Understanding Abnormal Behavior 11th edition Sue Test Bank

SKU: 9781305088061-TEST-BANK

1. What term is used to describe the cause of abnormal behavior?

a. genesis
b. etiology
c. psychiatric underpinnings
d. psychological underpinnings

ANSWER: b
REFERENCES: Introduction
LEARNING OBJECTIVES: UABB.SUES.16.2.1 - Identify and describe the models of psychopathology that have been used to explain abnormal behavior.
OTHER: Factual

2. A psychologist who uses the words *neurological makeup* when discussing disorders is using which model?

a. social
b. psychological
c. sociocultural
d. biological

ANSWER: d
REFERENCES: One-Dimensional Models of Mental Disorders
LEARNING OBJECTIVES: UABB.SUES.16.2.1 - Identify and describe the models of psychopathology that have been used to explain abnormal behavior.
OTHER: Conceptual

3. Models are often utilized by scientists to ____.

a. provide a clear and definitive explanation for a phenomenon
b. help conceptualize the cause of a phenomenon
c. directly observe a phenomenon
d. infer a phenomenon to something more abstract

ANSWER: b
REFERENCES: One-Dimensional Models of Mental Disorders
LEARNING OBJECTIVES: UABB.SUES.16.2.1 - Identify and describe the models of psychopathology that have been used to explain abnormal behavior.
OTHER: Conceptual

4. An assumption of the multipath model of abnormality is that ____.

a. the biological perspective best explains the complexities of human behavior
b. most psychological disorders are due to one or two primary factors
c. biological, psychological, social, and sociocultural factors contribute equally to most psychological disorders
d. different individuals exposed to different factors may develop similar mental disorders

ANSWER: d
REFERENCES: A Multipath Model of Mental Disorders
LEARNING OBJECTIVES: UABB.SUES.16.2.2 - Describe the multipath model of mental disorders.
OTHER: Factual

5. Which factor is a biological explanation of psychopathology?

a. family interactions
b. neurological dysfunctions
c. early childhood experiences

Understanding Abnormal Behavior 11th edition Sue Test Bank

d. behaviors learned in the environment

ANSWER: b

REFERENCES: One-Dimensional Models of Mental Disorders

LEARNING OBJECTIVES: UABB.SUES.16.2.1 - Identify and describe the models of psychopathology that have been used to explain abnormal behavior.

OTHER: Factual

6. Peter survived a stroke that damaged much of the tissue in the left hemisphere of his brain. We can expect that Peter will ____.

a. have trouble controlling his emotional behavior

b. be unable to sense touch on the left side of his body

c. experience impaired visual-spatial abilities

d. experience paralysis on the right side of his body

ANSWER: d

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Applied

7. Forebrain is to ____ as hindbrain is to ____.

a. alertness and attention; language, thought, and memory

b. serotonin; dopamine

c. higher mental functions; functions like sleep, heart rate, and respiration

d. visual and spatial abilities; emotions and motivation

ANSWER: c

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

8. The function of neural dendrites is to ____.

a. release neurotransmitters

b. receive signals from other neurons

c. bind to receptors of other neurons

d. trigger synaptic excitation of other neurons

ANSWER: b

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

9. Which statement about neurotransmitters is *accurate*?

a. Neurotransmitters are released by dendrites.

b. Drugs that block or facilitate neurotransmitter activity can alleviate symptoms of mental disorders.

c. Neurotransmitters consistently have an excitatory effect on the human nervous system.

d. Neurotransmitters send neural impulses to axons of receiving neurons.

ANSWER: b

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

10. Dopamine is related to several mental disorders. Insufficient dopamine is a possible cause of ____, while having an excess of dopamine may be related to ____.

a. anxiety; depression

b. Parkinson's disease; schizophrenia

c. obsessive-compulsive disorder; Parkinson's disease

d. schizophrenia; depression

ANSWER: b

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Conceptual

11. Because Joan suffers from depression, Dr. Adler has prescribed a medication that alters sensitivity and receptivity to ____ at the receptor sites in her brain. For Justin, who suffers from anxiety, Dr. Adler prescribes a drug that affects receptor reactivity to ____.

a. serotonin; GABA

b. GABA; serotonin

c. dopamine; acetylcholine

d. acetylcholine; dopamine

ANSWER: a

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Applied

12. Autonomic nervous system reactivity in humans appears to be ____.

a. learned

b. psychogenic

c. inherited

d. related to dopamine activity

ANSWER: c

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

13. A person's observable physical or behavioral characteristics are the ____.

a. same thing as their genotype

b. result of inheritance only

c. result of environmental factors only

d. same thing as their phenotype

ANSWER: d

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

14. Which statement is true of human genomes?
    a. Scientists have been able to map and understand all of the genes outside the nucleus of a human cell.
    b. The genome provides the complete DNA of a cell.
    c. Epigenomes are the chemical compounds found in the genome.
    d. Genes are turned on and off by material inside of the genome.

ANSWER: b

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

15. Which statement about the biological model is *accurate*?
    a. It has helped find effective drugs for treating disorders.
    b. It has received support from diathesis-stress theory.
    c. It has shown that mental disorders are almost always caused by structural abnormalities in the brain.
    d. It has proven that inheritance is the direct cause of most disorders.

ANSWER: a

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Conceptual

16. The scientific field that studies the effects of drugs on the mind and behavior is called ____.
    a. psychopharmaceuticals
    b. pharmaceuticals
    c. psychopharmacology
    d. pharmacology

ANSWER: c

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Factual

17. Faith says that she agrees with the diathesis-stress view of psychopathology that ____.
    a. biochemical changes influence the structure of the brain to produce most disorders
    b. the environment plays little, if any, role in the development of disorders
    c. genetics are unimportant in the explanation of disorders
    d. genetics and environmental factors interact to cause disorders

ANSWER: d

REFERENCES: Contemporary Trends and Future Directions

LEARNING OBJECTIVES: UABB.SUES.16.2.7 - Explain the importance of considering mental disorders from a multipath perspective.

Understanding Abnormal Behavior 11th edition Sue Test Bank

OTHER: Applied

18. In the diathesis-stress theory, the diathesis is ____.
    a. the amount of stressful life changes that activates a disorder
    b. the individual's predisposition to develop illness
    c. an individual's neurotransmitter imbalance
    d. a faulty schema the individual uses to understand the world

ANSWER: b
REFERENCES: Contemporary Trends and Future Directions
LEARNING OBJECTIVES: UABB.SUES.16.2.7 - Explain the importance of considering mental disorders from a multipath perspective.
OTHER: Factual

19. The two main distinguishing ideas in the psychodynamic model are that ____.
    a. disorders result from childhood experiences and anxieties operate unconsciously
    b. the causes of disorders are largely conscious and culture determines the expression of symptoms of disorders
    c. diathesis is a predisposition to develop an illness and stress is an environmental factor that triggers the illness
    d. abnormalities are inherited and symptoms start with biology

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

20. Which drug is most likely to be prescribed for a patient suffering from depression?
    a. benzodiazepine
    b. chlorpromazine
    c. a selective serotonin reuptake inhibitor
    d. lithium

ANSWER: c
REFERENCES: Dimension One: Biological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.
OTHER: Factual

21. Joseph, a student in the abnormal psychology class, says, "Why are we studying Freud? All he ever talked about was sex and his theory is totally outdated!" A valid response from his professor would be ____.
    a. "I agree. Your assessment of Freud's theory is correct."
    b. "Let me show you how all of Freud's theories have been supported by modern research."
    c. "Freud's focus on early childhood experiences, the role of the unconscious, and the use of insight continue to assert a pervasive impact on mental health practice."
    d. "Freud's emphasis on sexuality as a precipitating factor in all mental disorders has been found to be totally valid."

ANSWER: c
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

Understanding Abnormal Behavior 11th edition Sue Test Bank

OTHER: Applied

22. Two characters on the "Star Trek" television series, Mr. Spock and Commander Data, are completely logical. They make their decisions on the basis of realistic considerations, not emotions or moral judgment. From a psychodynamic perspective, their personalities are entirely ____.

a. ego
b. id
c. superego
d. ego ideal

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

23. Thuy is faced with a dilemma. She lives in a war-torn country in which for years, the economy has been severely disrupted. In order to feed herself and her children, she steals food, but she feels a great sense of guilt when she does. According to Freud, the personality structure involved in stealing food is the ____, whereas the one involved in the associated guilt is the ____.

a. id; ego
b. ego; superego
c. superego; id
d. conscience; ego ideal

ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

24. Jason exploits other people and never feels guilty about it. He rarely helps other people and feels no pride when he does. According to psychodynamic thinking, Jason has ____.

a. an underdeveloped superego
b. an underdeveloped ego
c. too much ego ideal
d. no id

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

25. According to Freud, the two *most* important instincts in people are ____.

a. pleasure and reality
b. responsibility and irresponsibility
c. sex and aggression
d. fear and happiness

ANSWER: c
REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

26. Dr. Young says, "My client faced such severe traumas in her first five years of life that she blocked the memories from conscious recall. The result is that although she is 29 years old, and cannot remember her childhood." Dr. Young is describing the psychodynamic concept of ____.

a. reaction formation
b. transference
c. resistance
d. repression

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

27. According to the psychodynamic model, people use unconscious strategies to protect their egos from anxieties. These strategies are called ____.

a. defense mechanisms
b. anti-anxiety mechanisms
c. ego distortions
d. reaction formations

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

28. Constance was instructed by her therapist to say whatever came to mind, even if it was illogical or embarrassing. Her therapist was using which psychodynamic technique?

a. dream analysis
b. free association
c. resistance
d. catharsis

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

29. After three sessions, Molly decides she is madly in love with Dr. Arnold. As a psychoanalyst, Dr. Arnold will most likely ____.

a. ignore these feelings and continue with therapy
b. see this as a sign of other relationship issues in Molly's life
c. encourage her feelings as a way to help her feel secure in her relationships
d. correct her mistaken impression and discontinue therapy

ANSWER: b

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

30. Patients in psychoanalysis unconsciously attempt to impede their treatment by preventing exposure of repressed material. This process is referred to as ____.

a. transference
b. suppression
c. projection
d. resistance

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

31. Dr. Al-Suwaidi explains his clients' psychological problems by considering biological, psychological, social, and sociocultural explanations. He is using what the text refers to as the ____ model.

a. multipath
b. biopsychosocial
c. multicultural
d. integrative

ANSWER: a

REFERENCES: A Multipath Model of Mental Disorders

LEARNING OBJECTIVES: UABB.SUES.16.2.2 - Describe the multipath model of mental disorders.

OTHER: Applied

32. Defense mechanisms ____.

a. operate consciously
b. protect individuals from anxiety
c. are used only by neurotic people
d. provide a realistic perspective

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

33. Which model of psychopathology considers unconscious influences to be the motivation for behavior?

a. existential
b. psychodynamic
c. cognitive
d. humanistic

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology

of mental disorders.

OTHER: Factual

34. Unlike traditional psychoanalysts, post-Freudians tend to ____.
    a. deemphasize sexual motivation as the cause of behavior
    b. view all behavior as originating predominantly from conscious thought
    c. deemphasize the importance of personal choice and future goals
    d. feel that talking in therapy is a waste of time

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

35. Erik Erikson, Carl Jung, and Alfred Adler were all considered ____.
    a. behaviorists
    b. cognitive psychologists
    c. humanists
    d. psychodynamic theorists

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

36. Which statement about interpersonal therapy is *accurate*?
    a. It rejects the importance of childhood experience as a cause of adult disorder.
    b. It is a cognitive approach used to understand family dynamics.
    c. It is a psychodynamic idea involving exploration of past interpersonal relationships.
    d. It employs a humanistic-existential set of concepts.

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

37. Of the following, which client would be *most* likely to benefit from psychoanalysis?
    a. a poor person with limited verbal skills
    b. an older woman in immediate crisis
    c. a rich anxious young woman
    d. a psychotic older man

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

Understanding Abnormal Behavior 11th edition Sue Test Bank

38. Dr. O'Brien says, "Psychodynamic theory has had a significant impact on psychology because it is based largely on observations in controlled conditions. Further, the theory emphasizes freedom of choice, and the therapy is effective with all disorders." Which part of Dr. O'Brien's statement is *accurate*?

a. Psychodynamic therapy is effective with all disorders.

b. Psychoanalysis has had a significant impact on psychology.

c. Psychodynamic theory is based on observations in controlled conditions.

d. Psychodynamic theory emphasizes freedom of choice.

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

39. Psychodynamic theory ____.

a. is gynocentric

b. used advanced research methodology for Freud’s time

c. can be applied to a wide range of disturbed people

d. uses insight on motivations to resolve childhood conflicts

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

40. A psychologist who sees a client's problems as caused by a lack of useful, productive behaviors and lack of consequences following inappropriate actions probably supports which model of psychopathology?

a. existential

b. psychodynamic

c. behavioral

d. humanistic

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

41. Dr. White says, "Psychopathology is learned through a person's interactions with his or her environment." Dr. White's statement reflects which psychological model?

a. behavioral

b. psychodynamic

c. cognitive

d. biological

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

Understanding Abnormal Behavior 11th edition Sue Test Bank

42. Classical conditioning is a form of associative learning. What exactly is associated?

a. internal models of the world and behavior

b. a neutral stimulus and an unconditioned stimulus

c. a behavior and its consequence

d. unconscious motivations and internal needs

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

43. If a loud siren is sounded, any newborn infant will automatically scream. In classical conditioning terminology, the siren is a(n) ____.

a. conditioned response

b. unconditioned response

c. unconditioned stimulus

d. conditioned stimulus

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

44. Which statement about classical conditioning is *accurate*?

a. It was first described by Edward Thorndike after observing the behavior of cats.

b. It assumes that behavior is controlled by its consequences.

c. It explains most human behavior.

d. It was discovered by Ivan Pavlov when he was studying the digestive processes of dogs.

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

45. In his original experiments, Pavlov paired a bell tone with the presentation of food. After a while, the bell tone alone could provoke salivation. By the time this happened, the ____.

a. bell had become a conditioned stimulus

b. food had become a conditioned stimulus

c. animal had lost interest in the food

d. salivation had become an unconditioned response

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

46. Which statement about classical conditioning is *accurate*?

a. The conditioned response is a response the organism makes automatically when in the presence of the UCS.
b. Classical conditioning does not occur unless the associated stimuli are reinforced.
c. A reliable pairing of the UCS and the UCR leads to learning.
d. Classical conditioning involves involuntary responses.

ANSWER: d
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Conceptual

47. Watson and Rayner's famous research in classical conditioning was designed to explain the development of ____.
a. cognitive disorders
b. neuroses
c. phobias
d. depression

ANSWER: c
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

48. Classical conditioning has been useful in the field of abnormal psychology primarily by ____.
a. explaining the acquisition of phobias and other human behaviors
b. emphasizing the voluntary nature of human behavior
c. exploring how abnormal behavior is learned through observation of disturbed models
d. demonstrating the importance of the consequences of behavior

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

49. Erin has an exaggerated fear of flying. She refuses to board an airplane and avoids airports altogether. This is an example of associative learning; therefore, which type of therapy is most likely to be helpful in her case?
a. cognitive
b. classical conditioning
c. modeling
d. psychodynamic

ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

50. Unlike behaviors in classical conditioning, operant behaviors are ____.
a. learned by observing others
b. unconscious

Understanding Abnormal Behavior 11th edition Sue Test Bank

c. voluntary and controllable

d. instinctive

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

51. Patty knows that if she cries, she will get her way. Paul knows that if he cries. he will be ignored. Which model of behavior suggests that Patty will increase her crying and Paul will decrease his crying?

a. classical conditioning

b. operant conditioning

c. psychodynamic theory

d. observational learning

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

52. Which quote is *most* similar to the theory of operant conditioning?

a. "Emotions are a function of beliefs, not events."

b. "Emotions are the outgrowth of passive associations we make with positive and negative stimuli in the world."

c. "Most of our behavior is motivated by factors of which we are not conscious."

d. "We do more of whatever behavior pays off."

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

53. A common myth about behavioral approaches assumes that people are ____.

a. empty organisms

b. active participants in the developmental process

c. overwhelmed by their free will

d. greatly affected by their internal mental life

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

54. Which example *best* illustrates operant conditioning?

a. A man gets nauseated when he smells the same kind of food that once caused him food poisoning.

b. A man asks for a raise because, in the past, his requests have been successful.

c. A woman has been frightened by thunderstorms all her life.

d. A child watches a friend steal from a store, so he thinks he might steal sometime in the future.

Understanding Abnormal Behavior 11th edition Sue Test Bank

ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Conceptual

55. In classical conditioning, behaviors are controlled by events that ____ the response, whereas in operant conditioning, they are controlled by events that ____ the response.
a. intensify; reduce
b. follow; precede
c. precede; follow
d. increase; decrease
ANSWER: c
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Conceptual

56. According to operant conditioning, self-injurious behavior may be learned through the use of ____.
a. reinforcement
b. personalization
c. implosion
d. modeling
ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

57. A kindergarten teacher wants to reduce the amount of aggressiveness children display in her class and on the playground. Using operant conditioning principles, the teacher should ____.
a. use negative reinforcers to decrease the behavior
b. pair aggressiveness with some pleasant stimulus
c. eliminate the reinforcement associated with aggressiveness
d. encourage the children to get the aggressiveness out of their systems
ANSWER: c
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

58. Which technique increases the frequency of a behavior because it removes or reduces an aversive (punishing) event?
a. positive reinforcement
b. vicarious conditioning
c. negative reinforcement
d. modeling
ANSWER: c

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

59. When Stanley is afraid of meeting a woman, he finds an excuse to run off by himself. The immediate effect of running away is to make him feel less anxious and more at ease. Stanley's behavior illustrates the ____.

a. role of negative reinforcers in avoidance behavior
b. fact that shaping can result in maladjusted behavior
c. role of partial reinforcement in abnormal behavior
d. power of positive reinforcement

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

60. Unlike operant or classical conditioning, in observational learning, ____.

a. direct reinforcement is necessary to establish behavior
b. new behaviors can be learned by watching others
c. reinforcement must precede the person's action
d. reinforcers are not necessary to maintain a behavior

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

61. Unlike the early behaviorists, behaviorally-oriented mental health professionals today ____.

a. are more focused on the importance of behavioral consequences
b. are interested in understanding the effects of internal mental processes on the acquisition and treatment of disorders
c. reject the notion that internal mental processes affect the acquisition of disorders
d. emphasize the importance of conditioning

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

62. One strength of the behavioral model is that it ____.

a. emphasizes the impact of environment on behavior
b. is applied to explain intrapsychic conflict
c. is not restricted by adherence to scientific methodology
d. highlights the subjective life of the individual

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

Understanding Abnormal Behavior 11th edition Sue Test Bank

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

63. When John was growing up, he saw his older brother severely beaten by their father after the brother was caught drinking a beer. Since then, John has never had a beer in his life. What form of learning does this best illustrate?

a. classical conditioning
b. instrumental learning
c. observational learning
d. operant conditioning

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

64. Dr. Ansorg believes that her clients can acquire appropriate social skills by watching her interact with other people in a social setting. Dr. Ansorg assumes which paradigm of learning?

a. classical conditioning
b. observational learning
c. operant conditioning
d. psychodynamic

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

65. A person hears this from his therapist: "Your interpretation of the events in your life brings on your behaviors. If you can see yourself as less of a failure and more of a success, your behaviors will change." The therapist probably supports which approach to abnormal behavior?

a. cognitive-behavioral
b. operant conditioning
c. psychodynamic
d. family systems

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

66. *Schema* and *irrational thoughts* are two terms that are used in which model of psychopathology?

a. family systems
b. behavioral
c. cognitive-behavioral
d. multicultural

ANSWER: c

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

67. Cognitive-behavioral theorists emphasize that disturbed individuals ____.

a. come from disturbed families
b. live in stressful environments
c. have irrational and maladaptive thoughts
d. are deficient in interpersonal skills

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

68. Who developed the REBT theory of personality and irrational beliefs?

a. Ellis
b. Minuchin
c. Beck
d. Satir

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

69. Dr. Alcott makes the following statement about Janet's depression: "Your depression may be due to your misperception of this unfortunate situation and your tendency to blame yourself for events that are beyond your control. What we need to do is help you to recognize and modify your irrational beliefs." Dr. Alcott's comments are characteristic of the ____.

a. behavioral model
b. cognitive-behavioral model
c. humanistic model
d. psychodynamic model

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

70. Dr. Danvers is a firm believer in Ellis's REBT theory. Given that, what can we expect Dr. Danvers to say?

a. "People are less troubled by their thoughts regarding the events in their lives than the actual events themselves."
b. "Belief that an event is unfortunate leads to a healthier consequence than belief that an event is a catastrophe."
c. "Our reactions are due to our learned associations."
d. "Depression is something you are most likely born with and can never really escape."

Understanding Abnormal Behavior 11th edition Sue Test Bank

ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

71. Dr. Weinberg is a humanistically-oriented psychotherapist. Which comment about cognitive therapy is she *most* likely to make?

a. "People have the ability to make free choices and they are responsible for their own decisions."
b. "Therapists who use the ABC-theory are too passive; they should be more like teachers than listeners."
c. "Cognitive therapists put too much emphasis on childhood experiences and not enough on choices one makes in life."
d. "Thoughts are not observable, so they have no place in science."

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

72. The humanistic approach and the ____ approach emphasize the subjective world of the individual. Both were developed as a reaction against the deterministic and mechanistic quality of early models of psychopathology.

a. existential
b. observational learning
c. multicultural
d. behavioral

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

73. Dr. Abdul explains to his students, "There are two key things to understand about this therapeutic approach. First, the best way to understand an individual's behavior is to see the world from that person's point of view. Second, people are able to make free choices in life." Which theoretical approach is Dr. Abdul discussing?

a. psychodynamic
b. humanistic
c. cognitive
d. behavioral

ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

74. A major contribution of the humanistic perspective is its ____.

a. insistence on rigorous empirical studies
b. primary focus on improving the mental health of persons with serious disorders
c. positive view of the individual

Understanding Abnormal Behavior 11th edition Sue Test Bank

d. emphasis on blocked instinctual forces

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

75. Shelly says, "I think that everyone has an inherent tendency to strive toward their full potential. It shows in our creativity and delight in discovering new things." Shelly's thoughts illustrate ____.

a. Maslow's term "self-actualization"

b. Thorndike's principle "the law of effect"

c. Freud's view of unconscious influences on our development

d. Ellis's concept of rational beliefs

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

76. According to Rogers, behavior disorders are the result of ____.

a. insufficient discipline of children by parents

b. observational learning from poor role models

c. fixation at early psychosexual stages

d. incongruence between self-concept and potential

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

77. A mother says to her daughter, "I value you regardless of your behavior. I may disapprove of what you do, but I will still respect and love you." According to Rogers, this mother is ____.

a. increasing the incongruence between the child's self-concept and the child's behavior

b. expressing conditions of worth toward her daughter

c. providing unconditional positive regard

d. teaching the girl irrational beliefs

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

78. According to Rogers, which aspect of a therapeutic relationship is most important?

a. well-developed counseling techniques

b. interpretation of transference

c. the therapist's attitude

d. insight into the client's problems

Understanding Abnormal Behavior 11th edition Sue Test Bank

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

79. As a person-centered therapist, Dr. Finn wants his clients to discover their strengths and their full potential. As a result, Dr. Finn will most likely ____.

a. provide unconditional positive regard to the client
b. make suggestions for ways his clients can increase their strength and potential
c. point out how his clients get in the way of developing their strength and potential
d. reinforce the behaviors his clients use that promote their strength and potential

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

80. Which technique is most consistent with person-centered therapy?

a. Express and communicate respect.
b. Tell a client how to think about a problem.
c. Help a client achieve insight into inner motivations and desires.
d. Recognize the connections between thoughts, feelings, and behaviors.

ANSWER: a

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

81. Humanistic therapists ____.

a. emphasize the use of specific techniques in therapy
b. withhold unconditional positive regard when clients are unwilling to accept personal responsibility
c. do not need training to develop clinical skills because it is their attitude that is paramount for effecting therapeutic change
d. believe that people are able to advance and grow on their own

ANSWER: d

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Factual

82. Which perspective is not really a systemized school of thought, and instead is more like a set of attitudes that emphasizes the individual's quest for meaning and personal responsibility for choices?

a. existential
b. cognitive
c. psychodynamic
d. behavioral

Understanding Abnormal Behavior 11th edition Sue Test Bank

ANSWER: a
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

83. The existential and humanistic approaches differ from one another in that the existentialists emphasize ____.
a. the need for society to control and restrict the antisocial impulses of individuals
b. responsibility to society as well as personal responsibility
c. the importance of the therapist's interpretation of the client's difficulties in life
d. optimism
ANSWER: b
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Factual

84. Dr. Castillo says, "I look at psychopathology in terms of human suffering and the alienation that individuals now feel in an increasingly impersonal world. We are responsible for our actions, and responsible to others as well." Dr. Castillo's remarks *best* illustrate which approach?
a. humanistic
b. cognitive
c. post-Freudian
d. existential
ANSWER: d
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

85. Tuyet-Hoa says, "I tend to focus on the individual and how that person can reach his or her full potential. I am optimistic that people can fulfill themselves when they are free of society's burdening expectations." Tuyet-Hoa's ideas sound *most* like ____.
a. Ellis's A-B-C theory of personality
b. Thorndike's "law of effect"
c. humanistic thinking
d. existential thinking
ANSWER: c
REFERENCES: Dimension Two: Psychological Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.
OTHER: Applied

86. The humanistic and existential approaches have been *most* successful at ____.
a. explaining the relationship between inheritance and stress
b. creating a coherent theory of behavior
c. describing the human condition

d. developing a scientific body of evidence for its concepts

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

87. Joseph is a hardheaded scientist who puts high value on objective investigation and the clear definition of terms. The model of psychopathology he is *most* likely to value is ____.

a. humanistic

b. psychoanalytical

c. behavioral

d. existential

ANSWER: c

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

88. Are traditional psychoanalytic therapy and humanistic psychotherapies effective in helping severely disturbed people?

a. Only humanistic psychotherapies are effective; traditional psychoanalytic therapy is not.

b. Psychoanalytic and humanistic psychotherapies do not work well with severely disturbed people.

c. Both psychotherapies are designed to help severely disturbed people.

d. Only traditional psychoanalytic therapy is effective; humanistic psychotherapies are not.

ANSWER: b

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Conceptual

89. Which approach would be most likely to emphasize how other people, especially significant others, influence our behavior?

a. family systems

b. existentialist

c. behavioral

d. cognitive

ANSWER: a

REFERENCES: Dimension Three: Social Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.5 - Discuss the role social factors play in psychopathology.

OTHER: Applied

90. The conjoint family therapeutic approach developed by Virginia Satir stresses ____.

a. the importance of teaching message-sending and message-receiving skills to family members

b. the importance of shifting the balance of power from the identified patient to the entire family

c. that most family problems arise because family members are too involved with one another

d. that most family problems arise because family members are not sufficiently involved with one another

ANSWER: a

Understanding Abnormal Behavior 11th edition Sue Test Bank

REFERENCES: Dimension Three: Social Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.5 - Discuss the role social factors play in psychopathology.
OTHER: Factual

91. One limitation of the family systems approach is that ____.
a. id processes are overemphasized but ego and superego processes are ignored
b. little research has been done to test the basic elements of the model
c. research has failed to support the theory's central idea that family relationships contribute to the development of mental disorders
d. research studies have generally not been rigorous in design
ANSWER: d
REFERENCES: Dimension Three: Social Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.5 - Discuss the role social factors play in psychopathology.
OTHER: Factual

92. Alicia and Isaac are planning to get married. Before they begin to make plans, they want to ensure that they can deal effectively with conflicts that might arise from being raised in very different cultures. Among the potential problems they might encounter are their respective roles in the relationship and how to communicate their feelings to each other. They would most likely seek out a therapist who specializes in ____.
a. family therapy
b. behavioral therapy
c. couples therapy
d. group therapy
ANSWER: c
REFERENCES: Dimension Three: Social Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.5 - Discuss the role social factors play in psychopathology.
OTHER: Applied

93. Anita's therapist suggests that she enter into a therapy group that the therapist is starting. Which feature is least likely to be a benefit Anita will experience from participating in group therapy?
a. getting special attention from her therapist that she would not get in private sessions
b. developing new communication skills, social skills, and insights
c. becoming involved in a social situation so the therapist can see how Anita's behavior affects others
d. getting strong social and emotional support
ANSWER: a
REFERENCES: Dimension Three: Social Factors
LEARNING OBJECTIVES: UABB.SUES.16.2.5 - Discuss the role social factors play in psychopathology.
OTHER: Applied

94. Before contemporary multicultural models were developed, racial differences in rates of mental disorder were often explained in terms of ____.
a. cultural deprivation
b. automatic thoughts
c. therapists' biases in diagnosis
d. double binds
ANSWER: a
REFERENCES: Dimension Four: Sociocultural Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Factual

95. Which early model of psychopathology believed that differences between various minority groups and their white counterparts resulted from minority groups somehow being "less" as the white majority?

a. the deficit model
b. the inferiority model
c. the Jensen model
d. the deprivation model

ANSWER: b

REFERENCES: Dimension Four: Sociocultural Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Conceptual

96. DSM-5 recognizes that some disorders are more prevalent in some cultures than in others. These changes show the influence of which model?

a. humanistic
b. existential
c. multicultural
d. multipath

ANSWER: c

REFERENCES: Dimension Four: Sociocultural Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Conceptual

97. A psychologist who supports the multicultural model would *most* likely say that ____.

a. some cultures value family identity more than individuality
b. Western cultures value "belongingness" over individualism
c. European American therapists place too little importance on the problems within the person
d. almost all non-Western cultures value individuality over collectivity

ANSWER: a

REFERENCES: Dimension Four: Sociocultural Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Applied

98. A reasonable criticism of the multicultural model is that it ____.

a. relies too heavily on scientific evidence for its assumptions
b. lacks empirical validation of its assumptions
c. makes biased, culture-bound assumptions about human nature
d. seeks to find universal explanations for mental health problems

ANSWER: b

REFERENCES: Dimension Four: Sociocultural Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a

multipath perspective.

OTHER: Applied

99. As we learn more about human behavior and mental disorders, research suggests that ____.

a. behavioral explanations are superior to the others

b. cultural factors are more important than biological or psychological factors

c. biological, psychological, and cultural factors are all important

d. most of the models are so different that there is little room for their integration

ANSWER: c

REFERENCES: Contemporary Trends and Future Directions

LEARNING OBJECTIVES: UABB.SUES.16.2.7 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Conceptual

100. Molly inherits a predisposition toward the development of depression, but does not develop depression until after her divorce. What model accounts for this example?

a. cognitive-behavioral

b. multicultural

c. family system

d. diathesis-stress

ANSWER: d

REFERENCES: Contemporary Trends and Future Directions

LEARNING OBJECTIVES: UABB.SUES.16.2.7 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Factual

101. Compare and contrast the psychodynamic model and the humanistic-existential model on the following issues: the origins of abnormal behavior, the role of conscious experience in everyday behavior, determinism, and methods of treatment.

ANSWER: Psychoanalytic thinkers see early childhood experiences as critical for all mental disorders. Traumatic experiences during the first three psychosexual stages can fixate the individual at that stage, arresting emotional development and leading to characteristic symptoms. These experiences are often out of the person's awareness, and unconscious impulses can threaten to overwhelm ego controls. Defenses against these sources of anxiety both protect the person and, if used excessively, generate psychological and physical symptoms. Humanistic thinkers also see childhood as influential. Specifically, Rogers claimed that the natural tendency to live up to one's potential (the actualizing tendency) can be thwarted when parents and others place conditions on their expression of love for the child. Incongruence between the individual's way of seeing himself or herself and actual experience is the core reason for mental disorders. Psychoanalysts place much greater emphasis on the unconscious than do other theorists. They see conscious experience as often being a distortion of underlying, truer feelings and impulses. Humanistic theorists believe that people are more capable of making conscious choices that are in their own best interests. They also place great importance on knowing the subjective reality of the client.

Because early and unconscious experiences drive behavior, psychoanalysts are inclined to see current behavior as determined by history and forces out of the individual's control. Humanists disagree and claim that we have the freedom to make choices and that we also must take responsibility for those choices.

These differences lead naturally to differences in treatment strategies. Psychoanalytic therapy

Understanding Abnormal Behavior 11th edition Sue Test Bank

seeks to make the unconscious conscious by using dream analysis, free association, and other techniques including projective tests. Humanistic therapists provide clients with unconditional positive regard—a supportive environment in which they can fully experience feelings and thoughts. Rogers's person-centered therapy is nondirective and uses reflection of feeling to help clients solve their own dilemmas.

REFERENCES: Dimension Two: Psychological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.4 - Discuss the psychological models that are used to explain the etiology of mental disorders.

OTHER: Applied

102. Briefly describe the biological model of psychopathology. Be sure to include a discussion of brain structure and communication among brain structures and the role each may play in the development of psychological problems.

ANSWER: According to the biological model, abnormal behavior is the result of biological or physical factors. More specifically, this model suggests that abnormal behavior may be due to problems with brain structure or functioning, neurotransmitter or hormonal imbalances, or inherited factors.

The brain can be divided into three main sections: the forebrain, the midbrain, and the hindbrain. The forebrain is comprised of the thalamus, the hypothalamus, reticular activating, system, limbic system, and cerebrum. The thalamus is necessary for the relaying of information between other regions of the central nervous system and the cerebral cortex. The hypothalamus regulates hunger, thirst, and body temperature. The limbic system is involved in experiencing and expressing emotions and motivations. The cerebrum includes the cerebral cortex and covers the midbrain and thalamus. The midbrain coordinates information between the forebrain and the hindbrain, and it is involved in vision and hearing. Along with the hindbrain, the midbrain controls sleep, alertness, and pain. The hindbrain manufactures serotonin and controls functions such as sleep, heart rate, and respiration. A network of nerve fibers in the hindbrain that threads into the midbrain called the reticular formation controls bodily states such as sleep, alertness, and attention. Any type of abnormalities in these structures, due to injury, birth complications, excessive intake of alcohol or drugs, or prenatal exposure to toxins, can result in direct physical and/or psychological problems.

Messages are communicated from one area of the brain to another via neurotransmitters. More specifically, a message in the form of an electrical impulse moves through a neuron until, when it reaches the end of the axon, it triggers the neuron to release chemicals called neurotransmitters into the synaptic cleft. These neurotransmitters are taken up by the next neuron, transformed into a new electrical impulse, and carried through that cell body. This process of neurotransmission can go awry in several ways. There may be too much or too little of the neurotransmitter substance, there may be too many or too few receptors for the amount of neurotransmitter released, there may be other neurons present that might inhibit the neural connections, and there may be problems with the interrelationships among different neurotransmitter substances. All these problems may lead to psychopathology.

REFERENCES: Dimension One: Biological Factors

LEARNING OBJECTIVES: UABB.SUES.16.2.3 - Describe how mental disorders can be explained through our biological makeup.

OTHER: Applied

103. Imagine that a client from a non-European family comes to a psychological clinic for help. How would therapists endorsing a family systems approach see the person's problems differently than a multicultural psychologist? How might they see them similarly?

ANSWER: A family systems theorist will see the individual's behavior as stemming from a family context. This person's problems will be seen as being affected by the family and, in turn, affecting other family members. The individual's behavior may be a symptom of unhealthy

Understanding Abnormal Behavior 11th edition Sue Test Bank

family dynamics. Three approaches to family therapy might be taken: communications, strategic, and structural. The communications approach to treatment would look at how the client and family convey messages. The strategic approach would emphasize power relationships among family members. The structural approach would investigate the degree to which there are over- or under-involved relationships among family members.

The multicultural theorist would emphasize the cultural norms of the client's background. For example, if the family is Asian, the degree of collectivity versus independence would be highlighted. It would be important to accept the legitimacy of the client's culture and examine whether discrimination by the majority culture contributes to the individual's distress.

Both models would focus more on the individual's larger context (family or society) than would other models. The problems of the individual would be reevaluated as problems that occur in larger groups.

REFERENCES: What Role Do Social Factors Play in Psychopathology?

LEARNING OBJECTIVES: UABB.SUES.16.2.6 - Explain the importance of considering mental disorders from a multipath perspective.

OTHER: Applied

Understanding Abnormal Behavior 11th edition Sue Test Bank