Abnormal Psychology (Canadian) 6th edition Flett Test Bank

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Chapter 2
Current Paradigms and Integrative Approaches

Question type: True/False

1) When you adopt a paradigm to understand the world, you are being completely objective.

Answer: False

Section Reference: 2.1 The Role of Paradigms
Difficulty: Medium
Learning Objective: 2.1 Explain what a paradigm is and the role of paradigms.
Bloom's: Comprehension

2) The biological paradigm adopts the stance that mental illness is the result of physical illness.

Answer: False

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

3) The biological paradigm adopts the stance that mental illness is the result of a disturbance of a biological process.

Answer: True

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

4) The phenotype changes over time; the genotype does not.

Answer: True

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.

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Bloom's: Comprehension

5) Dizygotic twins share more genetic material than any other sibling pair, but less than monozygotic twins.

Answer: False

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

6) Researchers in the area of molecular genetics often think that disorders are due to gene-environment interactions.

Answer: True

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

7) Resilient children often struggle the most with mental illness.

Answer: False

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

8) Problems with reuptake explain most neurotransmitter imbalances.

Answer: False

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

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9) Norepinephrine is implicated in both mania and anxiety.

Answer: True

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

10) Because we know so much about mental illness, doctors can easily prescribe the correct medication to treat disorders.

Answer: False

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

11) According to the behavioural perspective, mental illness is learned much like any other behaviour.

Answer: True

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

12) Classical conditioning offers a good explanation for how fears develop.

Answer: True

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

13) Positive reinforcement increases behaviour; negative reinforcement reduces or eliminates

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behaviour.

Answer: False

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

14) Behaviour therapy and behaviour modification are the same thing.

Answer: True

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Hard
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

15) Bandura's most famous research is his work on self-efficacy.

Answer: False

Section Reference: Canadian Contributions 2.1
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

16) Operant conditioning works well as a treatment for children with depression.

Answer: False

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

17) When we are faced with new information, we try to fit into existing schema.

Answer: True

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Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

18) According to Beck, dysfunctional thoughts are the root of depression.

Answer: True

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

19) According to Ellis, people should believe that they ought to be loved by everyone.

Answer: False

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

20) Both cognitive and behavioural therapists pay attention to thoughts and feelings.

Answer: False

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

21) The three parts of the mind (i.e., id, ego, and superego) all develop at the same time.

Answer: False

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

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22) Neurotic anxiety is adaptive.

Answer: False

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

23) The use of some defence mechanisms can be healthy and adaptive.

Answer: True

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

24) Psychoanalytic therapy is considered an insight therapy.

Answer: True

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

25) The term psychotherapy only applies to psychoanalytic therapy.

Answer: False

Section Reference: Focus on Discovery 2.2
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

26) Psychodynamic therapy today is practiced in the same way as when Freud developed it.

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Answer: False

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

27) Freud's limited sample makes it difficult to say that his therapy works for everyone.

Answer: True

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

28) A humanistic therapist doesn't focus on how psychological problems develop.

Answer: True

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Easy
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

29) Rogers believed that conditions of worth were important for psychological wellbeing.

Answer: False

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

30) Many clinicians today practice from an eclectic perspective.

Answer: True

Section Reference: 2.6 Consequences of Adopting a Paradigm
Difficulty: Easy

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Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

31) When children whose parents are critical and uninvolved grow up with sufficient financial security, they are protected from mental health problems.

Answer: False

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Hard
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Analysis

32) It's not clear whether bullying is the cause or effect of abnormal behaviours

Answer: True

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Comprehension

33) Minority groups in Canada (e.g., francophones, Aboriginal people, and recent immigrants) have similar rates of mental illness as those in the majority.

Answer: False

Section Reference: 2.8 The Cultural Context
Difficulty: Hard
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

34) Poor language skills create a barrier to accessing mental health care for immigrants.

Answer: True

Section Reference: 2.8 The Cultural Context

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Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

35) The diathesis-stress and biopsychosocial models are more or less the same thing.

Answer: False

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

36) When someone has a diathesis for a disorder, it means they will eventually develop the disorder.

Answer: False

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Comprehension

37) The biopsychosocial model suggests that various factors increase one's risk of developing a mental illness.

Answer: True

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

Question Type: Multiple Choice

38) According to the authors, which paradigm is currently most dominant when current views are used to explain abnormal behaviour?

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a) Behavioural
b) Psychoanalytic
c) Biological
d) Integrative

Answer: d

Section Reference: 2.1 The Role of Paradigms
Difficulty: Hard
Learning Objective: 2.6 Explain how and why the paradigm adopted is important.
Bloom's: Comprehension

39) Paradigms give us a _____ through which to frame scientific inquiry.

a) textbook
b) methodology
c) lens
d) practice

Answer: c

Section Reference: 2.1 The Role of Paradigms
Difficulty: Medium
Learning Objective: 2.1 Explain what a paradigm is and the role of paradigms.
Bloom's: Comprehension

40) Paradigms specify:

a) What school you belong to
b) What problems scientists will investigate
c) What a person's diagnosis is
d) What type of therapy will cure a person with mental illness

Answer: b

Section Reference: 2.1 The Role of Paradigms
Difficulty: Easy
Learning Objective: 2.1 Explain what a paradigm is and the role of paradigms.
Bloom's: Knowledge

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41) When one chooses a paradigm to understand abnormal behaviour, it

a) has little effect on clinical practice, research and treatment.
b) leads to an overly narrow perspective of mental disorders and their treatments.
c) is generally sufficiently narrow in focus to describe the diverse mental disorders.
d) aids conceptualizing, examining, and treating abnormal behaviour.

Answer: d

Section Reference: 2.1 The Role of Paradigms
Difficulty: Medium
Learning Objective: 2.1 Explain what a paradigm is and the role of paradigms.
Bloom's: Comprehension

42) Which viewpoint is similar to the biological perspective?

a) Psychogenic
b) Moral
c) Somatogenic
d) Behavioural

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

43) Another name for the biological paradigm is:

a) Medical model
b) Neural paradigm
c) Biochemical paradigm
d) Psychiatric paradigm

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

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44) Michael suffers from delusions that he is a close personal friend of the Queen of England. Which explanation for his symptoms would be typical of the biological paradigm?

a) Michael has an excess of libido associated with delusions.
b) Michael had a mild concussion at some point in his development.
c) There is an apparent genetic predisposition for delusions.
d) The biological paradigm does not offer an explanation for delusions

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Application

45) The dominant paradigm in Canada from the late 1800s until the middle of the 20th century was the _____ paradigm.

a) biological
b) psychoanalytic
c) behavioural
d) cognitive

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

46) In Hall's 1900 historical report on "insanity" in women from British Columbia, "Mrs. D" was reported to have delusions that her husband was trying to poison her and she frequently wandered away from home. Mrs. D's behaviour was attributed to:

a) Mercury poisoning
b) Evil spirits
c) Oversized ovaries
d) An overactive pituitary gland

Answer: c

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Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

47) In Hall's 1900 historical report on "insanity" in women from British Columbia, "Mrs. D" was reported to have delusions that her husband was trying to poison her and she frequently wandered away from home. The treatment for Mrs. D was:

a) Trepanning her skull
b) An early version of psychoanalysis
c) A crude form of electroconvulsive shock treatment (ECT)
d) Removal of her ovaries

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

48) What was Hall's biological treatment for insanity among women around the turn of the 19th Century?

a) Removal of ovarian cysts or the ovaries themselves.
b) Assessing for and treating physical illnesses such as diabetes and heart disease.
c) Administering progesterone to correct hormonal imbalances.
d) Injecting small doses of vitamins and minerals that she felt the client was lacking.

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

49) Behaviour genetics refers to:

a) The effect of euthanasia on unwanted behaviour problems.
b) The effect of genetic contributions to behaviour.
c) The result of operant conditioning on physiological processes.

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d) The association between the nervous system and behaviour.

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

50) One's observable characteristics are called:

a) Fistula
b) Genotype
c) Genetic type
d) Phenotype

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

51) Whereas the _____ changes over time, the _____ is fixed at birth.

a) genotype; phenotype
b) phenotype; genotype
c) zygote; dizygote
d) monozygotic type; dizygotic type

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

52) A genotype is illustrated by which of the following?

a) Panic disorder
b) Depression

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c) Schizophrenia
d) None of these

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

53) _____ of first degree relatives of index cases with schizophrenia can be diagnosed with schizophrenia, compared with _____ of the general population

a) 25%; 1%
b) 10%; 1%
c) 25%; 3%
d) 10%; 3%

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

54) The _____ approach to the biological paradigm explains that individual differences in behaviour are the result of differences in genetic makeup.

a) behaviour genetics
b) molecular genetics
c) biogenetics
d) biochemistry

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

55) Intelligence is best viewed as an index of:

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a) Psychogenesis
b) Somatogenesis
c) Phenotype
d) Genotype

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

56) Relatives of individuals with mental illness are studied to determine the frequency with which the same diagnosis applies to them. The individuals here are referred to as:

a) Prototypes
b) Linkages
c) Meninges
d) Probands

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

57) Jane has been diagnosed with bipolar disorder. Which of her relatives has the highest risk for developing the disorder?

a) Her (dizygotic) twin sister
b) Her brother
c) Her daughter
d) All of the above have an equal chance of developing the disorder

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Application

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58) The assumption that environmental factors are a partial cause of concordance equally in MZ and DZ pairs is called:

a) Equal environment assumption
b) Psychogenesis
c) Linkage assumption
d) Reductionism assumption

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

59) Identifying particular genes associated with mental disorders is the _____ approach to the biological paradigm.

a) behaviour genetics
b) molecular genetics
c) biogenetics
d) biochemistry

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

60) Linkage analysis is most closely related to the _____ approach within the biological paradigm

a) behaviour genetics
b) molecular genetics
c) biogenetics
d) biochemistry

Answer: b

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Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

61) The behaviour genetic view suggests which of the following relations between genes and abnormal behaviour?

a) Genetic predispositions increase the likelihood of abnormal behaviour.
b) It is possible and reasonable to manipulate an individual's genes.
c) Twins, mono or dizygotic, are more likely to exhibit abnormal behaviour.
d) Abnormal behaviour is solely the result of environmental influences on genetics

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

62) Which of the following is another term for an index case?

a) Genotype
b) Phenotype
c) Proband
d) Zygote

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

63) Concordance for disorders should be greater for _____ than _____ if there is a genetic predisposition for the condition.

a) monozygotic; dizygotic pairs
b) genotypic; phenotypic pairs
c) dizygotic; monozygotic pairs
d) phenotypic; genotypic pairs

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Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

64) The family method refers to

a) identifying the gene(s) believed to cause inherited disorders.
b) comparing the incidence of disorders in other members of a family.
c) examining twins raised apart.
d) examining phenotypes of nuclear families.

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

65) A genetic explanation of schizophrenia would be supported by which of the following choices?

a) Higher concordance between MZ than DZ twins.
b) Similar concordance rate between MZ and DZ twins
c) Relatives of someone with schizophrenia are no more likely to have schizophrenia than anyone else.
d) MZ twins reared together are likely to share the disorder.

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

66) An investigator finds that the concordance rate for bipolar disorder is higher among monozygotic twins than for dizygotic twins. Which would be an **incorrect** conclusion on the basis of this finding?

a) Bipolar disorder is partially inherited.
b) Bipolar disorder is learned through interactions and observations of family members.
c) Genetics play no role in bipolar disorder.
d) Identical twins may not be treated in the same way as nonidentical twins.

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

67) Determining the influence of being raised by disordered parents, and eliminating that influence in behaviour genetics research is accomplished by the _____ method.

a) twin
b) adoptee
c) family
d) spouse

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

68) Linkage analysis is a method in molecular genetics used to:

a) study rare disorders
b) identify the specific genes that cause mental illness
c) identify genetic markers related to psychopathology
d) study the gene-environment interactions

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

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69). Molecular genetics is an approach that:

a) Compares the level of genetic overlap between individuals with the same disorder.
b) Studies the differences in behaviour that are attributable to genetic makeup.
c) Allows for the identification of the level of similarity of genes between relatives.
d) Identifies a particular gene or genes involved in the development of disorders.

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

70) Research has demonstrated the use of linkage analysis. Zai and colleagues (2005) in Toronto found an association between obsessive-compulsive disorder and a _____ gene.

a) dopamine
b) serotonin
c) norepinephrine
d) GABA

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

71) A study of genetic linkage in adolescents and young adults found that a locus on chromosome 9 is associated with enhanced risk for

a) depression.
b) attention deficit hyperactivity disorder.
c) internalizing disorders.
d) externalizing disorders.

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy

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Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

72) Research on genetic linkage typically assumes

a) genetic contributions only.
b) environmental contributions only.
c) gene-environment interaction.
d) research is unclear about the contributions to genetic linkage.

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

73) The neurotransmitter that has been the focus of gene-environment interaction research is

a) norepinephrine.
b) serotonin.
c) GABA.
d) dopamine.

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

74) The authors of your textbook conclude that the results of a Canadian survey on the causes of illness, both physical and mental:

a) Are encouraging as they show that 3 out of 5 Canadians believe that genetic factors are a significant factor in the development of health and mental health problems.
b) Are discouraging as they show that 3 out of 5 Canadians believe that genetic factors are a significant factor in the development of health and mental health problems.
c) Were inconclusive as they show that 3 out of 5 Canadians believe that genetic factors are a significant factor in the development of health and mental health problems.
d) Were inconclusive as they show that 2 out of 5 Canadians believe that genetic factors are a

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significant factor in the development of health and mental health problems.

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

75) Sam is generally described as easy going, whereas his brother is more difficult. Describing them in this way is making reference to their

a) personalities.
b) friendliness.
c) temperaments.
d) adaptability.

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Application

76) Despite growing up in poverty and having a parent with a mental illness, Tyrone does really well in school, has lots of friends, and is a successful athlete. His type of temperament can best be described as

a) overcontrolled.
b) undercontrolled.
c) hard-to-warm-up.
d) resilient.

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Application

77) The small gap between brain cells that is involved in message transmission is called the:

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a) Neurotransmitter
b) Axon
c) Ganglion
d) Synapse

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

78). A nerve impulse is:

a) The gap between sending and receiving brain cells
b) A change in electric potential within the cell
c) The genotypic features of the cell
d) A group of chemical substances called neurotransmitters

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

79) Neurotransmitters

a) deliver nerve impulse information across the synapse.
b) allow for the detection of brain activity, through measures such as EEG.
c) transmit genetic information from parents to offspring.
d) block the flow of information and contribute to behavioural problems.

Answer: a

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

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80) Mental disorders can be the result of

a) an abundance of receptors on the postsynaptic neuron.
b) excesses of different neurotransmitters, such as dopamine.
c) deficiencies in different neurotransmitters, such as serotonin.
d) any of the above.

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

81) The reabsorption of a neurotransmitter after it has performed its function is called _____. It prevents further activity of the neurotransmitter.

a) synapse
b) reuptake
c) anabolism
d) neuromodulators

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

82) Current theory and research on ADHD indicates that:

a) The lateral area of the prefrontal cortex is the most significant area of the brain involved in ADHD.
b) Significant reductions in volume of the cerebrum and cerebellum are potentially involved.
c) Delays of up to 7 years in the maturation of the cortex have been related to ADHD.
d) ADHD may be due to an excess of dopamine.

Answer: b

Section Reference: Focus on Discovery 2.1
Difficulty: Medium

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Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

83) Tannock and her colleagues from the *Hospital For Sick Children* in Toronto argue that the following is involved in the development of ADHD:

a) There are deficits in temporal processing.
b) There is a specific abnormality in the reward-related circuitry of the brain.
c) There are deficits in working memory.
d) All of the above.

Answer: d

Section Reference: Focus on Discovery 2.1
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

84) Henry is a 12 year old boy from Calgary who is struggling in school. His teachers and his parents suspect that he has ADHD. What form of treatment is Henry most likely to receive?

a) Being moved to a special education classroom at school
b) Family therapy with his parents and sister
c) A prescription medication
d) A referral to a neurologist for additional testing

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

85) According to the biological paradigm:

a) Eventually mental illness will be prevented
b) Non-biological interventions will soon be obsolete
c) Treatments that alter bodily functioning can improve mental illness
d) Mental illnesses are socially constructed and likely not due to biological dysfunction

Answer: c

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Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

86) _____ treatment involves planting electrodes in the brain to deliver low-level electrical impulses

a) fMRI
b) Electroconvulsive shock treatment
c) Deep brain stimulation
d) CAT scan

Answer: c

Section Reference: 2.2 The Biological Paradigm
Difficulty: Easy
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

87) Deep brain stimulation as a treatment for depression can best be described as:

a) A last resort
b) Innovative and effective
c) New and en vogue
d) A treatment that needs further research

Answer: d

Section Reference: 2.2 The Biological Paradigm
Difficulty: Hard
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Comprehension

88) An assumption of reductionism that makes it a poor scientific practice is that:

a) Observations can be separated from the assumptions of the scientists making the observations.
b) Knowing simple phenomena results in explanations for complex phenomena.
c) Basic elements of complex phenomena exist in most theories.

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d) Processes may be studied without regard to underlying causes.

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Analysis

89) Joe is currently a doctoral student in psychology in a biologically oriented lab. Which research project is he most likely working on?

a) Developing a new therapy to treat depression
b) Identifying the genetic make-up of depression
c) Examining the limbic system of mice
d) Identifying environmental risk factors for depression

Answer: b

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Application

90) As part of the behaviourism movement in psychology, there was a movement away from _____ techniques, and a movement toward _____ techniques for studying behaviour.

a) the case study; correlational studies
b) phenomenology; operant conditioning
c) introspection; direct observation
d) determinism; the concept of free will

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

91) Behaviourists advocate that:

a) Abnormal behaviour arises from discussions of abnormal behaviour
b) Abnormal behaviour is learned.
c) Insight is important in changing behaviour
d) Defences are associated with resolving anxiety

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

92) Which paradigm assumes that normal and abnormal behaviour develop in the same way?

a) Biological
b) Psychoanalytic
c) Behavioural
d) Gestalt

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

93) The type of animal used in Pavlov's famous classical conditioning experiments was

a) a rhesus monkey.
b) awhile rat.
c) act.
d) dog.

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

94) The earliest experimental work on classical conditioning in dogs was conducted by:

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a) Bandura
b) Tolman
c) Skinner
d) Pavlov

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

95) Jimmy, age 5, runs to the door every time he hears a car drive by, expecting his mother to come home from work. From a classical conditioning perspective, the sound of the car is:

a) An unconditioned response
b) An unconditioned stimulus
c) A conditioned response
d) A conditioned stimulus

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

96) Fiona gets a blood test, and faints when blood begins to be drawn by the technician. What is the unconditioned response in this illustration?

a) The needle
b) Blood
c) Fainting
d) Blood flow

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

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97) According to the law of effect:

a) Tommy will stop misbehaving at school if he is sent to his room when he gets home.
b) Kim will continue reading if reinforced after each time she is interested in reading.
c) Tony will readily learn new tasks by observing someone else.
d) Katrina will play nicely with her sister if she is given a new toy to play with first.

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

98) Heidi experienced extreme pain at the dentist as a child. Now, she goes to a different dentist, but feels her heart race when she arrives, and her heart rate goes down when she leaves. Her heart racing whenever she goes to the dentist is due to _____, and the calming feeling when she leaves is due to _____.

a) classical conditioning, operant conditioning
b) operant conditioning, classical conditioning
c) operant conditioning, mediational learning
d) operant conditioning, modelling

Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

99) When you attempt to buy a soda from a machine, you only do so if the lights are on. According to Skinner, the lights on the soda machine are

a) positive reinforcement.
b) a discriminative stimulus.
c) a signal for extinction.
d) a conditioned stimulus.

Answer: b

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Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

100) This type of response to behaviour results in an increased probability of the behaviour later occurring again.

a) Positive reinforcement
b) Negative reinforcement
c) Thanking someone
d) All of the above are correct

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

101) Positive reinforcement and negative reinforcement differ in that:

a) Only positive reinforcement results in a subsequent increase in the response
b) Only negative reinforcement can be combined with observational learning
c) Only positive reinforcement is involved in instrumental learning
d) Only negative reinforcement removes an aversive stimulus

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

102) A child watches carefully as her father prepares lunch by spreading mayonnaise on bread. When the child attempts to do this, she holds the knife in a similar manner, and spreads the mayonnaise on bread. This is an illustration of which learning principle?

a) Classical conditioning
b) Operant conditioning

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c) Backward chaining
d) Modelling

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

103) Four-year-old Mollie from Halifax, has often witnessed her mother's fear of cats. Mollie is also afraid of cats. Mollie's fear is most likely the result of _____.

a) identification
b) modelling
c) reinforcement
d) shaping

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Hard
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

104) Which of the following is true about Bandura's philosophy about psychological research?

a) He emphasized the benefits of doing case studies.
b) His theories were initially based on self-observation.
c) He believed that experimental research could never shed light on clinical phenomena.
d) He believed that clinical phenomena should be studied in experimental situations.

Answer: d

Section Reference: Canadian Contributions 2.1
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

105) What did Bandura and colleague's (1961) classic Bobo doll study show?

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a) Children would imitate the aggression towards the doll that was displayed by a model.
b) Children would try and comfort the doll.
c) Children would be aggressive towards the adult model.
d) Children would be emotionally distressed by seeing the adult be aggressive towards the doll.

Answer: a

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

106) Which of the following are the four key processes in observational learning?

a) Attention; retrieval; retention; and motivation
b) Acceptance; retention; reproduction; and motivation
c) Attention; retention; reproduction; and motivation
d) Attention; recognition; repetition; and motivation

Answer: c

Section Reference: Canadian Contributions 2.1
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

107) What do Bandura's self-control therapies aim to improve?

a) Self-observation
b) Self-efficacy
c) Self-worth
d) Self-introspection and awareness

Answer: b

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

108) The influential *social learning theory* was conceived by _____.

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a) Bandura
b) Freud
c) Skinner
d) Maslow

Answer: a

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

109) The famous Bobo dolls study was conducted by which Canadian researcher?

a) Melzack
b) Meichenbaum
c) Bandura
d) Skinner

Answer: c

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

110) In his early career, Dr. Albert Bandura focussed on_____, while in his later years, he focussed on_____.

a) self-regulation; instrumental learning
b) classical conditioning; operant conditioning
c) social learning; self-efficacy
d) cognitive therapy; behaviour therapy

Answer: c

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

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111) Canadian psychologist Albert Bandura is well-known for his studies on:

a) Modelling
b) Self-efficacy
c) Self-regulation
d) All of the above

Answer: d

Section Reference: Canadian Contributions 2.1
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

112) As part of treatment for a fetish, Ted is instructed to masturbate for an extended period before ejaculation while fantasizing about sexual activity aside from the fetish object. The goal of treatment was to ultimately pair arousal with a different stimulus than the fetish object. This is an illustration of what behavioural technique?

a) Counterconditioning
b) Backward chaining
c) Exposure
d) Biofeedback

Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

113) Martha was trained in relaxation methods, and then practiced imagining feared situations while relaxed. This illustrates:

a) In vivo exposure
b) Biofeedback
c) Systematic desensitization
d) Imaginal exposure

Answer: c

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Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

114) _____ is the pioneer who developed systematic desensitization.

a) Albert Bandura
b) Joseph Wolpe
c) Teodor Ayllon
d) O. Hobart Mowrer

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

115) In an effort to quit drinking, Todd is instructed to imagine experiencing nausea whenever he has the urge to drink, or when he envisions himself picking up a drink. This is an illustration of:

a) Relaxation training
b) Aversive conditioning
c) Assertiveness training
d) Exposure

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

116) Behavioural and cognitive theorists differ in their emphasis on

a) events versus interpretations of events.
b) feelings versus thoughts.
c) reinforcement versus free-will.
d) childhood experiences versus current events.

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Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Hard
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

117) Joan tends to see everything on the 'bright side.' That is, she rarely feels that negative events occur to her. According to the cognitive perspective, Joan's tendency to see things positively represents her

a) schema.
b) discriminative stimulus.
c) fixation.
d) conditioned response.

Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

118). What was the primary factor contributing to Canadian prima ballerina Karen Kain's depression?

a) Injuries
b) Anorexia nervosa
c) Perfectionistic standards
d) Performance anxiety

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

119) Which paradigm argues that people interpret events selectively, and experience emotions based upon those interpretations?

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a) Psychoanalytic paradigm
b) Cognitive paradigm
c) Behavioural paradigm
d) Diathesis-stress paradigm

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

120) Rational-emotive behaviour therapy primarily focuses on

a) changing irrational behaviour.
b) changing behaviour associated with irrational ideas.
c) changing the ability to relax.
d) changing irrational beliefs.

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

121) What paradigm was used by the therapist in the following example? Joan was fired from her job, and her therapist attempted to help her see that this was not terrible, and that being fired may not mean she was a bad person.

a) Learning paradigm
b) Psychoanalytic paradigm
c) Cognitive paradigm
d) Existential paradigm

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

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122) Ted is a "workaholic;" he works 15 hours a day and never has time to spend with his family or on things he enjoys. Which of the following is a cognitive explanation of Ted's behaviour?

a) Ted is imitating the behaviour of his hard-working father
b) Ted believes he must excel in everything he does
c) Ted is actually afraid of getting close to others
d) Ted lacks the assertiveness to stand up to his boss's demands

Answer: b

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

123) The cognitive-behavioural model for panic disorder proposed by Carter et al. (2008) suggests that:

a) Catastrophic cognitions are the root of the disorder
b) Catastrophic cognitions are the result of searching for safety cues
c) Escape behaviours precede catastrophic cognitions
d) Escape behaviours do not influence cognitions

Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

124) One difficulty with the cognitive paradigm is

a) the origins of disordered cognitions are not explained.
b) too great a focus on the causes of disorders, at the expense of treatment.
c) it is overly reductionistic, relying solely on thoughts to explain behaviour.
d) despite its early promise, it has had little influence on the actual practice and research of psychologists.

Answer: a

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Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Comprehension

125) In the CBT therapy developed by Aaron Beck, the general goal of therapy is to alter:

a) Behaviours
b) Emotions
c) Cognitions
d) Affects

Answer: c

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

126) Beatrice is a therapist who believes that it is essential to focus on the demands that people feel they absolutely must attain or should be attained. Beatrice most likely practices:

a) Interpersonal therapy
b) Cognitive-behaviour therapy
c) Emotion-focused therapy
d) Rational-emotive behaviour therapy

Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Application

127) The REBT approach, advocated and developed by Albert Ellis, attributes psychopathology to:

a) Early learning experiences
b) Irrational beliefs
c) Repressed memories
d) Fixed action patterns

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Answer: d

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

128) The founder of rational-emotive behaviour therapy is:

a) Albert Ellis
b) Aaron Beck
c) Martin Seligman
d) John Watson

Answer: a

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Easy
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Knowledge

129) Psychoanalysis was developed by:

a) Joseph Breuer
b) Carl Jung
c) Sigmund Freud
d) Karen Horney

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

130) The psychoanalytic paradigm rests upon the assumption that psychopathology is the result of:

a) Incomplete superego development
b) Unconscious conflicts

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c) Ego defense mechanisms
d) Overcontrol of the pleasure principle

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

131) The id, ego, and superego are:

a) Structures of mind
b) Orders in a developmental sequence
c) Biological drives
d) Brain structures

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

132) The ego operates according to the _____ principle and uses _____ process thinking to meet its needs.

a) reality; secondary
b) reality; primary
c) pleasure; primary
d) pleasure; secondary

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

133) Primary process thinking, in Freudian theory, refers to:

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a) Logical planning and decision making
b) Fantasizing about what is desired
c) Reflexes that result in immediate gratification
d) Moral dilemma resolution

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

134) The basic energy source for the psyche is the:

a) Id
b) Ego
c) Superego
d) Cathexes

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

135) When you feel hungry and immediately seek out food, this is an example of:

a) Superego
b) Ego
c) Id
d) Cathexis

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

136) Lou is in physics class and begins to feel disinterested. He then thinks about his girlfriend

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and their plans for that weekend. This is an illustration of:

a) Libidinal activity
b) Identification formation
c) Ego activity
d) Primary process thinking

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

137) According to Freud's theory, the superego develops from the:

a) Id
b) Ego
c) Emergence of defense mechanisms
d) Conflicts in one's childhood

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

138) Planning and decision making is carried out by the:

a) Id
b) Ego
c) Superego
d) Preconscious

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

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139) Secondary process thinking refers to:

a) Methods employed by the superego to accomplish moral standards
b) Strategies developed by the id to gain immediate gratification
c) Decision making procedures inherent to ego functioning
d) Strategies for accomplishing proximal gratification used by the ego

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

140) Which part of the mind engages in unconscious activity?

a) Id
b) Ego
c) Superego
d) All of these

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

141) While studying for an exam, Paul worked for 15 minutes before becoming tired. He decided that it would be better to work for another 30 minutes before taking a break. His behaviour is being guided by which part of his mind?

a) Id
b) Ego
c) Superego
d) Conscience

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium

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Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

142) When Sid was studying for an exam, he suddenly realized that his favourite television show was on. He stopped his work and hurried to watch. His behaviour is being guided by which part of his personality?

a) Id
b) Ego
c) Superego
d) Ego defence

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

143) When one refers to their conscience, they are also describing the:

a) Id
b) Ego
c) Superego
d) Ego defences

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

144) The superego allows us to:

a) Be capable of rational thought
b) Know right from wrong
c) Act in line with reality
d) Be spontaneous

Answer: b

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Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

145) Very strict parents might create a very strong _____ in their children.

a) Id
b) Ego
c) Superego
d) Sublimation defence

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

146) Sally is trying to decide whether to drink alcohol, knowing that her parents are strongly opposed to drinking. According to Freudian theory, Sally's struggle is between her _____, which makes her want to drink, and her _____, which discourages drinking.

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

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

147) Edith makes plans to go to her favourite restaurant, even though she has an exam the next day and knows she needs to study. Which aspect of her unconscious is guiding her decision to go out to dinner?

a) Id
b) Ego
c) Superego
d) None of the above are correct

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

148) According to Freud, what is the most important determinant of behaviour?

a) Conscious
b) Pre-conscious
c) Unconscious
d) All are equally important

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

149) Judith always gives to charities, even though she has very little money. According to Freudian theory, which aspect of her unconscious is guiding her charitable behaviour?

a) Id
b) Ego
c) Superego
d) All of the above are correct

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

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150) Ted's behaviour in class caused his teacher to suggest that he 'has absolutely no superego.' If this is true, Ted

a) was extremely rigid in his thinking, and incapable of seeing other perspectives.
b) did not learn right and wrong when instructed.
c) acted in strict accordance with class rules.
d) was reading and completing his class work.

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

151) Sarah's parents were very permissive when she was growing up. Which aspect of her unconscious is likely to be most developed in adulthood?

a) Id
b) Ego
c) Superego
d) None of the above are correct

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

152) Otis would like to go out with his friends. However, he knows that if he goes out he will not be able to study enough for his exam in History the next day. If he goes out, then his _____ prevailed; if he studies, then his _____ won out in determining his behaviour.

a) ego; superego
b) superego; id
c) id; ego
d) id; transference

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

153) Esther's typical work day is twelve hours. Anytime she feels like taking a break, she quickly reminds herself that her parents emphasized hard work and dedication for success. Her _____ is most in control of her behaviour.

a) id
b) repressive style
c) superego
d) none of the above are correct

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

154) When one is afraid of something that is not connected to reality or to any real threat, this is referred to as:

a) Neurotic anxiety
b) Psychoticism
c) Freudian slips
d) Sublimation

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

155) Ted is extremely fearful that he might blurt out foul language at work, and offend other employees. Ted is experiencing:

a) Moral anxiety
b) Primary anxiety

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c) Objective anxiety
d) Neurotic anxiety

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

156) Defence mechanisms are part of the _____ of the _____.

a) unconscious; ego
b) superego; unconscious
c) preconscious; id
d) conscious; ego

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

157) Defence mechanisms aid in

a) protecting the ego from anxiety.
b) the ego expressing anxiety.
c) preventing the superego from becoming dominant.
d) relaxing any type of anxiety.

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

158) Joan states confidently "I never get angry. In fact, I never recall feeling angry." Joan is exhibiting

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a) cathexis.
b) reaction formation.
c) repression.
d) sublimation.

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

159) After going to a party, James explains to himself that this was more important than studying because "I needed a break from all the stress," even though he has not studied at all yet. This would be an example of

a) identification.
b) reaction formation.
c) displacement.
d) rationalization.

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

160) Kim is yelling at her husband "I don't know why you are so angry with me." However, her husband has not yet said anything to her, and even greeted her with a smile and flowers when she got home. Kim is exhibiting

a) reaction formation.
b) projection.
c) displacement.
d) sublimation.

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.

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Bloom's: Application

161) Sam is angry at his boss for passing over him for a promotion. Instead, he goes home and argues with his wife. This is an illustration of

a) repression.
b) reaction formation.
c) displacement.
d) projection.

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

162) Often individuals who have been victims of sexual abuse disavow their traumatic experience and push it into their unconscious. This defence mechanism is referred to as:

a) Rationalization
b) Denial
c) Displacement
d) Regression

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

163) At his place of employment, Bob treats his boss, John, the same way he treats his friends and family, even though Bob hates John. This is an illustration of:

a) Projection
b) Displacement
c) Reaction formation
d) Sublimation

Answer: c

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Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Hard
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Analysis

164) A wife explains her husband's repeated infidelity as a product of his unfortunate upbringing. This is an example of:

a) Repression
b) Reaction formation
c) Regression
d) Rationalization

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

165) When Melissa experiences test anxiety, she sticks her pen in her mouth and begins sucking on it. This defence mechanism is referred to as:

a) Displacement
b) Reaction formation
c) Regression
d) Sublimation

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Hard
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Analysis

166) You seek out treatment for difficulties in coping with stress. The therapist you see focuses on resolving unconscious conflicts. You are receiving:

a) Action therapy
b) Insight therapy

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c) A placebo
d) Dream analysis

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

167) As part of therapy, you are asked to lie on a couch and say anything that comes to mind. This is called:

a) Interpretation
b) Transference
c) Real analysis
d) Free association

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

168) When engaging in free association, you begin to screen your thoughts and do not report everything that comes to mind. You are:

a) Showing resistance
b) Experiencing transference
c) Experiencing countertransference
d) Filtering

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Application

169) The symbolic content of a dream is called:

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a) Transference material
b) Interpretive
c) Latent content
d) Manifest content

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

170) Ego analysis is a form of psychotherapy that:

a) Emphasizes people's ability to control both their environment and their instincts
b) Mainly includes people's childhood conditions to help them strengthen their ego
c) Assumes that people's inability to control their id instincts is present at birth
d) Involves strengthening one's ego to overcome the superego's drives

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

171) What was one of the findings of Doidge and his associates regarding the current status of psychoanalysis in Ontario?

a) Most psychoanalysis clients were men
b) For most, psychoanalysis was their first attempt at therapy
c) Psychoanalysis typically lasted about five years
d) Most clients suffered from multiple personality disorders

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

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172) As part of the need and effectiveness of providing time-limited therapies, brief psychodynamic therapies share the following aspects:

a) Assessment is performed early and is short; goals are concrete and focused on improving clients' symptoms
c) Clients are aware that the number of sessions is limited; interpretations are directed towards current life situations
c) Transference is not encouraged; the awareness that therapy does cure people and clients can learn to cope better
d) A and B only

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

173) Interpersonal therapy, object relations theory, self-psychology are all part of which paradigm?

a) Humanistic
b) Psychodynamic
c) Cognitive
d) Integrative

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

174) Interpersonal therapy emphasizes the following understandings:

a) Examining past relationships and their current influence
b) The inclusion of role-playing to implement new behaviour
c) The importance of childhood attachment
d) All of the above

Answer: d

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Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

175) The analyst's feelings towards the client are referred to as:

a) Projection
b) Displacement
c) Counter transference
d) Transference

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

176) In their Ontario survey investigating the nature of psychodynamic therapy, Doidge and associates found that those receiving psychoanalysis were predominately:

a) Women with fewer than 4 diagnoses
b) Men with fewer than 4 diagnoses
c) Women with an average of 4 diagnoses
d) Men with an average of 4 diagnoses

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

177) Which of the following statements about time-limited psychotherapy is **NOT TRUE**?

a) It is made clear right away that therapy will be limited and improvement is expected within 6 to 25 sessions.
b) An equal emphasis is placed on current life circumstances and the historical significance of feelings and past life events reflecting early childhood.

c) Goals are concrete and focused on the amelioration of the client's worst symptoms.
d) Assessment tends to happen quickly and early in the process.

Answer: b

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

178) The sudden onset of the development of which disorder created the initial impetus for the development of brief therapies?

a) Separation anxiety disorder
b) Panic disorder
c) Post-traumatic stress disorder
d) Dissociative amnesia

Answer: c

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Easy
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

179) In research on the treatment of depression, Harkness and her colleagues found that the link between stress and depression was weakened if women received:

a) Cognitive-behaviour therapy
b) Rational-emotive therapy
c) Psychoanalytic therapy
d) Interpersonal therapy

Answer: d

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

180) Interpersonal therapy (IPT) will be **most** helpful for:

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a) Karen, who is suffering from depression.
b) Beth, who is suffering from generalized anxiety disorder.
c) Camilla, who is trying to come to terms with an abusive past.
d) Al of these women would benefit equally from IPT.

Answer: a

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Knowledge

181) According to the humanistic paradigm, the most important characteristic of any person is:

a) Early childhood experiences
b) Free will
c) Acceptance of the inevitability of death
d) The ability to unconditionally love oneself

Answer: b

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

182) A major emphasis of client-centered therapy is:

a) Emphasizing self-actualization
b) Unconditional positive regard
c) Improving awareness of one's own behaviour
d) All of the above

Answer: d

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Easy
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

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183) Which of these is representative of advanced empathy?

a) The therapist's understanding, accepting and communicating to the client what she/he is thinking and feeling
b) An expression of the client's thoughts and feelings as she/he expresses them
c) An interpretation by the therapist of what the client is feeling and thinking
d) None of the above

Answer: c

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Analysis

184) In a study on schizophrenic clients from Ontario psychiatric hospitals, Coons et al. (1956, 1970) found that:

a) Empathic therapy led to improved personality functioning
b) Despite having an empathic therapist, only drug therapy led to improvement in these clients
c) Psychoanalytic or insight-based therapy led to the greatest improvements in these clients
d) Cognitive-behavioural treatment led to the greatest improvements in these clients

Answer: a
Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

185) According to Carl Rogers, if the therapist accepts the client for who he or she is, the therapist is providing _____ .

a) self-actualization
b) primary empathy
c) secondary empathy
d) unconditional positive regard

Answer: d

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Easy
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.

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Bloom's: Knowledge

186) Jan has been struggling with depression and goes to see a therapist. The therapist practices from a Rogerian perspective. Which of the following statements is the therapist most likely to make?

a) "Your depression most likely stems from your belief that you are no good."
b) "Your depression is the result of the death of your family dog when you were a child."
c) "Your depression really seems to be bringing you down. I'd really like to support you in your recovery."
d) "Your depression is probably coming from your realization that one day you will die."

Answer: c

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Application

187) John is a relatively new therapist and has been told that being empathic can lead to positive effects for his clients. This is:

a) True – empathy is a critical component of all forms of therapy
b) False – it depends on what paradigm he practice from to determine the effect of empathy
c) False – the positive effects of empathy are stronger with more experienced therapists
d) True – the positive effects of empathy are stronger with less experienced therapists

Answer: d

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Application

188) Who originated the field of psychotherapy research?

a) Bandura
b) Meichenbaum
c) Beck
d) Rogers

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Answer: d

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Easy
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Knowledge

189) Carlos is a relatively new therapist. Regardless of which paradigm he practices from, his clients would benefit from his being

a) adversarial.
b) behaviour-oriented.
c) empathic.
d) rigid.

Answer: c

Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Easy
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Application

190) Which of the following is a positive consequence of adopting a paradigm?

a) Data can be collected and interpreted along a meaningful set of definitions.
b) It is possible to find conclusions that can be more generalized.
c) It encourages researchers to consider many sides to a problem.
d) There are no theoretical differences.

Answer: a

Section Reference: 2.6 Consequence Of Adopting A Paradigm
Difficulty: Easy
Learning Objective: 2.6 Explain how and why the paradigm adopted is important.
Bloom's: Knowledge

191) Which of the following scenarios is a potential consequence of adopting a paradigm?

a) A cognitive therapist conducts a thorough intake before determining a client's diagnosis
b) A humanistic therapist recommends that a client see a medical doctor to rule out a physical cause of their mental health issue

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c) A behavioural therapist determines that a client's depression is due to a lack of reinforcement from the environment
d) A psychodynamic therapist asks a client to keep a symptom log to gain a better understanding of the problem

Answer: c

Section Reference: 2.6 Consequences Of Adopting A Paradigm
Difficulty: Hard
Learning Objective: 2.6 Explain how and why the paradigm adopted is important.
Bloom's: Analysis

192) When a therapist enthusiastically subscribes to one treatment orientation but then uses therapeutic techniques associated with other theoretical orientations, he or she is said to be:

a) Unreliable
b) Eclectic
c) Generic
d) Ambivalent

Answer: b

Section Reference: 2.6 Consequences Of Adopting A Paradigm
Difficulty: Medium
Learning Objective: 2.6 Explain how and why the paradigm adopted is important.
Bloom's: Application

193) A survey (von Ranson & Robinson, 2006) of therapists treating eating disorder clients suggested that a(n) _____ approach may be the norm rather than the exception.

a) cognitive
b) behavioural
c) cognitive-behavioural
d) eclectic

Answer: d

Section Reference: 2.6 Consequences Of Adopting A Paradigm
Difficulty: Medium
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

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194) Clarice has struggled with self-esteem issues and depression in the past. Which of the following romantic partners is likely to contribute to a re-emergence of depression for her?

a) Al, who is quiet and caring
b) Bill, who has a history of domestic violence
c) Chris, who is often described as the "life of the party"
d) Dan, who is in recovery from cocaine addiction

Answer: b

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Application

195) The relationship between people and the environment is:

a) Simple – the environment influences people
b) Simple – people influence the environment
c) Complicated – people can both influence and be influenced by the environment
d) Impossible to predict – there are too many possible influences on the relationship between people and the environment

Answer: c

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Comprehension

196) Jackie's parents were very strict – they controlled who she could be friends with, which activities she could engage in, and there were harsh punishments if she disobeyed. Which of the following would Jackie be most likely to develop?

a) Anxiety
b) Depression
c) Oppositional Defiant Disorder
d) All of the above

Answer: d

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Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Hard
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Application

197) James, a 15 year old, thinks he won the parenting lottery – his parents set no rules for him and let him come and go as he pleases. Later on in life, he may be prone to developing which disorder?

a) Anxiety
b) Depression
c) Substance dependence
d) All of the above

Answer: d

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Hard
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Application

198) Chloe's parents expect her to achieve high marks in school and be the top ranked player at their tennis club, however they spend much of the school year traveling to manage their hotel chain across the country, and as a result miss most of her school functions and tennis matches. Her lifestyle can be summed up as "privileged but pressured," which is linked to the phenomenon of:

a) Affluenza
b) Influenza
c) Permissive parenting
d) Neglectful parenting

Answer: a

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Application

199) Marcia and John are very unhappy in their marriage. They fight all the time, and it occasionally becomes physical. They are reluctant to split up, though, as they are concerned

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about the mental health implications for their 11 year old daughter Sarah. What advice would you give them?

a) They should split up – it's worse for Sarah to be exposed to their conflict and violence
b) They should stay together – children of divorce are worse off than children whose parents tough it out
c) They should stay together – toughing it out will teach Sarah to work hard
d) They should ask Sarah what she wants them to do – it's her mental health, after all

Answer: a

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Application

200) Children growing up with a parent with mental illness are likely to find that:

a) It's easy to talk about what's going on at home with friends and family
b) They have to take on a caregiver role to their parents &/or siblings
c) Their peers are very supportive
d) They cannot stop thinking about their parents when they are at school

Answer: b

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Comprehension

201) Penny was not terribly popular in elementary school. As an adult, she is:

a) Likely to be well-adjusted
b) Likely to have an eating disorder
c) Likely to experience depression
d) Likely to be a drug addict

Answer: c

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.

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Bloom's: Application

202) Bullying, including cyberbullying, has become a big concern in schools, especially with the proliferation of social media. How is bullying related to abnormal behaviour?

a) Bullying clearly causes loneliness and depression
b) Adolescents who are lonely and depressed are easy targets for bullies
c) Bullies don't tend to discriminate – they pick on everyone
d) It's unclear whether bullying precedes or results from abnormal behaviour

Answer: d

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Medium
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Comprehension

203) In making general comments about cultures that could help clinicians be more cognizant of cultural differences, what must one be aware of to avoid stereotyping?

a) In order to offer the best mental health services possible, clinicians must learn the stereotypes relevant to the culture.
b) That individuals within a culture can be as different from each other as they are from another culture.
c) That stereotyping is a common occurrence and that it is only negative when people hold negative stereotypes.
d) None of the above.

Answer: b

Section Reference: 2.8 The Cultural Context
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Comprehension

204) How do French-speaking Canadians differ from English-speaking Canadians in terms of mental health problems?

a) French-Canadians have much higher prevalence of mental disorders.
b) French-Canadians have a much lower prevalence of mental disorders.

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c) French-Canadians do not differ from English-Canadians in terms of prevalence of mental disorders.
d) French-Canadians are more likely to be diagnosed with depression.

Answer: c

Section Reference: 2.8 The Cultural Context
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

205) What was the impact of the "100-year experiment" on Aboriginal children in Canada where they were placed in residential schools?

a) Increased assimilation into the Anglo-Saxon culture.
b) Improvements in the IQ scores of Aboriginal children.
c) Loss of cultural identity and tradition for the Aboriginal people.
d) None of the above.

Answer: c

Section Reference: Canadian Perspectives 2.1
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

206) What is referred to by the '100-year experiment' conducted by the Canadian government?

a) The implementation of measures to assimilate all new immigrants to Canadian culture.
b) The placement of Aboriginal children in residential schools ran by the federal government.
c) The attempt to eliminate mental illness amongst Aboriginal children in Canada.
d) The implementation of measures to assimilate all Aboriginal children to Canadian culture.

Answer: b

Section Reference: Canadian Perspectives 2.1
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

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207) When was the Indian Residential School Settlement reached and what does it include?

a) 2006; the amount of $2 billion in restitution and a Truth and Reconciliation Commission.
b) 2005; the amount of $50 million in restitution and a similar amount to the descendants.
c) 2002; the amount of $2 billion in restitution to the Aboriginal relatives and descendants.
d) None of the above.

Answer: a

Section Reference: Canadian Perspectives 2.1
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

208) High schools and universities across Canada are placing a greater emphasis on integrating indigenous perspectives into courses as a result of the

a) Indian Residential School Settlement.
b) Truth and Reconciliation Commission.
c) Federal Mandate for Indigenous Education.
d) Aboriginal Justice Treaty.

Answer: b

Section Reference: Canadian Perspectives 2.1
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

209) In a study of the Cree Indians of James Bay, Kirmayer and his colleagues (2000) found the following to be protective factor(s) against mental illness:

a) Sending more time "in the bush."
b) Spending more time with children of various ethnic origins.
c) Having aspirations to pursue a career outside of the Cree community.
d) To be politically active within the larger community.

Answer: a

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Section Reference: Canadian Perspectives 2.1
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

210) In his study of the Cree of James Bay, Kirmayer and colleagues found that less distress was predicted by better:

a) Interpersonal relations
b) Economic status
c) Access to mental health care
d) None of the above

Answer: a

Section Reference: Canadian Perspectives 2.1
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

211) Paul Okalik, the Minister of Health and Justice in Nunavut resigned from his post due to

a) a sex scandal.
b) accusations of embezzlement of federal money.
c) continuing sale of beer and wine in the community.
d) his reluctance to impose restrictions on the sale of beer and wine.

Answer: c

Section Reference: Canadian Perspectives 2.1
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

212) What are the Hutterites and the Anabaptist sects of Manitoba known for?

a) They have the highest recorded rates of schizophrenia.

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b) They have surprisingly low rates of mental disorders.
c) They present with symptoms of "Religious Hysteria."
d) Due to their isolation, they have remarkably high rates of suicide.

Answer: b

Section Reference: 2.8 The Cultural Context
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

213) What is the healthy immigrant effect?

a) Immigrants to Canada have a positive impact on society by adding to our nation's diversity
b) Immigrants to Canada tend to have higher rates of physical illness, but lower rates of mental illness
c) Immigrants to Canada tend to have lower rates of physical illness, but higher rates of mental illness
d) Immigrants to Canada tend to have lower rates of physical illness and lower rates of mental illness

Answer: d

Section Reference: 2.8 The Cultural Context
Difficulty: Easy
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Comprehension

214) In their community sample of French-speaking Canadian adolescents, Elisa Romano and colleagues found that the prevalence of psychiatric disorders was _____ than that reported for English-speaking adolescents.

a) far less
b) far more
c) slightly more
d) the same

Answer: d

Section Reference: 2.8 The Cultural Context

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Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

215) "The healthy immigrant effect" refers to a Statistics Canada report in which recent immigrants were found to have lower rates of _____ in comparison to Canadian-born citizens.

a) schizophrenia
b) personality disorders
c) anxiety
d) mental disorders

Answer: d

Section Reference: 2.8 The Cultural Context
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Knowledge

216) According to Reitmanova & Gustafson, 2009, barriers to mental health of visible minorities immigrating to St. John's, Newfoundland include:

a) Lack of family and social support; unemployment and low socio-economic status
b) Inability to speak English fluently; racial and ethnic inequality and discrimination
c) Lack of accessible mental health services; inability to speaking English fluently
d) Lack of freedom to practice cultural traditions; lack of accessible mental health services

Answer: a

Section Reference: 2.8 The Cultural Context
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Comprehension

217) The diathesis-stress paradigm emphasizes that abnormality results from:

a) Biology and the unconscious

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b) Biology and stress
c) Physiology and biochemistry
d) Attachment and gestalt problems

Answer: b

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

218) Which of the following factors is an example of a diathesis according to the diathesis-stress model?

a) A genetic predisposition for schizophrenia.
b) Socio-cultural pressure to be thin for eating disorders.
c) Negative cognitive set for depression.
d) All of the above.

Answer: a

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Medium
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Analysis

219) Historically, a genetically determined diathesis is most likely to play a role in:

a) Depression
b) Schizophrenia
c) Anxiety
d) Hysteria

Answer: b

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Medium
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Comprehension

220) The diathesis-stress and biopsychosocial paradigms:

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a) Are both based on the notion that psychopathology is unlikely to result from any single factor
b) Are both not limited to a particular school of thought
c) Are integrative
d) All of the above

Answer: d

Section Reference: 2.9 Diathesis-Stress And Biopsychosocial Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

221) A criticism of the biopsychosocial approach is that:

a) It fails to take into account resiliency factors
b) Psychological, biological, and social factors are included but interactions among these subsystems are not fully represented
c) The biopsychosocial paradigm is often restricted to a particular school of thought or paradigm when used to explain certain disorders
d) None of the above

Answer: d

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Medium
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Comprehension

222) According to the biopsychosocial model, one of the most powerful risk factors for psychological disorders is:

a) Genetic predisposition
b) Personality
c) Marital conflict
d) Abuse

Answer: d

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.

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Bloom's: Comprehension

223) The 2003 Canadian Incidence Study of Reported Child Abuse and Neglect found that there was a _____% increase in child maltreatment over the past 5 years.

a) 5
b) 50
c) 125
d) 225

Answer: c

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

224) Which paradigm would be MOST concerned with women of lower SES reporting difficulty accessing care?

a) Diathesis-Stress
b) Biopsychosocial
c) Cognitive
d) Psychodynamic

Answer: b

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Easy
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Knowledge

Question Type: Essay

225) Describe a paradigm. Why is it important to adopt a paradigm in the study of abnormal psychology?

Section Reference: 2.1 The Role of Paradigms
Difficulty: Easy
Learning Objective: 2.1 Explain what a paradigm is and the role of paradigms.

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Bloom's: Analysis

226) Compare three of the major paradigms in psychopathology. In comparing these paradigms, be sure to indicate how the perspectives may appear incompatible, as well as how each one is complementary.

Section Reference: 2.2 The Biological Paradigm, 2.3 The Cognitive-Behavioural Paradigm, 2.4 The Psychoanalytic Paradigm, 2.5 The Humanistic Paradigm
Difficulty: Medium
Learning Objective: 2.6 Explain how and why the paradigm adopted is important.
Bloom's: Analysis

227) What is a neurotransmitter and how do they work? Name three neurotransmitters implicated in mental health and one disorder affiliated with each.

Section Reference: 2.2 The Biological Paradigm
Difficulty: Medium
Learning Objective: 2.2 Describe the biological paradigm and how it is studied.
Bloom's: Knowledge

228) Behavioural therapy and cognitive therapy have been unified, and now it is rare to hear of a mental health professional referring to him/herself as only adhering to one or the other paradigm. Discuss why it is sensible that these paradigms be united.

Section Reference: 2.3 The Cognitive-Behavioural Paradigm
Difficulty: Medium
Learning Objective: 2.3 List the key assumptions of the cognitive-behavioural paradigm.
Bloom's: Analysis

229) What has been the important contribution of the psychoanalytic paradigm to psychopathology? What has been the major limitation?

Section Reference: 2.4 The Psychoanalytic Paradigm
Difficulty: Medium
Learning Objective: 2.4 Describe the psychoanalytic paradigm and why it is still relevant.
Bloom's: Comprehension

230) Do you think that providing people with unconditional positive regard and empathy are enough to help them recover from mental illness? Why or why not?

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Section Reference: 2.5 The Humanistic Paradigm
Difficulty: Hard
Learning Objective: 2.5 Describe the humanistic paradigm and its treatment implications.
Bloom's: Evaluation

231) Which term is better to describing practicing from several theoretical orientations – eclecticism or integrative? Why?

Section Reference: 2.6 Consequences of Adopting a Paradigm
Difficulty: Hard
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Evaluation

232) What are three different ways (identified in the text) that parents influence their child's mental health? Which do you think is the most significant; why?

Section Reference: 2.7 Psychosocial Influences on Mental Health
Difficulty: Hard
Learning Objective: 2.7 Discuss psychosocial influences on mental health.
Bloom's: Analysis

233) What is the healthy immigrant effect? How might some immigrants not fit that description? Give specific examples.

Section Reference: 2.8 The Cultural Context
Difficulty: Medium
Learning Objective: 2.8 Explain how the cultural context can contribute to mental health problems.
Bloom's: Evaluation

234) How are the diathesis-stress and biopsychosocial paradigms similar? How are they different?

Section Reference: 2.9 Diathesis-Stress and Biopsychosocial: Integrative Paradigms
Difficulty: Medium
Learning Objective: 2.9 Identify and explain two integrative paradigms.
Bloom's: Analysis

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