Abnormal Psychology - Clinical Perspectives on Psychological Disorders 9th edition Whitbourne Test Bank

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Chapter 02
Test Bank

1. Which of the following expressions best reflects respect for the individual?
A. Psychotic patient
B. Schizophrenic client
C. Psychopathic deviate
D. Person with schizophrenia

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

2. The degree awarded to individuals who receive their training in clinical psychology from professional schools is a(n)
A. MSW.
B. CAC.
C. PsyD.
D. DO.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

3. Which of the following two terms are basically synonymous in terms of describing one person's role in mental health care treatment?
A. Psychologist and psychiatrist
B. Client and patient
C. Patient and clinician
D. Client and insurance company

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

4. Which of the following is an argument commonly made among mental health practitioners for preferring the word "client" to "patient?"
A. "Client" implies a collaborative relationship between the mental health care provider and the person seeking treatment.
B. "Client" better reflects the degree of dependency that many people seeking treatment feel.
C. "Client" suggests the relatively greater power of the person seeking treatment, since the mental health practitioner is dependent on this person for being paid.
D. "Client" originates from a Latin word meaning, "one who is dependent upon another."

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

5. Why might some psychologists prefer the word "patient" to client?
A. Because the word patient derives from a Latin word meaning, "one who suffers."
B. Because the word implies a willingness to work slowly and carefully.
C. Because "patient" is consistent with the terminology used by other professionals in health care settings such as hospitals.
D. Because "patient" confers a sense of dependency on the part of those seeking treatment and of authority on those providing it.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.

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Topic: Client Experiences

6. Clinical psychologists have earned either a PhD or a(n)
A. PsyD.
B. MSW.
C. MD.
D. DSW.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

7. What kind of training do clinical psychologists have?
A. PhD or PsyD in clinical psychology
B. MD with advanced training in psychological disorders
C. MSW with three years of residency
D. MS in psychology with a behavior management certificate

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

8. Physicians with advanced training in treating psychological disorders are referred to as
A. psychologists.
B. neurologists.
C. psychiatrists.
D. clinicians.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

9. Dr. Reed has a PhD in clinical psychology and was trained in administering psychological tests. Dr. Davis has an MD with advanced training in treating psychological disorders and can prescribe medications. From the given information, we can infer that
A. Dr. Reed is a psychiatrist and Dr. Davis is a psychologist.
B. Dr. Reed is a psychologist and Dr. Davis is a psychiatrist.
C. Dr. Reed is a psychologist and Dr. Davis is a neurologist.
D. Dr. Reed is a social worker and Dr. Davis is a psychologist.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

10. A mental health professional with training in the behavioral sciences who provides direct service to clients is known as a(n)
A. psychiatrist.
B. occupational therapist.
C. clinical psychologist.
D. clinician.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

11. Which of the following is an individual without a graduate-level training in psychology who can also play a critical role in the functioning and

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administration of the mental health system?
A. Family therapist
B. Recreational therapist
C. Counseling psychologist
D. Psychiatrist

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

12. The publication that contains descriptions of the various psychological disorders is called the
A. International Manual of Mental Diseases.
B. Physicians' Desk Reference.
C. Diagnostic and Statistical Manual of Mental Disorders.
D. American Psychological Association's Mental Disorders Handbook.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

13. The consistency of measurements or diagnoses is referred to as
A. reliability.
B. validity.
C. the base rate.
D. a correlation.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

14. Ralph has been sad and listless for three years. He cannot sleep and has lost his appetite. Using a diagnostic system, one clinician arrives at a diagnosis of depression. Using the exact same diagnostic system, another clinician arrives at a diagnosis of schizophrenia. What is the problem with this system?
A. It lacks effectiveness.
B. It lacks universality.
C. It lacks reliability.
D. It lacks validity.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

15. Andrea has been experiencing low mood, low energy, and significant weight gain for the last 2 months. She visits three mental health professionals, and each one diagnoses her with Major Depressive Disorder. In actuality, she has a glandular condition called hypothyroidism which causes the same symptoms, but is not caused by a mental disorder. Andrea's experience with the three professionals represents
A. high reliability and high validity
B. high reliability and low validity
C. low reliability and high validity
D. low reliability and low validity

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

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16. Some researchers believe that food addiction should be considered a mental disorder in future versions of diagnostic systems. Other researchers believe that food addiction is not a real addiction that appears in people, and thus should not be included. This disagreement is over which of the following issues?
A. Reliability
B. Culture-bound syndromes
C. Treatment planning
D. Validity

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

17. Which of the following refers to the extent to which a diagnosis or rating accurately characterizes a person's psychological status?
A. Reliability
B. Validity
C. Precision
D. Significance

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

18. The purpose of a diagnostic manual is to provide
A. consistent diagnoses across people based on the presence or absence of a set of specific symptoms.
B. a clinician with a statistical model derived from data of different patients.
C. a list of names and contacts of mental patients who have been correctly diagnosed and successfully treated.
D. elaborate studies and documents of mentally retarded patients who have also had physical disabilities.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

19. The diagnoses contained in the current *DSM-5* more closely correspond to those included in the
A. Physician's Desk Reference.
B. International Manual of Mental Diseases.
C. *DSM-II.*
D. International Classification of Diseases.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

20. Which is true about the ICD classification system for mental disorders?
A. The ICD is used only in developing countries.
B. The ICD does not include diagnostic categories for anxiety disorders.
C. The ICD is used only for research studies, and not for clinical diagnosis.
D. The ICD shares over 90 percent of diagnostic categories with the DSM system.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: ICD-10

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21. An axis is a class of information in *DSM-IV-TR* regarding
A. one aspect of an individual's functioning.
B. a list of individuals suffering from schizophrenia.
C. the treatment of physical disabilities.
D. the number of cases pending with incorrect diagnosis.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

22. The *DSM-5* adheres to the
A. psychoanalytic model.
B. behavioral model.
C. societal model.
D. medical model.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

23. The number of axes the previous version of the DSM, DSM-IV-TR, utilized along which clients were evaluated is
A. 2.
B. 5.
C. 7.
D. 10.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

24. Which of the following is a somatic symptom disorder?
A. Illness anxiety disorder
B. Binge eating disorder
C. Anorexia nervosa
D. Kleptomania

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

25. Disorders in which the normal integration of consciousness, memory, sense of self, or perception is disrupted are known as
A. adjustment disorders.
B. anxiety disorders.
C. dissociative disorders.
D. impulse-control disorders.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

26. Which of the following would be categorized as a sleep-wake disorder?
A. Depression
B. Neurosis

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C. Delusion disorder
D. Insomnia disorder

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

27. Which of the following disorders is characterized by disruption of normal integration of consciousness or perception?
A. Dissociative disorder
B. Bipolar disorder
C. Somatic symptom disorder
D. Major depressive disorder

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

28. Which of the following is characterized by a consistently sad mood?
A. Schizophreniform disorder
B. Bipolar disorder
C. Schizophrenia
D. Major depressive disorder

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

29. The disorders that involve impairment in thought processes caused by medical conditions are called
A. neurocognitive disorders.
B. psychotic disorders.
C. schizophrenic disorders.
D. prognostic disorders.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

30. Which of the following disorders is *not* used in the DSM-5?
A. Bipolar disorder
B. Major depressive disorder
C. Schizophrenia
D. Neurosis disorder

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

31. Axis II of the *DSM-IV-TR* contained
A. clinical disorders.
B. personality disorders and mental retardation.
C. organic brain disorders.
D. substance abuse disorders.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

32. Recurrent patterns of abnormal behavior that are limited to specific societies or cultural areas are defined as
A. mood disorders.
B. comorbid disorders.
C. culture-bound syndromes.
D. sociocultural criteria.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

33. Mr. Kang, a recent immigrant from China, is overwhelmed and distressed by the untimely death of his wife. His co-workers are concerned about his mental health because he believes he is in constant contact with her and can be seen talking to her on a regular basis. It is not likely that Mr. Kang would be diagnosed as having a mental disorder because his behavior
A. is an acceptable and culturally sanctioned response in his particular culture.
B. reflects a documented behavioral/psychological syndrome.
C. is not associated with his present distress and impairment.
D. cannot be explained using the medical model.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

34. A clinician assessing a client using DSM-5 criteria also asks questions from the WHO Disability Assessment Schedule, including questions about daily hygiene and taking care of responsibilities at home and at work. The clinician is seeking information to make a determination of
A. general functioning.
B. physical disability.
C. dementia.
D. social skills.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

35. Which of the following is a true statement?
A. Psychologists are in the business of handing out medication.
B. Louisiana became the first state to approve prescription privileges to psychologists.
C. Homicidal behavior can sometimes be attributed to a culture-bound syndrome called *Amok*.
D. Therapeutic work is effective only if the client has almost fully recovered.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

36. The ways that individuals in specific cultural groups experience, understand, and communicate their suffering, behavioral problems, or troubling thoughts and emotion is called
A. multiculturalism.
B. cultural complexity.
C. cultural concepts of distress.
D. anthropological determinism.

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APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Moderate
Gradable: automatic
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

37. Which of the following statements is true?
A. The three main categories of cultural concepts of distress include the cultural syndromes, idioms, and explanations.
B. The DSM organizes cultural differences into strict diagnostic categories so that all patients are understood by all clinicians in the same way.
C. The DSM provides separate diagnoses for different cultural groups.
D. The three main categories of cultural concepts of distress include formulation, treatment, and recovery.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Moderate
Gradable: automatic
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

38. Mrs. Waltham is 75 years old and has been brought in for treatment by her daughter. Her daughter claims that Mrs. Waltham has not only become forgetful, but has begun fabricating stories about how she is a Bavarian princess who must return to her homeland to help the king. The clinician automatically diagnoses Mrs. Waltham as having schizophrenia. What important information has the clinician obviously ignored in making this diagnosis?
A. Occupational status
B. Client's age
C. Prevalence of this disorder
D. Client's sex

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

39. An important early step for a clinician in the diagnostic process involves
A. ruling out differential diagnoses.
B. planning a treatment strategy.
C. gaining a clear description of the client's symptoms.
D. commencing the treatment program.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

40. The disorder that is considered to be the primary reason the individual seeks professional help is called the _____ diagnosis.
A. presenting
B. tertiary
C. developmental
D. principal

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Priry Diagnosis

41. Rajesh has come to see Dr. Walowitz because he has been suffering from significant anxiety for several months. Dr. Walowitz spends some time researching anxiety disorders, as this will be the main focus of the treatment. In this case, an anxiety disorder is the _____ diagnosis.
A. presenting
B. principal
C. developmental

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D. tertiary

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Priry Diagnosis

42. According to the original National Comorbidity Survey, which of the following types of disorders was most commonly comorbid with other psychiatric diagnoses?
A. The schizophrenia-related disorders
B. Drug and alcohol substance use disorders
C. Anxiety disorders
D. Mood disorders

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Comorbidity

43. Multiple diagnostic conditions that occur simultaneously within the same individual are referred to as
A. comorbid disorders.
B. culture-bound syndromes.
C. differential diagnoses.
D. primary diagnoses.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Comorbidity

44. Martin was recently diagnosed with bipolar disorder. He has also struggled for years with alcoholism, so in addition to his therapy sessions, his therapist recommends that he attend Alcoholics Anonymous meetings. Based on this information, we can say that Martin
A. has an impulse-control disorder.
B. has a somatic symptom disorder.
C. has comorbid psychiatric conditions.
D. has a therapist who works in a community mental health center (CMHC).

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Comorbidity

45. The process of ruling out possible alternative diagnoses is called a(n)
A. differential diagnosis.
B. compound diagnosis.
C. multifactorial assessment of functioning.
D. multiaxial diagnosis.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Differential Diagnosis

46. Dr. Richards is treating Joey who is suffering from extreme anxiety. Dr. Richards finds that his patient's symptoms could also be suggestive of a substance-abuse disorder or a serious impulse-control problem. In this case, Dr. Richards should
A. consider a principal diagnosis treatment.
B. engage in differential diagnosis.
C. transfer Joey to a halfway house.

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D. declare a simple case of dissociative identity disorder.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Differential Diagnosis

47. An analysis of the client's development and the factors that may have influenced the client's current emotional state is called a
A. diagnosis.
B. prognosis.
C. classification.
D. case formulation.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

48. Dr. Burns is analyzing his client's personal history in an attempt to identify the factors that may have produced his psychotic behavior. Dr. Burns is creating a(n)
A. assessment of global functioning.
B. final diagnosis.
C. case formulation.
D. treatment regimen.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

49. Jenny has received a diagnosis of major depressive disorder. What might give you a more complete picture of this client's condition by presenting information about factors that may be influencing her situation?
A. A primary diagnosis
B. Her case formulation
C. Her long-term prognosis
D. The clinician's theoretical perspective

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

50. Which of the following supports the argument in favor of prescription privileges for psychologists?
A. Psychiatrists receive medical training unlike psychologists.
B. Psychologists work as a team with psychiatrists to deal with disorders like schizophrenia.
C. Normal physicians have a broader knowledge base than psychologists.
D. Psychologists can integrate medication into psychotherapy if they can offer prescriptions for appropriate medications.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Drug Therapy

51. The outline for how therapy should take place is known as
A. the treatment plan.
B. the case formulation.
C. the primary diagnosis.
D. psychoanalytic treatment.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Explain how treatment is planned.
Topic: Treatment

52. Which of the following is the proper sequence for treating a client's condition?
A. Short-term goals, immediate goals, long-term goals
B. Long-term goals, short-term goals, immediate goals
C. Immediate goals, long-term goals, short-term goals
D. Immediate goals, short-term goals, long-term goals

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Planning and Goals

53. Which of the following is an immediate goal in treatment planning of a client who is severely depressed and is actively suicidal?
A. Establish a working relationship between the clinician and the client
B. Admit the client to a hospital
C. Develop a strategy for coping with the symptoms
D. Take the client off the medication

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Planning and Goals

54. Donna's clinician has recommended electroconvulsive therapy in an attempt to control her drastic suicidal impulses. What stage of treatment is she in?
A. Immediate goal
B. Assessment of objectives
C. Assessment of current functioning
D. Formulation of development strategy

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Planning and Goals

55. Roger is in the stage of therapy where he and his therapist are working on altering his long-standing patterns of dependent behavior. What phase of therapy is Roger in?
A. Immediate management
B. Assessment of objectives
C. Management of short-term goals
D. Management of long-term goals

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Planning and Goals

56. After a final diagnosis is made and a case formulation is constructed, what is the next step in treating a client?
A. Administration of medication
B. Deciding on a treatment site
C. Evaluation of the therapeutic outcome
D. Designing a treatment plan

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Explain how treatment is planned.
Topic: Planning and Goals

57. If a client needs intensive supervision, but not actual hospital care, a clinician might suggest a
A. community mental health center (CMHC).
B. halfway house.
C. psychiatric hospital.
D. specialized inpatient treatment center.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

58. What treatment site is usually recommended by a clinician when clients present a risk of harming themselves or others?
A. Community mental health center
B. Psychiatric hospital
C. Halfway house
D. Outpatient treatment center

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

59. An outpatient clinic that provides psychological services on a sliding fee scale and serves individuals who live in a certain geographic region is called a(n)
A. halfway house.
B. psychiatric hospital.
C. community mental health center.
D. asylum.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

60. Which of the following treatment sites is recommended by clinicians for children who need constant monitoring due to severe behavioral disturbances?
A. Specialized inpatient treatment centers
B. Outpatient treatment centers
C. Psychiatric hospitals
D. Halfway houses

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

61. Rob is receiving treatment for his psychological disorder from a private therapist in his neighbourhood. It is most likely that Rob is going to a
A. community mental health center.
B. halfway house.
C. psychiatric hospital.
D. psychoanalytic institute.

APA LO: 1.3
Accessibility: Keyboard Navigation

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Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

62. Individuals who no longer need to live in an institutional setting, such as a psychiatric hospital, who are not yet ready for independent living often move into
A. CMHCs.
B. specialized inpatient treatment centers.
C. outpatient clinics.
D. halfway houses.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

63. Structured programs in a community treatment facility that provide activities similar to those provided in a psychiatric hospital are called
A. day treatment programs.
B. employee assistance programs.
C. assertive community treatment.
D. recovery programs.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

64. Michelle, who is recovering from schizophrenia, is being released from the psychiatric hospital because her symptoms are under control. Michelle's living skills, however, are still inadequate since she has been institutionalized for quite some time. What will her therapist most likely suggest?
A. Placement in an asylum
B. Readmission to the psychiatric hospital
C. Living in a halfway house
D. Admission to a sanitarium

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

65. James is a person with schizophrenia who has delusions that the CIA is after him. He has been brought to a psychologist by the police after being arrested for assaulting an elderly woman whom he claimed was trying to kill him. Assuming that testing reveals that he truly is psychotic, where will the psychologist recommend that he be sent?
A. A community mental health center
B. A day treatment program
C. A halfway house
D. A psychiatric hospital

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

66. Programs that provide confidential settings in the workplace where individuals can seek treatment in the form of counseling, assistance with substance abuse, and family treatment are known as
A. employee assistance programs.
B. day treatment programs.
C. unemployment benefit programs.
D. special employee programs.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

67. David is a junior at the local high school. The school's administration believes that his recent emotional outbursts during class may be due to problems in his home life. Who might be best to make initial attempts to assist with this situation?
A. The principal
B. A guidance counselor
C. A psychiatrist
D. An EAP counselor

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

68. The form in which psychotherapy is offered (e.g., individual psychotherapy versus group therapy) is referred to as its
A. modality.
B. milieu.
C. mechanism.
D. delivery mode.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment

69. Shelley is being treated by a therapist along with her parents and siblings. Which form of therapy is this most likely to be?
A. Group therapy
B. Family therapy
C. Milieu therapy
D. Social therapy

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment

70. Which of the following treatment processes is specific to psychiatric hospitals and is based on the premise that the environment is a major component of the treatment?
A. Group therapy
B. Traditional psychotherapy
C. Family therapy
D. Milieu therapy

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Milieu Therapy

71. A treatment approach used in an inpatient psychiatric facility in which all facets of the environment are components of the treatment is referred to as
A. psychoanalytic therapy.
B. person-centered therapy.
C. milieu therapy.
D. group therapy.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Milieu Therapy

72. Shelly meets twice a week with a number of individuals who have problems similar to hers. They openly share their problems with others in a trusting, receptive environment that also facilitates improvement of their interpersonal skills. Shelly is participating in _____ therapy.
A. milieu
B. group
C. dynamic
D. social

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment

73. Ryan has been in trouble with the law for shoplifting and vandalism. His therapist has asked that Ryan's parents participate in his therapy sessions. What therapy modality is Ryan's therapist employing?
A. Group therapy
B. Family therapy
C. Milieu therapy
D. Dynamic therapy

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment

74. What is a current trend with regard to theoretical perspectives and treatment of psychological disorders?
A. The person-centered approach
B. The psychodynamic orientation
C. The object relations perspective
D. Combining elements from various orientations

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Psychotherapy

75. Integration of the best available proof offered by research and clinical expertise in the context of a client's life characterizes
A. evidence-based practice in psychology.
B. the results of the Epidemiological Catchment Area study.
C. the results of the National Comorbidity Survey.
D. data on the prevalence of disorders in minority populations.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

76. Clinical decision making that integrates the best available research evidence and clinical expertise in the context of the cultural background, preferences, and characteristics of clients is called
A. comorbid decision making.
B. evidence-based practice in psychology.
C. integrative expertise.
D. combinatory thinking.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

77. The idea that clinicians should adapt their knowledge of state-of-the-art research findings to different clients' particular backgrounds, needs, and prior experiences is called
A. integrative choice in psychology.
B. the adaptation model.
C. evidence-based practice in psychology.
D. mental health parity.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

78. Dr. Patel likes to stay on the cutting edge of research in her psychotherapy practice. She also feels strongly about recognizing the influences of a client's cultural background, personal preferences, and characteristics on the therapy process. We refer to clinical decision making that takes all of these areas under consideration as
A. adaptation therapy.
B. evidence-based practice.
C. combinatory counseling.
D. concatenation counseling.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

79. Which of the following helps practitioners to provide the best approach to treatment?
A. a good relationship with a psychopharmacologist to add medication as needed.
B. evidence-based practice in psychology
C. a doctoral degree in psycology
D. an MD degree in psychiatry

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

80. Evidence-based practice helps to ensure that practitioners understand state-of-the-art research findings that are adaprted to the clients background, needs, and
A. family dynamics.
B. insurance coverage.
C. medical condition.
D. prior experience.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

81. Which of the following is *not* a role of a good clinician while treating his/her client?
A. To infuse a deep personal interest in the matter
B. To show a sense of respect toward the problem of the client
C. To continually assess the effectiveness of the therapy being provided

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D. To forcefully insert his/her own thoughts regarding the issue into the client's mind

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

82. Of the following options, which is the most crucial determinant of whether or not therapy will be successful?
A. The clinician's theoretical perspective
B. The severity of the client's problem
C. The quality of the client-clinician relationship
D. The duration of the client's symptoms

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: Discuss treatment outcomes
Topic: Outcomes

83. Which of the following types of information are people *least* comfortable revealing to professionals?
A. Emotional
B. Financial
C. Legal
D. Medical

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Client Experiences

84. Brian is a high-school student and has suffered with symptoms of major depressive disorder for six months. If a psychiatrist is consulted at this time, it is likely that Brian will face most difficulty in revealing the reason for his depression which is largely due to the separation of his parents because of
A. the financial nature of his problem.
B. legal implications.
C. the emotional nature of his problem.
D. technical complications.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Client Experiences

85. Despite the best treatment some patients show a lack of significant improvement because
A. most of the time clinicians fail to make a proper primary diagnosis.
B. they may lack the willingness to break old patterns of behavior.
C. recent data reveals that short-term goals are more successfully achieved than long-term goals of treatment.
D. modern medical science is not equipped to deal with major mental disorders.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Client Experiences

86. When a person's psychological symptoms have declined to the point where they are no longer significant enough to impact their well-being and are below the threshold for a DSM-based diagnosis, they are described as
A. being in remission.
B. cured.
C. healed.

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D. experiencing a relapse.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Discuss treatment outcomes
Topic: Outcomes

87. Marcus suffered from a significant problem with addiction to painkillers. He was arrested several times and had to go to intensive inpatient therapy to overcome his addiction. He has now been clean and sober for 7 years and participates in self-help groups to assist others who are recovering. Marcus's addiction could currently be best described as being
A. cured.
B. in relapse.
C. in remission.
D. dormant.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Apply
Difficulty: Medium
Gradable: automatic
Learning Objective: Discuss treatment outcomes
Topic: Outcomes

88. Occupational therapists are professionals with a doctoral degree in psychology.
FALSE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

89. The DSM-5 includes a section about assessment measures or diagnoses that are not considered well-established, but that future research may determine should be included in the main system.
TRUE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the DSM-5
Topic: DSM-5

90. Current diagnostic manuals are based on statistical research and findings as well as the collective wisdom of clinicians who provide treatment.
TRUE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

91. Axis II of the *DSM-IV-TR* contained diagnoses of personality disorders and what was then called mental retardation.
TRUE

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

92. According to ICD-10 Z codes, death of a significant family member is an example of problems with a primary support group.
TRUE

APA LO: 1.1

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Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: DSM-5
Topic: DSM-5

93. A cultural formulation is developed when the client has a culturally diverse background.
TRUE

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

94. The fact that psychological disorders can vary from one society to another argues against the sociocultural perspective on abnormal behavior.
FALSE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Recall
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the DSM-5
Topic: DSM-5

95. When planning a treatment, it is important to consider the short-term goals of therapy first.
FALSE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Explain how treatment is planned.
Topic: Planning and Goals

96. Community mental health centers are inpatient clinics that provide psychological services on a sliding fee scale.
FALSE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

97. Clinicians sometimes combine the best elements of various theoretical perspectives when treating a client's illness rather than adhering to one particular theoretical model.
TRUE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

98. In family therapy, the therapist typically identifies the person in the concerned family as the "patient".
FALSE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment

99. The use of evidence-based treatments was a fad that, with ongoing research, has been found ineffective in psychotherapy.
FALSE

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Difficult
Gradable: automatic
Learning Objective: Discuss treatment outcomes
Topic: Psychotherapy

100. The client must be willing to describe and identify the nature of his or her disorder if therapy is to be successful**.**
TRUE

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Discuss treatment outcomes
Topic: Psychotherapy

101. Match the term with the appropriate definition or description.
1. Halfway house — involves a mismatch between one's biological sex and their gender identity **4**
2. Psychotic disorder — setting designed for those clients who have been discharged from psychiatric facilities who are not yet ready for independent living **1**
3. Reliability — disorders involving disturbed sleep patterns **8**
4. Gender dysphoria — the process of ruling out possible alternative diagnoses **6**
5. Neurodevelopmental disorders — term used to refer to various forms of behavior involving distorted perception of reality **2**
6. Differential diagnosis — an analysis of the client's development and the factors that might have influenced his or her current status **7**
7. Case formulation — the consistency of measurements or diagnoses **3**
8. Insomnia — Includes autism spectrum disorder and specific learning disorders **5**

APA LO: 1.1
Accessibility: Keyboard Navigation
Difficulty: Medium
Gradable: automatic
Learning Objective: DSM-5
Learning Objective: Describe the diagnostic process.
Learning Objective: Discuss treatment outcomes
Topic: DSM-5
Topic: Diagnostic Process
Topic: Treatment Sites

102. Match the term with the appropriate definition or description.
1. Validity — conditions marked by intense worry, fear, or apprehension **2**
2. Anxiety disorder — the extent to which psychiatric disorders coexist **8**
3. Milieu therapy — medical doctor with advanced training in treating people with psychological disorders **9**
4. Koro — recurrent patterns of abnormal behavior limited to specific societies **6**
5. Axis III — was used in DSM-IV-TR to note the client's medical conditions. **5**
6. Culture-bound syndromes — diagnoses that represent real and distinct phenomena **1**
7. Community mental health center — outpatient clinic which provides services on a sliding scale **7**
8. Comorbidity — the provision of an environment where a team of professionals works with the client **3**
9. Psychiatrist — a culture-bound syndrome of Malaysia **4**

APA LO: 1.1
APA LO: 1.3
Accessibility: Keyboard Navigation
Difficulty: Easy
Gradable: automatic
Learning Objective: DSM-5
Learning Objective: Describe the diagnostic process.
Learning Objective: Discuss treatment outcomes
Topic: Culture-Bound Syndromes
Topic: DSM-5
Topic: Diagnostic Process
Topic: Treatment Sites

103. A person seeking psychological treatment is known as a **client** , as this term avoids denoting a passive role in treatment.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

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104. When diagnoses represent real and distinct clinical phenomena, they are said to have **validity**.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

105. Conditions where the normal integration of consciousness, memory, sense of self, or perception is disrupted are referred to as **dissociative** disorders.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Diagnostic Process

106. Conditions that are specific to certain cultures are referred to as **culture-bound** syndromes.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Culture-Bound Syndromes

107. Psychiatric disorders are said to be **comorbid** when a client has two or more at the same time.

APA LO: 1.1
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Comorbidity

108. A(n) **Cultural formulation** includes a clinician's assessment of the client's identification with their culture of origin, the culture's beliefs about psychological disorders, and the cultural supports available to the client.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: manual
Learning Objective: Explain how treatment is planned.
Topic: Treatment

109. Programs designed for formerly hospitalized patients who do not need hospitalization but require some structured activity are referred to as **day treatment** programs.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Treatment Sites

110. **Modality** refers to the form in which psychotherapy is offered.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

111. The type of therapy in which a team of treating professions work together in a new setting to improve the client's mental health is called **milieu** therapy.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Difficult
Gradable: automatic
Learning Objective: Describe the course of treatment.
Topic: Milieu Therapy

112. Why do many mental health care professionals prefer to say “I see a person with schizophrenia” rather than “I see a schizophrenic?”

People are more than the sum of their disorders, nor are all individuals with a given disorder exactly the same. By using your language carefully, you communicate greater respect for the total person.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: automatic
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

113. What are some of the differences in how psychiatrists and clinical psychologists are trained? What do clinical psychologists do that psychiatrists do not typically do and vice versa?

Psychiatrists are medical doctors who specialize in the treatment of mental disorders and receive their training in medical school. Clinical psychologists, on the other hand, receive graduate training in clinical psychology and earn either a PhD or a PsyD. Psychiatrists can prescribe medications, whereas clinical psychologists administer psychological tests.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: manual
Learning Objective: Describe the diagnostic process.
Topic: Clinicians

114. Why is it now often recommended to refer to “a client with schizophrenia” as opposed to “a schizophrenic?”

People are not just their disorders/collection of disorders. Respect for the total person.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Medium
Gradable: manual
Learning Objective: Describe the diagnostic process.
Topic: Client Experiences

115. Briefly discuss how the task forces have determined the structure of *DSM-5*.

The DSM-5 task force decided to eliminate the DSM-IV-TR multiaxial system and instead follow the system in use by the World Health Organization's International Classification of Diseases (ICD). The task forces also considered using a dimensional model instead of the categorical model represented by DSM-IV-TR. However, in the end, they chose not to do so. The current organization begins with neurodevelopmental disorders and then proceeds through "internalizing" disorders (characterized by anxiety, depressive, and somatic symptoms) to "externalizing" disorders (characterized by impulsive, disruptive conduct and substance use symptoms). The hope is that eventually there will be new research allowing future diagnostic manuals to be based on underlying causes rather than symptoms alone.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Medium
Gradable: manual
Learning Objective: DSM-5
Topic: DSM-5

116. Distinguish between the categorical approach utilized by the DSM-IV-TR and the dimensional approach of DSM-5.

The DSM-IV organized diagnoses using five separate axes. It defined an **axis** as a category of information regarding one dimension of an individual's functioning. The **multiaxial system** in the DSM-IV-TR was intended to allow professionals to characterize clients in a multidimensional way. The DSM-5 task force decided to eliminate the DSM-IV-TR multiaxial system and instead follow the system in use by the World Health Organization's International Classification of Diseases (ICD). DSM-5 contains a "Section III," which includes assessment measures and diagnoses not considered

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well-established enough to be part of the main system. These diagnoses may become incorporated into the next edition of DSM-5 or a "DSM-5.1," should clinical and research data support their inclusion.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Analysis
Difficulty: Difficult
Gradable: manual
Learning Objective: DSM-5
Topic: DSM-5

117. What are some of the reasons why it is important to consider a client's cultural background when attempting to diagnose his/her condition?

First, the client may not have a good command of the clinician's language and so the clinician may not develop a good sense of the client's problem. Second, some mental disorders are culture-specific (e.g., culture-bound syndromes). Third, individuals from different cultures may interpret certain events as being very serious or frivolous based on the particular significance of the event in their native culture. And finally, differing social norms and social conventions may cause conflict in the therapy situation.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Hard
Gradable: manual
Learning Objective: Describe the diagnostic process.
Topic: Culture-Bound Syndromes

118. How does the *DSM- 5* account for cultural concepts of distress?

The *DSM-5* looks at cultural factors in the broadest sense, taking into account that factors other than nationality or ethnicity need to be considered in order for the clinician to get a full understanding of each client. These factors include race, religion, immigration status, and relationships with family and community as potential sources of not only symptoms, but also support.

APA LO: 2.5
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Moderate
Gradable: manual
Learning Objective: DSM-5
Topic: Culture-Bound Syndromes

119. Identify the relevant factors to consider when planning a treatment.

When planning a treatment, one must consider: the immediate, short-term, and long-term goals of treatment; possible treatment sites, such as psychiatric hospitals or CMHCs; the modality of the treatment, that is, whether the therapy will be provided in one-on-one situations or in group or family settings; and, the theoretical perspective on which the treatment will be based.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Medium
Gradable: manual
Learning Objective: Explain how treatment is planned.
Topic: Planning and Goals

120. Discuss the skills that a clinician needs to develop in order to effectively treat a client's condition.

Above and beyond whatever treatment techniques a clinician uses, the quality of the relationship between the client and clinician is a crucial determinant of a therapy's success. A good clinician does more than objectively administer treatment to a client. The best clinicians infuse a deep personal interest, concern, and respect for the client into the therapeutic relationship.

APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Understand
Difficulty: Medium
Gradable: manual
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

121. What is the point of evidence-based practice in psychology?

First, evidence-based practice in psychology helps insure that practitioners are providing the best approach to treatment. The best approach to treatment is seen as the approach that integrates the best available research evidence and clinical expertise in the context of cultural background, preferences, and characteristics of clients.

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APA LO: 1.3
Accessibility: Keyboard Navigation
Bloom's: Remember
Difficulty: Easy
Gradable: manual
Learning Objective: Describe the course of treatment.
Topic: Psychotherapy

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Accessibility: Keyboard Navigation	121
APA LO: 1.1	24
APA LO: 1.3	90
APA LO: 2.5	8
Bloom's: Analysis	1
Bloom's: Apply	25
Bloom's: Recall	1
Bloom's: Remember	76
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Difficulty: Difficult	36
Difficulty: Easy	36
Difficulty: Hard	1
Difficulty: Medium	45
Difficulty: Moderate	3
Gradable: automatic	111
Gradable: manual	10
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