Essentials of Understanding Abnormal Behavior 3rd edition Sue Test Bank

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MULTIPLE CHOICE

1. What term is used to describe the cause of a disorder?
   a. genesis
   b. etiology
   c. psychiatric underpinnings
   d. psychological underpinnings

   ANS: B REF: Introduction
   OBJ: UABB.SUES.17.2.1 Identify and describe the models of psychopathology that have been used to explain abnormal behavior. KEY: Bloom's: Understand

2. A psychologist who uses the words *neurological makeup* when discussing disorders is most likely using which model?
   a. social
   b. psychological
   c. sociocultural
   d. biological

   ANS: D REF: One-Dimensional Models of Mental Disorders
   OBJ: UABB.SUES.17.2.1 Identify and describe the models of psychopathology that have been used to explain abnormal behavior. KEY: Bloom's: Analyze

3. Models are often utilized by scientists to ____.
   a. provide a clear and definitive explanation for a phenomenon
   b. describe or explain a phenomenon they cannot directly observe
   c. directly observe a phenomenon with unobservable causes
   d. infer a phenomenon from something more abstract

   ANS: B REF: One-Dimensional Models of Mental Disorders
   OBJ: UABB.SUES.17.2.1 Identify and describe the models of psychopathology that have been used to explain abnormal behavior. KEY: Bloom's: Analyze

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 and social factors contribute equally to most disorders
   d. different individuals exposed to different factors may develop similar mental disorders

   ANS: D REF: A Multipath Model of Mental Disorders
   OBJ: UABB.SUES.17.2.2 Describe the multipath model of mental disorders.
   KEY: Bloom's: Understand

5. Which factor is a biological explanation of psychopathology?
   a. family interactions
   b. neurological dysfunctions
   c. early childhood experiences
   d. behaviors learned in the environment

   ANS: B REF: One-Dimensional Models of Mental Disorders
   OBJ: UABB.SUES.17.2.1 Identify and describe the models of psychopathology that have been used to explain abnormal behavior. KEY: Bloom's: Understand

6. Forebrain is to ____ as hindbrain is to ____.
   a. alertness and attention; language, thought, and memory
   b. serotonin-based systems; dopamine-based systems

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c. higher mental functions; basic bodily functions and instincts
d. visual and spatial abilities; emotions and motivation

ANS: C REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

7. 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

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

8. Which statement about neurotransmitters is *accurate*?
a. Neurotransmitters are released by dendrites and reabsorbed by the neuron body.
b. Abnormal neurotransmitter levels may be associated with symptoms of mental disorders.
c. Neurotransmitters have only excitatory effects on the human nervous system.
d. Neurotransmitters send neural impulses to the axons of receiving neurons.

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

9. Dopamine is related to several mental disorders, including ____.
a. anxiety and depression
b. Parkinson's disease and schizophrenia
c. obsessive-compulsive disorder and Parkinson's disease
d. schizophrenia and depression

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Analyze

10. Because Joan suffers from depression, Dr. Adler has prescribed a medication that alters the reuptake of ____ and increases its availability 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

ANS: A REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Apply

11. 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

ANS: D REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological

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makeup. KEY: Bloom's: Understand

12. 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 identified brain abnormalities for most mental disorders.
    d. It has proven that inheritance is the direct cause of most disorders.

    ANS: A REF: Dimension One: Biological Factors
    OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Analyze

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

    ANS: C REF: Dimension One: Biological Factors
    OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

14. 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 symptoms
    c. diathesis is a predisposition to illness and stress is an environmental trigger for illness
    d. abnormalities are inherited or the result of mutations and symptoms start with biology

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

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

    ANS: C REF: Dimension One: Biological Factors
    OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

16. Leesa is prone to wanting to reason everything out. When she has to make a decision, she often creates lists of the pros and cons of her choices. From a psychodynamic point of view, Leesa is relying most on her ____.
    a. ego
    b. id
    c. superego
    d. subconscious

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

17. 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 the guilt she feels for stealing the food is the ____.
    a. ego
    b. superego
    c. id
    d. subconsciousness

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ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

18. 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 an underdeveloped ____.
a. superego
b. ego
c. subconscious
d. id

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

19. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

20. 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

ANS: D REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

21. According to the psychodynamic model, people use unconscious strategies to protect their egos from anxieties. The general term for these strategies is ____.
a. defense mechanisms
b. anti-anxiety mechanisms
c. ego distortions
d. reaction formations

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

22. 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

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

23. 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

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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

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

24. 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. eclectic

ANS: A REF: A Multipath Model of Mental Disorders
OBJ: UABB.SUES.17.2.2 Describe the multipath model of mental disorders.
KEY: Bloom's: Apply

25. According to psychodynamic therapists, defense mechanisms ____.
a. operate consciously
b. protect individuals from anxiety
c. are used only by neurotic people
d. provide a realistic perspective

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

26. Which model of psychopathology considers unconscious influences to be the motivation for behavior?
a. existential
b. psychodynamic
c. cognitive
d. humanistic

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

27. Unlike traditional psychoanalysts, post-Freudians tend to ____.
a. deemphasize instinctual drives 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

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

28. Which statement about short-term psychodynamic psychotherapy 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 involves exploration of past interpersonal relationships.
d. It employs a humanistic-existential set of concepts.

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

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29. 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

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

30. 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.

    ANS: B REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

31. Psychodynamic theory ____.
    a. is often considered to be the first gynocentric theory
    b. used advanced research methodology for Freud's time
    c. can be applied to a wide range of disorders including schizophrenia
    d. helps clients resolve childhood conflicts that affect current relationships

    ANS: D REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

32. 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

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

33. 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

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

34. 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

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c. a behavior and its consequence
d. unconscious motivations and internal needs

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

35. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

36. 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 entirely volitional and controlled by its consequences.
c. It can successfully explain most human behavior, including instincts and reflexes.
d. It was discovered by Ivan Pavlov when he was studying the digestive processes of dogs.

ANS: D REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

37. In his original experiments, Pavlov paired a bell tone with the presentation of food. After a while, the bell tone alone could provoke salivation. When the bell provoked salivation, 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

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

38. Which statement about classical conditioning is *accurate*?
a. The conditioned response the automatic response to the UCS.
b. Classical conditioning does not occur unless the stimuli are reinforced.
c. A reliable pairing of the UCS and the UCR leads to learning.
d. Classical conditioning involves involuntary responses.

ANS: D REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

39. 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

ANS: C REF: Dimension Two: Psychological Factors

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OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

40. 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 most human behavior
    c. exploring how abnormal behavior is learned through observation
    d. demonstrating the importance of the consequences of behavior

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

41. Erin has an exaggerated fear of flying. She refuses to board an airplane and avoids airports altogether. A behavioral therapist would be most likely to use ____ in treating her fear
    a. cognitive restructuring
    b. systematic desensitization
    c. Gestalt approaches
    d. psychodynamic processing

    ANS: B REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

42. Unlike behaviors in classical conditioning, operant behaviors are ____.
    a. learned by observing others
    b. unconscious
    c. voluntary and controllable
    d. instinctive

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

43. 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

    ANS: B REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

44. 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."
    c. "Most of our behavior is motivated by unconscious factors."
    d. "We do more of whatever behavior pays off."

    ANS: D REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

45. Which scenario *best* illustrates operant conditioning?
    a. A man gets sick when he smells the same kind of food that caused him food poisoning.

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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 and her fears are getting worse.
d. A child watches a friend steal from a store, so he thinks he might steal in the future.

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

46. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

47. From an operant conditioning point of view, self-injurious behavior may be learned through the use of ____.
a. reinforcement
b. personalization
c. implosion
d. modeling

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

48. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

49. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

50. 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

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ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

51. Unlike operant or classical conditioning, in observational learning, ____.
a. direct reinforcement is necessary to establish behavior
b. new behaviors can be learned solely by watching others
c. reinforcement must precede the person's action
d. reinforcers are not necessary to maintain a behavior

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

52. 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

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

53. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

54. 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

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

55. Mykael's therapist says: "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

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

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56. The term *irrational thoughts* plays an important role in which model of psychopathology?
a. family systems
b. behavioral
c. cognitive-behavioral
d. multicultural

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

57. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

58. Who developed the REBT theory of personality and irrational beliefs?
a. Ellis
b. Minuchin
c. Beck
d. Satir

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

59. 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

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

60. 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 and there is little we can do about them."
d. "Depression is something you are most likely born with and can never really escape."

ANS: B REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

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61. 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, which should only focus on behavior."

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

62. 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

    ANS: B REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

63. A major contribution of the humanistic perspective is its ____.
    a. insistence on rigorous empirical studies
    b. primary focus on persons with serious disorders
    c. positive view of the individual
    d. emphasis on blocked instinctual forces

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

64. 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

    ANS: A REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

65. 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 in the child's self-concept
    b. expressing conditions of worth toward her daughter
    c. providing unconditional positive regard
    d. teaching the girl irrational beliefs

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ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

66. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

67. 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 and empathy 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

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

68. 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.

ANS: A REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

69. Humanistic therapists ____.
a. emphasize the use of specific techniques in therapy
b. withhold unconditional positive regard when therapeutically useful
c. need limited training because it is their attitude that is paramount
d. believe that people are able to advance and grow on their own

ANS: D REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Understand

70. 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

ANS: C REF: Dimension Two: Psychological Factors
OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

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71. The humanistic approach has 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

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Analyze

72. 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

    ANS: C REF: Dimension Two: Psychological Factors
    OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders. KEY: Bloom's: Apply

73. 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

    ANS: A REF: Dimension Three: Social Factors
    OBJ: UABB.SUES.17.2.5 Discuss the role social factors play in psychopathology.
    KEY: Bloom's: Apply

74. 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

    ANS: A REF: Dimension Three: Social Factors
    OBJ: UABB.SUES.17.2.5 Discuss the role social factors play in psychopathology.
    KEY: Bloom's: Understand

75. 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. cognitive therapy
    b. behavioral therapy
    c. couples therapy
    d. group therapy

    ANS: C REF: Dimension Three: Social Factors
    OBJ: UABB.SUES.17.2.5 Discuss the role social factors play in psychopathology.

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KEY: Bloom's: Apply

76. 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 observe Anita's behavior
    d. getting strong social and emotional support from those with similar issues

    ANS: A REF: Dimension Three: Social Factors
    OBJ: UABB.SUES.17.2.5 Discuss the role social factors play in psychopathology.
    KEY: Bloom's: Apply

77. 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 ignore problems within the person
    d. almost all non-Western cultures value individuality over collectivity

    ANS: A REF: Dimension Four: Sociocultural Factors
    OBJ: UABB.SUES.17.2.6 Explain the sociocultural factors that influence mental health.KEY: Bloom's: Apply

78. Which of the following refers to a tendency to act quickly without careful thought?
    a. carelessness
    b. impulsivity
    c. extroversion
    d. foolishness

    ANS: B REF: A Multipath Model of Mental Disorders
    OBJ: UABB.SUES.17.2.2 Describe the multipath model of mental disorders
    KEY: Bloom's: Understand

79. Sandy inherited a biological predisposition toward impulsive behavior. However, she grew up in a religious family, and has several close friends who help to moderate her behavior. Sandy has ____ that reduce her impulsive behavior.
    a. safeguards
    b. defense mechanisms
    c. mitigating circumstances
    d. protective factors

    ANS: D REF: A Multipath Model of Mental Disorders
    OBJ: UABB.SUES.17.2.2 Describe the multipath model of mental disorders.
    KEY: Bloom's: Understand

80. Many of the structures relevant to psychopathology are in the ____.
    a. midbrain
    b. hindbrain
    c. forebrain
    d. cerebral cortex

    ANS: C REF: Dimension One: Biological Factors
    OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
    KEY: Bloom's: Understand

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81. A key structure in the forebrain is the ____, which consists of layers of specialized nerve cells.
a. prefrontal cortex
b. cerebral cortex
c. parietal cortex
d. orbitofrontal cortex

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

82. What is the function of a neuron?
a. to transmit information to other nerve cells
b. to receive information from the body
c. to help make decisions and plan actions
d. to divide the brain into different regions

ANS: A REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

83. The prefrontal cortex, the region of the cerebral cortex responsible for ____, helps us manage our attention, behavior, and emotions so that we reach short-term and long-term goals.
a. all mental disorders
b. thought and planning
c. emotional processing
d. executive functioning

ANS: D REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

84. The limbic system is a group of deep brain structures associated with ____.
a. managing attention, behavior and emotion
b. the regulation of physical responses associated with emotional reactions
c. emotions, decision making, and the formation of memories
d. instincts, self-preservation, and survival

ANS: C REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

85. One role that the ____plays in the limbic system is to facilitate recall of our emotional memories and our response to potential threat.
a. hippocampus
b. amygdala
c. hypothalamus
d. pituitary gland

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological

makeup.
KEY: Bloom's: Understand

86. Which brain structure helps us form, organize, and store memory?
a. the limbic system
b. the amygdala
c. the hippocampus
d. the hypothalamus

ANS: C REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

87. The autonomic nervous system regulates which functions in the brain?
a. automatic physical responses associated with emotional reactions
b. bodily drives, such as hunger, thirst, and the sexual response
c. balance, coordination, and motor control
d. control of attention, behavior, and thoughts

ANS: A REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

88. Which structure regulates bodily drives, such as hunger, thirst, and sexual response, and body conditions, such as body temperature and circadian rhythms, and plays a key role in our emotional reactions?
a. amygdala
b. pituitary gland
c. adrenal gland
d. hypothalamus

ANS: D REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

89. When stress or perceived threat triggers the HPA axis, the ____ stimulates the ____ to release hormones.
a. hypothalamus; autonomic nervous system
b. hypothalamus; pituitary gland
c. autonomic nervous system; pituitary gland
d. autonomic nervous system; limbic system

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

90. Our brains are composed of billions of neurons and trillions of ____, cells that perform a variety of supportive roles.
a. glia
b. dendrites
c. synapses
d. axons

ANS: A REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

91. What is the function of the neuron's axon?
a. to receive signals from nearby cells and process them
b. to send signals to nearby cells as well as other parts of the body
c. to process signals in order to decode and understand them
d. to receive chemicals, called neurotransmitters from other cells

ANS: B REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

92. In the brain, myelination ____
a. deactivates neurotransmitters that have not been used
b. reabsorbs neurotransmitters once the axon has released them.
c. increases the efficiency of signal transmission
d. helps relay messages across the synapse

ANS: C REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

93. Some brain tissue called ____ primarily consists of nerve pathways, myelinated axons, and the supportive glia cells that surround them, whereas other tissue, called ____, consists of the cell bodies of neurons and glia.
a. white matter; gray matter
b. gray matter; white matter
c. forebrain; midbrain
d. midbrain; forebrain

ANS: A REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom's: Understand

94. Which process enables the brain to adjust to environmental circumstances or to compensate for injury?
a. neurotransmission
b. myelination
c. reputake
d. neuroplasticity

ANS: D REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup. KEY: Bloom's: Understand

ESSAY

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

   ANS:

   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 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.

   REF: Dimension Two: Psychological Factors
   OBJ: UABB.SUES.17.2.4 Discuss the psychological models that are used to explain the etiology of mental disorders.
   KEY: Bloom’s: Apply

2. 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.

   ANS:

   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.

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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.

REF: Dimension One: Biological Factors
OBJ: UABB.SUES.17.2.3 Describe how mental disorders can be explained through our biological makeup.
KEY: Bloom’s: Apply

3. 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?

ANS:
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 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.

REF: Dimension Three: Social Factors | Dimension Four: Sociocultural Factors

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OBJ: UABB.SUES.17.2.6 Explain the sociocultural factors that influence mental health.
KEY: Bloom's: Apply