Abnormal Psychology 8th edition Nolen-Hoeksema Test Bank

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Abnormal Psychology, 8e **(Nolen-Hoeksema)**
Chapter 2 Theories and Treatment of Abnormality

1) Which of the following best defines a theory?
A) A theory is a set of ideas that relate only to observed behaviors.
B) A theory is a treatment, usually based on a phenomenon, which addresses those factors that cause the phenomenon.
C) A theory is a set of ideas that bridges the gap between normal and abnormal behaviors.
D) A theory is a set of ideas that provides a framework for asking questions about a phenomenon and for gathering and interpreting information about that phenomenon.

Answer: D
Difficulty: 1 Easy
Topic: Scientific Method
Learning Objective: Describe the scientific method.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

2) A _____ is a treatment, usually based on a theory of a phenomenon, that addresses those factors the theory says cause the phenomenon.
A) practice
B) modus operandi
C) therapy
D) hypothesis

Answer: C
Difficulty: 1 Easy
Topic: Treatment
Learning Objective: Explain how treatment is planned.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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3) A psychologist who applies a sociocultural approach to anxiety disorders would:
A) consider genetics as a likely explanation for anxiety.
B) consider the way cultural values or the social environment affect anxiety.
C) look for the causes of anxiety in people's beliefs, thought processes, life experiences, and relationships.
D) explain anxiety by taking into account a person's unconscious desires.

Answer: B
Difficulty: 1 Easy
Topic: Anxiety Disorders; Sociocultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 2.5 Incorporate sociocultural factors in scientific inquiry.

4) Which of the following is *not* true about using benzodiazapines for the treatment of anxiety?
A) They lose their usefulness after three to five months.
B) They are highly addictive.
C) They carry risk of fatal overdose.
D) There has been a significant increase in their use in recent years.

Answer: A
Difficulty: 1 Easy
Topic: Anxiety Disorders; Biological Approach
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

5) In addition to treating anxiety, benzodiazapines are commonly used to help people
A) feel relief from depression.
B) sleep.
C) remain awake.
D) improve sexual functioning.

Answer: B
Difficulty: 1 Easy
Topic: Anxiety Disorders; Biological Approach
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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6) Maria and her parents recently moved to a new state because her mother received a job transfer. Maria has had difficulty adjusting to her new school, and has been suffering from loss of appetite, irritability, and lack of interest in her usual activities. Assuming that Maria's behavior meets the criteria for abnormal behavior, which of the following approaches would best explain Maria's behavior?
A) Psychological approach
B) Nature approach
C) Personal approach
D) Biological approach

Answer: A
Difficulty: 3 Hard
Topic: Psychological Perspective
Learning Objective: Compare and contrast the perspectives of abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

7) Which of the following best describes the nature-nurture question of abnormality?
A) The nature-nurture question relies heavily on biological perspectives to address abnormal behaviors.
B) The nature-nurture question views abnormal behaviors exclusively from a sociological perspective.
C) The nature-nurture question integrates biological, psychological, and social approaches to abnormal behaviors.
D) The nature-nurture question supports the idea that psychological problems have must have a single cause

Answer: D
Difficulty: 2 Medium
Topic: Nature vs. Nurture
Learning Objective: Compare and contrast the perspectives of abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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8) Which of the following statements is true about the diathesis-stress model of the development of disorders?
A) A biological, psychological, or social vulnerability combines with a biological, psychological, or social trigger, causing a disorder to manifest.
B) An individual experiences a minimal amount of psychological and social stress that creates an atmosphere for the emergence of a disorder.
C) Biological factors and psychological factors interact and create social stressors that influence a disorder.
D) Psychological and social vulnerability are loosely associated with a specific disorder and biological factors are the main contributors to the disorder.

Answer: A
Difficulty: 2 Medium
Topic: Diathesis-Stress Model
Learning Objective: Explain the biopsychosocial perspective.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

9) Which of the following statements is true regarding the different approaches to abnormality and the continuum model?
A) People who favor a sociocultural approach generally embrace the continuum model because they view psychological disorders as vastly different from normal functioning.
B) People who take a biological approach have traditionally accepted the continuum model of abnormality.
C) People who adopt a psychological approach have moved away from the continuum model of psychopathology in recent years.
D) Proponents of the sociocultural approach tend to view abnormal behaviors as understandable consequences of social stresses in people's lives.

Answer: D
Difficulty: 1 Easy
Topic: Approaches to Abnormal Psychology
Learning Objective: Compare and contrast the perspectives of abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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10) The biological approach to abnormality focuses on all of the following causes of abnormality EXCEPT:
A) brain dysfunction.
B) genetic abnormalities.
C) biochemical imbalance.
D) poor physiological responses.

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

11) Which of the following statements is true about the various structures of the brain?
A) The pons control arousal and attention to stimuli.
B) The medulla is important for attentiveness and the timing of sleep.
C) The cerebellum helps control breathing and reflexes.
D) The superior colliculus and inferior colliculus relay sensory information and control movement.

Answer: D
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

12) The outer layer of the cerebrum is called the
A) hippocampus.
B) cerebral cortex.
C) thalamus.
D) cerebellum.

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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13) The cerebral cortex is responsible for:
A) regulating sexual drive.
B) advanced thinking processes.
C) relaying messages to the brain.
D) impulse control.

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

14) Abnormality in eating, drinking, and sexual behavior is most likely a result of the dysfunction of the:
A) right frontal lobe.
B) cerebrum.
C) hypothalamus.
D) midbrain.

Answer: C
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

15) Which of the following statements is true of subcortical structures in the brain?
A) They contain the thalamus, which directs incoming information from sense receptors to the cerebrum.
B) They contain the hypothalamus, which is a large structure just above the thalamus that regulates instinctive behaviors.
C) They contain the hippocampus, a part of the limbic system, which plays a central role in emotions such as fear.
D) They contain the amygdala, a structure of the limbic system, which plays a role in memory.

Answer: A
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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16) Cindy's mood has become increasingly unstable since her traffic accident, in which she obtained a serious brain injury. She often experiences bouts of aggression and fits of rage in reaction to the slightest provocation. At other times, she is overly passive and fails to recognize direct threats. In which area of Cindy's brain has the damage most likely occurred?
A) The temporal lobe
B) The limbic system
C) The cerebellum
D) The medulla

Answer: B
Difficulty: 3 Hard
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

17) Biochemicals that carry impulses from one neuron to another in the brain and in other parts of the nervous system are called
A) hormones.
B) neurotransmitters.
C) electrical transmissions.
D) synaptic responses.

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

18) Neurotransmitters are released into the _____, the gap between synaptic terminals and adjacent neurons, and then bind to special _____, molecules on the membrane of adjacent neurons.
A) receptor; dendrites
B) synapse; receptors
C) synapse; axons
D) receptor; cell bodies

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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19) When the initial neuron releasing a neurotransmitter into the synapse reabsorbs some of the neurotransmitter and thereby decreases the amount of neurotransmitter left in the synapse, the process is called
A) reuptake.
B) degradation.
C) blocking.
D) carrying.

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

20) In the context of neurotransmitter functioning, degradation refers to the:
A) release of neurons into the synaptic gap.
B) reabsorption of the neurotransmitter into the initial neuron.
C) attachment of the neurotransmitter to a receptor.
D) release of an enzyme by the receiving neuron that breaks down the neurotransmitter into other biochemicals.

Answer: D
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

21) Which of the following neurotransmitters plays an important role in regulating emotional well-being and aggressive impulses?
A) Dopamine
B) Norepinephrine
C) Acetylcholine
D) Serotonin

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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22) Dopamine plays an important role in:
A) regulating sexual drive and emotional responses.
B) regulating the functioning of muscle systems.
C) regulating pain and moods.
D) inhibiting aggression.

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

23) When ingested, which of the following substances slows the reuptake process of norepinephrine?
A) Cocaine and heroin
B) Heroin and marijuana
C) Marijuana and amphetamines
D) Amphetamines and cocaine

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

24) In the context of emotional responses, gamma-aminobutyric acid (GABA) plays an important role in _____ symptoms.
A) anxiety
B) depressive
C) angry
D) aggressive

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
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APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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25) A _____ is a chemical that carries messages throughout the body, potentially affecting a person's moods, levels of energy, and reactions to stress.
A) hormone
B) degradation inhibitor
C) neuron
D) synapse

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

26) The "master" gland is also known as the
A) pancreatic gland.
B) organ of Corti.
C) adrenal gland.
D) pituitary gland.

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

27) The pituitary gland is responsible for:
A) stabilizing mood and emotions.
B) controlling brain function and relaying messages.
C) regulating energy levels and managing aggression.
D) producing a variety of hormones and controlling the secretion of other endocrine glands.

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
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APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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28) When corticotropin-release factor (CRF) travels from the hypothalamus to the pituitary, the pituitary releases the body's adrenocorticotrophic hormone (ACTH). The bloodstream carries ACTH to the adrenal gland and various other organs. This example illustrates the complex relationship between:
A) the pituitary gland and hormones.
B) hormones and the endocrine system.
C) the endocrine system and the pituitary gland.
D) the central nervous system and the endocrine system.

Answer: D
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

29) Mark has difficulty managing his stress. His physician suspects that he has a dysregulated hypothalamic-pituitary-adrenal axis (HPA axis). It is likely that Mark may later be diagnosed with a(n):
A) personality disorder.
B) depressive disorder.
C) adjustment disorder.
D) impulse control disorder.

Answer: B
Difficulty: 3 Hard
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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30) Which of the following is correct regarding chromosomes?
A) At conception, the fertilized embryo has 48 chromosomes, 24 from the female egg and 24 from the male sperm.
B) The mother of an embryo always contributes a Y chromosome and the father always contributes an X chromosome.
C) Down syndrome results when chromosome 21 is present in triplicate instead of as the usual pair.
D) Chromosomes have no relationship to deoxyribonucleic acid (DNA).

Answer: C
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

31) Sandy was born with a flat face, a small nose, protruding lips and tongue, and slanting eyes. These features were a result of chromosome 21 being present in triplicate. Sandy was most likely born with
A) Klinefelter syndrome.
B) Down syndrome.
C) Tay-Sachs disease.
D) Fragile X syndrome.

Answer: B
Difficulty: 3 Hard
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

32) Which of the following is NOT true about behavior genetics?
A) Behavior genetics is the study of the genetics of personality and abnormality.
B) Research in behavior genetics focuses primarily on twin studies
C) According to behavior genetics, most disorders result from polygenic processes.
D) Behavior geneticists investigate the heritability of behaviors and behavioral tendencies.

Answer: B
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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33) A polygenic process:
A) refers to the multiple genetic abnormalities that interact in one individual to create a disorder.
B) results from the interaction between hormones and neurotransmitters.
C) creates the coded instructions for cells to perform certain functions.
D) controls the basic genetic transmission that occurs during conception.

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

34) Identical twins have _____ of their genes in common.
A) 25 percent
B) 50 percent
C) 75 percent
D) 100 percent

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

35) Which of the following is NOT true about the interaction between genes and the environment?
A) Genetic factors can influence the kinds of environments we choose.
B) The environment can act as a catalyst for a genetic tendency.
C) Environmental conditions can affect the expression of genes.
D) Personalities and interests are not reinforced by the environments we choose.

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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36) _____ is the study of heritable changes in the expression of genes without changes in the gene sequence.
A) Molecular biology
B) Genetic engineering
C) Epigenetics
D) Molecular cloning

Answer: C
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

37) The research on epigenetic processes carried out by Michael Meany found that:
A) the behavior of mother rats toward their offspring influences the development of the pups' reactions to stress in adulthood.
B) the extent to which a mother rat grooms the pup in the first week of life is indirectly related to the release of certain hormones in the pup.
C) pups that are licked and groomed more tend to grow into adult rats that are more fearful and show less developed responses to stress.
D) the biological offspring of mothers who typically lick and groom less, when raised by mothers who lick and groom more, have less effective stress responses

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 2.1 Use scientific reasoning to interpret psychological phenomena.

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38) Which of the following statements is true about the different drug therapies?
A) Phenothiazines, also known as atypical antipsychotics, are used to reduce hallucinations and delusions, and do not carry dangerous side effects.
B) Selective serotonin reuptake inhibitors (SSRIs) are the most frequently used antidepressants and target both serotonin and norepinephrine.
C) Tricyclic antidepressants and monoamine oxidase inhibitors are the newer classes of antidepressants.
D) SSRIs produce side effects such as nausea, diarrhea, headaches, daytime sedation, sexual dysfunction, and agitation.

Answer: D
Difficulty: 2 Medium
Topic: Drug Therapy
Learning Objective: Name and describe drugs used in the treatment of abnormal behavior, and discuss the problems and controversies surrounding their use.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

39) Lithium is:
A) a rare metallic element found only in natural springs.
B) a safer treatment than anticonvulsants because it has fewer and milder side effects.
C) commonly used in the treatment of bipolar disorder.
D) very effective in reducing tardive dyskinesia.

Answer: C
Difficulty: 2 Medium
Topic: Drug Therapy
Learning Objective: Name and describe drugs used in the treatment of abnormal behavior, and discuss the problems and controversies surrounding their use.
Bloom's: Understand
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APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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40) A major class of anxiety-reducing drugs, _____, appears to reduce the symptoms of anxiety without interfering substantially with an individual's ability to function in daily life. Their most frequent use of these drugs is as sleeping pills.
A) barbiturates
B) benzodiazepines
C) azapirones
D) beta-blockers

Answer: B
Difficulty: 1 Easy
Topic: Drug Therapy
Learning Objective: Name and describe drugs used in the treatment of abnormal behavior, and discuss the problems and controversies surrounding their use.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

41) Electroconvulsive therapy (ECT) was originally introduced to treat which mental disorder?
A) Obsessive-compulsive disorder
B) Panic disorder without agoraphobia
C) Generalized anxiety disorder
D) Schizophrenia

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

42) Electroconvulsive Therapy (ECT) is most commonly used to treat which category of mental disorder?
A) Anxiety
B) Trauma
C) Personality
D) Mood

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
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43) Although the mechanisms of ECT are not completely known, the may involve
A) changes to the hormone system.
B) changes to the structure of the brain.
C) changes to patterns of sleep.
D) changes to the body's level of serotonin.

Answer: B
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

44) Which of the following statements is true of electroconvulsive therapy (ECT)?
A) A current of 70 to 150 volts is passed through the brain for five seconds.
B) Patients are fully conscious when the brain seizure is induced.
C) Patients typically have a convulsion, which usually lasts three minutes or more.
D) The side effects of ECT involve confusion and memory loss.

Answer: D
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

45) When treating a patient with electroconvulsive therapy (ECT), approximately how many sessions are necessary?
A) 4 to 6 sessions
B) 5 to 8 session
C) 6 to 15 sessions
D) 6 to 12 sessions

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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46) A procedure known as _____ exposes patients to frequent, high-intensity magnetic pulses that are focused on particular brain structures, whereas in the _____ procedure, electrodes are surgically implanted in specific areas of the brain.
A) repetitive transcranial magnetic stimulation; deep brain stimulation
B) deep brain stimulation; vagus nerve stimulation
C) vagus nerve stimulation; repetitive transcranial magnetic stimulation
D) deep brain stimulation; repetitive transcranial magnetic stimulation

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

47) The procedure introduced by neurologist Antonio de Egas Moniz in 1935, in which the frontal lobes of the brain are severed from the lower centers of the brain in people with psychosis is called:
A) partial lobectomy.
B) prefrontal lobotomy.
C) vagus nerve stimulation.
D) craniotomy.

Answer: B
Difficulty: 1 Easy
Topic: Psychosurgery
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

48) Which of the following statements is NOT true?
A) Research has shown that brain stimulation works only in treating depression.
B) Research supports the idea that brain stimulation can treat a wide range of disorders.
C) Newer approaches to brain stimulation treatment result in only mild side effects.
D) Brain stimulation is particularly important when drug treatments have not worked.

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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49) Brain stimulation has been shown to affect symptoms across a _____ range of disorders.
A) limited
B) specific
C) decreasing
D) wide

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

50) Today, psychosurgery:
A) is outlawed in the United States.
B) is only used for severe disorders that do not respond to other treatments.
C) is no longer controversial, as it formerly was.
D) is found to generally lack precision.

Answer: B
Difficulty: 1 Easy
Topic: Psychosurgery
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

51) Which of the following is a criticism leveled against the biological approach to abnormality?
A) It often ignores the fact that environmental and psychological processes can affect biological functioning.
B) It argues that people prefer to deal with the issues in their lives that are contributing to their psychological problems rather than turn to drugs.
C) It seems to increase the blame or responsibility that might be put upon the sufferer of a disorder.
D) It forces people who suffer from disorders to deny that they have a disease and therefore remedy their disease through cognitive restructuring.

Answer: A
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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52) Which of the following statements is true?
A) Biological therapies have lost significance after the cognitive revolution.
B) The effectiveness of biological therapies has declined due to ineffective medications.
C) Mental disorders should never be equated to medical disease because we lose sight of the humanity of the patient.
D) Biological therapies have been shown to be remarkably effective.

Answer: D
Difficulty: 1 Easy
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

53) Behavioral theorists:
A) accept the idea that unconscious conflicts drive human behavior.
B) include biological factors as major contributors to abnormal behavior.
C) view maladaptive thinking patterns as the primary motivators for abnormal behavior.
D) focus on the influence of reinforcement and punishment in producing abnormal behavior.

Answer: D
Difficulty: 1 Easy
Topic: Behavioral Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

54) What are the core principles of the behavioral approach?
A) Classical reinforcement and operant conditioning
B) Operant punishment and vicarious reinforcement
C) Classical conditioning and operant conditioning
D) Operant conditioning and latent learning

Answer: C
Difficulty: 1 Easy
Topic: Behavioral Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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Abnormal Psychology 8th edition Nolen-Hoeksema Test Bank

55) The Russian physiologist whose discovery of conditioned responses made a tremendous impact on psychology was
A) B. F. Skinner.
B) John Watson.
C) Edward Thorndike.
D) Ivan Pavlov.

Answer: D
Difficulty: 1 Easy
Topic: Classical Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

56) In Pavlov's experiment, the conditioned stimulus was:
A) the event that elicited the unlearned response.
B) the previously neutral stimulus.
C) the reinforcement that elicited the learned response.
D) the same as the unconditioned stimulus.

Answer: B
Difficulty: 2 Medium
Topic: Classical Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 2.1 Use scientific reasoning to interpret psychological phenomena.

57) Alexis is a sick child who makes frequent visits to the hospital to get her shots. One day she and her mother drive past the hospital and Alexis begins to cry. She repeatedly says, "Mommy, I don't want to see the doctor." In this example, the conditioned stimulus would be
A) the parking lot.
B) the shot.
C) the nurse.
D) the hospital.

Answer: D
Difficulty: 3 Hard
Topic: Classical Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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58) A bee stung Leah while she was playing in the yard a few weeks ago. She now becomes panicky each time she goes out to play. In this example, the conditioned stimulus is
A) being stung.
B) playing outside.
C) seeing the bee.
D) feeling panicky.

Answer: B
Difficulty: 3 Hard
Topic: Classical Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

59) The law of effect suggests that:
A) the strength of a reward has no bearing on behaviors.
B) punishment has no impact on undesired behaviors.
C) behaviors followed by a reward are strengthened.
D) punishments are more effective than rewards.

Answer: C
Difficulty: 2 Medium
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

60) Shaping behaviors by providing rewards for desired responses and punishments for undesired responses is known as
A) classical conditioning.
B) operant conditioning.
C) respondent conditioning.
D) avoidant conditioning.

Answer: B
Difficulty: 1 Easy
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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61) Which of the following is NOT an example of a behavior learned through operant conditioning?
A) An adolescent washes his father's car hoping to get a curfew extension.
B) A person jumps back at the sight of a snake.
C) A prison inmate receives tokens for good behavior.
D) An animal stays still to avoid an electric shock.

Answer: B
Difficulty: 3 Hard
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

62) Tracy always seemed to "forget" to do her weekly chores, despite many reminders by her mom and dad. Her parents decided to pay her $2 for each chore she completed by Sunday night each week. On which type of operant conditioning schedule did Tracy's parents put her?
A) Continuous reinforcement schedule
B) Partial reinforcement schedule
C) Continuous punishment schedule
D) Partial punishment schedule

Answer: A
Difficulty: 3 Hard
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

63) When a learned behavior is eliminated, the process is called
A) removal.
B) extinction.
C) disappearance.
D) avoidance.

Answer: B
Difficulty: 1 Easy
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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64) In the context of the schedules of reinforcement in operant conditioning, if a behavior is _____ reinforced, it is more difficult to extinguish.
A) negatively
B) intermittently
C) continuously
D) positively

Answer: B
Difficulty: 1 Easy
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

65) Jessica had a car accident while crossing an icy bridge. She now maps out her routes to avoid traveling over bridges. This avoidance helps to reduce her anxiety. In this example, Jessica has developed a(n)
A) unconditioned response.
B) conditioned avoidance response.
C) continuous reinforcement schedule.
D) unconditioned avoidance response.

Answer: B
Difficulty: 3 Hard
Topic: Operant Conditioning
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

66) Social learning theory posits that:
A) people learn behaviors by watching other people.
B) people learn as a direct result of rewards and punishments.
C) people learn primarily by observing random people.
D) people learn when two stimuli are paired together.

Answer: A
Difficulty: 1 Easy
Topic: Social Learning Theory
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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67) Joe's favorite food is spaghetti. His mom always makes it for him on Friday night, but she does not like the way he slurps the spaghetti into his mouth. One Friday night, she attempts to change Joe's eating pattern. At dinner, she picks up her spoon and fork and begins to roll the spaghetti. David, Joe's brother, used his fork and spoon as well. Susan, Joe's sister, also used her fork and spoon to roll her spaghetti. At first, Joe slurps the spaghetti into his mouth, but after a few minutes, he begins to use his fork and spoon as well.

In this example, Joe is learning behavior through
A) shaping.
B) modeling.
C) reinforcing.
D) acquiring.

Answer: B
Difficulty: 3 Hard
Topic: Social Learning Theory
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

68) Jerry, who can't sit still for a minute, sees his classmate, Mike, getting a sticker for sitting quietly in his seat. Jerry decides to stop fidgeting and begins to sit still in the hope of getting a sticker for his sticker collection. Which behavioral theory is in effect here?
A) Classical conditioning
B) Observational learning
C) Systematic desensitization
D) Causal attribution

Answer: B
Difficulty: 3 Hard
Topic: Social Learning Theory
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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69) Which of the following exemplifies modeling?
A) A brother learns to draw by watching his sister.
B) A brother avoids learning to draw because he feels his sister is much better at it than he could be.
C) A son learns table manners by listening to his father's instructions.
D) A daughter learns table manners by listening to her father's instructions.

Answer: A
Difficulty: 1 Easy
Topic: Modeling
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

70) Whereas modeling involves only observing the behaviors of important people, observational learning adds an awareness of
A) observation of the behavior of less important people.
B) reinforced learning from social media.
C) punished behavior.
D) the consequences of observed behaviors.

Answer: D
Difficulty: 1 Easy
Topic: Modeling
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

71) When Kathryn was visiting her grandmother one summer, a snake crawled onto the front porch and bit her. Since then, Kathryn has been dreadfully afraid of snakes. Which technique would a behavioral therapist most likely use in this situation to help Kathryn get rid of her phobia?
A) Modeling
B) Systematic desensitization
C) Operant conditioning
D) Reinforcement

Answer: B
Difficulty: 3 Hard
Topic: Behavioral Perspective
Learning Objective: Assess the theories of the behavioral perspective and identify treatments.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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72) Which of the following statements is true about systematic desensitization therapy?
A) It requires the client to first develop a hierarchy of feared stimuli and then learn appropriate responses to each of these stimuli, starting with the most feared stimulus.
B) It is an immediate and direct method for extinguishing anxiety responses to stimuli and maladaptive behavior.
C) It generally produces better results when the client is asked to experience the stimuli directly, that is, using the in vivo exposure method.
D) It is often combined with operant conditioning to develop a conditioned avoidance response.

Answer: C
Difficulty: 2 Medium
Topic: Behavioral Perspective
Learning Objective: Assess the theories of the behavioral perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

73) All of the following are limitations of behavioral theories EXCEPT that:
A) it is unclear how behavioral principles could account for some disorders, such as schizophrenia.
B) the studies done to test these theories are rigorously controlled and exact.
C) the complexity of human behaviors and the environmental experiences cannot be captured in laboratory studies.
D) behavioral theories do not recognize free will in people's behavior.

Answer: B
Difficulty: 1 Easy
Topic: Behavioral Perspective
Learning Objective: Assess the theories of the behavioral perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

74) Cognitive theories focus on
A) measurable behaviors.
B) thoughts and beliefs.
C) unconscious conflicts.
D) relationships.

Answer: B
Difficulty: 1 Easy
Topic: Cognitive Perspective
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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75) Martha was distraught when she discovered her husband had been involved with another woman and had a child with the other woman. She constantly tries to understand why her husband cheated on her, thinking thoughts such as "I'm so stupid for not realizing what was going on," and, "I should have been more attentive to his needs." Which type of cognition is Martha most likely exhibiting?
A) Degradation
B) Causal attribution
C) Global assumption
D) Catharsis

Answer: B
Difficulty: 3 Hard
Topic: Cognitive Perspective
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

76) The broad beliefs we have about ourselves, our relationships, and the world, can be either positive and helpful to us, or negative and destructive. These broad beliefs are called
A) global assumptions.
B) specific assumptions.
C) absolute assumptions.
D) collective assumptions.

Answer: A
Difficulty: 1 Easy
Topic: Cognitive Perspective
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

77) Jamie is constantly saying, "I have no control over my emotions, and cannot help feeling certain feelings." This exemplifies
A) a causal attribution.
B) a dysfunctional global assumption.
C) systematic desensitization.
D) cognitive-behavioral therapy.

Answer: B
Difficulty: 3 Hard
Topic: Cognitive Perspective
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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78) People who tend to hold dysfunctional assumptions often react to situations with all of the following EXCEPT:
A) irrational thoughts.
B) rational behaviors.
C) negative emotions.
D) irrational behaviors.

Answer: B
Difficulty: 1 Easy
Topic: Cognitive Perspective
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

79) Which of the following is NOT a goal of cognitive therapy?
A) Assist clients in identifying their irrational and maladaptive thoughts.
B) Teach clients to consider alternative ways of thinking.
C) Discourage clients from challenging their irrational or maladaptive thoughts.
D) Encourage clients to face their worst fears and recognize ways of coping.

Answer: C
Difficulty: 1 Easy
Topic: Cognitive Behavioral Therapy
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

80) Cognitive techniques are often combined with behavioral techniques, in what is known as
A) cognitive-behavioral therapy.
B) systematic desensitization therapy.
C) behavior modification.
D) client-centered therapy.

Answer: A
Difficulty: 1 Easy
Topic: Cognitive Behavioral Therapy
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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81) Which of the following is the greatest limitation of the cognitive theories?
A) Cognitive theories may seem comfortable or familiar to laypeople.
B) Cognitive theories seem attractive because they focus on an individual's thinking processes.
C) Cognitive theories are least likely to explain unwanted emotions, thoughts, and behaviors.
D) Cognitive theories have had difficulty proving that maladaptive cognitions precede and cause disorders rather than being the symptoms or consequences of the disorders.

Answer: D
Difficulty: 2 Medium
Topic: Cognitive Behavioral Therapy
Learning Objective: Assess the theories of the cognitive perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

82) The psychodynamic perspective views abnormality as being influenced by:
A) unconscious processes.
B) an external locus of control.
C) learning and reinforcement.
D) collective experience.

Answer: A
Difficulty: 1 Easy
Topic: Psychodynamic Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

83) The psychoanalytic approach to personality and treatment of psychopathology was developed by
A) Horney.
B) Breuer.
C) Charcot.
D) Freud.

Answer: D
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

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84) Repression is defined as:
A) inconsistent memories.
B) false memories.
C) motivated forgetting.
D) personal forgetfulness.

Answer: C
Difficulty: 1 Easy
Topic: Psychodynamic Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

85) Freud believed that _____ is a basic drive that motivates human behavior.
A) the libido
B) the subconscious
C) catharsis
D) repression

Answer: A
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

86) According to Sigmund Freud, the three systems of the human psyche that regulate the libido are the:
A) personal unconscious, collective unconscious, and archetypes.
B) id, ego, and superego.
C) ego, unconscious, and subconscious.
D) aggressive drive, id, and the superego.

Answer: B
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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87) According to Freud, the id operates by the:
A) reality principle.
B) morality principle.
C) conscience principle.
D) pleasure principle.

Answer: D
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

88) According to Freud, which structure seeks to gratify our wishes and needs in ways that are within the rules of society for their appropriate expression?
A) Id
B) Ego
C) Superego
D) Libido

Answer: B
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the cognitive approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

89) Frank attends an evening class at the local community college. His stomach begins to growl when he gets hungry. He wants to leave class early and get dinner, but realizes that leaving would be wrong because it would disrupt the class. Frank's realization is an example of his _____ at work.
A) id
B) instinct
C) superego
D) ego

Answer: C
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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90) The superego is responsible for:
A) regulating aggressive responses.
B) monitoring poor impulse controls.
C) storing rules and regulations of moral behaviors.
D) observing objects in the environment.

Answer: C
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

91) Most of the interactions among the id, ego, and superego occur in the
A) collective unconscious.
B) preconscious.
C) unconscious.
D) conscious.

Answer: C
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

92) According to Freud, what is the primary aim of the pleasure principle?
A) To reduce psychic tension.
B) To gain as much pleasure as possible.
C) To experience intense sexual pleasure.
D) To overcome pain by intensifying pleasure.

Answer: A
Difficulty: 2 Medium
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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93) The pleasure principle is understood by Freud to be _____.
A) a reflex.
B) a psychological defense
C) a wish fulfillment
D) a drive

Answer: D
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

94) According to Freudian theory, defense mechanisms:
A) are used by the superego as a reward for moral conduct.
B) are used by the ego to disguise or transform unconscious wishes.
C) generally lead to the creation of psychological disorders.
D) protect the preconscious.

Answer: B
Difficulty: 1 Easy
Topic: Psychodynamic Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

95) Terrence's father abandoned him and his mother when he was six years old. When asked about his father, he says that his father died. Although his father has tried to contact him, Terrence insists that his father is dead. Which of the following elements of Freudian theory would best explain Terrence's behavior?
A) Electra complex
B) Oedipus complex
C) Defense mechanism
D) Penis envy

Answer: C
Difficulty: 3 Hard
Topic: Psychodynamic Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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96) Sarah's mother, Stephanie, was not at home much when Sarah was very young, so Sarah's 12-year-old brother took care of her most of the time. Now that Sarah is approaching adulthood, she chain-smokes and drinks alcohol excessively. She has a difficult time forming close relationships since she is very jealous and never believes anyone really loves her. Sarah most likely had difficulty in which psychosexual stage of development according to Freudian theory?
A) Oral
B) Anal
C) Latent
D) Phallic

Answer: A
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

97) Lena is extremely opinionated and over-controlling. She is often stingy with her money and is obsessed with neatness and order. According to Freudian theory, Lena is most likely fixated at which psychosexual stage of development?
A) Oral
B) Anal
C) Phallic
D) Genital

Answer: B
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

98) The correct sequential order for Freud's psychosexual stages is:
A) oral, anal, latency, genital, and phallic.
B) anal, oral, latency, phallic, and genital.
C) oral, anal, phallic, latency, and genital.
D) anal, oral, phallic, genital, and latency.

Answer: C
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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99) According to Freud, girls suffer anxiety when they recognize that they do not have a penis. This frustration causes them to form a connection with their father, in the hope that the relationship will provide a replacement for the missing penis. According to Freudian theory, this is known as
A) the Oedipus complex.
B) castration anxiety.
C) the Electra complex.
D) a defense mechanism.

Answer: C
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

100) According to Freudian theory, boys who experience extreme castration anxiety resolve the conflict by identifying with their fathers, and putting aside their desires for their mothers. This conflict develops during the _____ stage, and the process is called the _____.
A) anal; Oedipus complex
B) phallic; Electra complex
C) anal; Electra complex
D) phallic; Oedipus complex

Answer: D
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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101) In Freudian theory, which term describes the situation of a child not progressing from one psychosexual stage to the next?
A) Defense
B) Resistance
C) Fixation at an earlier stage
D) Oedipal fixation

Answer: C
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

102) According to Freudian theory, issues and challenges of one psychosexual stage must be _____ before proceeding to the next.
A) treated in therapy
B) resolved
C) interpreted
D) defended

Answer: B
Difficulty: 1 Easy
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

103) Jeremy and Stacy are siblings who attend the same elementary school. They rarely speak to each other during their free time at school. Jeremy usually hangs out with his male friends, while Stacy and her female friends stick together. Both siblings show minimal interest in the opposite sex. Jeremy and Stacy are most likely in which stage of psychosexual development?
A) Anal
B) Phallic
C) Latency
D) Genital

Answer: C
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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104) Lance is a shy 13-year-old boy who often goes to his older sister for dating advice. He has recently developed an interest in members of the opposite sex. Lance is most likely in which stage of psychosexual development?
A) Anal
B) Phallic
C) Latency
D) Genital

Answer: D
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

105) The object relations perspective suggests that:
A) early interpersonal relationships influence an individual's self-concept and personality development.
B) self-awareness is impacted by the psychosexual urges present during each stage of development.
C) thoughts, behavior, and emotions are connected to one's unconscious state of mind.
D) environmental stressors coupled with poor parental relationships create mental disorders for less stable individuals.

Answer: A
Difficulty: 2 Medium
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

106) Which of the following characterizes "object" in object relations theory?
A) An internalized and unconscious mental image of ourselves and significant others from our early lives.
B) The Oedipal father.
C) The "things" we encounter in reality.
D) The aims of psychotherapy

Answer: A
Difficulty: 2 Medium
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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107) The unconscious internalized representations, or images, of ourselves and significant others are called
A) superego prohibitions.
B) ego psychological processes.
C) objects.
D) drives.

Answer: A
Difficulty: 2 Medium
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

108) Carl Jung referred to the wisdom accumulated by a society over hundreds of years of human existence that is stored in the memories of individuals as the
A) collective unconscious.
B) preconscious.
C) subconscious.
D) ego conscious.

Answer: A
Difficulty: 1 Easy
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

109) Whenever Dora visits her therapist, the therapist allows her to talk about any subject without interruptions. This technique is called
A) resistance.
B) free association.
C) denial.
D) transference.

Answer: B
Difficulty: 3 Hard
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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110) When a client is unwilling to or cannot reveal certain material to the clinician, this problem is often referred to as
A) transference.
B) countertransference.
C) resistance.
D) catharsis.

Answer: C
Difficulty: 1 Easy
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

111) Lucy rejects her therapist's interpretation of her conflict. Her reasoning is that the therapist really has no idea what she is actually going through. According to Lucy, her therapist has only book knowledge and has no idea what goes on in the real world. Lucy is most likely exhibiting _____ the therapeutic process.
A) resistance toward
B) transference in
C) repression in
D) suppression of

Answer: A
Difficulty: 3 Hard
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

112) Patricia begins to talk to her therapist as if he is her father. She also reacts with extreme fear as she did to her father when she was a child. This is an example of
A) countertransference.
B) transference.
C) an anxiety attack.
D) projection.

Answer: B
Difficulty: 3 Hard
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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113) In classical psychodynamic therapy, clients _____ painful memories and difficult issues to gain a new understanding and provide self-definitions that are acceptable to them.
A) work through
B) project
C) reject
D) repress

Answer: A
Difficulty: 1 Easy
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

114) Which of the following statements is true about the difference between classical psychoanalysis and more modern psychodynamic therapy?
A) Both psychoanalysis and modern psychodynamic therapy may go on for a period of many years, but psychoanalysis can be as short-term as 12 weeks.
B) Psychoanalysis typically involves three or four sessions per week over a period of many years, whereas psychodynamic therapy can be as short-term as 12 weeks.
C) The psychoanalyst, compared with the modern psychodynamic therapist, may focus more on current situations in the client's life.
D) The focus of psychoanalysis is on resistance while modern psychodynamic therapy focuses on the interpretation of transference.

Answer: B
Difficulty: 2 Medium
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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115) _____ emerged out of modern psychodynamic theories of psychopathology and shifted focus from the unconscious conflicts of the individual to the client's pattern of relationships with important people in his or her life.
A) Interpersonal therapy
B) Ego psychology
C) Psychoanalysis
D) Object relations perspective

Answer: A
Difficulty: 1 Easy
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

116) Which of the following statements is true about psychodynamic theories?
A) It is possible to scientifically test their fundamental assumptions.
B) Psychodynamic therapies are unaffordable for many people owing to their long-term, intensive nature.
C) Most people prefer the unstructured nature of traditional psychodynamic therapy.
D) Psychodynamic theories explain normal and abnormal behavior with separate, distinct processes.

Answer: B
Difficulty: 2 Medium
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

117) Which of the following theories of abnormality is based on the assumption that humans have an innate capacity for goodness and for living a full life?
A) Humanistic
B) Psychodynamic
C) Cognitive
D) Behavioral

Answer: A
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Analyze the humanistic approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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118) Carl Rogers believed that without undue pressure from others, individuals naturally move toward personal growth, self-acceptance, and _____, the fulfillment of their potential for love, creativity, and meaning.
A) self-transcendence
B) self-other realization
C) self-efficacy
D) self-actualization

Answer: D
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Analyze the humanistic approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

119) The stated goal of humanistic therapy is to:
A) provide healing to the client.
B) help clients uncover repressed painful memories or unconscious conflicts.
C) help clients discover their greatest potential through self-exploration.
D) challenge maladaptive ways of thinking and interpreting events.

Answer: C
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Assess the theories of the humanistic perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

120) _____ was developed by Carl Rogers.
A) Client-centered therapy
B) Family systems therapy
C) Rational-emotive behavioral therapy
D) Thought field therapy

Answer: A
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Assess the theories of the humanistic perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

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121) Which of the following is NOT considered an essential component of client-centered therapy (CCT)?
A) Genuineness of communication
B) Conditional positive regard
C) Empathic understanding
D) Unconditional positive regard

Answer: B
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Assess the theories of the humanistic perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

122) In Roger's client-centered therapy, _____ is a method of response in which the therapist attempts to understand what the client is experiencing by restating those experiences.
A) interpretation
B) reflection
C) interjection
D) projection

Answer: B
Difficulty: 1 Easy
Topic: Humanistic Perspective
Learning Objective: Assess the theories of the humanistic perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

123) Which of the following statements is true of the humanistic theories?
A) Some therapists believe that client-centered therapy may be appropriate for people who are moderately distressed but not for those who are seriously distressed.
B) Self-help groups and peer counseling programs have found humanistic theories to be less effective than the cognitive approach.
C) Several researchers have been able to replicate the findings of humanistic therapies through scientific testing.
D) The emphasis given to pathology and external forces in humanistic therapies makes the approach very pessimistic.

Answer: A
Difficulty: 2 Medium
Topic: Humanistic Perspective
Learning Objective: Assess the theories of the humanistic perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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124) Lucy is concerned because her family members pay little or no attention to each other. They seem to go their own way, and have little interest in even having a meal together. According to family systems theory, Lucy's family is a(n) _____ family.
A) inflexible
B) enmeshed
C) disengaged
D) dysfunctional

Answer: C
Difficulty: 3 Hard
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

125) In a(n) _____, parents avoid dealing with conflicts with each other by always keeping their children involved in their conversations and activities.
A) disengaged family
B) enmeshed family
C) pathological triangular relationship
D) inflexible family

Answer: C
Difficulty: 1 Easy
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

126) Research suggests that many young girls who develop eating disorders are members of _____ families.
A) disengaged
B) enmeshed
C) inflexible
D) invested

Answer: B
Difficulty: 1 Easy
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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127) Family systems therapy challenges a family's:
A) belief system about the stigma of psychopathology.
B) cultural definition of family cohesiveness.
C) belief that an individual family member is the source of the problem.
D) ideas that only workable families have an authority figure.

Answer: C
Difficulty: 2 Medium
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

128) _____ therapy targets family communication and problem-solving, beliefs of parents and adolescents that impede communication, and systemic barriers to problem-solving.
A) Systematic desensitization
B) Behavioral family systems
C) Client-centered
D) Interpersonal

Answer: B
Difficulty: 1 Easy
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

129) Family systems therapies may be particularly appropriate in the treatment of
A) geriatric clients.
B) children.
C) adults.
D) parents.

Answer: B
Difficulty: 1 Easy
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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130) Research on family systems approaches and therapies is difficult because:
A) the research involves observing people in the context of their relationships, which is difficult to capture in the laboratory.
B) these approaches often do not receive adequate funding for research as they are not recognized as a formal therapeutic approach.
C) these approaches are relatively new and very few professionals have expertise in this area.
D) families are always in a state of flux and findings may lack validity and reliability.

Answer: A
Difficulty: 2 Medium
Topic: Family Therapy
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

131) Third-wave approaches to the therapy:
A) are often referred to as the last resort when other therapies fail to work.
B) are entirely based on practices derived from Western philosophy.
C) view unconscious conflicts as the core of many types of psychopathology.
D) combine behavioral and cognitive therapy with the mindfulness practices of Zen Buddhism.

Answer: D
Difficulty: 1 Easy
Topic: Psychodynamic Perspective
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

132) _____ therapy focuses on difficulties in managing negative emotions and in controlling impulsive behaviors.
A) Dialectical behavior
B) Acceptance and commitment
C) Client-centered
D) Interpersonal

Answer: A
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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133) Which of the following disorders did Marsha Linehan originally develop dialectical and behavioral therapy to treat?
A) Depression
B) Posttraumatic stress disorder
C) Anorexia
D) Borderline personality disorder

Answer: D
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

134) Dialectical behavioral therapy (DBT) includes cognitive and behavioral techniques and _____ exercises to help regulate emotion and control impulses.
A) mindfulness
B) psychodynamic psychotherapy
C) object relations
D) self psychological

Answer: A
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

135) Which of the following statements describes David Barlow's Unified Protocol (UP)?
A) UP has been shown to treat depression more successfully than cognitive behavioral therapy.
B) UP is the treatment of choice for trauma.
C) UP integrates techniques used in other approaches to the treatment of depression and anxiety.
D) UP, used in conjunction with SSRIs, is the most effective treatment for anxiety.

Answer: C
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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136) Unified Protocol targets processes of psychopathology common across _____ disorders.
A) multiple
B) personality
C) sexual
D) somatic

Answer: A
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

137) A key assumption behind acceptance and commitment therapy is that _____, that is, ignoring painful thoughts, memories, and feelings, is/are at the heart of many mental health problems.
A) repressed emotions
B) denial
C) experiential avoidance
D) poor emotional regulation

Answer: C
Difficulty: 1 Easy
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

138) According to the sociocultural approach, which of the following factors increases an individual's susceptibility to mental health problems?
A) Inability to attend college to obtain a higher degree due to financial problems
B) Living in a country that has been ravaged by war or struck by natural disaster
C) Social norms and policies that are liberal in their approach to minority groups
D) Growing up in neighborhoods where there is strong cohesion among neighbors

Answer: B
Difficulty: 1 Easy
Topic: Sociocultural Perspective
Learning Objective: Analyze the sociocultural approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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139) Which of the following statements is indicative of culturally sensitive approaches that therapists may use when treating clients?
A) Persuading clients from cultures that value respect for authority to generate ideas about what is causing their symptoms
B) Strengthening the socioeconomic and class differences that exist in the client-therapist relationship
C) Forcing clients from cultures that value emotional restraint to express themselves and disclose all their personal concerns
D) Recognizing that certain cultures focus on the collective and that the identity of the individual is not seen apart from the group

Answer: D
Difficulty: 2 Medium
Topic: Multicultural Approach
Learning Objective: Analyze the sociocultural approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 2.5 Incorporate sociocultural factors in scientific inquiry.

140) Which of the following statements is true about cross-cultural treatment?
A) Ethnic matching is an important predictor of how long clients remain in therapy.
B) A therapist must be from the same culture as the client to fully understand the client.
C) Matching the race or ethnicity of the therapist and the client does not necessarily lead to a better outcome.
D) It has been proven that therapists from the same ethnic or racial group as the client share the same value system.

Answer: C
Difficulty: 1 Easy
Topic: Multicultural Approach
Learning Objective: Analyze the sociocultural approach to abnormal psychology.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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141) In the context of cross-cultural treatment, which of the following statements is true?
A) Evidence suggests that women, but not men, do better in therapy with a therapist of the same gender.
B) Both women and men tend to report that they prefer a therapist of the same gender.
C) Certain treatments are more effective among certain cultural/ethnic groups than others.
D) People from ethnic minority groups in the United States are less likely than European Americans to drop out of psychosocial therapy.

Answer: B
Difficulty: 2 Medium
Topic: Multicultural Approach
Learning Objective: Analyze the sociocultural approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

142) Native American healing processes:
A) encourage clients to experience the self as separate from the community.
B) focus on the physiology, psychology, and religious practices of the individual.
C) emphasize the detachment of the individual from the cultural network.
D) involve immersing the individual in quiet solitude and meditation.

Answer: B
Difficulty: 2 Medium
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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143) Which of the following is an example of cultural competence?
A) A Native American clinical psychologist employs rituals from her cultural background in the treatment of a Latina.
B) An African-American psychiatrist uses SSRIs in the treatment of a White patient.
C) A White social worker demonstrates to all her patients how to succeed in corporate environments.
D) A Hispanic clinical psychologist uses both established treatments and skills that include cultural specific themes.

Answer: D
Difficulty: 1 Easy
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

144) Research suggests that _____ is not a predictor of therapy outcome, but may affect client's preferences and _____
A) ethnic matching of therapist and client; attendance
B) racial difference of therapist and client; number of years in treatment
C) ethnic matching of therapist and client; fee payments
D) racial difference; attendance

Answer: A
Difficulty: 1 Easy
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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145) Hispanics in the southwestern United States and in Mexico suffering from psychological problems may consult folk healers, known as:
A) curanderos.
B) nganga.
C) quimbanda.
D) shamans.

Answer: A
Difficulty: 1 Easy
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

146) Which of the following is a valid criticism leveled against the sociocultural approaches of abnormality?
A) They argue that it is not enough to look only at what is going on within individuals or their immediate surroundings.
B) They blame the victim and place responsibility for psychopathology within the individual.
C) They relieve society of its responsibility to change the social conditions that put individuals at risk for psychopathology.
D) They provide only a vague understanding about the exact ways in which social and cultural forces lead to psychological disturbance in individuals.

Answer: D
Difficulty: 2 Medium
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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147) Which of the following statements is true of prevention programs?
A) Primary prevention strategies focus on detecting a disorder in its earliest stages.
B) Secondary prevention focuses on people who already have a disorder and focus on the prevention of relapse.
C) Tertiary prevention strategies for preventing drug abuse might include changing neighborhood characteristics that contribute to drug use.
D) Secondary prevention often involves screening for early signs of a disorder and then administering an intervention to prevent the development of a full-blown disorder.

Answer: D
Difficulty: 1 Easy
Topic: Prevention Programs
Learning Objective: Describe prevention programs.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

148) Which among the following is NOT a common component of successful therapies?
A) Encouraging clients to confront painful emotions and become less sensitive to them
B) Providing clients with explanations or interpretations of why they are suffering
C) Establishing a positive client-therapist relationship
D) Supplementing existing treatment with drug therapy

Answer: D
Difficulty: 1 Easy
Topic: Treatment
Learning Objective: Discuss treatment outcomes.
Bloom's: Remember
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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149) What are neurotransmitters and how do they function? Using examples, describe the role neurotransmitters play in mental health.

Answer: Students' answers may vary. Key terms and concepts that may be included in student responses:
▪ Neurotransmitters—biochemicals that act as messengers carrying impulses
▪ Synaptic gap—gap between the synaptic terminals and the adjacent neurons
▪ Receptors—molecules on the membrane of adjacent neurons
▪ Processes of reuptake and degradation of neurotransmitters—malfunctioning of either process results in high or low levels of neurotransmitter in the synapse
▪ Serotonin—plays an important role in emotional well-being and in dysfunctional behaviors
▪ Dopamine—influences our experience of reinforcements or rewards and the functioning of muscle systems
▪ Norepinephrine—cocaine and amphetamine slows its reuptake
▪ Gamma-aminobutyric acid (GABA)—inhibits the action of other neurotransmitters
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

150) Identity the serious side effects of benzodiazapines.

Answer: Key terms and concepts that may be included in student responses:
▪ Possibility of serious addiction.
▪ Up to 80 percent of those who take them for six weeks develop withdrawal symptoms.
▪ Withdrawal symptoms include: irritability, accelerated heart rate, and profuse sweating.
▪ Addiction may lead to fatal overdose.
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

151) How is ECT understood to work?

Answer: Key terms and concepts that may be included in student responses:
▪ Although not completely understood, ECT appears to alter the part of the brain associated with mood disorders
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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152) Describe the effect of brain stimulation on the nervous system.

Answer: Key terms and concepts that may be included in student responses:
▪ Electrical stimulation of neurons of the brain can result in long-term changes in neurotransmission across synapses.
▪ Only minor side effects are reported.
Difficulty: 2 Medium
Topic: Brain Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

153) Identify and describe the limitations of biological therapy.

Answer: Key terms and concepts that may be included in student responses:
▪ They do not work for everyone. (Indeed some people with psychological disorders do not respond to any drugs or other biological treatment currently available).
▪ For some disorders, sucn as phobias, psychotherapy works better than drug therapies in alleviating symptoms.
▪ Most biological treatments have significant side effects. In some case the side effects are worse than the disorder itself. Indeed some side effects have proven to be dangerous or even deadly.
▪ Sometimes people will take drugs rather than deal with the issues in their lives that are causing or contributing to psychological problems.
▪ Some critics of biological treatments argue that they ignore environmental and psychological processes in biological processing.
Difficulty: 2 Medium
Topic: Biological Perspective
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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154) Describe the learning process of classical conditioning and operant conditioning. Provide examples for these theories based on your experiences.

Answer: Key terms and concepts that may be included in student responses:
▪ Classical conditioning—unconditioned response, unconditioned stimulus, conditioned stimulus, conditioned response
▪ Operant conditioning—rewards, punishments, reinforcement schedules
▪ Examples should clearly demonstrate the processes
Difficulty: 2 Medium
Topic: Classical Conditioning; Operant Conditioning
Learning Objective: Analyze the biological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

155) Describe the cognitive approach to psychopathology. What are the three main goals in cognitive therapy? What are the limitations of cognitive theories?

Answer: Students' answers may vary. Key terms and concepts that may be included in student responses:
▪ Cognitions—thoughts or beliefs that shape our behaviors and the emotions we experience
▪ Causal attributions—the reasons we attribute to why events happen that can impact our behaviors
▪ Global assumptions—the positive or negative broad beliefs we have about ourselves, our relationships, and the world
▪ Dysfunctional global assumptions—the reason behind maladaptive behaviors as proposed by Beck and Ellis
▪ Cognitive-behavioral therapy (CBT)—combination of behavioral and cognitive therapies
▪ Goals—help clients identify irrational thoughts, consider alternative ways of thinking, face fears, learn to cope
▪ Limitations—difficulty proving that maladaptive cognitions precede and cause disorders, rather than being the symptoms or consequences of the disorders
Difficulty: 2 Medium
Topic: Cognitive Perspective; Cognitive Behavioral Therapy
Learning Objective: Analyze the cognitive approach to abnormal psychology.; Assess the theories of the cognitive perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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156) Describe Freud's psychosexual stages of development.

Answer: Students' answers may vary. Key terms and concepts that may be included in student responses:
▪ Oral stage—first 18 months, stimulation of the mouth area; features of oral character
▪ Anal stage—18 months to 3 years, focus of gratification is the anus; features of anal personality
▪ Phallic stage—3 to 6 years, Oedipus/Electra complex, penis envy, absence of castration anxiety in girls leads to lack of motivation to develop a super ego; problems associated with unsuccessful resolution of phallic stage
▪ Latency stage—libidinal drives are quelled, more same-sex interaction
▪ Genital stage—12 and older years, sexual interests turn to heterosexual relationships
Difficulty: 2 Medium
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

157) Compare the pleasure principle with the reality principle.

Answer: Key terms and concepts that may be included in student responses:
▪ The pleasure principle is a drive to maximize pleasure and minimize pain with the overall outcome of reducing psychic tension.
▪ The pleasure principle emerges from the id.
▪ The reality principle emerges from the encounter of the id (and the drive for pleasure) and the constraints imposed on it by the outside world, or reality.
▪ With the reality principle, a child first learns that it cannot always satisfy its wishes and impulses.
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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158) Describe how Freud understood the development of personality.

Answer: Key terms and concepts that may be included in student responses:
▪ Freud believed that personality and psychopathology are determined by interactions among the id, ego, and superego.
▪ He believed that these mostly occur in the **unconscious**, out of our awareness.
▪ Unconscious conflicts among the id, ego, and superego cause stresses that the unconscious uses defense mechanisms to regulate via disguise or transformation.
▪ A person's characteristic defense mechanisms shape her or his behavior and personality.
▪ When defense mechanisms are used maladaptively, abnormal or pathological behaviors may result.
Difficulty: 3 Hard
Topic: Freud
Learning Objective: Apply the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

159) How do internalized objects affect our relationships? What is an example?

Answer: Student answers will vary. Key terms and concepts that may be included in student responses:
▪ Objects are representations or images of significant people in our lives that are internalized unconsciously when we are young.
▪ These representations of ourselves and significant others, such as early caregivers, act as a kind of unconscious template for our relationships with self and others.
▪ A child with a cold and distant mother internalizes these qualities and associates them with her. Subsequent relationships will be affected by the consequences of this early relationship, especially subsequent love relationships.
Difficulty: 3 Hard
Topic: Psychodynamic View
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

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160) What disorders and maladaptive behaviors is DBT been used to treat?

Answer: Key terms and concepts that may be included in student responses:
▪ Borderline personality disorder
▪ Self-injury and suicide
▪ Mood disorders
▪ Problems of impulse control
Difficulty: 2 Medium
Topic: Third Wave Approaches
Learning Objective: Apply the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

161) What distinguishes Unified Protocol (UP) from disorder-specific approaches to treating psychopathology?

Answer: Key terms and concepts that may be included in student responses:
▪ Treatment for specific disorders emerges from research and clinical experience associated that single disorder.
▪ UP treatment targets psychopathological processes common to multiple disorders (rather than a specific disorder in which those processes occur).
▪ By targeting processes rather than specific disorders, the clinical techniques of UP appear to have wider application.
Difficulty: 3 Hard
Topic: Third Wave Approaches
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

162) What is "cultural competence," as defined in the textbook.

Answer: Key terms and concepts that may be included in student responses:
▪ Cultural competence refers to the therapist's understanding and respect for cultural factors in treatment.
▪ Cultural competence is acquired through training and experience
Difficulty: 2 Medium
Topic: Multicultural Approach
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.; 2.5 Incorporate sociocultural factors in scientific inquiry.

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163) What must therapists bear in mind to ensure that treatment does not clash with the values and norms of their client's culture? Must a therapist come from the same culture as the client to fully understand the client?

Answer: Students' answers may vary. Key terms and concepts that may be included in student responses:
▪ Most psychotherapies are focused on the individual, but many cultures focus on the collective or group rather than the individual.
▪ Most psychotherapies value the expression of emotions and the disclosure of personal concerns, but some cultures value emotional restraint.
▪ Many psychotherapies expect clients to take the initiative in communicating their concerns and desires, but some cultural norms dictate deference to people in authority.
▪ Socioeconomic class and cultural differences between the client and therapist can create tensions.
▪ Ethnic matching is not an important predictor of the effectiveness of therapy; cultural sensitivity can probably be acquired through training and experience.
Difficulty: 2 Medium
Topic: Multicultural Approach; Sociocultural Perspective
Learning Objective: Assess the theories of the sociocultural perspective and identify treatments.; Analyze the sociocultural approach to abnormal psychology.
Bloom's: Understand
Accessibility: Keyboard Navigation
APA Outcome: 2.5 Incorporate sociocultural factors in scientific inquiry.

164) Describe the difference between modeling and observational learning.

Answer: Key terms and concepts that may be included in student responses:
▪ Like modeling, observational learning involves observing others, but it emphasizes observing the consequences of another's behavior, as opposed to simply the behavior of an important person.
Difficulty: 3 Hard
Topic: Social Learning Theory
Learning Objective: Analyze the psychological approach to abnormal psychology.
Bloom's: Apply
Accessibility: Keyboard Navigation
APA Outcome: 1.3 Describe applications of psychology.

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