

a) Point prevalence can never be less than lifetime prevalence for a given disorder.

b) Point prevalence can never be more than lifetime prevalence for a given disorder. ✓ correct

c) Lifetime prevalence measures the percentage of people with a disorder at each age.

d) Point prevalence measures the severity of people's disorders.

Q8. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following is a challenge mentioned in your text when determining prevalence of mental disorders in children and adolescents?

a) No single government agency tracks the prevalence of mental disorders in children and adolescents. ✓ correct

b) No standard definition exists among professional organizations as to what constitutes a mental disorder.

c) Epidemiological studies use similar methods to collect, analyze, and interpret data.

d) Some people want to participate in multiple prevalence surveys, which affects the validity of findings.

Q9. *[Multiple Choice] · Cognitive Domain: Comprehension*

How has the overall prevalence of mental health disorders among children changed over the past several decades?

a) It has increased. ✓ correct

b) It has decreased.

c) It is static.

d) It fluctuates.

Q10. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following is true of comorbidity?

a) It is rare for two mental health problems to be present in the same individual.

b) It refers to the experience of having one disorder, recovering, and then having a different disorder.

c) It is especially common in individuals with depression than those with psychosis. ✓ correct

d) It is much more common in children than in adolescence or adults.

Q11. *[Multiple Choice] · Cognitive Domain: Knowledge*

Medication used to treat or manage a mental health problem is called _____.

a) psychotropic ✓ correct

b) behavioral

c) neurotropic

d) hallucinogenic

Q12. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following best describes the relationship between psychotropic medication and age?

a) Adolescents are prescribed more psychotropic medications, even though they experience fewer mental health problems than young children.

b) Children are prescribed more psychotropic medication as their conditions are more severe than adolescents'.

c) Adolescents are prescribed more psychotropic medication because they experience more frequent and severe psychological disorders than children do. ✓ correct

d) In comparing data, no major differences are found in prescription rates for psychotropic medication between children and adolescents

Q13. *[Multiple Choice] · Cognitive Domain: Analysis*

Which of the following is true of evidence based practice?

a) Clinicians must tailor their interventions to meet needs of children and families.

b) Clinicians are required to ensure that their work is based on the best available research. ✓ correct

c) Clinicians make an effort to use the most widely published manual to guide treatment.

d) Clinicians are encouraged to incorporate the client's culture and personal values in treatment.

Q14. *[Multiple Choice] · Cognitive Domain: Comprehension*

In the past 30 years, the percentage of youth receiving medication has _____.

a) increased ✓ correct

b) decreased

c) remained static

d) fluctuated

Q15. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following variables reflects multiple important aspects of the child's environment?

a) age

b) gender

c) SES ✓ correct

d) ethnicity

Q16. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following best describes the variation by gender mental disorders in children and adolescents?

a) Boys are more likely than girls to experience mental disorders in childhood, but boys and girls are equally likely to experience mental disorders in adolescence.

b) Boys are more likely than girls to experience mental disorders in childhood, but girls are more likely to experience mental disorders in adolescence. ✓ correct

c) Boys and girls have equal rates of mental disorders in childhood and in adolescence.

d) Boys and girls have equal rates of mental disorders in childhood, with boys experiencing more mental disorders in adolescence.

Q17. *[Multiple Choice] · Cognitive Domain: Comprehension*

Your text describes a study (Hamilton et al., 2015) about stressful events that involved important people or relationships in children's and adolescents' lives. The results of this study imply that _____.

a) depression was related to the number of interpersonally dependent stressors the participants experienced

b) depression was related to the timing of stressors, with those occurring earlier in childhood having a greater impact

c) depression was related to feeling as if they were responsible for the problems causing their stress ✓ correct

d) boys were more likely to ruminate over interpersonally dependent stressors

Q18. *[Multiple Choice] · Cognitive Domain: Knowledge*

The prevalence of which of the following child mental health problems tends to decrease with age?

a) Depression

b) Anxiety

c) Eating Disorders

d) ADHD ✓ correct

Q19. *[Multiple Choice] · Cognitive Domain: Analysis*

Your textbook reports findings from a recent study (Kessler et al., 2012) that found an association between single–parent families and increased behavior and substance use problems. Therefore, we can conclude which of the following from this study?

a) Those with low SES will go on, more often than not, to develop mental disorders.

b) Low SES is a direct causal factor in promoting mental disorders.

c) Mental disorders makes it much more likely that one parent will leave the home.

d) Single–parent households and increased mental health problems are correlated. ✓ correct

Q20. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following best describes prevalence rates of mental disorders?

a) Autism spectrum disorder has roughly the same prevalence across all ethnic groups in the United States.

b) All childhood psychological disorders so far studied are more prevalent among African American and Latino children compared to White children.

c) The prevalence of some disorders, such as anxiety disorders, is higher among White children than among non–White children. ✓ correct

d) The prevalence of conduct problems is highest among Latino children, compared to those of other ethnic groups.

Q21. *[Multiple Choice] · Cognitive Domain: Analysis*

What is the appropriate role of individual clinical expertise in evidence–based practice?

a) It can safely, completely, and ethically guide evidence–based practice.

b) It may contribute to clinical judgment and can be useful when combined with empirical evidence. ✓ correct

c) It should not be drawn upon at all in clinical practice, either in discussions with clients or in planning treatment.

d) It is safe to consider as models in certain cases, without additional empirical evidence, but only when the anecdote is very similar to the case at hand.

Q22. *[Multiple Choice] · Cognitive Domain: Knowledge*

Approximately what percentage of children and adolescents diagnosed with mental disorders receive treatment?

a) 5%
b) 14% ✓ correct
c) 35%
d) 50%

Q23. *[Multiple Choice] · Cognitive Domain: Analysis*

Compared to children and adolescents with other disorders, those with anxiety and mood disorders were most likely to _____.

a) receive treatment
b) be treated by a pediatrician ✓ correct
c) receive psychotropic medication
d) be from low–SES backgrounds

Q24. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following is a common barrier to treatment for psychological disorders of childhood?

a) Families are unable to pay for evidence–based treatments. ✓ correct
b) Evidence–based treatment is not widely–practiced in the United States.
c) Children are embarrassed and refuse to access treatment.
d) Few evidence–based treatments are available for children.

Q25. *[Multiple Choice] · Cognitive Domain: Application*

Which of the following is consistent with the statistical deviation approach to defining mental health problems?

a) Roughly 2% of the population has an IQ below 70; those with an IQ under 70 might, therefore, be considered abnormal. ✓ correct
b) Those who act out against the rules of society and are thus considered deviant would meet the definition of abnormality.
c) Those who are severely impaired by their inability to make and maintain meaningful social relationships would be considered abnormal.
d) If 50% of the population had suicidal thoughts, this 50% would be considered abnormal.

Q26. *[Multiple Choice] · Cognitive Domain: Comprehension*

The belief that the degree of disability best defines a mental health problem is most consistent with which approach?

a) Statistical deviancy
b) Impairment ✓ correct
c) Psychological distress
d) Cultural deviancy

Q27. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which aspect of identifying mental health problems reflects a serious drawback in defining them?

a) Statistical deviation fails to account for the fact that something can be rare but not harmful.
b) Impairment fails to account for the fact that some mental illnesses are not associated with impairment in functioning.
c) Psychological distress fails to account for the subjectivity of quantifying distress.
d) Children's behavior can be best understood in terms of their socio-cultural environment . ✓ correct

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Q28. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which is the best definition of beneficence?

a) generosity
b) helping and promoting others' welfare ✓ correct
c) sharing results of a study
d) confidentiality

Q29. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following is true of evidence–based practice?

a) It relies on empirically validated methods, not on clinical judgment.
b) It is implemented effectively if tested with similar socio–cultural groups.
c) It entails following well–established treatments rigidly to ensure validity.
d) It is important for providing quality care to children and families. ✓ correct

Q30. *[Multiple Choice] · Cognitive Domain: Knowledge*

Specific APA rules that guide professional practice and research are called _____.

a) Ethical standards ✓ correct
b) Ethical principles
c) Competence regulations
d) Fidelity guidelines

Q31. *[Multiple Choice] · Cognitive Domain: Comprehension*

How do ethnicity and culture affect and interact with the diagnostic process?

a) Different cultural values affect the behaviors that are considered problematic. ✓ correct
b) Having a clinician who is of the same ethnicity as the client is vital to the diagnostic process.
c) Ethnic minorities are often overrepresented in mental health research.
d) Ethnicity and culture have not been found to interact with the diagnostic process.

Q32. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which category of professional assesses, diagnoses, and treats children with behavioral, cognitive, and social–emotional problems that interfere with their functioning at school?

a) psychologists
b) social workers
c) school psychiatrists
d) school psychologists ✓ correct

Q33. *[Multiple Choice] · Cognitive Domain: Knowledge*

NIMH launched an initiative to identify the genetic and biological causes of each disorder. What is this initiative called?

a) Research Domain Criteria Framework ✓ correct
b) Genetic initiative
c) Revised DSM–5–TR initiative
d) Psychological Understanding initiative

Q34. *[Multiple Choice] · Cognitive Domain: Knowledge*

Wakefield (1992) offered which of the following criteria for defining mental problems to avoid the limitations of those used traditionally to establish their presence?

a) disability
b) dangerousness
c) harmful dysfunction ✓ correct
d) emotional distress

Q35. *[Multiple Choice] · Cognitive Domain: Comprehension*

What term refers to the values, knowledge, and practices that people derive from their membership in social groups?

a) Race
b) Socioeconomic status
c) Ethnicity
d) Culture ✓ correct

Q36. *[Multiple Choice] · Cognitive Domain: Knowledge*

Your textbook describes behavior parent training as a well–established treatment for children with ADHD. The treatment has _____.

a) at least one study showing treatment is helpful, but with methodological limitations
b) at least two large, randomized controlled studies, conducted by independent researchers, showing treatment is better than placebo or an existing treatment ✓ correct
c) a long history of clinicians' use of the treatment to address the symptoms of inattentiveness and hyperactivity
d) a collection of well–regarded case studies indicating that the treatment results in noticeable improvement

Q37. *[Multiple Choice] · Cognitive Domain: Comprehension*

When a child or adolescent is a client, who provides consent for services?

a) The child or adolescent
b) The child or adolescent's parent/guardian ✓ correct
c) The child or adolescent's pediatrician
d) The mental health clinician who is providing services

Q38. *[Multiple Choice] · Cognitive Domain: Knowledge*

What refers to the expectation that information that clients provide during the course of assessment or treatment will not be disclosed to others?

a) Fidelity
b) Secrecy
c) Privacy
d) Confidentiality ✓ correct

Q39. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following terms refers to a culturally constructed identity used to define groups of people and communities?

a) Race
b) Ethnicity ✓ correct
c) Culture
d) Multiculturalism

Q40. *[Multiple Choice] · Cognitive Domain: Comprehension*

Nonmaleficence can best be described by the saying _____.

a) "First, do no harm." ✓ correct
b) "There's a bad apple in every bin."
c) "Always see the silver lining."
d) "If at first you don't succeed, try, try again."

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Q41. *[Multiple Choice] · Cognitive Domain: Comprehension*

When are the limits of confidentiality that the therapist must share with the client?

a) Before the treatment begins
b) During the first session ✓ correct
c) During the last session
d) It depends on the treatment context.

Q42. *[Multiple Choice] · Cognitive Domain: Application*

Robbie likes to talk about trains, in all situations: whether at home, at school, at church; whether with others or by himself, he talks constantly about them. Doing so makes him happy. This tendency might best be described as _____.

a) cultural deviancy
b) inability to adapt ✓ correct
c) statistical anomaly
d) psychological distress

Q43. *[Multiple Choice] · Cognitive Domain: Comprehension*

The APA Ethics Code's broad ethical principles are _____.

a) rules psychologists abide by
b) consistent with state laws regarding mental health treatment
c) aspirational goals ✓ correct
d) consistent with federal laws regarding mental health treatment

Q44. *[Multiple Choice] · Cognitive Domain: Knowledge*

What is the meaning of the term prognosis?

a) The likely outcome of a disorder ✓ correct
b) The likely cause of a disorder
c) The likely comorbidity of a disorder
d) The likely treatment of a disorder

Q45. *[Multiple Choice] · Cognitive Domain: Knowledge*

What professionals treat mental health problems in children, adolescents, adults, and families and typically hold a master's degree?

a) School psychologists
b) Psychiatric mental health nurses
c) Licensed professional counselors ✓ correct
d) Social workers

Q46. *[Multiple Choice] · Cognitive Domain: Knowledge*

What professional treats children and adolescents with medical illnesses and can prescribe psychotropic medications?

a) Psychologists
b) Pediatricians ✓ correct
c) Psychiatrists
d) Psychiatric–mental health nurses

Q47. *[Multiple Choice] · Cognitive Domain: Knowledge*

What helping professionals work with children and families to improve coping with psychosocial stressors?

a) Child life experts ✓ correct
b) Family therapists
c) School psychologists
d) Family psychiatrists

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Q48. *[Multiple Choice] · Cognitive Domain: Knowledge*

The APA Ethics Code describes how many general ethical principles?

a) 2
b) 5 ✓ correct
c) 8
d) 12

Q49. *[Multiple Choice] · Cognitive Domain: Knowledge*

The integration of the best available research with clinician's expertise in the context of patient characteristics, culture, and preferences is known as _____.

a) holistic therapy
b) humanistic therapy
c) evidence–based practice ✓ correct
d) clinical judgment

Q50. *[Multiple Choice] · Cognitive Domain: Analysis*

Evidence–based practice begins with _____.

a) scientific research—What methods of assessment and forms of treatment work best for a child with this disorder, according to the research literature? ✓ correct
b) clinical expertise—What is the best way for me to assess and treat this child according to my own professional judgment and experience?
c) historical perspective—What were past approaches to treating this problem and how do they apply to this case?
d) patient characteristics—In what ways do the child's age, gender, or sociocultural background or the family's beliefs and preferences about therapy affect the treatment provided?

True/False (8)

Q51. *[True/False] · Cognitive Domain: Knowledge*

Point prevalence is the percentage of individuals with a disorder at a certain point in time, while lifetime prevalence refers to all individuals with the disorder at any point in their lives.

a) True ✓ correct
b) False

Correct answer: True

Q52. *[True/False] · Cognitive Domain: Analysis*

Incidence rates must be lower than prevalence rates for a given disorder.

a) True ✓ correct
b) False

Correct answer: True

Q53. *[True/False] · Cognitive Domain: Comprehension*

Mental health depends upon age, environmental context, and culture.

a) True ✓ correct
b) False

Correct answer: True

Q54. *[True/False] · Cognitive Domain: Comprehension*

Evidence–based treatments are more likely to help clients and increase trust in the therapeutic process.

a) True ✓ correct
b) False

Correct answer: True

Q55. *[True/False] · Cognitive Domain: Application*

If 10% of children in a region have been diagnosed with post–traumatic stress disorder this year, that number would be the point prevalence rate.

a) True

b) False ✓ correct

Correct answer: False

Q56. *[True/False] · Cognitive Domain: Knowledge*

Based on the best available data, 20% of youth in the United States currently suffer from a mental or behavioral disorder.

a) True

b) False ✓ correct

Correct answer: False

Q57. *[True/False] · Cognitive Domain: Comprehension*

One of the strengths of defining abnormality based on degree of impairment is that it takes into account the distress of those around the individual.

a) True

b) False ✓ correct

Correct answer: False

Q58. *[True/False] · Cognitive Domain: Comprehension*

The DSM-5-TR definition of mental disorder highlights how they depend on relationships between people and do not merely exist within the diagnosed individual.

a) True

b) False ✓ correct

Correct answer: False

Essay (11)

Q59. *[Essay] · Cognitive Domain: Comprehension*

Define and compare the concepts of developmental and situational dependence related to child mental health.

Suggested answer: *Sample response: Children's mental health is developmentally dependent. At each stage of life, children face unique developmental challenges. A toddler may want to choose their clothes allowing them to develop a sense of autonomy. Adolescents often strive to develop an identity separate from their parents. They may question their family's religion, political beliefs, or gender roles to discern their own values. Although identity development can cause conflicts, in many cultures, it is typical in this stage of development. It is also situationally dependent. Healthy and adaptive behavior can only be understood in terms of the context of children's experiences and surroundings. A child who is physically abused and neglected may learn to mistrust adults and rely on themselves to meet their needs. This behavior is adaptive because it keeps him safe. In the long-term mistrust of others might interfere with the ability to form close relationships.*

Q60. *[Essay] · Cognitive Domain: Comprehension*

Describe the three limitations of the DSM-5-TR conceptualization of mental disorders.

Suggested answer: *Sample response: At least three limitations exist for the DSM-5-TR medical conceptualization of mental disorders, especially when it is applied to children and adolescent. The underlying cause for children's psychological problems may be unknown. Second, many childhood disorders are relational in nature, that is, they occur between people rather than within an individual. Third, children's behavior can only be understood in terms of their social–cultural surroundings. Behaviors that people would consider "dysfunctional" in one context might be adaptive in a different setting.*

Q61. *[Essay] · Cognitive Domain: Analysis*

What are benefits to diagnosing children and adolescents using the DSM-5-TR?

Suggested answer: *Sample response: A DSM-5-TR diagnosis is parsimonious, it allows professionals to communicate clearly with each other, and it can be helpful in predicting outcomes and planning treatment. A diagnosis can also help children gain access to educational or psychological services, help caregivers understand their child's behavior, and facilitate research.*

Q62. *[Essay] · Cognitive Domain: Comprehension*

How common is the use of psychotropic medication among youth in the United States?

Suggested answer: *Sample response: One of the greatest changes in the field of children's mental health in the past 30 years has been the increased use of psychotropic medication to treat behavioral, cognitive, or emotional problems. 8.4% of all school-age children and adolescents are taking at least one psychotropic medication. Approximately two-thirds of children and adolescents who are referred to a professional for a mental health problem receive psychotropic medication. The use of psychotropic medication varies as a function of children's age with adolescents being more likely to receive them.*

Q63. *[Essay] · Cognitive Domain: Comprehension*

List and briefly describe APA's five general ethical principles from the Ethics Code.

Suggested answer: *Sample response: Beneficence and nonmaleficence: Psychologists strive to benefit those with whom they work, and they take care to do no harm; Fidelity and responsibility: Psychologists establish relationships of trust, . . . are aware of their professional and scientific responsibilities, . . . uphold professional standards of conduct, clarify their professional roles and obligations, [and] accept appropriate responsibility for their behavior; Integrity: Psychologists seek to promote accuracy, honesty, and truthfulness in science, teaching, and the practice of psychology; Justice: Psychologists recognize that fairness and justice entitle all persons to access to and benefit from the contributions of psychology; Respect for people's rights and dignity: Psychologists respect the dignity and worth of all people and the rights of individuals to privacy, confidentiality, and self-determination.*

Q64. *[Essay] · Cognitive Domain: Analysis*

What are the strengths and weaknesses of defining mental health problems based on the child or adolescent's degree of impairment?

Suggested answer: *Sample response: Strengths: adequately takes into account the individual's distress. Weaknesses: many mental disorders do not show overt impairment in functioning.*

Q65. *[Essay] · Cognitive Domain: Analysis*

How might an adolescent's ethnicity, religion, or culture influence the likelihood that they might be diagnosed with a mental disorder or be considered "abnormal?"

Suggested answer: *Sample response: "Members of minority groups living in the United States have different cultural values that affect their views of children, beliefs about child-rearing, and behaviors they consider problematic." "Recent immigrants living in the United States often encounter psychosocial stressors associated with acculturation." "Language and cultural differences can cause problems in assessment and diagnosis of minority youths." "Ethnic minorities are often underrepresented in mental health research."*

Q66. *[Essay] · Cognitive Domain: Application*

You are a volunteer at a residential treatment facility for children with intellectual disabilities. Over several weeks, you notice that the type of therapy practiced at the facility does not have empirical support and other methods of treatment that have greater empirical support are not being used. What would you do?

Suggested answer: *Sample response: Talk to clinic director; bring evidence of other treatments. Call the authorities if necessary.*

Q67. *[Essay] · Cognitive Domain: Analysis*

Your book describes how most children diagnosed with mental health problems receive treatment. Does this indicate that overall prevalence of disorder has increased? Why or why not?

> ***Suggested answer:*** *Sample response: Not necessarily. It could just be that the prevalence has stayed the same and more people are getting treated; correlation does not imply causation. Children who need treatment may experience barriers to obtaining it or not be counted. Treatment rates may vary by age, gender or ethnic/racial background.*

Q68. *[Essay] · Cognitive Domain: Analysis*

What are some reasons to prevent mental disorder? Can you think of any reasons this might not be a useful goal?

> ***Suggested answer:*** *Sample response: Reasons to prevent include the harmful effects on children and their families, the expense, the toll on caregivers, societal costs such as incarceration and rehabilitation, and special services at school. Reasons not to treat might include perpetuating stigma and neurotypicality, eliminating diversity in individuals, particularly when there's no or little harm, and the harms associated with incorrect treatment.*

Q69. *[Essay] · Cognitive Domain: Analysis*

What are some of the challenges presented by a statistical deviation approach to defining mental health problems?

> ***Suggested answer:*** *Sample response: Not all infrequent behaviors are indicative of mental disorders. They may be minor issues, for instance. Also, lack of equivalence of the extremes exists. Someone who is extremely intelligent usually wouldn't be considered as having a disorder.*

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