Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

SKU: 9781319126698-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 02: Multiple Choice

1. In science, what are the perspectives used to explain phenomena known as which of the following?
   a. Facts
   b. Hypotheses
   c. Paradigms
   d. Theories

ANSWER: c

2. Which of the following is NOT influenced by the paradigm to which an investigator subscribes?
   a. The questions that are asked
   b. The interpretation of the findings
   c. The definition of abnormal behavior
   d. The scientist's basic assumptions

ANSWER: c

3. The paradigm, or model, adopted by people in the Middle Ages to explain abnormal behavior was the _____ model.
   a. sociocultural
   b. biological
   c. cognitive
   d. demonological

ANSWER: d

4. Which model of abnormality cites physical processes as being the key to behavior?
   a. humanistic-existential
   b. biological
   c. psychodynamic
   d. sociocultural

ANSWER: b

5. The model of abnormality that examines the effects of society and culture is the _____ model.
   a. behavioral
   b. sociocultural
   c. psychodynamic
   d. humanistic-existential

ANSWER: b

6. The model of abnormality that focuses on unconscious internal processes and conflicts in behavior is the _____ model.
   a. cognitive-behavioral
   b. humanistic-existential
   c. sociocultural

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

d. psychodynamic

ANSWER: d

7. Understanding a person's unconscious processes is critical in explaining abnormality. Which model of abnormality does this quote MOST closely represent?

a. Cognitive-behavioral
b. Psychodynamic
c. Sociocultural
d. Humanistic-existential

ANSWER: b

8. Which model of abnormality focuses on learning and the thinking that underlies behavior?

a. psychodynamic
b. sociocultural
c. cognitive-behavioral
d. humanistic-existential

ANSWER: c

9. Someone who studies the _____ model of abnormality focuses on how values and choices affect behavior.

a. cognitive-behavioral
b. sociocultural
c. psychodynamic
d. humanistic-existential

ANSWER: d

10. Imagine that you subscribe to the sociocultural model of abnormality. Which would be a part of your paradigm?

a. The humanistic-existential model
b. The family-social perspective
c. The cognitive model
d. The psychodynamic model

ANSWER: b

11. A theorist who believes that the multicultural perspective is the correct way to think about abnormality comes from which paradigm?

a. Sociocultural
b. Biocultural
c. Psychocultural
d. Cognitive-cultural

ANSWER: a

12. Which statement is TRUE regarding the models of abnormality?

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

a. None of the models are complete within themselves.
b. All of the models include an element of the biological model.
c. The underlying assumptions of each model are the same.
d. Each model views childhood trauma as a factor contributing to abnormal behavior.

ANSWER: a

13. The outer layer of the brain is the:
a. cortex.
b. corpus callosum.
c. basal ganglia.
d. amygdala.

ANSWER: a

14. A patient has loss of cells in the cortex and the basal ganglia. This is a physical aspect of what disease?
a. depression
b. Huntington's disease
c. social anxiety disorder
d. schizophrenia

ANSWER: b

15. The antenna-like extensions located at one end of the neuron are called:
a. glia.
b. dendrites.
c. axons.
d. synapses.

ANSWER: b

16. Messages moving from neuron to neuron must cross tiny spaces called:
a. dendrites.
b. axons.
c. neurotransmitters.
d. synapses.

ANSWER: d

17. What happens when an electrical impulse reaches a neuron's ending?
a. Neurotransmitters are released.
b. Release of neurotransmitters is stopped.
c. The receiving neurons fire.
d. The receiving neurons stop all firing.

ANSWER: a

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

18. A therapist identifies a biological factor in a patient with depression. What is that factor?
    a. Low activity of GABA
    b. Absence of dopamine
    c. Low activity of serotonin
    d. Excessive activity of norepinephrine

ANSWER: c

19. Abnormal chemical activity in the body's endocrine system relates to the release of:
    a. hormones.
    b. neurotransmitters.
    c. neurons.
    d. genes.

ANSWER: a

20. A biological theorist studies a psychological disorder through the interconnectivity of an entire network of brain structures. This shows the recent belief that the key to psychological disorders lies in:
    a. specific brain structures.
    b. genetic mutations.
    c. congenital malformations.
    d. brain circuits.

ANSWER: d

21. The objective of the Human Genome Project was to:
    a. clone a mammal.
    b. map, or sequence, genes.
    c. insert RNA into genes.
    d. create an "ideal" set of genes.

ANSWER: b

22. A theorist who takes an evolutionary perspective on abnormal behavior would MOST likely agree that:
    a. genome mapping is a waste of time.
    b. the evolution of adaptive and maladaptive behavior is fundamentally different.
    c. at one time what is now often labeled abnormal behavior actually helped humans survive.
    d. people can inherit physical but not mental capacities.

ANSWER: c

23. Gambling disorder is a manifestation of the previously desirable behavior of being a risk taker. This statement aligns MOST closely with the beliefs of which type of theorist?
    a. Self theorist
    b. Biological theorist
    c. Existential theorist

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

d. Evolutionary theorist

ANSWER: d

24. Which of the following is an argument of critics of the evolutionary perspective?
    a. It is difficult to research this perspective.
    b. The perspective is overly precise.
    c. It is full of abnormal evolutionary principles.
    d. Genes do not interact with the environment.

ANSWER: a

25. A patient has social anxiety disorder. Which is an example of a biological treatment for this condition?
    a. Having the patient engage in activities that elicit anxiety
    b. Prescribing an antidepressant medication such as paroxetine
    c. Teaching the patient how to effectively challenge negative thoughts
    d. Encouraging the patient to cultivate relationships with others who have similar anxieties

ANSWER: b

26. An important factor to consider when prescribing drugs for the treatment of abnormality would be that:
    a. some people do not benefit from drug treatments.
    b. drugs cannot be combined with other forms of treatment.
    c. drugs are not very effective in the treatment of abnormal behavior.
    d. the adverse effects of drugs will result in worse quality of life than the abnormality brings.

ANSWER: a

27. Which statement is TRUE regarding electroconvulsive therapy (ECT)?
    a. It is the most commonly used biological treatment for mental disorders.
    b. It sends brief electrical currents through the brain, stimulating a seizure.
    c. Its use is controversial because it requires surgical implantation of electrodes.
    d. It produces a steady stream of low-voltage electricity to the targeted brain areas.

ANSWER: b

28. Electroconvulsive therapy (ECT) is used MOST often in the treatment of:
    a. schizophrenia.
    b. anxiety disorders.
    c. depression.
    d. bipolar disorder.

ANSWER: c

29. When a subject is participating in the final testing phase of a drug study, which of the following is taking place?
    a. The drug is simultaneously being tested on animals.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

b. The researchers are assessing the subject for unexpected long-term effects.
c. The subject is assessing the safety of the drug.
d. The researchers are examining the effects on the subject to determine the drug's efficacy and side effects.

ANSWER: d

30. The brain stimulation technique that uses an electromagnetic coil place on or above a person's head to send electrical current into certain areas of the brain is called:
a. vagus nerve stimulation (VNS).
b. electroconvulsive therapy (ECT).
c. deep brain stimulation.
d. transcranial magnetic stimulation (TMS).

ANSWER: d

31. The biological treatment known as psychosurgery would MOST likely be used in the treatment of a patient with:
a. a severe disorder that is also associated with a high risk of suicide.
b. a severe mental illness and who is not a candidate for brain stimulation therapy.
c. moderate to severe mental illness and a coexisting developmental disorder.
d. a severe disorder and who has not responded to any other therapies over years of treatment.

ANSWER: d

32. Which of the following is NOT a weakness of the biological model of abnormal behavior?
a. Some biological treatments produce significant undesirable effects.
b. This model dismisses the effect of nonbiological factors on behavior.
c. There is limited research supporting biological causes of mental illness.
d. The effectiveness of biological treatments cannot be objectively evaluated.

ANSWER: d

33. A psychologist believes that all dysfunctional behavior is due to past experiences, and that no symptom or behavior is accidental. Because of this, the psychologist explores a client's childhood to explain the adult client's current dysfunctional behavior. This is an example of what kind of psychodynamic theory?
a. Pleasure principle
b. Determinist
c. Ego defense mechanism
d. Object relations

ANSWER: b

34. Shemar has obsessive-compulsive disorder and repeatedly checks to ensure the doors are locked. According to determinists, which is the MOST likely reason for this behavior?
a. Shemar sustained a traumatic injury to the hippocampus.
b. When Shemar was around age 10, Shemar's next-door neighbor was attacked in her home.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

c. As an adult, Shemar forgot to lock his back door when he left for a weeklong vacation.
d. During his childhood, Shemar's parents told him to always keep the doors locked.

ANSWER: b

35. According to psychoanalysis, which statement is TRUE of psychological conflicts?
a. They are always sexual in nature.
b. They are tied to experiences early in life.
c. They are only a problem when they reach consciousness.
d. They are unconscious and, therefore, not a factor in conscious experience.

ANSWER: b

36. Freud believed that the three central forces that shape the personality were:
a. instincts, the ego, and the self.
b. biological forces, culture, and learning.
c. consciousness, unconsciousness, and instincts.
d. instinctual needs, rational thinking, and moral standards.

ANSWER: d

37. The _____ operates in accord with the pleasure principle.
a. id
b. superego
c. self
d. ego

ANSWER: a

38. Nikolai's grandmother has just baked cookies and is placing them on a cooling rack. Nikolai runs past, grabs some of the cookies, and runs away. This action MOST strongly suggests that the _____ is firmly in control of Nikolai.
a. id
b. superego
c. self
d. ego

ANSWER: a

39. Freud believed that the id is fueled by:
a. self-preservation.
b. the libido.
c. the conscious mind.
d. fear.

ANSWER: b

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

40. According to Freud, a child's pleasure from defecating is reflected in which part of the personality?
    a. Id
    b. Ego
    c. Superego
    d. Ego ideal

ANSWER: a

41. Infants tend to do things that feel good. This is in accord with what Freud called:
    a. reflex.
    b. the pleasure principle.
    c. primary process thought.
    d. secondary process thought.

ANSWER: b

42. What is libido?
    a. The same as the id
    b. The source of pleasure
    c. The sexual energy of the id
    d. The sum of the id's instinctual needs

ANSWER: c

43. The part of the personality that guides us to know when we can and cannot express our impulses is the:
    a. id.
    b. ego.
    c. superego.
    d. libido.

ANSWER: b

44. Greshka spilled iced coffee on her shirt while sitting in the park. She had another shirt with her and wanted to change right then and there. However, she went to the restroom to change instead. The force that is in control in this example is the:
    a. id.
    b. ego.
    c. superego.
    d. fixation.

ANSWER: b

45. According to Freud's psychodynamic theory, the part of the personality that operates by the morality principle is the:
    a. id.
    b. ego.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

c. superego.
d. ego ideal.

ANSWER: c

46. What we would call *conscience* is MOST like what Freud would call the:
a. defense mechanism.
b. superego.
c. ego.
d. reality principle.

ANSWER: b

47. Nari was taking the bar exam and was concerned that she didn't know the answers to many of the questions. She could see the answers of the person next to her and briefly considered copying his answers. She ultimately decided not to copy, knowing that doing so was wrong. The force that is in control in this example is the:
a. id.
b. ego.
c. superego.
d. fixation.

ANSWER: c

48. A man has cheated on his partner and he feels very guilty, but soon he begins to make excuses, saying that his partner has nagged him for years. The defense mechanism that BEST explains his behavior is:
a. rationalization.
b. denial.
c. regression.
d. projection.

ANSWER: a

49. A patient's initial reaction to being told she has a sexually transmitted infection (STI) is to insist that the nurse made a mistake with the test. The defense mechanism that BEST explains this behavior is:
a. intellectualization.
b. repression.
c. denial.
d. displacement.

ANSWER: c

50. Your first semester of college, you have several midterms you need to study for. Since you don't have time, you decide to study only for the classes in which the teacher provided a study guide. Since your Italian professor did not provide a study guide, you didn't study for the midterm. After you perform poorly on the exam, you blame your professor. The defense mechanism that BEST explains your behavior is:
a. projection.
b. rationalization.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

c. intellectualization.
d. displacement.

ANSWER: b

51. Your romantic partner of four years ends the relationship suddenly and cuts off all contact. You immediately focus all of your energy on the financial implications of your partner's departure and ways to save money. The defense mechanism that BEST explains your behavior is:
a. denial.
b. rationalization.
c. intellectualization.
d. projection.

ANSWER: c

52. According to Freud's psychodynamic theory, ineffective interaction of the id, ego, and superego can result in a person becoming stuck at a developmental level. This is called:
a. fixation.
b. neurosis.
c. repression.
d. transference.

ANSWER: a

53. According to Freud's psychodynamic theory, at birth the child is in the:
a. oral stage.
b. anal stage.
c. phallic stage.
d. latency stage.

ANSWER: a

54. A general term used for Freud's, Adler's, and Jung's theories is:
a. psychiatric.
b. biological.
c. psychodynamic.
d. psychophysical.

ANSWER: c

55. The motivation to form relationships with others is a central theme of:
a. ego theory.
b. self theory.
c. psychoanalytic theory.
d. object relations theory.

ANSWER: d

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

56. The force that operates on the 'reality principle' is an independent, powerful force in human functioning. What kind of theorist would agree MOST strongly with this statement?
    a. Classical Freudian
    b. Existential
    c. Object relations
    d. Psychopathology

ANSWER: a

57. Which model is MOST likely to suggest using free association to uncover unconscious processes?
    a. Psychodynamic
    b. Cognitive
    c. Humanistic-existential
    d. Behavioral

ANSWER: a

58. During a meeting, Shonda's manager asks her to free associate about her coworker's performance. Shonda responds by changing the subject. A psychodynamic therapist would consider this an example of:
    a. catharsis.
    b. resistance.
    c. transference.
    d. countertransference.

ANSWER: b

59. Which model is MOST likely to predict that transference will occur during therapy?
    a. Psychodynamic
    b. Cognitive
    c. Humanistic-existential
    d. Behavioral

ANSWER: a

60. *Resistance* and *transference* are terms most likely used by which model?
    a. Psychodynamic
    b. Behavioral
    c. Humanist-existential
    d. Sociocultural

ANSWER: a

61. A patient with a controlling mother is undergoing therapy. Soon, the patient begins seeking the therapist's approval for all types of decisions, rather than just making the decisions herself. This is an example of:
    a. catharsis.
    b. resistance.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

c. transference.
d. free association.

ANSWER: c

62. According to psychoanalytic theory, which statement is TRUE about dreams?
a. They are a means of reprocessing information necessary for survival.
b. They reflect our unconscious desires and needs.
c. They explain outside influences and past events.
d. They are the brain's attempts to understand abnormal electrical activity.

ANSWER: b

63. According to Freud, another term for the symbolic meaning of dreams is:
a. positive transference.
b. negative transference.
c. manifest content.
d. latent content.

ANSWER: d

64. A person has a recurring dream of losing her dog. In her dream, she panics and looks for her dog everywhere. This dream is interpreted to reflect the patient's emotional stress over losing her mother, who is terminally ill. Which is an example of latent content?
a. Losing the dog
b. Having the dream over and over
c. Feeling panicked in the dream
d. Feeling stress about her mother's illness

ANSWER: d

65. According to psychoanalysts, if a patient relives past repressed feelings, that patient is said to have experienced:
a. repression.
b. transference.
c. resistance.
d. catharsis.

ANSWER: d

66. Amelia has been told that her course of therapy is likely to take a year or more because it involves the reshaping of her personality and that takes many sessions. Her therapy is MOST likely:
a. gestalt therapy.
b. working through.
c. cognitive-behavioral therapy.
d. psychotropic treatment.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

ANSWER: b

67. ChaeWoo has been participating in weekly therapy for several years. Over time, he begins to understand how events in his early life have impacted how he functions now. What form of psychotherapy is ChaeWoo receiving?
    a. Cognitive therapy
    b. Biological therapy
    c. Psychodynamic therapy
    d. Behavior therapy

ANSWER: c

68. A patient sees a therapist to help her address her eating disorder. The therapist focuses only on issues specifically related to this problem. This therapy is BEST described as:
    a. relational psychoanalytic therapy.
    b. psychoanalysis.
    c. extended psychoanalytic therapy.
    d. short-term psychodynamic therapy.

ANSWER: d

69. Which of the following dreams is the MOST common?
    a. Failing an examination
    b. Flying in the air
    c. Falling
    d. Being chased or pursued

ANSWER: d

70. Evidence of the effectiveness of psychodynamic therapy comes from:
    a. natural observation.
    b. ethnographic studies.
    c. double-blind studies.
    d. case studies.

ANSWER: d

71. Why is the psychodynamic model difficult to research?
    a. It is difficult to gain informed consent from individuals with mental illness.
    b. The processes described in this model occur at an unconscious level.
    c. This model focuses on abstract issues of human fulfillment.
    d. This model requires the therapist to predict abnormal behavior in individuals.

ANSWER: b

72. Theory focused on the behaviors people exhibit and the thoughts they have is usually described as:
    a. biological.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

b. cognitive-behavioral.
c. sociocultural.
d. object relations.

ANSWER: b

73. The goal of cognitive-behavioral therapy is BEST described as:
a. improving the client's interactions with others.
b. helping the client develop a stronger sense of self and rational thinking.
c. helping the client gain insight into his or her unconscious desires and needs.
d. modifying the client's negative behavior and dysfunctional ways of thinking.

ANSWER: d

74. Which model emphasizes the importance of conditioning in determining human actions?
a. Psychodynamic
b. Sociocultural
c. Humanist-existential
d. Cognitive-behavioral

ANSWER: d

75. When a young child yells and throws toys (i.e., throws a temper tantrum), the parents give the child a good deal of attention. Over time, the temper tantrums become more and more common. A behavioral psychologist would say that the temper tantrums result from:
a. unresolved intrapsychic conflict.
b. operant conditioning.
c. unconditional positive regard.
d. neurotransmitter imbalances.

ANSWER: b

76. _____ theory focuses on observable and conscious behaviors, whereas _____ theory focuses on unconscious processes.
a. Sociocultural; biological
b. Psychodynamic; existential
c. Humanistic; cognitive-behavioral
d. Cognitive-behavioral; psychodynamic

ANSWER: d

77. Mason's parents always pay special attention to him when he takes toys from his little sister. As such, he continues to steal her toys. This is an example of:
a. shaping.
b. modeling.
c. operant conditioning.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

d. classical conditioning.

ANSWER: c

78. Brooklyn learns to turn on the TV by watching her older brother turn it on. This form of learning is called:

a. shaping.

b. modeling.

c. operant conditioning.

d. classical conditioning.

ANSWER: b

79. Dontrall observed his parents' generous behavior throughout his childhood. As a result, he developed a positive and generous attitude toward the world. According to the behavioral model, Dontrall acquired this perspective through the process of:

a. modeling.

b. self-actualization.

c. operant conditioning.

d. classical conditioning.

ANSWER: a

80. When I was a child, I loved to go swimming in a lake near my house. However, one afternoon I was bitten on the foot by something in the water. Since that time, I've never been able to swim in a lake. A therapist who assumes this describes a phobia acquired from classical conditioning MOST likely favors which model of abnormality?

a. Cognitive-behavioral

b. Sociocultural

c. Humanistic-existential

d. Psychodynamic

ANSWER: a

81. When a child yells and threatens others, he or she is placed in a time-out, away from the group. During the time-out, no one interacts with the child. The child learns to interact with others without yelling. This is an example of behavior modification using:

a. modeling.

b. exposure therapy.

c. operant conditioning.

d. classical conditioning.

ANSWER: c

82. A health care provider prescribes disulfiram (Antabuse) for a client with alcoholism. The drug causes severe vomiting if a person drinks alcohol while taking the drug. Why might this treatment be effective in preventing alcohol use even after the client stops taking the drug?

a. The drug eliminates the biological urge to drink alcohol.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

b. The drug addresses (corrects) the underlying biological reasons for alcohol abuse.
c. The client is operantly conditioned to associate sobriety with happiness.
d. The client is classically conditioned to associate drinking with the negative experience of vomiting.

ANSWER: d

83. A goal of behavior-focused therapy is to:
a. prevent feelings of anger and acts of aggression.
b. control biological factors by focusing on behavior.
c. replace problematic behaviors with more appropriate ones.
d. understand how beliefs and values are related to behaviors.

ANSWER: c

84. According to cognition-focused therapists, which is a factor in abnormal behavior?
a. Egocentrism
b. Self-talk
c. Illogical thinking
d. Objective interpretations

ANSWER: c

85. Thoughts, as well as overt behaviors, are acquired and modified by various forms of conditioning. The orientation of the author of this quote is MOST likely:
a. cognitive-behavioral.
b. humanistic-existential.
c. psychodynamic-gestalt.
d. sociocultural.

ANSWER: a

86. Ashley is a pole-vaulter who is ready for her event. Nevertheless, just before the track meet begins, she thinks, "I can't do this! I'm going to mess up and then it won't be a perfect run!" Which type of theorist would focus on the athlete's illogical thinking process as a key factor in her subsequent poor performance?
a. Psychodynamic
b. Behavioral-focused
c. Existential
d. Cognition-focused

ANSWER: d

87. When her friends or family criticize or express disapproval over something Johannah has done, she experiences a deep depression and self-abuse. She struggles very hard to do things that others would approve of and to have people like her. Cognition-focused theorists would say that Johannah's depression results in large part from:
a. modeling.
b. early childhood trauma.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

c. illogical thinking.
d. unconscious feelings of loss.

ANSWER: c

88. When Mathias did not get a job for which he applied, he was sure that everything was going wrong, that his life was completely off track. This thought is an example of:
a. depression.
b. delusional thinking.
c. overgeneralization.
d. flight of ideas.

ANSWER: c

89. Which form of therapy helps clients recognize errors in logic and try out new interpretations of events?
a. Psychodynamic
b. Multicultural
c. Cognitive
d. Humanistic

ANSWER: c

90. If a client is being guided to challenge irrational thinking and to try out new interpretations, the client is MOST likely being treated by a follower of:
a. Rogers.
b. Freud.
c. Beck.
d. Bandura.

ANSWER: c

91. If you are being encouraged to see the link between the way you interpret your experiences and the way you feel and to question the accuracy of your interpretations, you are probably receiving:
a. humanistic therapy.
b. existential therapy.
c. cognitive therapy.
d. psychoanalytic therapy.

ANSWER: c

92. Subjecting a person to a situation that causes the individual anxiety as a means of eliminating future anxiety is called:
a. modeling
b. exposure therapy.
c. relational psychoanalytic therapy.
d. short-term psychodynamic therapy.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

ANSWER: b

93. Cognitive-behavioral approaches used to treat social anxiety disorder aim to:
a. increase positive self-talk and decrease risk taking.
b. increase feelings of gratitude and decrease feelings of fear.
c. alter illogical thinking patterns and reduce avoidance behaviors.
d. use conscious thought as a means to decrease physiological signs of anxiety.

ANSWER: c

94. With regard to assessing the effectiveness of the various models of abnormality, which model BEST lends itself to laboratory testing?
a. Psychodynamic
b. Cognitive-behavioral
c. Humanistic-existential
d. Sociocultural

ANSWER: b

95. Some researchers have manipulated the behaviors and thoughts of study participants to create clinical-like symptoms. Which conclusion can be drawn from this finding?
a. Behaviors and thoughts may influence the development of psychological disorders.
b. Psychological disorders can be prevented through behavior and thought modification.
c. Disordered cognitions are an underlying causative factor in all psychological disorders.
d. Psychological disorders result from outside influences that manipulate thinking and behavior.

ANSWER: a

96. According to a 2018 report (Prochaska & Norcross), the dominant approach used by clinical psychologists is:
a. existential.
b. multicultural.
c. psychodynamic.
d. cognitive-behavioral.

ANSWER: d

97. The so-called new wave of cognitive therapy differs from traditional cognitive therapy in that it emphasizes:
a. challenging irrational cognitions.
b. accepting problematic thoughts.
c. working to change unacceptable thoughts.
d. researching the effectiveness of the therapy.

ANSWER: b

98. Which is a goal of acceptance and commitment therapy?
a. To lessen the power of thoughts

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

b. To stop the client from comparing himself or herself to others
c. To decrease internal negative self-talk
d. To increase awareness of why the client behaves a certain way

ANSWER: a

99. With mindfulness-based therapy techniques, clients would MOST likely be encouraged to:
a. focus on setting goals for the future.
b. let their thoughts flow, without judgment.
c. reject thoughts that are not rational.
d. try to figure out the source of their troublesome thoughts.

ANSWER: b

100. Mindfulness has been shown to be associated with improvements in which of the following?
a. Long-term memory
b. Numerical and spatial reasoning
c. Autonomic nervous system functioning
d. Feelings of social connectedness among teens

ANSWER: c

101. When we try to establish how abnormality develops, we need to consider how individuals deal with the meaning of life and with the value they find in living. A psychologist from which background would agree MOST strongly with this statement?
a. Cognitive-behavioral
b. Humanistic-existential
c. Psychodynamic
d. Cognitive

ANSWER: b

102. The self-actualization motive plays an important part in human functioning, according to:
a. cognition-focused therapists.
b. behavior-focused therapists.
c. psychoanalysts.
d. humanists.

ANSWER: d

103. A therapist who believes people often hide from their responsibilities and therefore often feel alienated, depressed, and inauthentic would MOST likely be described as:
a. humanistic.
b. existential.
c. psychodynamic.
d. cognitive.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

ANSWER: b

104. The _____ model proposes that humans must have an accurate self-awareness and live meaningful lives to be psychologically well adjusted.

a. psychodynamic
b. cognitive-behavioral
c. humanistic-existential
d. biological

ANSWER: c

105. Humanists would say that an individual who cares about others and who is spontaneous, courageous, and independent is:

a. authentic.
b. self-actualizing.
c. role-playing.
d. self-aware.

ANSWER: b

106. Humans are born with freedom, yet do not 'naturally' strive to reach their full growth potential. The psychologist who would MOST closely agree with this statement would be described as:

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

ANSWER: c

107. In the 1960s and 1970s, social upheaval and soul-searching in Western society gave rise to humanistic and existential therapies. The BEST explanation for this trend is that these theories:

a. focused primarily on unconscious thoughts, instincts, and conflict.
b. focused on a positive message and living a meaningful life.
c. identified an external source as the cause of abnormal behavior.
d. discounted the concept of "abnormal" and focused on acceptance.

ANSWER: b

108. Which theory has its roots in the philosophical idea that people are constantly evaluating and giving meaning to their existence through their actions?

a. Humanistic
b. Existential
c. Cognitive
d. Behavioral

ANSWER: b

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

109. The term for the form of psychotherapy pioneered by Carl Rogers is:
a. client-centered.
b. insight.
c. gestalt.
d. existential.
ANSWER: a

110. If you recognize your worth as a person, Carl Rogers would say that you have developed:
a. spontaneity.
b. unconditional self-regard.
c. unconditional positive regard.
d. conditions of worth.
ANSWER: b

111. Which example BEST describes conditions of worth?
a. A boy believes that he is deserving of love only when he earns good grades.
b. A girl values her self-worth even when she fails at something.
c. A boy is internally motivated to put forth his best effort on his science project.
d. A girl is anxious about giving a speech in front of her class.
ANSWER: a

112. The MOST likely consequence of having acquired conditions of worth is:
a. social isolation.
b. a distorted view of the self.
c. increased participation in very high-risk activities.
d. development of sociopathic tendencies.
ANSWER: b

113. A therapist listens carefully to a client's words and then attempts to show accurate empathy and genuineness. The hope is that the client will engage in self-examination with acceptance and honesty. MOST likely, this therapist is a _____ therapist.
a. behavior-focused
b. cognitive-behavioral
c. psychodynamic
d. humanistic
ANSWER: d

114. If a client-centered therapist were treating a very anxious woman, the therapist would try to:
a. point out the client's misconceptions.
b. give insightful interpretations of the client's statements.
c. identify the client's unreasonable ideas and feelings.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

d. show unconditional positive regard for the client's statements.

ANSWER: d

115. "That's all right. You are doing your best. Don't worry. I'm here for you." A therapist who would say this as a primary part of the therapy process would MOST probably be following the _____ tradition.

a. cognitive
b. humanistic
c. psychodynamic
d. rational emotive

ANSWER: b

116. The psychologist credited with paving the way for psychologists to practice psychotherapy is:

a. Perls.
b. Rogers.
c. Beck.
d. Freud.

ANSWER: b

117. Gestalt therapy is similar to mindfulness techniques in its emphasis on:

a. using *I* language.
b. focusing on the here and now.
c. role-playing.
d. frustrating the client.

ANSWER: b

118. Which theorist would be MOST likely to advocate use of skillful frustration as a part of therapy?

a. Fritz Perls
b. Joseph Wolpe
c. Abraham Maslow
d. Aaron Beck

ANSWER: a

119. Therapists who often deliberately frustrate and challenge their clients, and who often use role-playing and a "here and now" orientation, are _____ therapists.

a. gestalt
b. object relations
c. cognitive-behavioral
d. self

ANSWER: a

120. During a therapy session, a client is told to pretend the therapist is her parent and to tell her "parent" why she is angry. This therapist is MOST likely a(n) _____ therapist.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

a. gestalt
b. sociocultural
c. cognitive-behavioral
d. existential

ANSWER: a

121. The perspective that religious views are defense mechanisms created by people to make life tolerable is MOST characteristic of:
a. current thinking in the mental health profession.
b. classic Freudian psychotherapy.
c. conclusions drawn by research scientists.
d. the way in which the mental health profession is moving.

ANSWER: b

122. Research on the relationship between religious beliefs and psychological health shows that people:
a. without any religious belief are the healthiest.
b. who are devout and see God as caring and helpful are the healthiest.
c. who believe in a higher being are the healthiest.
d. who are not religious cope better with life stressors such as war and illness.

ANSWER: b

123. The proper conclusion from research studies that show a relationship between devout religious people who see God as warm and caring and psychological health is that:
a. religion causes people to deal better with the challenges of life.
b. psychologically healthy people have more time and energy for religion.
c. people who have a religious community to support them are healthier.
d. people who are more devout are also psychologically healthier.

ANSWER: d

124. When treating religious patients, it is recommended that mental health professionals:
a. avoid discussing religion.
b. encourage clients to use spiritual resources that aid with coping.
c. explain the connection between religious practices and mental health.
d. caution the patient against using religious-based counseling services.

ANSWER: b

125. The theorists who place the MOST significance on the relationship between the therapist and the client are _____ therapists.
a. gestalt
b. existential
c. object relations

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

d. cognitive-behavioral

ANSWER: b

126. With its emphasis on abstract human values and responsibility, the humanistic-existential model does all of the following EXCEPT:

a. resonate with many people who are eager to explore these issues.

b. support the ideas of positive psychology.

c. emphasize health.

d. lend itself easily to research.

ANSWER: d

127. Which model of abnormality MOST closely aligns with positive psychology?

a. Family-social

b. Multicultural

c. Psychodynamic

d. Humanistic-existential

ANSWER: d

128. A therapist who describes her client as someone who has yet to fulfill his or her full potential, rather than as someone with a disorder, is MOST likely what kind of theorist?

a. Multicultural

b. Biological

c. Humanistic

d. Cognitive-behavioral

ANSWER: c

129. The _____ model of abnormality pays particular attention to the client's family structure, societal norms, and the client's roles in society.

a. existential

b. cognitive-behavioral

c. sociocultural

d. humanistic

ANSWER: c

130. The sociocultural model of abnormality focuses on all of these factors EXCEPT:

a. social labels and roles.

b. family structure and communication.

c. social networks.

d. past traumatic experiences.

ANSWER: d

131. A theorist who believes that someone who is labeled a hard worker will, in fact, become a hard worker is

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

MOST likely a _____ theorist.

a. existential
b. humanistic
c. sociocultural
d. behavior-focused

ANSWER: d

132. David Rosenhan sent pseudopatients to a mental hospital, where they pretended to be disturbed. The results of this study led him to conclude that _____ greatly affects mental illness.

a. an actual symptom
b. the community mental health system
c. labeling
d. communication

ANSWER: c

133. A person who is isolated and lacks social support or intimacy is more likely to:

a. develop depression when under stress.
b. develop depression even when not under stress.
c. develop depression but recover more quickly.
d. develop depression that requires hospitalization.

ANSWER: a

134. A person engages in multiple online discussions with a large number of friends on Facebook. She is very open about herself and shares her thoughts and opinions freely. Based on related research, we would expect this person to have a _____ number of offline friends and to _____ share information with them.

a. very small; selectively
b. large; selectively
c. large; openly
d. small; openly

ANSWER: c

135. Which statement would a family systems theorist MOST likely agree with?

a. "What an individual views as abnormal behavior in public may be the only way to effectively interact with family members."
b. "Abnormal behavior in the family causes an individual to develop dual personalities: one for the public and one for at home."
c. "Behavior that one group would classify as abnormal may be the norm in another group. Therefore, there is no such thing as abnormal behavior."
d. "A child often deliberately (consciously) adopts so-called abnormal behaviors when interacting with the family unit as a way to maintaining homeostasis."

ANSWER: a

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

136. If a mother seems excessively involved in her child's life such that the two do not seem to be independent people, their relationship is said to be:

a. externalized.
b. cultural.
c. enmeshed.
d. disengaged.

ANSWER: c

137. Members of a family operate very independently of one another. In this family, the children are also discouraged from asking for advice or seeking support. According to family systems theory, this family is characterized by:

a. enmeshed structure.
b. laissez-faire parenting style.
c. children who very seldom fight.
d. disengagement.

ANSWER: d

138. Which phrase would one be MOST likely to hear in a self-help group?

a. "You'll figure this out on your own."
b. "The therapist will tell us what to do."
c. "Try this. It worked for me."
d. "Let's talk about our dreams."

ANSWER: c

139. What is an important characteristic of group therapy?

a. Participants have similar issues.
b. There is not a leader and everyone is equal.
c. Sessions are primarily conducted in a virtual environment.
d. It focuses on educational goals rather than therapeutic purposes.

ANSWER: a

140. Which is NOT a goal of group therapy?

a. Sharing advice
b. Analyzing dreams
c. Developing insights
d. Building social skills

ANSWER: b

141. A self-help group differs from group therapy in that the self-help group:

a. focuses on "less serious" problems.
b. is not led by a professional clinician.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

c. emphasizes the importance of having a positive outlook.
d. encourages individuals to share information with the group.

ANSWER: b

142. If a therapist advised you to pay attention to how you were communicating with family members and to change harmful patterns, the therapist would MOST likely to be practicing:
a. couple therapy.
b. family therapy.
c. feminist therapy.
d. self-help therapy.

ANSWER: b

143. Which statement about couple therapy is MOST accurate?
a. Only about 10 percent of those who receive couple therapy eventually divorce.
b. Most people who receive couple therapy report no real improvement in their functioning.
c. There is a decreasing need for couple therapy based on current divorce rates.
d. There is no one theoretical approach used in couple therapy.

ANSWER: d

144. Which group BEST reflects those who may benefit from couple therapy?
a. Married couples
b. Any two individuals who live together
c. Individuals who are in a long-term relationship
d. Individuals in a romantic relationship who live together

ANSWER: c

145. A couple therapist who focuses on acceptance and positive change where possible is using _____ therapy.
a. tertiary
b. mutual-help
c. cognitive-behavioral
d. integrative behavioral

ANSWER: d

146. A primary focus of the community mental health treatment approach to abnormality is:
a. using drug therapy along with psychotherapy.
b. prevention.
c. homeostasis.
d. rejecting all conventional forms of explaining abnormality.

ANSWER: b

147. A primary prevention approach is expected to be MOST beneficial for mental health issues with:

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Multiple Choice

a. unknown causes.
b. good long-term prognoses.
c. ineffective treatment options.
d. known risk and protective factors.

ANSWER: d

148. Which of the following exemplify secondary prevention?
a. Starting treatment for a diagnosed mental health condition
b. Passing out educational materials that describe modifiable risk factors for mental illness
c. Providing routine mental health screenings, followed by immediate intervention as needed
d. Advocating for federal legislation that protects individuals' mental health in the workplace

ANSWER: c

149. Providing treatment as soon as it is needed so problems that are moderate or worse do not become long-term issues is called:
a. primary prevention.
b. secondary prevention.
c. tertiary prevention.
d. quaternary prevention.

ANSWER: c

150. Failure to treat many people with severe disturbances appropriately is MOST often a problem with which level of prevention?
a. Quaternary
b. Secondary
c. Tertiary
d. Meta

ANSWER: c

151. Regarding the finding that there are more seriously disturbed people within poor subpopulations, a multicultural theorist would focus on the way in which:
a. personal responsibility is related to dysfunction.
b. irrational thoughts contribute to one's feelings.
c. poverty is a stressor that contributes to dysfunction.
d. early life experiences shape one's later behavior.

ANSWER: c

152. Current multicultural perspectives are MOST likely to focus on the:
a. inferiority of particular cultural groups.
b. cultural deprivation that is characteristic of some groups.
c. limitations of a focus on ethnicity.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

d. special external pressures faced by members of a culture.

ANSWER: d

153. Multicultural theorists would explain the higher levels of mental illness among poor people as MOST likely due to:

a. genetic make-up.

b. social factors leading to stress.

c. irrational patterns of thinking.

d. fixation at a lower level of ego functioning.

ANSWER: b

154. In explaining why women are diagnosed with anxiety disorders and depression twice as often as men, multicultural therapists would focus on:

a. the biological differences between men and women.

b. the different patterns of communication displayed by men and women.

c. prejudice and discrimination faced by women.

d. the level of rationality in the thought patterns of women.

ANSWER: c

155. A feminist therapist would MOST likely focus on:

a. a woman's personal responsibility for her own situation.

b. the role that biology plays in psychological functioning.

c. how prejudice and discrimination impact women.

d. the ways in which women express their femininity.

ANSWER: c

156. Which statement is NOT an appropriate criticism of the sociocultural model?

a. Just because there is a relationship between culture and a particular disorder, it does not mean that culture causes the disorder.

b. It might be that the disorder causes dysfunction in the family, rather than the dysfunctional family causing the disorder.

c. Cultural factors might create a climate favorable for the development of certain disorders.

d. It is difficult to predict which people who share the same culture will develop a particular disorder.

ANSWER: c

157. Marie comes from a supportive, loving family and has a stable socio-economic background. She has developed depression due to a serotonin deficiency. Anne has distant parents, failing grades, and insufficient funds for basic necessities and also develops depression. These two cases demonstrate what principle of developmental psychopathology?

a. Equifinality

b. Eclectic integration

c. Multifinality

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

d. Timing

ANSWER: a

158. The principle of multifinality emphasizes that:

a. stress is the primary factor leading to abnormality.

b. a biological predisposition is the primary factor leading to abnormality.

c. abnormality arises from an interaction between predisposition and stress.

d. only one factor—stress or predisposition—is necessary for abnormality to occur.

ANSWER: c

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Name:_____ Class:_____ Date:_____

Chapter 02: Fill-in-the-Blank

1. _____ are the perspectives used to explain events in science.
ANSWER: paradigms

2. A nerve ending is stimulated to release a neurotransmitter that crosses a space called the _____ to the receptors on the dendrites of the neighboring neurons.
ANSWER: synapse

3. Endocrine glands release _____ into the bloodstream that will propel body organs into action.
ANSWER: hormones

4. Researchers have been focusing more on _____ as the key to psychological disorders rather than on dysfunction within a single brain structure or by a single brain chemical.
ANSWER: brain circuits

5. Medications have been failing to help Mike's depression and he has been having suicidal thoughts. His therapist tells him about the oldest form of brain stimulation treatment, called _____.
ANSWER: electroconvulsive therapy (ECT)

6. According to psychoanalytic theory, the basic part of the personality focused on instinctual needs is the _____.
ANSWER: id

7. The superego can also be called the _____.
ANSWER: conscience

8. During _____ a patient describes whatever thoughts, feelings, or images that come to mind.
ANSWER: free association

9. If a patient changes the subject during psychodynamic therapy, the therapist might interpret that behavior as _____.
ANSWER: resistance

10. Psychodynamic therapists believe that patients must experience _____ in order to settle internal conflicts and overcome their problems.
ANSWER: catharsis

11. A patient chooses a dynamic force to work on in _____ therapy.
ANSWER: short-term psychodynamic

12. A child learns how to use a straw by watching another child use one. This is an example of _____.
ANSWER: modeling

13. In _____ conditioning, individuals learn to behave in certain ways as a result of experiencing reinforcements or punishments whenever they perform the behavior.
ANSWER: operant

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Fill-in-the-Blank

14. A person is invited to a party but declines the invitation. The person thinks, "I'm terrible at parties and everyone finds me boring, so if I go, everyone will ignore me and everyone will think I have no friends." This type of thinking shows the kind of beliefs that drive _____ disorder.
ANSWER: social anxiety

15. "All people are driven to fulfill their potential for goodness and growth." This statement describes the humanist process of _____.
ANSWER: self-actualization

16. Carl Rogers developed _____ therapy, an approach in which clinicians try to help clients by conveying acceptance, accurate empathy, and genuineness.
ANSWER: client-centered

17. A therapist who actively and directly challenges clients' assertions and beliefs is practicing _____ therapy.
ANSWER: gestalt

18. According to _____ theory, the family is a system of interacting parts that interact in consistent ways and follow rules unique to each family.
ANSWER: family systems

19. Twelve individuals who struggle with gambling addiction gather weekly with a mental health clinician to discuss their struggles, share advice, and provide emotional support. This is an example of _____ therapy.
ANSWER: group

20. Examples of _____ treatment programs are community day programs and residential services.
ANSWER: community mental health

21. A therapist works with a client who is a member of a minority group to understand how prejudices and stereotypes have affected her behavior. This reflects the focus of _____ theorists.
ANSWER: multicultural

22. _____ therapies are approaches that are designed to help address the unique issues faced by members of cultural minority groups.
ANSWER: Culture-sensitive

23. The _____ perspective is one of today's most influential integrative views.
ANSWER: developmental psychopathology

24. The principle of _____ states that a number of different developmental pathways can lead to the same psychological disorder.
ANSWER: equifinality

25. The principle of _____ states that persons who have experienced a number of similar developmental

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Chapter 02: Fill-in-the-Blank

variables may nevertheless react to comparable current situations in very different ways or have different clinical outcomes.
ANSWER: multifinality

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

Name:_____ Class:_____ Date:_____

Chapter 02: Essay

1. Compare and contrast how the humanistic-existential model and the biological model differ in their understanding of causes of abnormality.

ANSWER: Biological theorists adopt a medical perspective and believe that abnormal behavior is the result of physical malfunctioning. Theorists of this perspective often focus on brain anatomy, brain chemistry, genetics, hormones, or other physiological malfunctions.

The humanistic-existential model believes that dysfunction is the result of self-deceit or the avoidance of responsibility. Humanists suggest that humans are driven to self-actualize, and when this drive is interfered with, dysfunction can result. Existentialists propose that abnormal behavior stems from hiding from life's responsibilities and they encourage individuals to accept responsibility for their lives and to recognize the freedom they have to lead a life they choose with greater meaning to them.

2. Compare and contrast the origins of abnormality according to the sociocultural, psychodynamic, and humanistic-existential models.

ANSWER: The sociocultural model posits that the origins of abnormal behavior are familial or social stressors. Sociocultural theorists believe that abnormality must be understood in light of the norms and culture that have an impact on individuals.

Proponents of the psychodynamic model believe that the origins of abnormal behavior are underlying conflicts of which the individual is currently unaware and which reside in that person's unconscious. Abnormal symptoms are viewed as stemming from conflicts that often result from inappropriate resolution of psychosexual stages or excessive conflict of internal forces (id, ego, superego) that shape an individual's personality.

The humanistic-existential model incorporates two perspectives. Humanists tend to believe that the underlying cause of abnormal behavior is self-deceit, and that those displaying the behavior lack the ability to pursue self-actualization. Existentialists believe that the cause of abnormal behavior is the avoidance of responsibility and the inability to live an authentic life.

3. Describe the process of and structures involved in the transmission of messages between neurons. Give an example of how a psychological disorder can be related to a problem in transmission.

ANSWER: Information is communicated throughout the brain in the form of electrical impulses that travel from one neuron to another. An impulse first enters a neuron's dendrites then travels down the axon to stimulate the nerve ending. A neurotransmitter is released and travels across the synaptic space to receptors on the dendrites of the neighboring neurons. After binding to the receiving neuron's receptors, some neurotransmitters give a message to trigger another electrical impulse. Other neurotransmitters carry an inhibitory message.

Depression has been linked to low activity of the neurotransmitters serotonin and norepinephrine.

4. Discuss the advantages and disadvantages of using drugs in psychotherapy.

ANSWER: The advantages to using psychotropic drugs as part of a treatment plan are that medication has greatly changed the outlook for many people with particular disorders who may have had no hope of treatment in the past. People with illnesses such as schizophrenia, which may not be responsive to therapy without medication stabilization, are now better able to find treatment, and individuals have

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

greater hope of a better quality of life and symptom management. Another advantage of using medication as part of psychotherapy is that often the medications work quickly to bring symptom relief while deeper and more complex issues are being targeted in talk therapy. This helps individuals return to meaningful work sooner and have improved functioning on a faster timeline.

Using psychotropic medications also has some disadvantages. Many people believe that medications are overused and that they do not help everyone. Those individuals who are prescribed medications might have been best served in the long term with therapeutic interventions, and those not helped by medications may not always seek other psychotropic alternatives.

Ideally, medications are best used in combination with other types of therapy.

5. You are a therapist treating a person for depression. Discuss the advantages and disadvantages of psychodynamic therapy and cognitive therapy to treat depression. Which of these options would you recommend?

ANSWER: One advantage associated with psychodynamic therapy is that psychological conflict, its focus, is a common experience. However, the psychodynamic model has many shortcomings. This model has received only limited research support over the years, although some research suggests that long-term psychodynamic therapy may be helpful for people with long-term complex disorders. This is also somewhat of a negative. In the age of managed health care, who would pay for such long-term care if shorter models of greater effectiveness were available?

The cognitive model also has both benefits and disadvantages. One disadvantage is that its basic premise that dysfunctional thinking drives abnormal functioning may be misleading. Perhaps dysfunctional thinking is simply a result of the abnormality, rather than the force that drives it. Some have argued that the cognitive model is too limiting and that human beings are more than simply the sum of their thoughts. However, an advantage of cognitive therapy is that it does have significant research support for its effectiveness in treating a variety of afflictions.

As far as suggesting a treatment for depression, I would look to the therapy that has been proved scientifically to benefit this disorder. The cognitive model has been proved very effective for treating depression.

6. Discuss the behavioral and cognitive dimensions of the cognitive-behavioral model of abnormality, and explain how the two are used in combination to treat abnormal behavior.

ANSWER: The behavioral dimension refers to the responses an individual makes in response to the environment. Behavior-focused theorists believe that behavior is learned, and as such, it can also be unlearned, or replaced with a more positive behavior.

The cognitive dimension focuses on the ways that cognitions affect our behavior. This includes a person's underlying assumptions, beliefs, and attitudes, as well as how that individual interprets thoughts and events. Cognition-focused therapists believe that clients can be guided to identify negative thoughts, challenge their assumptions and interpretations, and recognize any errors in logical thinking.

Cognitive-behavioral theorists believe that there is an interplay between cognitions and behavior. As an example, distorted thinking may result in a distorted body image, which may lead to the

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

abnormal behavior of an eating disorder. In this scenario, a cognitive-behavioral therapist would focus on correcting both the illogical thinking and destructive behaviors.

7. Compare and contrast the beliefs of humanists and existentialists.

ANSWER: Humanists and existentialists have a common focus on the broader dimensions of human existence, such as self-awareness, strong values, a sense of meaning in life, and freedom of choice. Humanists are more optimistic, believing that human beings are born with a natural tendency to be friendly, cooperative, and constructive. People are driven to self-actualize, but can only do so if they honestly recognize and accept their weaknesses as well as their strengths and establish satisfying personal values to live by. Self-actualization naturally leads to a concern for the welfare of others and to loving, courageous, spontaneous, and independent behavior.

Existentialists do not believe people are naturally inclined to live positively. They believe that humans have total freedom from birth to face up to existence and give meaning to their lives, or to shrink from that responsibility and live empty, inauthentic, and dysfunctional lives as a result.

8. Describe how gestalt therapy is similar to and different from client-centered therapy.

ANSWER: Like client-centered therapy, gestalt therapy guides clients toward self-recognition and self-acceptance. Gestalt therapy differs from the humanistic model in that it achieves this goal by challenging and frustrating the clients, demanding that they stay in the here and now during therapy discussions, and pushing them to embrace their real emotions.

9. Describe group therapy, family therapy, and couple therapy. Discuss what each entails and the goals of therapy. Then provide a detailed example of each. Identify what the setting is, who participates, what the issue is, and what role the therapist plays.

ANSWER: In group therapy, a therapist meets with a group of clients who all have similar problems. The members of the group share problems and insights, build skills, and develop feelings of self-worth. As an example, a therapist might lead a depression group. In this group, all the members would be struggling with depression, and some may be at different points of challenge or effective coping. It is assumed that the therapist would help lead the clients in effective coping, encourage them to share insights and strategies, and facilitate the group as well as offer guidance for treatment.

In family therapy, a therapist meets with all members of the family together, points out problem behaviors and interactions, and helps the entire family to change. The family is seen as the unit for treatment, even if only one member has a formal diagnosis. One example might involve a therapist meeting with a client who is struggling with schizophrenia, along with his family. His family persistently calls the client "lazy" because he is unable to work. The therapist might educate the family about the illness but also discuss more helpful interactions, problem behaviors, and ways in which the family could function better as a unit.

In couple therapy, a therapist works with two individuals who are in a relationship. The couple does not necessarily have to be married or even living together. This therapy often focuses on the communication patterns within the dynamic of the two individuals. As an example, suppose that Jared and his partner Todd are struggling with whether to have a child, and they are currently not speaking. Both individuals might consult a couples therapist to improve communication patterns, more effectively address problems, and move ahead with better strategies for handling stressors in

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

the future. The therapist may use various techniques. Two commonly used techniques include cognitive-behavioral therapy, which focuses on changing thoughts and behaviors, and integrative behavioral therapy, which focuses on changing behaviors that can be changed but also accepting behaviors that cannot.

10. One unique part of the sociocultural model is the community treatment aspect, a key component of which is prevention. Discuss the three types of prevention and give examples of each.

ANSWER: A key component of community mental health is prevention, which involves clinicians reaching out into the community rather than waiting for clients to come to them. Community mental health advocates accomplish prevention through three components—primary, secondary, and tertiary prevention—all of which attempt to prevent onset of disorders, locate vulnerable individuals, and treat those in the community who are struggling, before their conditions become chronic.

Primary prevention focuses on preventing mental illness from developing. Many mental health conditions have known risk factors as well as protective factors. Campaigns designed to increase education of the population about healthy behaviors can promote primary prevention. Primary prevention efforts also involve improving community attitudes and policies so as to prevent mental illness from occurring. An example is hosting a public workshop that discusses the relationship between stress and mental health.

Secondary prevention consists of identifying and treating psychological disorders at the earliest stages to prevent them from becoming serious. Campaigns that educate the community on the early signs of mental illness help promote this type of early treatment. For example, community workers may educate middle school teachers on the early signs of depression in adolescents and provide them with guidance on how to help those in need get help.

Tertiary prevention strives to provide effective treatment as soon as it is needed so that moderate or severe disorders do not become long-term problems. This type of prevention focuses on broader access to care and interventions that focus on rehabilitation. An example of tertiary prevention might look like this: A police officer locates an individual struggling with significant difficulties and with the officer's help that person immediately gets involved in community care. Unfortunately, however, as the text notes, persons with severe mental illness often do not receive the treatments that they need, and that community mental health centers commonly lack funding and other resources necessary to assist with their mission.

11. Discuss the reasons why culture-sensitive therapy arose and the challenges it seeks to address.

ANSWER: Culture-sensitive therapy arose because studies have found that members of ethnic and racial minority groups tend to attend treatment less often, show less improvement in treatment, and stop therapy sooner than members of majority groups.

The challenges that culture-sensitive therapy seeks to address are the two factors that studies have shown can increase therapy's effectiveness within minority groups. The first consideration is to provide greater sensitivity to cultural issues. The second feature of treatment that can increase effectiveness is to include cultural morals and models in treatment. These areas are addressed by offering increased training for clinicians in issues that enhance understanding. Including cultural instruction in graduate schools to make majority therapists more aware of stress, prejudices, values, and unique hardships that minority clients face is now seen as essential to effective treatment

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

outcomes.

12. List at least four elements of a culture-specific approach for gender-sensitive therapy.

ANSWER: The therapist should be aware of the stress, prejudices, and stereotypes to which their clients are exposed. The therapist should help clients identify and express suppressed anger and pain. The therapist should help clients raise their self-esteem—a sense of self-worth that has often been damaged by generations of negative messages. The therapist should help the client recognize the impact of society on their self-views and behaviors.

13. Many clinicians view their approach as "eclectic." What is an eclectic approach to abnormality? Describe at least one example of an eclectic approach to abnormality.

ANSWER: Many therapists are now referring to themselves as eclectic, and combining treatment approaches because they perceive that any one theoretical treatment approach may leave an essential component unaddressed. Studies confirm that clinical problems often respond better to combined approaches than to any one therapy alone, and eclectic (or integrative) therapy seeks to utilize this information in the best interest of clients.

One example of an approach to abnormality might be observed with a client struggling with depression. Research suggests that cognitive therapy along with biological therapy (medications) is most effective, so the eclectic therapist would create a treatment plan that utilized both methods to give the client the most successful outcome opportunities.

14. Give examples of possible factors developmental psychologists might draw from each of the clinical field's major models.

ANSWER: Developmental psychologists might draw from the biological model by examining how genetic and brain factors have influenced a person's environmental experiences. They might draw from the psychodynamic model by considering how a bad parent-child relationship has stifled subsequent development. They might draw from the cognitive-behavioral model by determining how maladaptive behaviors have been reinforced and how the individual has interpreted and processed life experiences. They might draw from the humanistic-existential model by considering the person's competencies, uniqueness, and resilience, even in the face of overwhelming life stress. They might draw from the sociocultural model's emphasis on the influence of social context and culture on the individual's functioning.

15. What are the two key principles at the center of the developmental psychopathology perspective? Give an example for each.

ANSWER: According to the principle of equifinality, a number of different developmental pathways can lead to the same psychological disorder. An example would be two boys with conduct disorder displaying the same symptoms of stealing, lying, and skipping school. For one boy, factors such as unfavorable genes, poor parenting, and a limited cognitive capacity for empathy may have interacted to foster the development of conduct disorder. For the other boy, factors such as long-term feelings of depression, low self-esteem, strong needs for peer approval, and affiliations with delinquent peers may be the reasons behind his conduct disorder.

According to the principle of multifinality, persons who have experienced a number of similar developmental variables may nevertheless react to comparable current situations in very different

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank

ways or have different clinical outcomes. An example would be two women who lose their jobs suddenly. Despite similarities in developmental variables, one woman may react by spiraling into depression, while the other may view the loss as an opportunity for reinventing herself.

Copyright Macmillan Learning. Powered by Cognero.

Fundamentals of Abnormal Psychology 9th edition Comer Test Bank