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SKU: 9781265316037-TEST-BANK

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CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

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, that 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.

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

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.

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

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

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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 she 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) the psychological approach
   B) the natural approach
   C) the personal approach
   D) the biological approach

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

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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.

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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.

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.

11) Which of the following statements is true about the various structures of the brain?
   A) The pons controls 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.

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

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

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

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.

16) Mai'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 Mai's brain has the damage most likely occurred?
   A) the temporal lobe
   B) the limbic system
   C) the cerebellum
   D) the medulla

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.

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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

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.

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.

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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

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.

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23) When ingested, which of the following substances slow the reuptake process of norepinephrine?
A) cocaine and heroin
B) heroin and marijuana
C) marijuana and amphetamines
D) amphetamines and cocaine

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

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

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

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.

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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.

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.

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).

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.

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32) Studies have suggested that the presence of at least one short allele on the serotonin transporter gene may increase an individual's chance of developing
A) depression.
B) cancer.
C) schizophrenia.
D) hypertension.

33) A polygenic process
A) consists of 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.

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

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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.

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

37) How have researchers been able to conclude that epigenetic processes could help explain why the same DNA sequence could differ in the expression of a disorder?
A) through twin studies
B) through chromatography
C) through psychoanalysis
D) through long-term observational studies

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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.

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.

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. The most frequent use of these drugs is as sleeping pills.
- A) barbiturates
- B) benzodiazepines
- C) azapirones
- D) beta-blockers

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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

42) Electroconvulsive therapy (ECT) is most commonly used to treat which category of mental disorder?
- A) anxiety
- B) trauma
- C) personality
- D) mood

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43) Although the mechanisms of ECT are *not* completely known, they 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.

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.

45) When treating a patient with electroconvulsive therapy (ECT), approximately how many sessions are necessary?
A) 1 to 2 sessions
B) 4 to 6 sessions
C) 6 to 12 sessions
D) 12 to 24 sessions

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

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.

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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.

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

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.
D) is found to generally lack precision.

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.

52) Which of the following statements is true?
A) Biological therapies have lost significance since 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 this encourages us to lose sight of the humanity of the patient.
D) Biological therapies have been shown to be remarkably effective.

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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.

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

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.

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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.

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.

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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.

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.

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.

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61) Which of the following is *not* an example of a behavior learned through operant conditioning?
A) An adolescent washes their 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 privileges for good behavior.
D) An animal stays still to avoid an electric shock.

62) Tia *always* seemed to "forget" to do her weekly chores, despite many reminders. 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 Tia's parents put her?
A) continuous reinforcement schedule
B) partial reinforcement schedule
C) continuous punishment schedule
D) partial punishment schedule

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

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

65) Ada 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, Ada has developed a(n)
A) unconditioned response.
B) conditioned avoidance response.
C) continuous reinforcement schedule.
D) unconditioned avoidance response.

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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.

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.

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68) Jacque, who can't sit still for a minute, sees his classmate, Miguel, getting a sticker for sitting quietly in his seat. Jacque 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

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.

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.

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

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.

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73) Which of the following is *not* among the limitations of behavioral theories?
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 environmental experiences cannot be captured in laboratory studies.
D) Behavioral theories do not recognize free will in people's behavior.

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

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

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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.

77) Jameis 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.

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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.

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

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.

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.

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.

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

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

85) Physician Joseph Breuer called the release of emotions connected to repressed memories a
A) catharsis.
B) catheder.
C) cataract.
D) character.

86) Anna Freud was chiefly responsible for the development of the field of
A) ego psychology.
B) psychosurgery.
C) operant conditioning.
D) gender studies.

87) Sigmund Freud's field of psychoanalysis did *not* include
A) a theory on behavioral causes for cognitive processes.
B) a theory of personality and psychopathology.
C) a method of investigating the mind.
D) a form of treatment for psychopathology.

88) Freud's followers modified his original psychoanalytic theory, leading to a group of theories collectively referred to as
A) psychodynamic theories.
B) psychological complexes.
C) psychosomatic studies.
D) psychic studies.

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89) Jacqueline has been visiting a therapist regularly for several months now to discuss a difficult childhood. On one occasion, Jacqueline breaks out in tears and sobbingly recalls several instances of sexual abuse at age five at the hands of a relative. Breuer and Freud would have called such an incident a(n)
A) catharsis.
B) act of repression.
C) extinction.
D) liberation.

90) In the 1960s, theorists like Jacobson and Mahler focused on the role of the_____ as an independent force striving for mastery and competence.
A) ego
B) body
C) soul
D) psyche

91) Melanie Klein, Margaret Mahler, and Otto Kernberg argued that_____ create unconscious mental images, or representations, of ourselves and others.
A) early relationships
B) excessive amounts of serotonin
C) therapeutic sessions
D) psychoanalysts

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92) Sigmund Freud's student Carl Jung
A) rejected many of Freud's ideas about the importance of sexuality in development.
B) believed Freud was underestimating the power of sexual impulse in personal development.
C) rejected Freud's theories as male-centered and chauvinistic.
D) believed that individuals remained primordial at heart and unaffected by civilization.

93) Freud and psychoanalysts who work in Freud's tradition let a client talk about whatever comes to mind, trying *not* to censor any thoughts—a practice called
A) free association.
B) the talking cure.
C) catarthis.
D) "working through."

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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.

95) Terrence's father abandoned him and his mother when he was 6 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

96) In therapy sessions, Sarah talks about everything, from her childhood and family to work and sports. Every time the conversation steers towards the topic of her mother, Sarah demurs and turns the conversation to another topic. Trained in the Freudian tradition, the therapist concludes that
A) Sarah has some repressed conflict with the mother.
B) Sarah does not much care about her mother.
C) Sarah harbors deep resentment of her mother.
D) Sarah doesn't remember much of her mother.

97) After many sessions with the therapist, Sarah is offered a characterization of her strained relationship to her mother that runs contrary to her own convictions: Sarah, explains the therapist, blamed the mother for the father's abandonment of the family. This infuriates Sarah and causes her to storm out of the office. How would the therapist interpret this incident?
A) as important progress
B) as a setback
C) as a breakdown in the therapist-client relationship
D) as a nonevent

98) Only_____ can explain why many people with disordered genes or deficiencies in neurotransmitters do *not* develop painful emotional symptoms or bizarre thoughts.
A) integrated models
B) biological models
C) psychodynamic models
D) behavioral models

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99) A therapist encounters a patient with clear symptoms of depression that seem to stem from social withdrawal, negative interpretations of the self and the world, and a sense that they cannot cope with stress at all. In an integrated biopsychosocial model, the explanation for the patient's experiences may lie in
A) genetic abnormalities.
B) operant conditioning.
C) cognitive errors.
D) behavioral maladjustment.

100) Which model(s) can suggest how traumatic experiences and toxic interpersonal relationships can cause changes in the basic biochemistry of the brain, which then cause changes in a person's emotions, thoughts, and behaviors?
A) integrated biopsychosocial models
B) Freud's model
C) the cognitive model
D) the sociocultural model

101) One of the things that seems to make people with painful symptoms feel better is
A) having a label for painful symptoms and an explanation for those symptoms.
B) the assurance that nothing is wrong with them and that they do not need help.
C) a prescription for strong psychopharmaca that allows them to manage their condition without medical advice.
D) a series of long sessions with a therapist who talks to them about Freud's ideas.

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102) A care model with a strong emphasis on primary prevention requires
A) changing public policies and social norms to be fully effective.
B) tremendous resources for the expansion of emergency rooms.
C) greater funds for the construction of closed mental institutions.
D) stricter sentencing rules for illegal drug use and drug-related violence.

103) Jeremy has a prescription for Prozac and visits his clinical psychologist's practice every three months to discuss possible side effects or recurring symptoms of his depression. Jeremy would be considered in which phase of treatment?
A) tertiary prevention
B) secondary prevention
C) primary prevention
D) post-traumatic care

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104) Primary prevention strategies for reducing drug abuse and delinquency might include
A) changing neighborhood characteristics that seem to contribute to drug use or delinquency.
B) providing interventions to prevent the illness from advancing.
C) administering a questionnaire to detect mild symptoms of depression.
D) reducing the impact of the disorder on the person's quality of life.

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.

106) Which of the following characterizes "object" in object relations theory?
A) an internalized and unconscious mental image of ourselves
B) the abusive father
C) the "things" we encounter in reality
D) the aims of psychotherapy

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107) _____ is a phenomenon in which a client begins to think of the therapist as if they were an important person in the client's early development.
A) Transference
B) Ego process
C) Object fixation
D) Overdrive

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.

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109) Whenever Dechen 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.

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

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

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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.

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

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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, whereas modern psychodynamic therapy focuses on the interpretation of transference.

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 their life.

A) Interpersonal therapy
B) Ego psychology
C) Psychoanalysis
D) The object relations perspective

116) Which of the following statements is true about psychodynamic theories and therapy?

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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.

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

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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

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.

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

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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

122) In Rogers'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

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123) Which of the following statements is true of the humanistic theories and therapy?
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.

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

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

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

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.

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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

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

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 therefore findings may lack validity and reliability.

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131) Third-wave approaches to 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.

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

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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

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

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.

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

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

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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

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 as apart from the group

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.

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.

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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.

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) A Black 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 culturally specific themes.

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

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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.

146) Which of the following is a valid criticism leveled against the sociocultural approaches to 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.

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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.

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

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

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

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150) Identity the serious side effects of benzodiazepines.

151) How is ECT understood to work?

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

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

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

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155) How did the COVID-19 pandemic change the way mental health interventions are being delivered?

156) Describe the obstacles to providing professional care to people with mental health problems.

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157) How might some biological, psychological, and social factors interact to cause depression?

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

159) What disorders and maladaptive behaviors has dialectical behavior therapy (DBT) been used to treat?

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

161) What is “cultural competence,” as defined in the text?

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162) 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?

163) Describe the difference between modeling and observational learning.

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Answer Key

Test name: Chapter 02

1) D
2) C
3) B
4) A
5) B
6) A
7) D
8) A
9) D
10) D
11) D
12) B
13) B
14) C
15) A
16) B
17) B
18) B
19) A
20) D
21) D
22) B
23) D
24) A
25) A
26) D
27) D
28) D
29) B
30) C
31) B
32) A
33) A
34) D
35) D
36) C

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37) A
38) D
39) C
40) B
41) D
42) D
43) B
44) D
45) C
46) A
47) B
48) A
49) D
50) B
51) A
52) D
53) D
54) C
55) D
56) B
57) D
58) B
59) C
60) B
61) B
62) A
63) B
64) B
65) B
66) A
67) B
68) B
69) A
70) D
71) B
72) C
73) B
74) B
75) B
76) A

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77) B
78) B
79) C
80) A
81) D
82) A
83) D
84) C
85) A
86) A
87) A
88) A
89) A
90) A
91) A
92) A
93) A
94) B
95) C
96) A
97) A
98) A
99) A
100) A
101) A
102) A
103) A
104) A
105) A
106) A
107) A
108) A
109) B
110) C
111) A
112) B
113) A
114) B
115) A
116) B

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117) A
118) D
119) C
120) A
121) B
122) B
123) A
124) C
125) C
126) B
127) C
128) B
129) B
130) A
131) D
132) A
133) D
134) A
135) C
136) A
137) C
138) B
139) D
140) C
141) B
142) B
143) D
144) A
145) A
146) D
147) D
148) D
149) Short Answer

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Students' answers will 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 slow its reuptake
- Gamma-aminobutyric acid (GABA)—inhibits the action of other neurotransmitters

150) Short Answer

Key terms and concepts that may be included in student responses:

- There is the 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.

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151) Short 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.

152) Short 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.

153) Short Answer

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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, such as phobias, psychotherapy works better than drug therapies in alleviating symptoms.
- Most biological treatments have significant side effects. In some cases 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.

154) Short 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.

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155) Short Answer

Students' answers will 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 events 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

156) Short Answer

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Students' answers will vary.

Key terms and concepts that may be included in student responses:

- Mental health clinicians and services had to rapidly transition to largely telehealth delivery to ensure continuity of care to patients and families.
- This has provided an opportunity to provide psychological services to traditionally underserved populations.
- Telepsychology can help reduce the disparities that exist in accessing mental health services that are associated with race, ethnicity, low socioeconomic status, and other social determinants.
- Combining telepractice with in-person practice has the potential to enhance the quality of services provided through both mediums.
- There is now substantial evidence for the effectiveness and acceptability of Internet-delivered treatments delivered to children, adolescents, and adults.

157) Short Answer

Key terms and concepts that may be included in student responses:

- Studies by the World Health Organization in 17 nations suggest that 12 to 47 percent of individuals will have symptoms that meet the criteria for diagnosis of a mental disorder in their lifetime.
- In the United States alone, 25 percent of the population meet the criteria for a diagnosis in any given year; yet there are only about 700,000 mental health professionals in the United States—for what would be about 75 million patients.
- The rate of mental health problems is especially high within disadvantaged ethnic minority groups, but individuals in these groups tend to have less access to mental health services.

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158) Short Answer

Key terms and concepts that may be included in student responses:

- Genetic abnormalities lead to poor functioning of the hypothalamic-pituitary-adrenal axis and excessive and unregulated responses to stress.
- This might prompt the interpretation of one's responses to stress as "I can't cope."
- The result might be social withdrawal, leading to a reduction in positive reinforcements.
- More negative evaluations of the self and the world could further increase unregulated stress responses.
- The final outcome would be severe symptoms of depression.

159) Short Answer

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Students' 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 the 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.

160) Short 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

161) Short 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.

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162) Short 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

163) Short Answer

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Students' answers will 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.

164) Short 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.

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