Abnormal Psychology 15th edition Kring Test Bank

SKU: 9781119705475-TEST-BANK

CHAPTER 1
Introduction and Historical Overview

Question Type: Multiple Choice

1. In the case study of Jack, a young man with schizophrenia, how is stigma demonstrated?

a) The landlord tries to charge Jack a higher rent for the apartment.
b) The landlord refuses to rent the apartment to Jack, thinking he might be violent.
c) The landlord will rent to Jack only if Jack agrees to have an in-home aide.
d) The landlord insists on proof that Jack was properly treated and is taking medication.

Answer: b

Section Reference: Psychological Disorders and Stigmas
Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Comprehension

2. In the case study of Felicia, who was relentlessly teased for her behavior in elementary school, what led to an improvement in her life?

a) She received adequate treatment for previously undiagnosed ADHD.
b) She was punished for her problem behaviors and they lessened.
c) She decided that, by force of will and self-control, she would change her behavior.
d) She was labeled as having a disability and expectations for her were lowered.

Answer: a

Section Reference: Psychological Disorders and Stigmas
Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Application

3. The field concerned with the nature, development, and treatment of psychological disorders is called

a) psychopathology.
b) neuropathology.
c) neuropsychology.
d) psychophysiology.

Answer: a

Section Reference: Psychological Disorders and Stigmas
Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.

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Bloomcode: Knowledge

4. Students may have difficulty remaining objective when learning about psychopathology. Which of the following factors is most likely to interfere with objectivity?

a) students' own diagnoses
b) fears about psychopathology
c) insecurities about their own stability
d) preconceived notions about psychopathology

Answer: d

Section Reference: Psychological Disorders and Stigmas
Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Comprehension

5. Stigmas are best described as

a) knowledge about disorders.
b) negative attitudes or beliefs.
c) personal experiences.
d) discriminatory behaviors.

Answer: b

Section Reference: Psychological Disorders and Stigmas
Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Knowledge

6. What does stigma do to the people it is applied to?

a) Stigma creates a protected class so that those people cannot be discriminated against.
b) Stigma characterizes them as different from others in some essential way.
c) Stigma helps encourage them to change their behavior so that they will be accepted.
d) Stigma allows them to be discriminated against without legal recourse.

Answer: b

Section Reference: Psychological Disorders and Stigmas
Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Analysis

7. Which of the following activities is most likely to help reduce stigma?

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a) mandating medication for people with mental disorders
b) having the police respond to mental health crisis calls rather than social workers
c) educating the general public about mental disorders
d) returning to the state hospital system for people with mental disorders

Answer: a

Section Reference: Psychological Disorders and Stigmas
Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Analysis

8. How does Stephen Hinshaw describe the fight against stigma associated with mental disorders?

a) as an impossible task
b) as something that has finally been accomplished
c) as a fruitless effort to normalize the abnormal
d) as the final frontier for human rights

Answer: d

Section Reference: Psychological Disorders and Stigmas
Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Analysis

9. What is Stephen Hinshaw's position on parents and teachers completing rating scales related to the behavior of children?

a) Such scales lack the reliability and validity that is needed for screening purposes.
b) Such scales contribute to stigmatization by pathologizing normal childhood behaviors.
c) Such scales are a waste of time since only professionals can accurately rate behavior.
d) Such scales could be useful in prevention and early detection of mental disorders.

Answer: d

Section Reference: Psychological Disorders and Stigmas
Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Application

10. Which of the following organizations has a website that is intended to provide a forum where people with psychological disorders can find support?

a) Treatment Advocacy Center
b) Mind Freedom International

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c) Autism Speaks
d) National Institute on Mental Health

Answer: b

Section Reference: Psychological Disorders and Stigmas
Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Comprehension

11. Which of the following describes a characteristic of mental disorders as they are understood in the text?

a) Mental disorders are statistically uncommon.
b) Mental disorders involve inherently dangerous behavior.
c) Mental disorders have a known neurological basis.
d) Mental disorders involve disability and dysfunction.

Answer: d

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Analysis

12. Why is defining mental disorder solely on the basis of personal distress problematic?

a) High levels of distress and suffering are normal in modern society.
b) Some mental disorders do not involve personal distress.
c) It ignores the suffering of the family members of disturbed people.
d) It does not apply to physiological disorders.

Answer: b

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Analysis

13. Who, among the following, is experiencing personal distress that might indicate that they have a mental disorder?

a) Jasmine is experiencing personal distress because of the death of her mother.
b) Hubert is experiencing personal distress because he cannot pay his bills.
c) Because of a change in work schedule, Paulette is experiencing personal distress.
d) Larry is experiencing personal distress because his anxiety prevents him from dating.

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Answer: d

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Analysis

14. DSM-5's definition of *mental disorder* includes which of the following criteria?

a) The disorder involves clinically significant difficulties in psychological functions.
b) The disorder is a culturally specific reaction to an event.
c) The disorder is the result of deviance or conflict with societal norms.
d) The disorder affects the individual's internal state but no other aspects of life.

Answer: a

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Analysis

15. Cindy is an accomplished lawyer who sought psychological help in dealing with the stresses of balancing work and family responsibilities. Which of the following characteristics of mental disorders applies best to Cindy?

a) harmful dysfunction
b) violation of social norms
c) personal distress
d) disability

Answer: c

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Evaluation

16. What does the DSM-5 definition of dysfunction assume?

a) The brain and behavior are independent of each other.
b) The brain impacts behavior, but behavior does not impact the brain.
c) Behavior impacts the brain, but the brain does not impact behavior.
d) The brain impacts behavior and behavior impacts the brain.

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Answer: d

Section Reference: Defining Psychological Disorder
Difficulty: Medium
Learning Objective: Understand the characteristics that define psychological disorder.
Bloomcode: Analysis

17. Why was exorcism used on people who demonstrated odd behavior?

a). to restore balance among the humors
b) to punish the individual
c) to cast out evil spirits
d) to remove damaged parts of the brain

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

18. Hippocrates' early views on mental health contributed to an enduring emphasis on'

a) natural causes.
b) spirituality.
c) humors.
d) classification.

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Analysis

19. Hippocrates suggested which of the following treatments for mental disorders?

a) trephining
b) flogging
c) prayer and chants by faith healers
d) care in choosing food and drink

Answer: d

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Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Analysis

20. Hippocrates influenced the treatment of mental disorders by

a) distinguishing medicine from religion and magic.
b) debunking the notion that the four humors were related to disorders.
c) reforming mental hospitals.
d) suggesting that mental disorders were divine punishment.

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

21. During the Dark Ages, what is the best treatment that a person with a mental disorder could hope for?

a) to be cared for by monks in a monastery
b) to be chained in an asylum
c) to be tried and possibly condemned for witchcraft
d) to undergo trephining or some other surgery

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Analysis

22. During the 14th century, how did English law treat people with mental disorders?

a) It treated them as criminals.
b) It viewed them as apostates.
c) It allowed them to be hospitalized.
d) It required them to go to workhouses.

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium

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Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

23. In what century were old leprosy hospitals in England first converted into asylums for people with psychological disorders?

a) 15th century
b) 16th century
c) 17th century
d) 18th century

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

24. Which treatment did Benjamin Rush favor for people with mental disorders?

a) rest and relaxation
b) crude psychosurgery
c) removing some of the individual's blood
d) a healthy diet and exercise

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

25. The word *lunacy* is associated with a theory espoused by Paracelsus, who attributed odd behavior to

a) the effects of a full moon.
b) drinking witches' brew.
c) a misalignment of the moon and stars.
d) witchcraft.

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Easy
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Bloomcode: Knowledge

26. Early asylums were developed

a) for the confinement and care of the mentally ill.
b) to protect people from witch hunts.
c) after the discovery of syphilis.
d) to allow the mentally ill to be punished.

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

27. Bethlehem Hospital was often referred to by local residents as "Bedlam." In its current use, the term bedlam refers to which characteristic of the old hospital?

a) its purpose of containing disruptions caused by patients
b) its treatment, which often tormented the patients
c) its atmosphere, which was chaotic and wildly out of control
d) its fundraisers, which involved the public paying to watch patients

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

28. Who is associated with creating more humane environments at mental hospitals?

a) Emil Kraepelin
b) Joseph Breuer
c) Philippe Pinel
d) John Watson

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Analysis

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29. Which of the following is a component of moral treatment for individuals with mental disorders?

a) mandatory and complete bed rest
b) long periods of fasting and penitence
c) the use of early psychotropic medications
d) taking responsibility for one's self as much as possible

Answer: d

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Analysis

30. Moral treatment involved

a) herbal remedies that may have been toxic.
b) fighting social inequities.
c) encouraging purposeful activities.
d) frightening the individual.

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

31. Which of the following might an individual receiving moral treatment have experienced?

a) electroshock therapy
b) physical restraints
c) being read to
d) bloodletting

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

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32. Moral treatment was largely abandoned when which of the following occurred?

a) Psychoanalysis came to dominate the treatment of psychological disorders.
b) Improved medications made confinement rare and typically unnecessary.
c) Hospitals specifically for individuals with mental disorders were created.
d) Scandals at centers providing moral treatment forced their closure.

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

33. Dorothea Dix is famous for

a) improving the standard of care for people with mental disorders.
b) arguing that state hospitals ought to be closed down.
c) opposing the use of medication as denying patients' autonomy.
d) promulgating the use of psychosurgery for the treatment of mental disorders.

Answer: a

Section Reference: Early History of Psychopathology
Difficulty: Easy
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Knowledge

34. Similar to the early asylums, present-day mental hospitals

a) provide a great deal of stimulation.
b) provide intensive individual therapy.
c) provide merely for basic needs and medication.
d) are well-staffed and comfortable.

Answer: c

Section Reference: Early History of Psychopathology
Difficulty: Medium
Learning Objective: Understand how the causes and treatments of psychological disorders have changed over the course of history.
Bloomcode: Application

35. General paresis is best described as

a) an early term for schizophrenia.
b) hysterical paralysis with no medical cause.

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c) advanced, untreated syphilis.
d) a bloodletting technique.

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

36. The germ theory of disease, which states that disease is caused by infection of the body by tiny organisms, was put forth by

a) Emil Kraepelin.
b) Franz Anton Mesmer.
c) Jean Charcot.
d) Louis Pasteur.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

37. The discovery of the cause of syphilis was important to understanding mental disorders for which of the following reasons?

a) Syphilis was widely feared and exacerbated mental disorders.
b) It increased interest in determining biological causes for mental disorders.
c) More asylum patients were diagnosed with syphilis.
d) It highlighted the need for valid diagnostic systems.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

38. The germ theory of disease was instrumental in

a) showing the link between syphilis and mental disorders.
b) explaining the cause of schizophrenia and depression.

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c) disproving the biological hypotheses.
d) showing the link between influenza and adjustment disorder.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

39. An advocate for biological approaches would suggest which of the following treatments for depression?

a) antidepressant medication
b) psychotherapy
c) relaxation therapy
d) hypnosis

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

40. The eugenics movement

a) never became influential in the United States.
b) sought to eliminate undesirable characteristics from the population.
c) asserted that individuals with mental disorders should be helped to parent their children.
d) sought to provide institution-based treatment for individuals with mental disorders.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

41. In the United States, the eugenics movement led to

a) increased use of community-based treatment.
b) a focus on preventing mental disorders through early detection.
c) increased interest in medical treatment for mental disorders.

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d) forced sterilization of people with mental disorders.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

42. Which of the following is true about ECT?

a) It is used today to treat patients with severe depression.
b) Today it is primarily used in the treatment of epilepsy.
c) It destroys the tracts connecting the frontal lobes to the amygdala.
d) It ceased to be used after the introduction of the lobotomy.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

43. Hypnosis, as originally developed by Mesmer, was used for

a) mild exorcism.
b) uncovering early child abuse.
c) relief from chronic pain.
d) treating hysteria.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

44. The reasoning behind using hypnosis as a treatment, as developed by Mesmer, was that

a) changing the magnetic fluid would result in symptom reduction.
b) relaxation was a sufficient treatment for alleviating symptoms.
c) frightening patients would result in symptom reduction.
d) faith in the healer caused healing.

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Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

45. Esther was a patient of Mesmer, who was treating her for blindness. What did she likely see when she entered his treatment room?

a) a quiet room, with a soft reclining chair in which she could relax
b) a "bleeding device" for draining her excess blood
c) a stock of rods to adjust fields, with Mesmer presiding over them
d) a sterile, well-lit room with several doctors in white laboratory coats

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

46. Breuer observed an association between recalling past traumatic events and expression of the original emotion. The treatment he then developed resulted in

a) increased awareness of defense mechanisms.
b) decreased symptoms of hysteria.
c) the emergence of new symptoms.
d) the repression of all emotions.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

47. Dr. Jones encourages her clients, under hypnosis, to recall childhood traumas and the emotions associated with them. This technique was developed by

a) Josef Breuer.
b) Carl Jung.
c) Fritz Perls.
d) Franz Mesmer.

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Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

48. Which statement regarding catharsis is *true*?

a) It is a moral treatment method.
b) It was developed by Pinel.
c) It consists of drawing blood from a patient.
d) It encourages the release of emotional tension.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

49. How did Josef Breuer treat hysterical paralysis?

a) psychosurgery
b) institutionalization
c) talk therapy
d) medication

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

50. The cathartic method was created by

a) Sigmund Freud.
b) Josef Breuer.
c) Jean Martin Charcot.
d) Richard von Krafft-Ebing.

Answer: b

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Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

51. Psychoanalytic theory rests on the assumption that psychopathology is the result of

a) incomplete superego development.
b) unconscious conflicts.
c) ego defense mechanisms.
d) overcontrol of the pleasure principle.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

52. The id, ego, and superego are

a) structures of the mind.
b) stages in a developmental sequence.
c) biological drives.
d) brain structures.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

53. The ego operates according to the _____ principle.

a) reality
b) Oedipal
c) Electra
d) pleasure

Answer: a

Section Reference: Historical Antecedents of Contemporary Views

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Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

54. According to Freud, the basic energy source for the psyche is the

a) id.
b) ego.
c) superego.
d) Oedipus complex.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

55. According to Freudian theory, seeking food when hungry is a result of actions of the

a) superego.
b) ego.
c) id.
d) archetype

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

56. According to Freud's theory, the superego develops from the

a) id.
b) ego.
c) emergence of defense mechanisms.
d) conflicts in the Oedipal stage.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy

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Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

57. Dealing with reality is the primary role of the

a) id.
b) ego.
c) superego.
d) preconscious.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

58. According to Freud, the energy source of which of the following structures is biological and unconscious?

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

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Hard
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

59. While studying for an exam, Greg worked for 15 minutes before becoming tired. He decided that it would be best to work for another 30 minutes before taking a break. According to Freudian theory, his behavior is being guided by which part of his personality?

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

Answer: b

Section Reference: Historical Antecedents of Contemporary Views

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Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

60. In Freudian theory, which structure is analogous to the conscience?

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

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

61. 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

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

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

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

Answer: a

Section Reference: Historical Antecedents of Contemporary Views

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Difficulty: Hard
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Evaluation

63. According to Freud, when, in development, does the ego begin to appear?

a) The ego is present at birth.
b) The ego begins to emerge during the second 6 months of life.
c) The ego emerges during early childhood, beginning at about age 6 years.
d) The ego does not begin to emerge until early adolescence, as independence increases.

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

64. What does the ego use to protect itself from anxiety?

a) the libido
b) defense mechanisms
c) the superego
d) the id

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

65. Adler believed that feeling better and behaving better depended on

a) resolving unconscious conflicts.
b) eliminating the use of defense mechanisms.
c) thinking more rationally.
d) understanding archetypes.

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium

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Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

66. Although it was often cited as an example in the early development of psychoanalytic theory, what is the major problem with the case of Anna O.?

a) Anna O. did not exist; she was a composite of numerous individuals.
b) Her disorder was deliberately induced so that it could be cured.
c) Her symptoms were later found to be the result of a brain tumor.
d) She was not cured by catharsis and continued to take morphine.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

67. Which of the following is associated with psychoanalytic psychotherapy?

a) modeling
b) unconditional positive regard
c) analysis of transference
d) cognitive reappraisal

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

68. Dr. Smith argues that the desire to hunt is built into all men dating back to the times of cave dwellers. Dr. Smith is relying on the concept of

a) analysis.
b) collective unconscious.
c) individual psychology.
d) sublimation.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium

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Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

69. Adler developed a theory of psychoanalytic thought that emphasized

a) psychoticism.
b) doing things for the social good.
c) overt behavior change.
d) satisfying unconscious urges.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

70. What term did Jung use for the basic categories people use to think about and understand the world?

a) interpretations
b) associations
c) psychic energies
d) archetypes

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

71. You begin to think of your therapist in much the same way as you think of your sister, so you begin to treat the therapist as you treat your sister. This behavior is referred to as

a) countertransference.
b) identification.
c) transference.
d) projection.

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium

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Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

72. How do contemporary clinicians regard Freud's stages of psychosexual development?

a) They have moved away from them to emphasize problems in parent–child relationships.
b) They regard them as fundamental to understanding the more serious mental disorders.
c) They have identified the regions of the brain closely associated with each stage.
d) They see them as crucial to developing targeted treatment for specific disorders.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

73. Which defense mechanism involves keeping unacceptable impulses or wishes from conscious awareness?

a) denial
b) repression
c) projection
d) sublimation

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

74. Elsa berates a coworker for making a mistake and later finds out that another coworker actually made the mistake. Elsa shrugs it off, saying that the coworker she berated had made similar mistakes in the past. What defense mechanism is Elsa using?

a) regression
b) sublimation
c) rationalization
d) reaction formation

Answer: c

Section Reference: Historical Antecedents of Contemporary Views

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Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

75. What defense mechanism involves converting unacceptable aggressive or sexual impulses into socially valued behaviors?

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

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

76. Richard has a habit of accusing others of his own faults. For example, he accuses others of cheating in classes when, in fact, he himself is cheating. What defense mechanism is Richard exhibiting?

a) projection
b) denial
c) sublimation
d) regression

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

77. Behaviorists assert that

a) problems in life stem from brain abnormalities.
b) abnormal behavior is learned.
c) insight is important in changing behavior.
d) defenses are associated with resolving anxiety.

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy

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Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

78. Early experimental work on classical conditioning was conducted by

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

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

79. Anne experienced extreme pain at the dentist'office as a child and, as a result, avoids the dentist as much as possible. She recently had to go to the dentist, and the second she heard the sound of the drill while she was sitting in the waiting room, her heart began to race and she got sweaty and light-headed. Anne's reaction suggests that her early experiences at the dentist resulted in

a) classical conditioning.
b) operant conditioning.
c) meditational learning.
d) latent learning.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Difficulty: Hard
Bloomcode: Synthesis

80. Fiona faints when her doctor begins to draw blood. What is the unconditioned response?

a) the needle
b) blood
c) fainting
d) blood flow

Answer: c

Section Reference: Historical Antecedents of Contemporary Views

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Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

81. After Juan has done his daily chores, his parents let him have an hour of screen time. The screen time serves as

a) positive reinforcement.
b) negative reinforcement.
c) positive punishment.
d) negative punishment.

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

82. Tyra, age 3, is visiting relatives with her family and encounters their very large dog for the first time. She is anxious, but her older cousin smiles and pets the affectionate dog, saying "See, Tyra, Nana is a nice dog." What method is the cousin using to help Tyra?

a) shaping
b) punishment
c) habituation
d) modeling

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

83. Watson and Rayner's "Little Albert" experiment demonstrated the classical conditioning of

a) anxiety.
b) fear.
c) sadness.
d) excitement.

Answer: b

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Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

84. After a particularly difficult series of assignments on which he did not do well, Thom remarks to a friend that he just doesn't think he has the brains it takes to get a degree in biomedical engineering. From a cognitive perspective, Thom's comments represent

a) a way to reduce his anxiety about poor performance.
b) a learned response to deflect responsibility.
c) a defense mechanism for his personal failures.
d) the way in which he appraises the situation.

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

85. In which type of therapy do therapists typically begin by helping clients become more aware of their thoughts?

a) psychodynamic therapy
b) cognitive behavior therapy
c) humanistic therapy
d) psychoanalysis

Answer: b

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

86. Which of the following theoretical approaches asserts that, by changing their thoughts, people can change their feelings, behaviors, and symptoms?

a) behaviorist
b) psychodynamic
c) humanistic
d) cognitive

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Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

87. Cognitive therapists believe that if clients change which of the following, they will be able to change their feelings, behaviors, and symptoms?

a) conscience
b) reactions
c) thoughts
d) actions

Answer: c

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Application

88. Bandura and Menlove demonstrated the use of which of the following methods to reduce children's fears?

a) modeling
b) classical conditioning
c) extinction
d) latent learning

Answer: a

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

89. When Jamil forgets to recycle his empty coffee cups, his roommate nags him mercilessly. As a result, Jamil learns to recycle his coffee cup as soon as he has finished the beverage. Jamil's roommate has used which of the following to increase the likelihood that Jamil will recycle the cups?

a) positive reinforcement
b) negative punishment
c) positive punishment

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d) negative reinforcement

Answer: d

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Knowledge

90. What does the text conclude about media portrayals of individuals with mental disorders?

a) They are useful only when individuals with the disorders play the characters.
b) They have greatly advanced acceptance of individuals with mental disorders.
c) They have been shown to increase overt acts of discrimination against people with mental disorders.
d) They may educate people about the disorders when well written, but they may also perpetuate stigmas.

Answer: d

Section Reference: Have We Learned from History?
Difficulty: Easy
Learning Objective: Understand what we have (and have not) learned from history.
Bloomcode: Comprehension

91. Which institution has taken the place of the state mental hospital for individuals with major mental illnesses?

a. Jail
b. Group home
c. Nursing home
d. Asylum

Answer: a

Section Reference: Have We Learned from History?
Difficulty: Easy
Learning Objective: Understand what we have (and have not) learned from history.
Bloomcode: Knowledge

92. What is one of the major problems with medications for major mental disorders like schizophrenia?

a. They are rarely prescribed and, even when prescribed, are given in doses that are too low to have effects.
b. They are largely ineffective, having, at best, only what amounts to a placebo effect on disabling symptoms.
c. They may have side effects that are unpleasant and sometimes dangerous, causing people to be unwilling to continue taking them.

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d. They are very expensive, and public insurance plans, like Medicaid and Medicare, will not cover them even in crisis situations.

Answer: c

Section Reference: Have We Learned from History?
Difficulty: Easy
Learning Objective: Understand what we have (and have not) learned from history.
Bloomcode: Knowledge

93. Psychiatrists differ from clinical psychologists in that psychiatrists

a) receive training in scientific bases of behavior.
b) receive training in diagnosis of psychopathology.
c) undergo personal analysis as part of their training.
d) have medical degrees and can prescribe medication.

Answer: d

Section Reference: The Mental Health Professions
Difficulty: Medium
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Analysis

94. Which degree is basically a research degree that requires candidates to produce independent research?

a) a degree as a medical doctor (M.D. or D.O.)
b) a Ph.D. in clinical psychology
c) a degree in social work
d) certification as a psychoanalyst

Answer: b

Section Reference: The Mental Health Professions
Difficulty: Easy
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Analysis

95. A social worker with a master's degree may have received special training in

a) performing psychological assessments.
b) research methodologies.
c) conducting psychotherapy.
d) prescribing medication.

Answer: c

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Section Reference: The Mental Health Professions
Difficulty: Easy
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Knowledge

96. The doctor of psychology degree (Psy.D.) emphasizes

a) medication-based treatment.
b) psychodynamic therapy.
c) testing and measurement of mental disorders.
d) clinical training more than research training.

Answer: d

Section Reference: The Mental Health Professions
Difficulty: Easy
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Analysis

97. Clinical psychologists and social workers are both likely to be involved in

a) conducting research.
b) providing psychotherapy.
c) teaching undergraduate classes.
d) prescribing psychoactive medication.

Answer: b

Section Reference: The Mental Health Professions
Difficulty: Easy
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Analysis

Question Type: Essay

98. Describe some problems with labeling. Discuss, in particular, difficulties with stigma. Do stigmas impact the way those with psychological disorders are viewed and treated? Give an example.

Answer:

Section Reference: Psychological Disorders and Stigmas
Difficulty: Hard

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Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Synthesis

99. How can mental health professionals, politicians, and patients and their families help to reduce the stigma surrounding mental disorders?

Answer:

Section Reference: Psychological Disorders and Stigmas
Difficulty: Hard
Learning Objective: Explain the meaning of stigma as it applies to people with psychological disorders.
Bloomcode: Evaluation

100. Outline the historical progression of treatment for mental disorders.

Answer:

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Hard
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Synthesis

101. List and explain three of Freud's defense mechanisms. Give an example of each.

Answer:

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Hard
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Evaluation

102. Describe the differences between operant and classical conditioning.

Answer:

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

103. Contrast psychoanalysis with behaviorism.

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Answer:

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Medium
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Analysis

104. Describe the primary functions of the id, ego, and superego.

Answer:

Section Reference: Historical Antecedents of Contemporary Views
Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of psychological disorders, including biological and psychological views.
Bloomcode: Comprehension

105. Select a television show in which one of the main characters has a diagnosed mental disorder. Identify the show, character, and disorder and then discuss whether you think the show does a good job of portraying the disorder, citing examples. Discuss the extent to which the portrayal provides information about the disorder and the extent to which it perpetuates stigma.

Answer:

Section Reference: Have We Learned from History?
Difficulty: Hard
Learning Objective: Understand what we have (and have not) learned from history.
Bloomcode: Analysis

106. What are some of the mental health professions discussed in Chapter 1? In what ways are they similar? In what ways do they differ?

Answer:

Section Reference: The Mental Health Professions
Difficulty: Hard
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.
Bloomcode: Synthesis

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