Abnormal Psychology The Science and Treatment of Psychological Disorders 15th edition Kring Test Bank

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CHAPTER 2
Current Approaches in Psychopathology

Question Type: Multiple Choice

1. What is the best way to describe current thinking about psychopathology?

a) It is integrative and multifaceted.
b) It is a mental disease.
c) It can always be cured.
d) It is caused solely by genes.

Answer: a

Section Reference: Introduction
Difficulty: Easy
Learning Objective: Recognize the importance of integration across many influences to understanding the causes and treatments for psychopathology.
Bloomcode: Knowledge

2. The current way of thinking about the influence of genes and the environment on behavior is best described as

a) nature versus nurture.
b) nurture via nature.
c) nature via nurture.
d) neither nature nor nurture.

Answer: c

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

3. In thinking about the influence of genes on behavior, it is important to remember that

a) genes play a role only in simple, primitive behaviors like reflexes.
b) although the environment shapes gene expression, genes do not shape the environment.
c) human behavior is almost always independent of the influence of genes.
d) without the environment, genes could not express themselves.

Answer: d

Section Reference: Genetic Influences
Difficulty: Medium

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Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

4. How many genes do people have?

a) 23
b) 46
c) between 10,000 and 15,000
d) between 20,000 and 25,000

Answer: d

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

5. Contemporary views on genetic and environmental factors in behavior emphasize that

a) genes are important for only some behaviors.
b) a good environment can overcome genetic limitations.
c) both types of factors can and do influence each other.
d) the percentage of genetic influence on a behavior can be measured.

Answer: c

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

6. In general, most people have how many pairs of chromosomes?

a) 23
b) 46
c) between 10,000 and 15,000
d) between 20,000 and 25,000

Answer: a

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.

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Bloomcode: Knowledge

7. What makes humans unique is the

a) number of genes we have.
b) amount of DNA we inherit.
c) number of genes we inherit.
d) sequencing of our genes.

Answer: d

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

8. The switching on and off of certain genes is called

a) gene expression.
b) gene sequencing.
c) DNA ordering.
d) DNA display.

Answer: a

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

9. In discussing heritability, it is important to keep in mind that

a) heritability estimates range from –1.0 to +1.0.
b) the closer to zero the value, the greater the heritability.
c) heritability makes a difference only for disordered behavior.
d) heritability is relevant for large populations.

Answer: d

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

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10. According to behavior genetics research on psychopathology, nonshared experiences

a) may play a role in psychopathology, but that role is difficult to measure.
b) are the exclusive determinants of psychopathology.
c) are largely irrelevant to the development of psychopathology.
d) cannot be meaningfully distinguished from shared experiences.

Answer: a

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

11. In terms of genetic influences, psychopathology is best described as resulting from

a) genetic mutations.
b) multiple genes.
c) a single gene for each disorder.
d) deletion of genes.

Answer: b

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

12. If the heritability of ADHD is about 0.70, then

a) the likelihood that a randomly selected individual will have the ADHD gene is 70%.
b) seven out of ten individuals with ADHD will have parents with ADHD.
c) if both parents have ADHD, the likelihood that their child will have ADHD is 70%.
d) in a given population, approximately 70% of the variation in ADHD is attributed to genes.

Answer: d

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

13. Genotype refers to

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a) the interaction of genes and environment.
b) the physical sequence of DNA.
c) the totality of observable behavioral characteristics.
d) the importance of genes in determining behavior.

Answer: b

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

14. Which of the following is an example of a shared environmental factor for siblings?

a) peer relationships
b) specific events
c) family environment
d) school teachers

Answer: c

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

15. The total genetic makeup of an individual, consisting of inherited genes, is referred to as the individual's

a) phenotype.
b) genotype.
c) somatotype.
d) allele type.

Answer: b

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

16. The totality of observable behavioral characteristics is called an individual's

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a) allele type.
b) genotype.
c) genetic type.
d) phenotype.

Answer: d

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

17. A genotype is

a) negated by the shared environment.
b) relevant only when a trait is dominant.
c) not outwardly observable.
d) unrelated to the phenotype.

Answer: c

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

18. A phenotype is illustrated by which of the following?

a) Lisa's mom's DNA
b) Lisa's chromosomes
c) Lisa's eye color
d) Lisa's DNA structure

Answer: c

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

19. Behavior genetics suggests which of the following relationships between genes and abnormal behavior?

a) Genetic predispositions may increase the likelihood of abnormal behavior.

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b) Genetic predispositions to psychopathology are unaffected by the environment.
c) Genetic predispositions are the sole determinants of psychopathology.
d) Genetic predispositions produce abnormal behavior only when the environment is abnormal.

Answer: a

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

20. Any measure of intelligence is best viewed as an index of

a) genotype.
b) phenotype.
c) shared environment.
d) nonshared environment.

Answer: b

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

21. Turkheimer and colleagues' study of IQ showed that

a) the heritability of IQ is high.
b) the heritability of IQ depends on the environment.
c) achievement is highly heritable regardless of the environment.
d) linkage analysis is a sound research method.

Answer: b

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

22. Different forms of the same gene are called

a) alleles.
b) polygenetics.
c) chromosomes.

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d) genotypes.

Answer: a

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

23. A difference in DNA sequence that occurs in a population is called

a) an allele.
b) a genotype.
c) a phenotype.
d) a polymorphism.

Answer: d

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

24. For which of the following groups of children would intelligence show the highest amount of heritability?

a) the children of impoverished parents with low educational attainment
b) the children of working-class parents
c) the children of middle-class parents
d) the children of very wealthy, highly educated parents

Answer: d

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

25. Transcription is the process by which a code for a protein is transferred from

a) DNA to RNA.
b) DNA to genes.
c) RNA to DNA.
d) genes to DNA.

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Answer: a

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

26. In genetics, SNPs are

a) single neurogenic proteins.
b) single nucleotide polymorphisms.
c) soluble nucleotide proteins.
d) soluble neurokinetic polymorphisms.

Answer: b

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

27. A CNV occurs at the level of the

a) gene.
b) chromosome.
c) phenotype.
d) peptide.

Answer: a

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

28. *De novo* mutations are

a) spontaneous.
b) rapidly progressing.
c) slow developing.
d) systematic.

Answer: a

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Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

29. What does GWAS stand for?

a) genome-wide association studies
b) gene-willed analysis studies
c) genome-wide analysis studies
d) gene-willed association studies

Answer: a

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

30. Adoption studies are excellent for investigating

a) polymorphism.
b) gene–environment interactions.
c) genotypes.
d) alleles.

Answer: b

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

31. Nick and Dave were raised in a family in which alcohol consumption, including heavy use by adults who regularly shared with minors, was common. Dave happened to be born with a genetic predisposition to alcohol dependence, but Nick was not. Nick did not have alcohol problems as an adult, but Dave did. This case illustrates

a) linkage analysis.
b) epigenetics.
c) gene–environment interactions.
d) the impact of alleles.

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Answer: c

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

32. The concept of gene–environment interaction involves the idea that

a) sensitivity to environmental influences is affected by genes.
b) genetic disorders can be prevented by manipulating the environment.
c) only pathological environments lead to psychopathology.
d) genes affect the environment but not vice versa.

Answer: a

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Comprehension

33. Epigenetics is best described as what sort of process?

a) an inconsequential one
b) a dynamic one
c) a rare one
d) a static one

Answer: b

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Comprehension

34. An SNP is a difference in a single

a) nucleotide.
b) neurotransmitter.
c) neuron.
d) neoplasia.

Answer: a

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Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

35. Those who take an approach to psychopathology that is rooted in neuroscience are most likely to suggest that mental disorders are

a) the result of limited brain development.
b) associated with infectious processes.
c) linked to aberrant processes in the brain.
d) the result of traumatic brain injuries.

Answer: c

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Comprehension

36. The small gap between brain cells that is involved in message transmission is called the

a) terminal.
b) axon.
c) ganglion.
d) synapse.

Answer: d

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

37. Neurotransmitters are chemical substances that

a) transmit nerve impulses to the next neuron.
b) repair neurons.
c) let neurons adjust their sensitivity to new inputs.
d) adjust the speed of neural transmissions.

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Easy

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Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

38. Neurotransmitters are pumped back into the presynaptic cell by

a) reintroduction.
b) reuptake.
c) reinstitution.
d) recall.

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

39. Which neurotransmitter is involved in producing states of high arousal and may be involved in the anxiety disorders and other stress-related conditions?

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

Answer: d

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

40. Which neurotransmitter inhibits nerve impulses throughout most areas of the brain and may be involved in the anxiety disorders?

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

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Medium

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Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

41. Neurons are stimulated through their

a) mitochondria.
b) axon.
c) terminals.
d) dendrites.

Answer: d

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

42. The gray matter in the brain is made up of

a) neurons.
b) fissures.
c) sulci.
d) meninges.

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

43. How many layers of tightly packed neurons make up the cortex?

a) two
b) four
c) six
d) eight

Answer: c

Section Reference: Neuroscience Influences
Difficulty: Medium

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Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

44. The part of your brain just below the lateral sulcus is

a) the frontal lobe.
b) the occipital lobe.
c) the parietal lobe.
d) the temporal lobe.

Answer: d

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

45. The hypothalamus is the part of the brain that

a) recognizes spatial relations.
b) regulates metabolism.
c) controls movement.
d) relays sensory pathways for hearing and vision.

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

46. The hippocampus is crucial for

a) memory.
b) speech.
c) sight.
d) hearing.

Answer: a

Section Reference: Neuroscience Influences
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Bloomcode: Knowledge

47. The A in ANS stands for

a) automatic.
b) autonomic.
c) automated.
d) autologous.

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

48. In what process, often occurring in early adulthood, are cell connections in the brain eliminated?

a) honing
b) pruning
c) habituation
d) extinction

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

49. Pruning results in

a) fewer but faster connections in the brain.
b) fewer but slower connections in the brain.
c) more but slower connections in the brain.
d) more but faster connections in the brain.

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

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50. The HPA axis and cortisol play a crucial role in the body's response to

a) stress.
b) sleep.
c) sadness.
d) sexual stimulation.

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

51. When people are faced with a threat, the hypothalamus releases _____, which then communicates with the pituitary gland.

a) serotonin
b) dopamine
c) corticotrophin-releasing factor
d) norepinephrine

Answer: c

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

52. The autonomic nervous system generally operates

a) without our awareness.
b) quite slowly.
c) under voluntary control.
d) when we are relaxed.

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

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53. The autonomic nervous system is divided into two parts:

a) the somatic nervous system and the involuntary nervous system.
b) the sympathetic nervous system and the parasympathetic nervous system.
d) the sympathetic nervous system and the somatic nervous system.
c) the somatic nervous system and the sympathetic nervous system.

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

54. Which part of the ANS accelerates the heart rate, dilates the pupils, and initiates smooth muscle and glandular responses that prepare an organism for sudden activity and stress?

a) parasympathetic nervous system
b) sympathetic nervous system
c) somatic nervous system
d) neuroendocrine system

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

55. Which of the following is consistent with a neuroscience approach to psychopathology?

a) using an antidepressant to inhibit the uptake of serotonin
b) changing one's schema by identifying false cognitions
c) studying gene–environment interactions to better understand how depression runs in families
d) studying the heritability of schizophrenia

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

56. Cytokines such as IL-6 and IL-8 have been implicated in

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a) major depression.
b) autism spectrum disorder.
c) schizophrenia.
d) ADHD.

Answer: c

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

57. The primary argument against reductionism is that

a) using multiple levels of analysis makes understanding needlessly complex.
b) certain phenomena may emerge only at specific levels of analysis.
c) it is impossible to identify the best level of analysis for some phenomena.
d) theoretical biases make it difficult to adjust levels of analysis.

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

58. Which type of therapy is based on the idea that anxiety will extinguish if the person can face the object or situation long enough with no actual harm occurring?

a) behavioral activation
b) cognitive
c) exposure
d) ego analysis

Answer: c

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

59. A parent who sends a young child to a time-out chair for misbehavior is using the principles of

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a) operant conditioning.
b) modeling.
c) classical conditioning.
d) observational learning.

Answer: a

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

60. In which type of therapy does a therapist help a person identify and engage in tasks and behaviors that provide an opportunity for positive reinforcement?

a) behavioral activation
b) cognitive
c) exposure
d) ego analysis

Answer: a

Section Reference: Cognitive Behavioral Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

61 Joan tends to view other people as always being out for themselves, and when people do something nice for her, she wonders what is in it for them. According to the cognitive perspective, Joan's tendency to view others in this somewhat cynical way represents a

a) schema.
b) archetype.
c) fixation.
d) diathesis.

Answer: a

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
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Bloomcode: Application

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62. After the first day of class, Jack (who is always an optimist) decides that the class will be fun, while Jan (who struggles to get good grades) decides that the class will be hard. Their different reactions illustrate the role of their

a) nonshared environment.
b) cognitive set.
c) previous exposures.
d) childhood experiences.

Answer: b

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

63. The A is BA therapy stands for

a) activation.
b) attenuation.
c) analysis.
d) assimilation.

Answer: a

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

64. After Joan was fired from her job, her therapist attempted to help her see that being fired does not mean she is a bad person. What approach was used by this therapist?

a) Bandura's behavioral therapy
b) Adler's individual psychology
c) Beck's cognitive therapy
d) Perls's gestalt therapy

Answer: c

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
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Bloomcode: Application

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65. The distinctive characteristic of CBT is the assertion that

a) disorders are associated with different thought patterns.
b) thoughts and disorders are largely independent of each other.
c) disorders cause negative thought patterns.
d) thoughts cause the symptoms of disorders.

Answer: d

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

66. 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 behavior?

a) Ted is imitating the behavior of his hard-working father.
b) Ted believes he can be a good person only if he excels in everything.
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: Cognitive Behavioral Influences
Difficulty: Hard
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Synthesis

67. CBT stands for

a) cognitive bias therapy.
b) congruent behavior therapy.
c) congruent bias therapy.
d) cognitive behavior therapy.

Answer: d

Section Reference: Cognitive Behavioral Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

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68. _____ is the idea that a person can, without being aware of it, be influenced by prior learning.

a) Complicit memory
b) Implicit memory
c) Subconscious learning
d) Conscious remembrance

Answer: b

Section Reference: Cognitive Behavioral Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

69. The difference between emotions and moods is that

a) emotions involve feelings, while moods involve behaviors.
b) emotions have been linked to psychological disorders, while moods have not.
c) emotions are long-lived experiences, while moods tend to be short-lasting.
d) emotions are fairly short-lived states, while moods tend to last for longer periods of time.

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

70. Lindsey opened a letter saying that she got into her top choice medical school. She felt a rush of joy and began to jump up and down with excitement. Which of the following best describes Lindsey's state in the moment after opening the letter?

a) Lindsey is experiencing happy emotions.
b) Lindsey is not good at expressing emotions.
c) Lindsey has a happy schema.
d) Lindsey has incongruent affect.

Answer: a

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Application

71. In studying the role of emotions in different mental disorders, it is important to consider

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a) which components of emotion are affected.
b) how sad the person is.
c) the neurophysiological basis of the disorder.
d) which emotions have the largest effect on mood.

Answer: a

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

72. Multinational studies on the role of gender in psychopathology have shown that

a) alcohol dependence is equally common among women and men.
b) depression is nearly twice as common among women than men.
c) antisocial personality disorder is more common among women than men.
d) childhood disorders affect more girls than boys.

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

73. Cultural and ethnic studies of psychopathology conducted around the world indicate that

a) most disorders are prevalent only in the United States.
b) all disorders in DSM-5 can be identified in every culture studied.
c) treatments are universally effective for all disorders.
d) certain disorders are observed in diverse parts of the world.

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

74. Studies of psychopathology among different cultures and ethnicities have shown that eating disturbances are more common among _____, while schizophrenia is more common among _____.

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a) Blacks; Whites
b) Asians; Whites
c) Whites; Blacks
d) Blacks; Asians

Answer: c

Section Reference: Socioemotional Influences
Difficulty: Hard
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Evaluation

75. In the United States, males are more likely than females to report a diagnosis of

a) a trauma-related disorder.
b) depression.
c) anxiety.
d) ADHD.

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Knowledge

76. Which disorders are more frequently reported among people of Asian descent than among Whites?

a) trauma-related disorders
b) anxiety disorders
c) bipolar disorders
d) depressive disorders

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Hard
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Synthesis

77. Which disorders are reported more frequently by Hispanics than by non-Hispanics?

a) anxiety disorders

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b) bipolar disorders
c) psychotic disorders
d) trauma-related disorders

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

78. Which type of therapy emphasizes the importance of current relationships in a person's life and how problems in these relationships can contribute to psychological symptoms?

a) cognitive behavior therapy
b) interpersonal therapy
c) behavioral activation therapy
d) psychoanalytic therapy

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Knowledge

79. Which type of therapy has, as its goal, the reduction of relationship stress and improvement of communication?

a) couples therapy
b) individual therapy
c) triad therapy
d) interpersonal therapy

Answer: a

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Comprehension

80. With severe, persistent disorders like schizophrenia and bipolar disorder, an important early goal of family-focused treatment is to

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a) provide psychoeducation.
b) choose one problem to address.
c) generate potential solutions.
d) establish family harmony.

Answer: a

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Comprehension

81. In the Clinical Case of Clare, Clare, who has been diagnosed with bipolar disorder, is asked to discuss her suicide attempts with her parents. With the assistance of the therapist, Clare and her parents then work together to come up with ways to keep Clare safe from her suicidal impulses. This approach is most consistent with which type of therapy?

a) rational-emotive therapy
b) family-focused therapy
c) behavior activation therapy
d) group therapy

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Application

82. Which of the following is one of the overarching issues assessed in IPT?

a) occupational goals
b) mood dysfunctions
c) role transitions
d) financial challenges

Answer: c

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Comprehension

83. Interpersonal therapy emphasizes the importance of

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a) childhood conflicts.
b) current relationships.
c) desired goals.
d) cognitive biases.

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Knowledge

84. IPT considers which of the following interpersonal issues?

a) relationship congruency
b) unresolved grief
c) established roles
d) social support

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Comprehension

85. In what types of mental disorders does stress within the context of social relationships play a role?

a) primarily in mood disorders
b) in just about all disorders
c) in a minority of disorders and only rarely
d) primarily in personality disorders

Answer: b

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Knowledge

86. From a psychological point of view, stress is best defined as

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a) a physiological reaction with limited psychological impact.
b) the product of cognitive distortions and irrational thought.
c) a cultural construct that is experienced primarily in Western nations.
d) a subjective experience of distress in response to perceived environmental problems.

Answer: d

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Application

87. How is the relationship between mental disorders and domestic violence against women most accurately described?

a) Being the victim of domestic violence causes women to develop mental disorders.
b) Having a mental disorder causes women to become victims of domestic violence.
c) Experiencing domestic violence is associated with increased risk of mental disorder and vice versa.
d) There is not a consistent relationship between domestic violence and mental disorders.

Answer: c

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Knowledge

88. As described in a Clinical Case in the text, Arthur had a difficult childhood, a challenging college experience marked by excessive alcohol consumption, and stressful adult experiences at work and in his family that he coped with by drinking excessively. A therapist concerned about the influences of genetic issues in mental disorders would focus on which of the following issues?

a) the observation that Arthur's father was a heavy alcohol user
b) the death of Arthur's mother when Arthur was quite young
c) the work-related stress that Arthur is experiencing
d) the relationship issues that Arthur is having with his wife

Answer: a

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

89. Most therapists today conceptualize a clinical case

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a) using one perspective.
b) using two primary perspectives.
c) using multiple perspectives.
d) without using a perspective, to avoid bias.

Answer: c

Section Reference: Socioemotional Influences
Difficulty: Easy
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Comprehension

Question Type: True/False

90. *True or false?* A gene–environment interaction means that sensitivity to environmental events is influenced by phenotype.

a) True
b) False

Answer: b

Section Reference: Genetic Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

91. *True or false?* The first step in the process of epigenetics is for genes to be turned "on" or "off."

a) True
b) False

Answer: b

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

92. *True or false?* The genetic approach to psychopathology focuses on questions such as whether certain disorders are heritable.

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a) True
b) False

Answer: a

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Knowledge

93. *True or false?* The postsynaptic gap is bridged by dendrites.

a) True
b) False

Answer: b

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

94. *True or false?* The way we think and feel about things influences our behavior.

a) True
b) False

Answer: a

Section Reference: Cognitive Behavioral Influences
Difficulty: Easy
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Comprehension

Question Type: Essay

95. Select one of the general areas of genetics that is of interest to you (behavior genetics, molecular genetics, or gene–environment interactions) and evaluate what is known of its influence on mental disorders.

Answer:

Section Reference: Genetic Influences
Difficulty: Hard

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Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology .
Bloomcode: Evaluation

96. Explain the importance of molecular genetics to the study of psychopathology.

Answer:

Section Reference: Genetic Influences
Difficulty: Hard
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Evaluation

97. Define *gene–environment interaction* and give an example.

Answer:

Section Reference: Genetic Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

98. Outline the functioning of the immune system and the ways in which it may be related to psychopathology.

Answer:

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

99. What are neurotransmitters? Identify at least two that have been implicated in psychopathology and specify which disorders they are associated with.

Answer:

Section Reference: Neuroscience Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Application

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100. Describe the functions of the sympathetic and parasympathetic nervous systems.

Answer:

Section Reference: Neuroscience Influences
Difficulty: Easy
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Comprehension

101. Outline and critique the assumptions and processes of cognitive behavior therapy and discuss its strengths and limitations.

Answer:

Section Reference: Cognitive Behavioral Influences
Difficulty: Hard
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Evaluation

102. Discuss the influences of behaviorism on our understanding of psychopathology.

Answer:

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

103. Describe and critique the assumptions and processes of behavioral activation therapy.

Answer:

Section Reference: Cognitive Behavioral Influences
Difficulty: Medium
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Analysis

104. What role does the unconscious play in psychopathology?

Answer:

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Section Reference: Cognitive Behavioral Influences
Difficulty: Hard
Learning Objective: Describe the essentials of the genetic, neuroscience, and cognitive behavioral influences on psychopathology.
Bloomcode: Synthesis

105. Discuss and critique the assumptions of interpersonal therapy and describe the four interpersonal issues that are assessed.

Answer:

Section Reference: Socioemotional Influences
Difficulty: Medium
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Analysis

106. Why is it so important that therapists adopt multiple perspectives in working with clients? What are some of the risks of not doing so?

Answer:

Section Reference: Socioemotional Influences
Difficulty: Hard
Learning Objective: Describe the essentials of socioemotional influences, including emotion, culture, ethnicity, stress, trauma, and interpersonal influences, on the study and treatment of psychopathology.
Bloomcode: Synthesis

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