# *Fundamentals of Abnormal Psychology 10th edition Comer Test Bank*

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Name:_____ Class:_____ Date:_____

## Chapter 1 - Multiple Choice

1. A person who gathers information systematically so that they can describe, predict, and explain the phenomena being studied is called a clinical:

a. phenomenologist.
b. scientist.
c. practitioner.
d. psychometrist.

*ANSWER:* b

2. A person who systematically gathers information so as to describe, predict, and explain abnormality is called a clinical:

a. mentalist.
b. legalist.
c. scientist.
d. practitioner.

*ANSWER:* c

3. If a person wants a career focused on detecting, assessing, and treating abnormal patterns of functioning, that person should look into becoming a clinical:

a. practitioner.
b. researcher.
c. historian.
d. statistician.

*ANSWER:* a

4. Which is NOT a role of a clinical practitioner in abnormal psychology?

a. research
b. detect
c. assess
d. treat

*ANSWER:* a

5. Which is NOT one of the four Ds of abnormality?

a. deviance
b. danger
c. dread
d. dysfunction

*ANSWER:* c

6. Which statement is the MOST accurate conclusion about the current understanding of abnormal psychology?

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a. No single definition of abnormality has won total acceptance.
b. Although abnormality is a well-defined concept, no consensus about treatment exists.
c. We have not advanced much beyond the demonology era.
d. Both the nature of abnormality and the course of treatment are well understood.

*ANSWER:* a

7. Bella is a loner. She lives in a cabin in the woods with no running water or electricity. While she manages to survive this way, living so far from the closest city makes it difficult for her to get and keep gainful employment. She is often unhappy with her situation, yet feels it is unchangeable. Which term would NOT be used to describe Bella's behavior?

a. deviant
b. dysfunctional
c. dangerous
d. distressful

*ANSWER:* c

8. Commonly accepted features of abnormality include deviance, distress, dysfunction, and:

a. danger.
b. docility.
c. delusions.
d. deference.

*ANSWER:* a

9. Which statement is true about the four Ds of abnormality?

a. Most clinicians agree on what qualifies under each of the four Ds.
b. Every culture has generally identical criteria of what constitutes abnormality.
c. An individual can be diagnosed with a mental illness only if all four Ds are present.
d. None of the four Ds is, by itself, an adequate gauge of psychological abnormality.

*ANSWER:* d

10. Pax has been feeling depressed. She has begun to feel helpless and hopeless and is considering committing suicide. Killing herself represents which aspect of abnormality?

a. deviance
b. dysfunction
c. danger
d. distress

*ANSWER:* c

11. The MOST accurate summary of the field of abnormal psychology at the present time is that clinical psychologists generally:

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a. accept one definition of abnormality and practice one form of treatment.
b. do not accept one definition of abnormality but practice one form of treatment.
c. accept one definition of abnormality but practice more than one form of treatment.
d. do not accept one definition of abnormality and practice more than one form of treatment.

*ANSWER:* d

12. Which term BEST completes this statement: Judgments of abnormality depend on _____ as well as on cultural norms.
a. geography
b. specific circumstances
c. politics
d. our health care system

*ANSWER:* b

13. According to research (Weeks, 2015) conducted on eccentric people, which statement is TRUE?
a. They have fewer emotional problems than the general population.
b. They know they are different and usually wish to be more like others around them.
c. They visit their physicians, on average, once every 3 months.
d. Most are unhappy, malcontented individuals who feel that life treats them very badly.

*ANSWER:* a

14. A procedure designed to change abnormal behavior into more normal behavior is termed:
a. assessment.
b. treatment.
c. remediation.
d. psychodiagnosis.

*ANSWER:* b

15. According to Hippocrates' theory of bodily humors, an excess of black bile in the body would cause unshakable sadness, a condition known as:
a. mania.
b. apathy.
c. spiritedness.
d. melancholia.

*ANSWER:* d

16. Dexter is so afraid of open spaces that he cannot leave his house to go to work. This represents the aspect of the definition of abnormality called:
a. deviance.

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b. distress.
c. dysfunction.
d. danger.

*ANSWER:* c

17. The belief that the concept of mental illness is actually invalid was advocated by:
a. Carl Rogers.
b. Jerome Frank.
c. Thomas Szasz.
d. Dick Gregory.

*ANSWER:* c

18. One of the most prominent forerunners to the modern community mental health program was located in:
a. Belgium.
b. Germany.
c. Spain.
d. England.

*ANSWER:* a

19. Using the four Ds to define abnormal behavior:
a. allows us to create diagnoses that are clear-cut and not debatable.
b. allows us to eliminate those who are merely eccentric.
c. allows us to include those who experience no distress.
d. is still often vague and subjective.

*ANSWER:* d

20. Which is NOT one of the essential elements of therapy, according to Jerome Frank?
a. a sufferer who seeks relief
b. a trained and socially accepted healer
c. a series of contacts between healer and sufferer
d. a physical setting in which the treatment takes place

*ANSWER:* d

21. In the Middle Ages in Europe, people who suffered the bite of a wolf spider believed that the only way to rid themselves of the resulting symptoms was to do a dance called a:
a. purificado.
b. chastenette.
c. tarantella.
d. sanctifica.

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*ANSWER:* c

22. The stated and unstated rules a society establishes for proper conduct are referred to as:
    a. norms.
    b. culture.
    c. morality.
    d. conventions.

*ANSWER:* a

23. Which German physician was the first to specialize in mental illness and is now considered the founder of the modern study of psychopathology?
    a. Wilhelm Wundt
    b. Hippocrates
    c. Sigmund Freud
    d. Johann Weyer

*ANSWER:* d

24. One of the different mental disorders described by ancient Greeks and Romans was:
    a. melancholia.
    b. anorexia.
    c. dyspareunia.
    d. bulimia.

*ANSWER:* a

25. Which French physician was associated with asylum reform at La Bicêtre?
    a. Jean Esquirol
    b. Philippe Pinel
    c. William Tuke
    d. Johann Weyer

*ANSWER:* b

26. According to ancient views of abnormality, if a standard exorcism failed to rid a person of abnormal behaviors, which step would be taken?
    a. The shaman would perform a more extreme exorcism, such as whipping or starving the person.
    b. The person would be burned alive because they were believed to be "beyond saving."
    c. The person would be cast out of the society with no means for survival.
    d. The person would be accepted by society as being a marked child of God, and the abnormal behavior would be celebrated.

*ANSWER:* a

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27. The history, values, institutions, habits, skills, technology, and arts of a society make up that society's:
    a. laws.
    b. norms.
    c. culture.
    d. conventions.

*ANSWER:* c

28. Someone who believes that abnormal psychological functioning has physical causes is said to have a _____ perspective.
    a. psychogenic
    b. somatogenic
    c. psychotropic
    d. moral

*ANSWER:* b

29. Behavior that violates legal norms is BEST described as:
    a. deviant and criminal.
    b. distressful and criminal.
    c. deviant and psychopathological.
    d. distressful and psychopathological.

*ANSWER:* a

30. Those persons who suffered from the form of mass madness called lycanthropy may have believed themselves to be possessed by:
    a. bats.
    b. wolves.
    c. tigers.
    d. spiders.

*ANSWER:* b

31. A school-age child is disrespectful and rude to her mother at a family outing. The MOST accurate description of this behavior is:
    a. deviant.
    b. criminal.
    c. dangerous.
    d. psychopathological.

*ANSWER:* a

32. Someone who views the chief causes of abnormal functioning as psychological is said to have a _____ perspective.

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a. moral
b. somatogenic
c. psychogenic
d. psychotropic

*ANSWER:* c

33. Which term has come to mean "a chaotic uproar" and derived its name from a London hospital where mentally ill patients were treated in horrendous ways?
a. bedlam
b. hysteria
c. furor
d. turmoil

*ANSWER:* a

34. The work of Dorothea Dix led to the establishment of many _____ around the United States.
a. psychiatric surgery centers
b. asylums
c. state hospitals
d. clinical practices

*ANSWER:* c

35. Deviant behavior is behavior that:
a. is illegal.
b. violates the society's norms.
c. is dangerous to self or others.
d. causes dysfunction in the individual's life.

*ANSWER:* b

36. Antidepressant drugs, antipsychotic drugs, and antianxiety drugs are collectively called _____ medications.
a. psychoactive
b. psychotropic
c. cerebrocortical
d. cortico-corrective

*ANSWER:* b

37. General paresis, an irreversible disorder that causes physical and mental symptoms that include paralysis and delusions of grandeur, was found to be caused by:
a. the AIDS virus.
b. tuberculosis.

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c. syphilis.
d. gonorrhea.

*ANSWER:* c

38. Aggressive behavior would NOT be viewed as abnormal in a:
a. society that values independence.
b. culture that emphasizes competitiveness.
c. family that has experienced a traumatic event.
d. person who has exhibited this behavior since early childhood.

*ANSWER:* b

39. A therapist has a client complete an exercise in which the person imagines a future where everything has worked out. The goal of the exercise is to increase that person's optimism. This therapist is practicing:
a. psychoanalysis.
b. gestalt psychology.
c. positive psychology.
d. humanistic psychology.

*ANSWER:* c

40. The term *eugenics* refers to:
a. a public policy of providing free medication to those persons who suffer from mental illness.
b. a political policy of preventing those persons who suffer from mental illness from reproducing.
c. a private policy of linking mental illness to religion for the purpose of promoting a different religion.
d. the practice of diagnosing all patients with the same illness, regardless of symptoms, so that insurance companies will provide payment for services.

*ANSWER:* b

41. Which person with depression would be the LEAST likely to be diagnosed with a mental disorder because of the specific circumstances present?
a. someone whose mother was depressed
b. someone whose community was recently destroyed by a hurricane
c. someone who was experiencing a chemical brain imbalance
d. someone who also had an alcohol use disorder

*ANSWER:* b

42. Today, the dominant form of insurance coverage for mental health patients is:
a. Medicare.
b. managed care.
c. private insurance.

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d. Social Security.

*ANSWER:* b

43. At one time, reimbursements for mental disorders tended to be lower than those for physical disorders. Which of these was a response to correct that?

a. multicultural psychology
b. deinstitutionalization
c. managed care organizations
d. parity laws

*ANSWER:* d

44. A driving force behind the policy of deinstitutionalization was:

a. the decline of moral treatment.
b. increasing support for the somatogenic perspective.
c. resurgence of the Catholic Church's influence in the United States.
d. the development of psychotropic drugs.

*ANSWER:* d

45. Before the 1950s, almost all outpatient care for psychological disturbances took the form of:

a. hospitalization.
b. private psychotherapy.
c. treatment at community mental health centers.
d. treatment by social services agencies.

*ANSWER:* b

46. Which of these individuals would be MOST likely to be classified as exhibiting abnormal behavior?

a. a person who experiences grief immediately after losing their job and then their house
b. a person who is nervous about shopping alone for weeks after being attacked by a mugger
c. a person who always washes their hands immediately after returning home from grocery shopping
d. a person who engages in multiple checking rituals each day and consequently is unable to hold down a job

*ANSWER:* d

47. Which statement about deviant behavior is TRUE?

a. What is defined as deviant can change over time.
b. What is considered deviant behavior is the same across all cultures.
c. Deviant behavior is a precursor to psychologically abnormal behavior.
d. People who engage in deviant behavior are always unaware that their behavior is deviant.

*ANSWER:* a

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48. What percentage of current psychology graduate students are female?
    a. 40
    b. 28
    c. 80
    d. 38

*ANSWER:* c

49. Positive psychology is a movement that emphasizes:
    a. social acceptance of people with mental health issues.
    b. the cultivation of positive feelings and traits.
    c. the cultivation of a spiritual outlook on life.
    d. evidence-based treatment methods.

*ANSWER:* b

50. The main difference between a psychiatrist and a psychologist is that:
    a. a psychiatrist is usually a psychoanalyst, whereas a psychologist is usually a behaviorist.
    b. a psychologist is a medical doctor, whereas a psychiatrist is a researcher who studies illnesses.
    c. a psychiatrist is a medical doctor who can provide therapy, whereas a psychologist can provide therapy but does not have a medical degree.
    d. a psychiatrist works exclusively in hospitals, whereas a psychologist works exclusively in mental health clinics.

*ANSWER:* c

51. Morgan hears voices that others do not but is not distressed by them. This illustrates that:
    a. distress must always be used to determine abnormality.
    b. behavior that is not really dangerous can never be considered abnormal.
    c. distress does not have to be present for a person's behavior to be considered abnormal.
    d. behavior that is not distressful is not abnormal.

*ANSWER:* c

52. Insurance parity laws are concerned with:
    a. government payment for mental health care.
    b. licensing health care providers.
    c. providing equal coverage for mental and medical problems.
    d. providing malpractice insurance for clinical mental health practitioners.

*ANSWER:* c

53. An individual has a 9-to-5 job. However, this person seldom gets up early enough to be at work on time and expresses great distress over this behavior. This individual's behavior would be considered abnormal because it is:

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a. disturbed.
b. deviant.
c. dysfunctional.
d. dangerous.

*ANSWER:* c

54. Which aspect of the definition of abnormality includes the inability to care for oneself and work productively?
a. distress
b. deviance
c. dysfunction
d. danger to self or others

*ANSWER:* c

55. Which person would NOT be considered abnormal, despite the fact that the person's behavior is dysfunctional?
a. someone who is too confused to drive safely
b. someone who parties so much that they cannot go to class
c. someone who goes on a hunger strike to protest social injustice
d. someone who cannot stay alone for even one night

*ANSWER:* c

56. Just a few decades ago, a woman's love for racecar driving would have been considered abnormal. This statement illustrates that:
a. abnormal thinking centers on fear.
b. abnormality can be situational.
c. everyone is a little eccentric.
d. women are labeled as abnormal more frequently than are men.

*ANSWER:* b

57. A person who is having suicidal thoughts and can see no reason for living BEST fits which definition of abnormality?
a. deviance
b. distress
c. danger
d. dysfunction

*ANSWER:* c

58. A Secret Service agent steps in front of the president of the United States, prepared to be killed or injured if the president's safety is threatened. Psychologically speaking, the Secret Service agent's behavior is:

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a. distressing to the agent and abnormal.
b. dangerous for the agent but not abnormal.
c. deviant but not abnormal.
d. dysfunctional and abnormal.

*ANSWER:* b

59. Research shows that danger to self or others is found in:
a. a minority of cases of abnormal functioning.
b. no cases of abnormal functioning.
c. all cases of abnormal functioning.
d. most but not all cases of abnormal functioning.

*ANSWER:* a

60. Despite popular misconceptions, most people with psychological problems are not:
a. dysfunctional.
b. dangerous.
c. distressed.
d. deviant.

*ANSWER:* b

61. According to Thomas Szasz's views, the psychological conditions that some call mental illness are really:
a. coping strategies.
b. problems in living.
c. myths people tell themselves.
d. biological disorders.

*ANSWER:* b

62. A researcher spends 15 hours or more each day conducting experiments or doing library reading and recording observations on color-coded index cards. This person lives alone in the country but doesn't interfere with others' lives. The BEST description of the researcher's behavior is that it is:
a. eccentric.
b. abnormal.
c. dangerous.
d. dysfunctional.

*ANSWER:* a

63. College students who drink so much that it interferes with their lives, health, and academic careers are often not diagnosed as engaging in abnormal behavior because:
a. the behavior is not illegal.

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b. they are just considered eccentric.
c. they don't harm anyone but themselves.
d. drinking is considered part of college culture.

*ANSWER:* d

64. Tran Van Hay is the world record holder in hair length. He and other eccentrics are usually not considered to be experiencing a mental illness because:
a. they are dangerous only to others, not to themselves.
b. while they are distressed by their behavior, others are not.
c. their behavior conforms to cultural norms.
d. they freely choose and enjoy their behavior.

*ANSWER:* d

65. Researcher David Weeks has estimated that perhaps 1 person in _____ is "a classic, full-time eccentric."
a. 500
b. 1,000
c. 5,000
d. 10,000

*ANSWER:* c

66. Which is NOT a characteristic of eccentrics noted by researchers in the field?
a. disinterest in others' opinions
b. unhappiness or discontentedness
c. mischievous sense of humor
d. poor spelling skills

*ANSWER:* b

67. Studies show that eccentrics are more likely than individuals with mental disorders to say:
a. "I feel like my behavior has been thrust on me."
b. "I'm different, and I like it."
c. "I am in a lot of pain, and I suffer a great deal."
d. "I wish I were not so unique."

*ANSWER:* b

68. According to Jerome Frank, all forms of therapy have three essential features: a sufferer who seeks relief, a trained and socially accepted healer, and a(n):
a. clinical diagnosis.
b. period of remission.
c. acceptance of a higher power.

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d. series of contacts between the sufferer and the healer.

*ANSWER:* d

69. Arvind is feeling overwhelmed at work and has been having anxiety episodes for a few weeks. Acting on the advice of a friend, Arvind takes a vacation and feels less distress. Is this an example of therapy?

a. Yes, a person in distress took action and felt relief.
b. Yes, a person sought relief, obtained advice, and acted upon that advice.
c. No, there is no trained healer in this scenario.
d. No, the sufferer felt some relief, but there is no mention of the episodes resolving the problem permanently.

*ANSWER:* c

70. Which statement BEST defines clinical treatment?

a. It is a procedure that cures an illness.
b. It is any process that provides relief to a sufferer.
c. It is a process that aids the person in developing functional coping skills.
d. It is a procedure designed to change abnormal behavior into more normal behavior.

*ANSWER:* d

71. A theorist who sees abnormality as a problem in living usually refers to those seeking help with problems in living as:

a. pupils.
b. patients.
c. trainees.
d. clients.

*ANSWER:* d

72. A theorist who views therapists as teachers of more functional behavior and thought is MOST likely to view abnormality as a(n):

a. illness.
b. spiritual issue.
c. problem in living.
d. developmental disorder.

*ANSWER:* c

73. It is thought that people in prehistoric societies believed abnormal behavior resulted from:

a. advancing age.
b. a person not having a soul.
c. evil spirits that invaded the body and mind.
d. a state of being disconnected from the Earth and nature.

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*ANSWER:* c

74. The ancient operation in which a stone instrument was used to cut away a circular section of the skull is called:
    a. exorcism.
    b. shaman.
    c. couvade.
    d. trephination.

*ANSWER:* d

75. Ancient societies commonly treated abnormal behavior by:
    a. committing the affected persons to asylums.
    b. providing moral treatment.
    c. performing an exorcism.
    d. changing the diet.

*ANSWER:* c

76. A person seeking help for a psychological abnormality is whipped and then starved, in the hope that evil spirits will be driven from the person's body. This form of treatment is called:
    a. melancholia.
    b. exorcism.
    c. tarantism.
    d. lycanthropy.

*ANSWER:* b

77. A person being treated by a shaman would MOST likely be undergoing:
    a. psychoanalysis.
    b. a tarantella.
    c. community-based treatment.
    d. an exorcism.

*ANSWER:* d

78. Hippocrates believed that treatment for mental disorders should involve:
    a. releasing evil spirits trapped in the brain.
    b. bringing the four body humors back into balance.
    c. punishing the body for its sins.
    d. giving control over to a higher power.

*ANSWER:* b

79. Hippocrates' contribution to the development of understanding mental illness was the view that such

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conditions were the result of:

a. stress.
b. natural causes.
c. brain pathology.
d. spiritual deviations.

*ANSWER:* b

80. Hippocrates thought that abnormal behavior resulted from an imbalance in the four humors, one of which was:

a. water.
b. lymph gland fluid.
c. phlegm.
d. cerebrospinal fluid.

*ANSWER:* c

81. Hippocrates attempted to treat mental disorders by:

a. hypnotizing patients.
b. chaining patients to walls.
c. correcting underlying physical pathology.
d. encouraging patients to speak about past traumas.

*ANSWER:* c

82. Luther experiences unshakable sadness. His friends have stopped trying to cheer him up because nothing works. An ancient Greek physician would have labeled his condition:

a. mania.
b. hysteria.
c. delusions.
d. melancholia.

*ANSWER:* d

83. Which approach was LEAST likely to be used by an ancient Greek physician to treat someone believed to be suffering from an imbalance of the humors?

a. exercise
b. lobotomy
c. bloodletting
d. a change in diet

*ANSWER:* b

84. In the Middle Ages, outbreaks of tarantism were associated with people's belief that they:

a. were possessed by wolves or other animals.

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b. suffered from an excess of yellow bile.
c. had been bitten by spiders.
d. were possessed by evil spirits.

*ANSWER:* c

85. In the Middle Ages, the model of mental illness that most people believed in was the:
a. moral model.
b. medical model.
c. psychogenic model.
d. demonology model.

*ANSWER:* d

86. The Middle Ages were a time of great stress and anxiety for all of these reasons EXCEPT:
a. war.
b. urban uprisings.
c. plagues.
d. the decline of religion.

*ANSWER:* d

87. The Middle Ages condition of mass madness referred to a large group of people who:
a. believed that God does not exist.
b. had borderline personality disorder.
c. shared false beliefs and hallucinations.
d. engaged in violent criminal acts against others.

*ANSWER:* c

88. Toward the end of the Middle Ages, cities began to flourish. How did this help foster a shift away from demonology?
a. City officials made it illegal to teach demonology.
b. Government officials took over care for the mentally ill.
c. Government officials began to treat the mentally ill as criminals.
d. The mentally ill were run out of cities and left to take care of themselves.

*ANSWER:* b

89. The individual considered to be the founder of the modern study of psychopathology is:
a. Hippocrates.
b. Johann Weyer.
c. Dorothea Dix.
d. Emil Kraepelin.

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*ANSWER:* b

90. Johann Weyer was a physician in the:
    a. 1200s.
    b. 1500s.
    c. 1700s.
    d. 1800s.

*ANSWER:* b

91. In the fifteenth century, pilgrims in Europe who sought "psychic healing" would have been MOST likely to go to:
    a. Bethlehem Hospital in London.
    b. Gheel, Belgium.
    c. La Bicêtre in Paris.
    d. Athens, Greece.

*ANSWER:* b

92. The textbook authors describe the treatment of mental illness in the early 1600s as a forerunner to community mental health programs because:
    a. local residents provided housing, food, and companionship to the mentally ill.
    b. asylums were created to provide long-term care for those persons with mental illness.
    c. government officials enacted laws to protect the rights of those persons with mental illness.
    d. those persons receiving care for mental illness were required to "give back" in the form of community service.

*ANSWER:* a

93. In the early asylums, treatment for mental illness began with the intention to provide:
    a. harsh treatment.
    b. good care.
    c. religious therapies.
    d. psychogenic therapy.

*ANSWER:* b

94. In many areas in the mid- and late 1500s, asylums such as Bethlehem Hospital in London became:
    a. shrines.
    b. tourist attractions.
    c. sheltered workshops.
    d. centers of moral treatment.

*ANSWER:* b

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95. What is the most famous characteristic of Bethlehem Hospital, founded in London in 1547?
    a. Popularly called "Bedlam," it came to represent deplorable conditions for patients.
    b. It was the first asylum founded by Hippocrates.
    c. It was founded by Henry VIII as a place to house his numerous ex-wives.
    d. It was the first asylum where the moral treatment of patients was practiced.

*ANSWER:* a

96. The asylums of the 1500s were originally:
    a. churches and parishes.
    b. privately owned homes.
    c. hospitals and monasteries.
    d. prisons and government offices.

*ANSWER:* c

97. Why did many of the asylums in the 1500s became virtual prisons over time?
    a. overcrowding
    b. food shortages during this period
    c. research linking mental illness with crime
    d. public outcry over the dangers of mental illness

*ANSWER:* a

98. Who brought the reforms of moral therapy to northern England?
    a. John Dix
    b. Joseph Gall
    c. William Tuke
    d. Benjamin Rush

*ANSWER:* c

99. The basis for moral treatment of asylum patients was the belief that:
    a. mental problems had a biological basis.
    b. demonology was a cause of mental illness.
    c. mental illness should be treated humanely and with respect.
    d. the cause of mental illness was immoral behavior.

*ANSWER:* c

100. Who brought the reforms of moral therapy to the United States?
    a. John Dix
    b. Joseph Gall
    c. William Tuke

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**Chapter 1 - Multiple Choice**

d. Benjamin Rush

*ANSWER:* d

101. The American schoolteacher who lobbied state legislatures for laws to mandate humane treatment of people with mental disorders was:

a. William Tuke.

b. Dorothea Dix.

c. Clifford Beers.

d. Benjamin Rush.

*ANSWER:* b

102. A condition that people in the Middle Ages included in the general term *mass madness* was:

a. leprosy.

b. epilepsy.

c. lycanthropy.

d. melancholia.

*ANSWER:* c

103. Tarantism and lycanthropy are examples of:

a. exorcism.

b. mass madness.

c. physical pathology causing mental illness.

d. disorders that were treated with trephination.

*ANSWER:* b

104. St. Vitus' dance, characterized by people suddenly going into convulsions, jumping around, and dancing, was also known as:

a. lycanthropy.

b. melancholia.

c. phlegmatism.

d. tarantism.

*ANSWER:* d

105. Which development was part of the legacy of Dorothea Dix?

a. deinstitutionalization

b. state mental hospitals

c. federal prisons

d. privatization of mental hospitals

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

106. Which was NOT a factor in the decline in the use of moral treatment and the rise in the use of custodial care in mental hospitals at the end of the twentieth century?

a. the total lack of success of moral treatment
b. funding and staffing shortages
c. prejudice against poor, immigrant patients in hospitals
d. the assumption that all patients could be fully cured with moral treatment

*ANSWER:* a

107. The moral treatment movement rapidly declined in the late nineteenth century because:

a. prejudice against those with mental disorders decreased.
b. fewer and fewer people were being sent to mental hospitals.
c. all patients needing treatment had to be helped.
d. hospitals became underfunded and overcrowded.

*ANSWER:* d

108. One factor that contributed to the decline of moral therapy was:

a. it did not work for everyone.
b. it was shown to be completely ineffective.
c. too few patients were hospitalized.
d. psychogenic drugs replaced it.

*ANSWER:* a

109. In the early years of the twentieth century, the moral treatment movement:

a. was gathering momentum.
b. was quietly gaining scientific footing.
c. had ground to halt.
d. was attracting renewed interest.

*ANSWER:* c

110. Hippocrates' model of mental illness can be described as:

a. psychiatric.
b. somatogenic.
c. psychogenic.
d. supernatural.

*ANSWER:* b

111. The fact that some people in the advanced stages of AIDS experience neurological damage that results in psychological abnormality supports which type of perspective about abnormal psychological functioning?

a. somatogenic

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**Chapter 1 - Multiple Choice**

b. psychogenic
c. moral
d. deterministic

*ANSWER:* a

112. The discovery of the link between general paresis and syphilis was made by:
a. Benjamin Rush.
b. Emil Kraepelin.
c. Fritz Schaudinn.
d. Richard von Krafft-Ebing.

*ANSWER:* d

113. The finding that syphilis causes general paresis is important because it supports the idea that:
a. mental patients should be deinstitutionalized.
b. organic factors can cause mental illness.
c. antibiotics cannot cure viral diseases.
d. physicians should be the practitioners treating mental illnesses.

*ANSWER:* b

114. For those who hold the somatogenic view of mental illness, the best treatment setting for those with mental disorders would be a:
a. community center.
b. spa and retreat center.
c. counselor's office.
d. hospital.

*ANSWER:* d

115. Which statement LEAST supports the somatogenic view of abnormal behavior?
a. Hypnotism has helped people give up smoking.
b. Alcoholism tends to run in families.
c. People with Lyme disease often have psychological symptoms.
d. Most people with depression are helped with medication.

*ANSWER:* a

116. In the first half of the 1900s, biological treatments for mental illness:
a. largely failed.
b. were highly successful.
c. were not evaluated for effectiveness.
d. frequently worsened patients' conditions.

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**Chapter 1 - Multiple Choice**

*ANSWER:* a

117. Physicians in the early to mid-1900s tried all of these medical (biological) treatments for mental illness, EXCEPT:

a. tooth extraction.
b. hydrotherapy.
c. tonsillectomy.
d. trephination.

*ANSWER:* d

118. Eugenics had as its goal sterilization of people with mental disorders, a policy based on the idea that mentally ill people:

a. could not provide a good environment for their children.
b. were mentally defective (that is, developmentally delayed).
c. reproduced at a rate higher than that of the general population.
d. should not be allowed to pass on their defective genes.

*ANSWER:* d

119. The somatogenic treatment for mental illness that seems to have been MOST successful was the use of:

a. psychosurgery.
b. psychoanalysis.
c. various medications.
d. lobotomy.

*ANSWER:* c

120. Which event in the 1950s led to improvements in biological treatments for mental disorders?

a. discovery of psychotropic medications
b. development of advanced neurosurgical techniques
c. development of standardized screening tests for mental illness
d. improved understanding of the electrical system of the human body

*ANSWER:* a

121. A theorist who believes that psychological factors are the primary causes of abnormal functioning adheres to the _____ perspective.

a. Hippocratic
b. somatogenic
c. psychogenic
d. demonologic

*ANSWER:* c

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**Chapter 1 - Multiple Choice**

122. Syphilis is to the somatogenic approach as _____ is to the psychogenic approach.
a. eugenics
b. tarantism
c. trephinism
d. hypnotism

*ANSWER:* d

123. Eugenics sterilization reflects the _____ perspective on abnormality.
a. somatogenic
b. psychoanalytic
c. cultural
d. managed care

*ANSWER:* a

124. Friedrich Anton Mesmer became famous—or infamous—for his work with patients suffering from bodily problems with no physical basis. His patients' disorders are termed:
a. somatogenic.
b. hysterical.
c. phlegmatic.
d. bilious.

*ANSWER:* b

125. An otherwise normal person under the influence of hypnotic suggestion is made to bark, sit, and fetch like a dog. The occurrence of these abnormal behaviors lends support to which explanation for abnormality?
a. psychogenic
b. somatogenic
c. parthenogenic
d. schizophrenogenic

*ANSWER:* a

126. Which perspective was supported by the discovery that the symptoms of hysteria (e.g., mysterious paralysis) could be induced by hypnosis?
a. psychogenic
b. somatogenic
c. demonological
d. moral

*ANSWER:* a

127. In what way did the experiments performed by Bernheim and Liébault provide support for the psychogenic perspective of abnormality?

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**Chapter 1 - Multiple Choice**

a. Using hypnosis, they could produce artificial symptoms such as blindness in healthy subjects.
b. Using small amounts of electrical current, they could induce false psychological problems in healthy subjects.
c. Using biofeedback systems, they could reduce anxiety symptoms in subjects.
d. Using guided imagery, they could cure patients with a variety of psychological disorders.

*ANSWER:* a

128. The early psychogenic treatment that was advocated by Josef Breuer and Sigmund Freud was:
a. prayer.
b. bloodletting.
c. hypnotism.
d. trephining.

*ANSWER:* c

129. Freud believed that all functioning, normal and abnormal, originates from:
a. one's underlying biological makeup.
b. unconscious psychological processes.
c. the internal battle between good and evil.
d. conscious internal drives and moral external forces.

*ANSWER:* b

130. Acquiring insight about unconscious psychological processes is a feature of:
a. moral therapy.
b. psychoanalysis.
c. psychogenic therapy.
d. all psychological therapies.

*ANSWER:* b

131. Psychoanalysis was developed as a form of what is now known as:
a. moral therapy.
b. outpatient therapy.
c. behavioral therapy.
d. somatogenic therapy.

*ANSWER:* b

132. Psychoanalysis, as Freud developed it, was a form of what we now would call:
a. mesmerism.
b. outpatient therapy.
c. community psychology.

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**Chapter 1 - Multiple Choice**

d. Kraepelinism.

*ANSWER:* b

133. Which statement BEST describes the role of religion with regard to treatment of mental illness?

a. Those who are religious reject nonspiritual means of treatment.

b. Religious institutions were among the first to provide treatment for the mentally ill.

c. Clergy have consistently advocated against scientific explanations for mental illness.

d. Those who devoutly adhere to their religion believe in supernatural causes of mental illness.

*ANSWER:* b

134. Surveys have found that 43 percent of people today believe that mental illness is caused by:

a. sinful behavior.

b. lack of willpower.

c. lack of self-discipline.

d. something people bring on themselves.

*ANSWER:* d

135. If a person's primary symptom was excessive worry, the psychotropic drug MOST likely to be prescribed for that person would be an:

a. antipsychotic.

b. antidepressant.

c. antibiotic.

d. antianxiety medication.

*ANSWER:* d

136. People with severe mental illnesses are LESS likely to be _____ than they were 50 years ago.

a. medicated with psychotropic drugs

b. hospitalized in mental institutions

c. homeless or in prison

d. treated in outpatient facilities

*ANSWER:* b

137. Which statement BEST reflects the impact of deinstitutionalization?

a. Most people with severe disturbances are receiving treatment.

b. Many people with severe disturbances are in jail or on the street.

c. Care is now consistent, and there is no shuttling back and forth through different levels of care.

d. Communities have been able to pick up the care of those with severe disturbances and provide effective treatment for most all of them.

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

138. A medical researcher develops a drug that decreases symptoms of depression and other mood disorders. This drug would be classified as:

a. psychogenic.
b. somatogenic.
c. psychotropic.
d. somatotropic.

*ANSWER:* c

139. Drugs designed to decrease extremely confused and distorted thinking are termed:

a. antidepressants.
b. antianxiety medications.
c. mood stabilizers.
d. antipsychotics.

*ANSWER:* d

140. Drugs that alleviate the symptoms of mental dysfunction by affecting the brain are called:

a. psychedelics.
b. antineurotics.
c. psychotropics.
d. psychophysiologicals.

*ANSWER:* c

141. Tanner is confused and usually thinks that he is a superhero. If his psychiatrist ordered medication, it would MOST likely be a(n):

a. stimulant drug.
b. antianxiety drug.
c. antipsychotic drug.
d. antidepressant drug.

*ANSWER:* c

142. Jena is experiencing sadness, lack of energy, and low self-worth. The condition is chronic and severe. If her psychiatrist prescribed medication, it would likely be a(n):

a. stimulant drug.
b. antianxiety drug.
c. antipsychotic drug.
d. antidepressant drug.

*ANSWER:* d

143. Luna is taking a psychotropic medication. Which condition does she MOST likely have?

a. mood disorder

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**Chapter 1 - Multiple Choice**

b. age-related disorder
c. developmental disorder
d. physical abnormality

*ANSWER:* a

144. Compared with the number of patients hospitalized in U.S. mental hospitals in the 1950s, the number of hospitalized patients today is:
a. significantly less.
b. slightly less.
c. slightly more.
d. significantly more.

*ANSWER:* a

145. One cause of the increase in individuals experiencing homelessness in recent decades has been the:
a. policy of deinstitutionalization.
b. decrease in the effectiveness of medications.
c. decrease in the use of private psychotherapy.
d. move to the community mental health approach.

*ANSWER:* a

146. In the United States today, prison and jail inmates suffering from mental disturbance number:
a. just under 100,000.
b. about 150,000.
c. about 300,000.
d. over 400,000.

*ANSWER:* d

147. Hospitalized patients with mental illness who show symptom improvement while taking medications are likely to be discharged. Studies have shown that many of these patients:
a. fail to make lasting recoveries.
b. ultimately become a danger to others.
c. are rehospitalized in less than 6 months.
d. commit suicide after years of inadequate treatment.

*ANSWER:* a

148. The approach to therapy for mental illness in which a person pays a psychotherapist for services is called:
a. sociological therapy.
b. the medical approach.
c. private psychotherapy.

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**Chapter 1 - Multiple Choice**

d. the community mental health approach.

*ANSWER:* c

149. Which statement BEST reflects the current care for people with less severe disturbances?

a. Many are treated by generalists who specialize in a number of different types of disorders.

b. Private insurance companies are likely to cover outpatient treatment.

c. It is difficult to find treatment for someone experiencing a "problem in living."

d. Private psychotherapy is available only to the wealthy.

*ANSWER:* b

150. Problems with marital, family, peer, work, school, or community relationships would be MOST similar to:

a. the sorts of problems Freud treated.

b. other problems in living.

c. problems treated in specialized treatment centers.

d. other problems treated with antipsychotics.

*ANSWER:* b

151. Researchers have shown that in a typical year in the United States, approximately _____ percent of people with psychological disorders receive clinical treatment.

a. 15

b. 30

c. 45

d. 60

*ANSWER:* c

152. Suicide prevention, substance abuse treatment, and eating disorder clinics are MOST similar to which kind of market?

a. Whole Foods, a large market that offers many different types of foods

b. Sweet Cupcakes, a store that specializes in only one type of food

c. Corner Market, a mom-and-pop store that carries rather old-fashioned foods

d. New York Deli, a high-end market that serves only the wealthy

*ANSWER:* b

153. According to surveys, about what proportion of adults in the United States receive psychological therapy for milder problems of living, such as work-related problems?

a. 1 in 10

b. 2 in 10

c. 4 in 10

d. 6 in 10

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

154. A significant change in the type of care offered now compared to the era when Freud was practicing is that:

a. fewer patients are suffering from anxiety and depression.
b. fewer patients receive outpatient treatment.
c. people are more likely to receive treatment for problems in living.
d. there are fewer specialized programs focused on treating only one type of problem.

*ANSWER:* c

155. Efforts to address the needs of children who are at risk for developing mental disorders (babies of teenage mothers, children of those with severe mental disorders) are categorized as:

a. positive psychology.
b. psychoanalysis.
c. eco-anxiety treatment.
d. preventive.

*ANSWER:* d

156. A focus of many community mental health programs is:

a. prevention.
b. isolation.
c. spiritual guidance.
d. experimental treatments.

*ANSWER:* a

157. Which pair of words BEST describes the current emphasis in mental health?

a. prevention and positive psychology
b. promotion and public psychology
c. perfection and primary psychology
d. people and professional psychology

*ANSWER:* a

158. Efforts to help people develop personally meaningful activities and healthy relationships are a part of:

a. eco-anxiety treatment.
b. a somatogenic approach to treatment.
c. the clinical practice of positive psychology.
d. an eccentric's level of creativity.

*ANSWER:* c

159. A positive psychologist would MOST likely focus on:

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**Chapter 1 - Multiple Choice**

a. identifying the underlying biological cause of mental illness.
b. teaching coping skills that can be used to manage stress.
c. identifying the unconscious internal processes driving behavior.
d. using biofeedback to control physiological responses to stressors.

*ANSWER:* b

160. If a university had a program designed to help students achieve their full potential, physically, educationally, and spiritually, that program would have elements MOST similar to:
a. mental health prevention programs.
b. positive psychology programs.
c. deinstitutionalization programs.
d. outpatient therapy.

*ANSWER:* b

161. The study of positive feelings, traits, and abilities is called:
a. the health-centered approach.
b. wellness theory.
c. happiness theory.
d. positive psychology.

*ANSWER:* d

162. According to some researchers, almost half of one's level of happiness is due to:
a. genetic factors.
b. life events.
c. the quality of one's relationships.
d. one's value system.

*ANSWER:* a

163. At which age do people tend to be the happiest?
a. teenage years
b. young adulthood
c. middle age
d. old age

*ANSWER:* d

164. In which profession do people tend to be less happy than in the others?
a. clergy
b. firefighters
c. service station attendants

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**Chapter 1 - Multiple Choice**

d. special-education teachers

*ANSWER:* c

165. On average, how much daily face-to-face social contact with others makes people the happiest?

a. 1 hour

b. 3 hours

c. 6 hours

d. 9 hours

*ANSWER:* c

166. Immigration trends and differences in birth rates among underrepresented groups in the United States have caused psychological treatment to become more:

a. hospital focused.

b. multicultural.

c. positive.

d. dependent on the use of medications.

*ANSWER:* b

167. Members of racial and ethnic minoritized groups in the United States are expected to make up 53 percent of the population in the year:

a. 2026.

b. 2045.

c. 2055.

d. 2065.

*ANSWER:* c

168. Which feature is NOT common in managed care programs?

a. limited pool of practitioners for patients to choose from

b. preapproval for treatment by the insurance company

c. ongoing reviews and assessments

d. patient choice in number of therapy sessions

*ANSWER:* d

169. "What the #%*$!! is going on? The insurance company says I have to stop my anger management program now!" The client who says this is MOST likely voicing concern about a:

a. managed care program.

b. private psychotherapist.

c. community mental health agency.

d. sociocultural resource center.

*ANSWER:* a

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**Chapter 1 - Multiple Choice**

170. Critics of managed care programs for mental health services state that these programs:
a. promote long-term dependence on therapists.
b. do not support drug therapy as a form of treatment.
c. focus too heavily on psychogenic causes of abnormalities.
d. favor treatments whose results are typically shorter lasting.

*ANSWER:* d

171. Compared with physical disorders, insurance reimbursement for treatment of mental disorders prior to enactment of the Affordable Care Act was generally:
a. nonexistent.
b. lower.
c. about the same.
d. higher.

*ANSWER:* b

172. Parity laws for insurance coverage of mental health treatment mandate that:
a. physicians and psychologists must have the same level of education.
b. coverage for mental and physical problems must be reimbursed equally.
c. the number of sessions allowed for treatment of mental and physical treatment must be equal.
d. patients must be allowed to choose the therapist they want for treatment.

*ANSWER:* b

173. _____ designate(s) mental health care one of 10 types of essential health benefits that all insurers must provide.
a. Laws that have been on the books for decades
b. Parity legislation passed by the U.S. Congress in 2008
c. The Affordable Care Act of 2014
d. Legislation has repeatedly been proposed to

*ANSWER:* b

174. Which statement about the various viewpoints of clinical psychology is TRUE?
a. Various perspectives coexist, and they often conflict and compete with one another.
b. Since the late 1950s, the biological perspective is the primary perspective taught in medical schools.
c. Although many perspectives exist, the psychoanalytic perspective remains the dominant perspective in the field.
d. Among the various perspectives, those most highly regarded are those based on the influence of external factors.

*ANSWER:* a

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**Chapter 1 - Multiple Choice**

175. After medical school, a psychiatrist receives 3 to 4 years of training in the treatment of abnormal functioning; this training is called a(n):

a. residency.
b. internship.
c. practicum.
d. community mental health tour.

*ANSWER:* a

176. One major difference between psychiatrists and clinical psychologists is that psychiatrists:

a. went to medical school.
b. must work in a medical setting.
c. are allowed to practice psychotherapy.
d. have more training in mental illness.

*ANSWER:* a

177. Which statement is TRUE about the participation of women in the mental health professions?

a. There are more female psychiatrists than female counselors.
b. Women, as a group, prefer working in clinical settings.
c. The profession with the highest percentage of women is social work.
d. Female psychologists earn more than male psychologists.

*ANSWER:* c

178. The specialty that presently has the largest number of practitioners is:

a. psychiatry.
b. social work.
c. psychology.
d. counseling.

*ANSWER:* b

179. The specialty that is the oldest and best-paid, and has the fewest practitioners, is:

a. psychiatry.
b. social work.
c. psychology.
d. counseling.

*ANSWER:* a

180. Which statement BEST describes the effect of technology on mental health?

a. There is widespread consensus that technology causes deviant and dysfunctional behavior.
b. Technology has eroded society's sense of community and people's desire to engage with others.

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**Chapter 1 - Multiple Choice**

c. There is no research-based evidence to support any connect between technology and mental health.
d. Technology provides new triggers for abnormal behaviors.

*ANSWER:* d

181. Research indicates that, on average, social media users are particularly likely to:
a. be mistrustful of others.
b. struggle with feelings of anger.
c. maintain close relationships.
d. be able to resist peer pressure.

*ANSWER:* c

182. Research suggests that one negative effect of adolescents using social media sites is that these sites may:
a. increase peer pressure.
b. encourage improper language skills.
c. expose children to negative news stories.
d. reward people for underperforming in school.

*ANSWER:* a

183. The use of various technologies to deliver mental health services without the therapist being physically present is called:
a. managed care.
b. telemental health.
c. self-help, or group help.
d. community mental health.

*ANSWER:* b

184. A general understanding of the underlying nature, causes, and treatments of abnormal behavior is called:
a. theoretical.
b. nomothetic.
c. idiographic.
d. correlational.

*ANSWER:* b

185. A study of a single person that is used to explain the underlying causes or nature of abnormal behavior in that person is consistent with the _____ approach.
a. theoretical
b. nomothetic
c. idiographic
d. correlational

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**Chapter 1 - Multiple Choice**

*ANSWER:* c

186. Clinical practitioners seek a(n) _____ understanding of abnormal behavior.
a. nomothetic
b. idiographic
c. universal
d. deterministic

*ANSWER:* b

187. When an unusual problem does not occur often enough to permit a large number of observations, it might be studied using a(n):
a. exacerbation study.
b. experimental study.
c. case study.
d. correlational study.

*ANSWER:* c

188. Clinical researchers look for _____ truths about the causes and treatments of abnormality.
a. nomothetic
b. deistic
c. individualistic
d. idiographic

*ANSWER:* a

189. The more television a person watches, the lower that person's grades in school are likely to be. This statement indicates a(n) _____ correlation between hours watching TV and grades.
a. statistically significant
b. unrelated
c. positive
d. negative

*ANSWER:* d

190. As opposed to clinical practitioners, who search for individualistic understanding of human behavior, clinical researchers search for general truths about abnormality. The approach of clinical researchers is described as:
a. idiosyncratic.
b. nomosynthetic.
c. idiographic.
d. nomothetic.

*ANSWER:* d

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**Chapter 1 - Multiple Choice**

191. Tall people tend to have larger feet than do short people. This statement indicates a(n) _____ correlation between foot size and height.

a. neutral
b. unrelated
c. negative
d. positive

*ANSWER:* d

192. Which is the BEST example of the idiographic approach?

a. a detailed study of one case
b. a study of the most effective treatment for phobias
c. a study of the relative frequency of horse and rat phobias among adults
d. a review of all of a clinician's phobic patient cases

*ANSWER:* a

193. If a study found that there was a perfect correlation between two variables, which correlation coefficient would describe that relationship?

a. –100.00
b. 1.00
c. 0.00
d. +0.50

*ANSWER:* b

194. Bri'Ann met with a researcher several times. She was interviewed, she took tests, and she was physically evaluated. In addition, the researcher studied her school and employment records and interviewed key people in her life. This type of study is called a(n):

a. matched design study.
b. analog experiment.
c. correlational study.
d. case study.

*ANSWER:* d

195. A case study of a patient includes a history, tests, and interviews with associates. A clear picture is constructed of this individual so her behavior is understood. This approach is described as:

a. nomothetic.
b. idiographic.
c. experimental.
d. correlational.

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

196. If a study concludes that the less coffee you drink, the less anxiety you experience, the researchers MOST likely used:

a. the experimental method.
b. a case study.
c. a focus group.
d. the correlational method.

*ANSWER:* d

197. Which study design allows for statistical analysis of the data and generalizes to a larger population but provides no causal information?

a. the matched design
b. the experimental method
c. the correlational method
d. the case study

*ANSWER:* c

198. If you were using the scientific method to conduct research in abnormal psychology, you would be seeking a(n) _____ understanding.

a. idiographic
b. epidemiological
c. nomothetic
d. theoretical

*ANSWER:* c

199. If a research study concludes that the more friends people have, the less likely they are to be depressed, the conclusion would be described as a(n):

a. absence of correlation.
b. false correlation.
c. negative correlation.
d. lack of causality.

*ANSWER:* c

200. The _____ variable is manipulated in an experiment to determine whether it has an effect on another variable.

a. dependent
b. confound
c. random
d. independent

*ANSWER:* d

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**Chapter 1 - Multiple Choice**

201. Clinical researchers would NOT:
a. assess individual clients.
b. study the causes of a disease.
c. conduct experimental studies.
d. evaluate the effectiveness of various treatments.

*ANSWER:* a

202. Which statistic represents the greatest magnitude of correlation?
a. +.80
b. –.95
c. +.10
d. +.90

*ANSWER:* b

203. Scott was doing a study on anxiety. Members of one group were asked to estimate how many years each had to live. Members of the other group were asked to estimate how many months until their next vacation. Scott then gave each of his participants a test that measured anxiety and scored them. The score on this test is an example of a(n):
a. independent variable.
b. confound.
c. masked variable.
d. dependent variable.

*ANSWER:* d

204. If there is less than a 5 percent probability that a study's findings are due to chance, the findings are said to be statistically:
a. accurate.
b. significant.
c. insignificant.
d. questionable.

*ANSWER:* b

205. An imitation treatment that looks or tastes like the real therapy but has none of its key ingredients is a:
a. confound.
b. dependent variable.
c. placebo.
d. matched pair.

*ANSWER:* c

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**Chapter 1 - Multiple Choice**

206. Which is NOT considered a research method?

a. a case study
b. a correlation
c. an experiment
d. a treatment plan for an individual

*ANSWER:* d

207. In a _____ design, research participants are unaware as to whether they are assigned to the experimental group or the control group.

a. natural
b. biased
c. masked
d. placebo

*ANSWER:* c

208. The idea that children from single-parent families show more depression than those from two-parent families is a(n):

a. variable.
b. experiment.
c. correlation.
d. hypothesis.

*ANSWER:* d

209. Which statement describes the biggest limitation of correlational research?

a. It does not allow conclusions about cause-and-effect relationships.
b. Its results can be applied to only one participant at a time.
c. Relationships between variables are inconsistent, so findings cannot be applied to the real world.
d. The manipulation of a correlational variable requires an ABAB design, which is not always practical.

*ANSWER:* a

210. A person says, "I think the Red Sox win more games on Tuesdays than on any other day of the week." Although this statement is not very scientific, it is a(n):

a. research finding.
b. hypothesis.
c. example of a case study.
d. research conclusion.

*ANSWER:* b

211. A research procedure in which a variable is manipulated and the manipulation's effect on another variable is observed is known as a(n):

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**Chapter 1 - Multiple Choice**

a. experiment.
b. epidemiological study.
c. case study.
d. longitudinal study.

*ANSWER:* a

212. Dr. Pliny did not tell her participants which group (which level of the independent variable) they were in. She withheld this information to guard against:
a. confounds.
b. experimenter bias.
c. selection bias.
d. participant bias.

*ANSWER:* d

213. Researchers would MOST likely use a(n) _____ research design to compare children who have a history of child abuse with those who do not.
a. experimental
b. epidemiological
c. matched design
d. natural

*ANSWER:* c

214. The statement or prediction made about a potential causal relationship in a proposed study is called the:
a. theory.
b. hypothesis.
c. conclusion.
d. explanation.

*ANSWER:* b

215. Both the participants and the experimenter in a study are prevented from knowing who is in which experimental (or control) group. This is termed a _____ study.
a. dually unaware
b. deprivation
c. double-masked
d. reciprocally shielded

*ANSWER:* c

216. If a researcher did a study of anxiety and used cats for subjects instead of people, they would likely be doing a(n) _____ study.
a. single-case

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**Chapter 1 - Multiple Choice**

b. matched
c. epidemiological
d. analogue

*ANSWER:* d

217. When a researcher unintentionally transmits their expectations about the outcome of the research to a research participant, it is termed:
a. the Rosenthal effect.
b. selection bias.
c. a double-masked study.
d. incidence.

*ANSWER:* a

218. After a political revolution, many orphaned and abandoned children are moved from state-run institutions into home-based foster care. The event gives researchers a chance to study the effects of such a transition on a large scale. This is an example of a(n) _____ experiment.
a. single-case
b. masked
c. natural
d. matched

*ANSWER:* c

219. A _____ study design prevents what is called the Rosenthal effect.
a. placebo therapy
b. double-masked
c. quasi-experimental
d. matched

*ANSWER:* b

220. Researchers investigating a rare disorder that affects only a few individuals would MOST likely use a(n) _____ design.
a. natural experimental
b. experimental
c. correlational
d. single-case experimental

*ANSWER:* d

221. If someone knew there were currently a total of 500,000 cases of schizophrenia in the United States, that person would know the _____ of schizophrenia in the United States.
a. incidence

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**Chapter 1 - Multiple Choice**

b. prevalence
c. risk
d. correlation coefficient

*ANSWER:* b

222. To compare a participant with themselves under different conditions rather than compare that participant to control participants, one might choose a(n) _____ design.
a. analog
b. case study
c. correlational
d. ABAB

*ANSWER:* d

223. Monique has agreed to be in a study of the effects of aging on mental acuity. She returns to the lab every year. Monique is involved in a(n) _____ study.
a. longitudinal
b. reversal design
c. epidemiological
d. quasi-experimental

*ANSWER:* a

224. Studies that reveal the incidence and prevalence of a disorder in a particular population are known as _____ studies.
a. ABAB
b. high-risk
c. epidemiological
d. case

*ANSWER:* c

225. The primary role of an Institutional Review Board is to:
a. provide a peer review of the study findings.
b. protect the rights and safety of human study participants.
c. regulate the use of placebos.
d. allocate funding for research studies.

*ANSWER:* b

226. To ensure that participants know what they are getting into when they sign up for a study, researchers must obtain:
a. institutional agreement.
b. informed consent.

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c. human rights assent.
d. physical safeguards.

*ANSWER:* b

227. Most informed consent forms for clinical research are written at a(n) _____ level.
a. college
b. high school
c. elementary school
d. advanced high school

*ANSWER:* a

228. A psychologist does a study of an individual involving a history, tests, and interviews of associates. A clear picture is constructed of this individual so their behavior is better understood. This study is a(n):
a. longitudinal study.
b. case study.
c. experimental study.
d. correlational study.

*ANSWER:* b

229. Which is an example of a case study?
a. a study involving use of a control group
b. a long-term study of a clinical client
c. a study of all the cases of a disorder in a community
d. the creation of a disorder in a group of lab rats

*ANSWER:* b

230. Case studies are useful for:
a. forming general laws of behavior.
b. studying unusual problems.
c. conducting scientific experiments.
d. eliminating observer bias.

*ANSWER:* b

231. The case study MOST likely to be helpful in the study of abnormality would be one that included a well-tested, research-supported form of therapy used to treat a(n):
a. common disorder.
b. depression.
c. substance abuse.
d. uncommon disorder.

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**Chapter 1 - Multiple Choice**

*ANSWER:* d

232. Which type of study is said to offer *tentative* support of a theory?

a. an epidemiological study
b. a study using the experimental method
c. a correlational study
d. a case study

*ANSWER:* d

233. A therapist has a new approach to marriage counseling and initiates this treatment with a client couple. The therapist conducts a case study and publishes the results. Which factor is MOST likely to be present in this study?

a. placebo effect
b. experimenter bias
c. masked design
d. an analog experiment

*ANSWER:* b

234. Which is NOT a feature of correlational and experimental research designs that contributes to nomothetic insights?

a. inclusion of many study participants
b. uniform application of research procedures
c. use of statistical tests to analyze the data collected
d. publication of both positive and negative findings

*ANSWER:* d

235. The people chosen for scientific study are traditionally called subjects. The term preferred by today's investigators is:

a. data sources.
b. participants.
c. objects.
d. individuals.

*ANSWER:* b

236. The interdependence that exists between events or characteristics is described as:

a. matching.
b. correlation.
c. multivariable.
d. clinical significance.

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

237. A researcher finds that individuals who report large numbers of hassles in their lives usually also report higher levels of stress. Those who report fewer hassles generally report lower levels of stress. The correlation between number of hassles and stress level is:

a. positive.
b. negative.
c. curvilinear.
d. nonexistent.

*ANSWER:* a

238. "The heavier you are, the more food you are likely to eat." If true, this statement expresses:

a. no correlation at all.
b. a causal relationship.
c. a positive correlation.
d. a negative correlation.

*ANSWER:* c

239. In a graph of a correlational study, the line of best fit:

a. inevitably runs from the lower left to the upper right.
b. is as close as possible to all points in the graph.
c. allows the researcher to determine causality.
d. has no meaning unless it is positive.

*ANSWER:* b

240. If stress levels and physical health are negatively correlated, the researcher can conclude that:

a. stress causes people to have poor health.
b. as stress increases, health decreases.
c. poor health causes people to experience stress.
d. mental illness causes both stress and poor health.

*ANSWER:* b

241. A researcher finds a strong positive correlation between ratings of life stress and symptoms of depression. Therefore, the researcher may be confident that:

a. life stress causes symptoms of depression.
b. symptoms of depression cause life stress.
c. something else causes stress and depression.
d. life stress and depression are related.

*ANSWER:* d

242. A correlational study of college employees shows a strong positive correlation between self-reported stress

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levels and days of work missed for illness, allowing the researcher to conclude that:

a. stress causes illness.
b. illness causes stress.
c. some other variable causes both increases in stress levels and illness.
d. the researcher can make a fairly accurate prediction of days a person will miss for illness if the person's stress level is known.

*ANSWER:* d

243. Which statement is NOT a reason that correlational studies and experiments are preferred over case studies?

a. Correlational studies and experiments offer rich details that make the results extremely interesting.
b. They typically observe many individuals.
c. They are more easily replicable.
d. They use statistical tests to analyze results.

*ANSWER:* a

244. Correlation coefficients indicate the:

a. magnitude and direction of the relationship between variables.
b. cause-and-effect relationship between variables.
c. internal and external validity between variables.
d. significance and variability between variables.

*ANSWER:* a

245. Which correlation coefficient is of the highest magnitude?

a. +.05
b. –.81
c. +.60
d. –.01

*ANSWER:* b

246. Which correlation coefficient represents the weakest relationship?

a. –.95
b. –.06
c. +.30
d. +.54

*ANSWER:* b

247. If the correlation between severity of depression and age is –.05, it means that:

a. older people have more severe depression.

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**Chapter 1 - Multiple Choice**

b. older people have less severe depression.
c. younger people have almost no depression.
d. there is no consistent relationship between age and severity of depression.

*ANSWER:* d

248. Which statement is TRUE regarding the correlation coefficient?
a. It ranges from 0.00 to +1.00 and indicates the strength of the relationship between two variables.
b. It ranges from −1.00 to +1.00 and indicates the strength and the direction of the relationship between two variables.
c. It ranges from 0.00 to +1.00 and indicates the strength and the direction of the relationship between two variables.
d. It ranges from −1.00 to +1.00 and indicates the strength of the relationship between two variables and the total variability of those measurements.

*ANSWER:* b

249. A student says, "Quick! I have to take a test in two minutes. I need help remembering which kind of correlation coefficient shows a weak relationship between two variables." Which answer will help this student?
a. one that is statistically significant
b. one that is close to minus one (−1)
c. one that is close to zero (0)
d. one that doesn't prove a causal relationship between the variables

*ANSWER:* c

250. Assume variables *X* and *Y* are correlated. A researcher would be able to make the MOST accurate predictions of scores on variable *Y* if the correlation between *X* and *Y* is:
a. close to zero.
b. +.45.
c. −.53.
d. −.88.

*ANSWER:* d

251. Which is NOT a merit of the correlational method?
a. It can be replicated.
b. It can be analyzed statistically.
c. Its results can be generalized.
d. It provides individual information.

*ANSWER:* d

252. Unlike the correlational method and the experimental method, the case study method provides:
a. good replicability.

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b. external validity.
c. individual information.
d. internal validity.

*ANSWER:* c

253. Which question does the use of statistical analyses in research help answer?
a. Where does bias exist?
b. How likely is it that the study's findings occurred by chance?
c. How many people will be directly affected by the study results?
d. Which inclusion criteria should be applied when selecting participants?

*ANSWER:* b

254. Which is an aspect of the experimental approach?
a. use of confounding variables
b. observation of people over a period of time
c. a detailed interpretive description of a participant
d. the manipulation of a variable by the researcher

*ANSWER:* d

255. A research procedure in which a variable is manipulated and the manipulation's effect on another variable is observed is called a(n):
a. case study.
b. correlation.
c. experiment.
d. observational study.

*ANSWER:* c

256. In a scientific experiment, the variable manipulated or controlled by the experimenter is called the:
a. confounding variable.
b. alternative variable.
c. dependent variable.
d. independent variable.

*ANSWER:* d

257. A researcher randomly assigns young women with anorexia to one of two groups. Participants in group A receive psychotherapy and drug treatments; participants in group B receive attention (but no therapy) and a sugar pill. The researcher then compares participants in the two groups on relief of anorexia symptoms. This is an example of a(n):
a. experimental study.
b. natural experiment.

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c. correlational study.

d. case study.

*ANSWER:* a

258. A study included 60 people who experience ordinary headaches. Of the participants, 20 received aspirin, 20 received a placebo, and 20 received nothing at all. In 65 percent of the aspirin group, the headache disappeared. In the other two groups, the "cure" rates were 26 and 5 percent, respectively. Other than the drug condition, the participants were treated identically. This study:

a. demonstrates a double-masked design.

b. is an experimental study.

c. contains an important confound.

d. has three dependent variables.

*ANSWER:* b

259. A researcher designed an experiment to study the causes of aggression in children. Half the children ate a sugared cereal; the other half ate cornflakes. The researcher then recorded the number of aggressive acts displayed by the children in a 1-hour play period after breakfast. In this experiment, _____ is the dependent variable and _____ is the independent variable.

a. sugared cereal; cornflakes

b. the play period; the number of aggressive responses

c. breakfast; the length of the play period

d. the number of aggressive responses; cornflakes

*ANSWER:* d

260. A psychologist was interested in the effect of hunger on psychological disturbances. The psychologist deprived half of a group of healthy volunteers of food for one day and fed the other half normally. The next day, all participants took the MMPI-2. What was the independent variable?

a. the level of food deprivation

b. the MMPI-2

c. the results on the MMPI-2

d. the length of time the psychologist controlled food intake

*ANSWER:* a

261. Dr. Huang required half of a group of healthy volunteers to study a reading passage for 1 hour. The other half of the participants studied for 15 minutes. Dr. Huang then administered a test of participants' memory of details from the passage. What was the dependent variable?

a. the study time

b. the memory test

c. the reading passage

d. the results of the memory test

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*ANSWER:* d

262. In a study designed to test a new antidepressant, researchers randomly assigned a large number of psychiatric outpatients to one of two groups. Group A was given the active drug. Group B was given an identical-looking inert drug. Three psychologists independently used the Beck Depression Inventory to measure the participants' level of depression after two weeks. The independent variable in this study was the:

a. drug.
b. level of agitation.
c. Beck Depression Inventory.
d. assignment of the participants to groups.

*ANSWER:* a

263. Students were given a sensation-seeking test and then divided into two groups based on their scores. A researcher observed how many times students in each group got out of their seats over the course of 2 hours. The dependent variable is:

a. number of times getting out of one's seat.
b. scores on the sensation-seeking test.
c. the group of students.
d. the length of the observation period.

*ANSWER:* a

264. Factors other than the independent variable may also act on the dependent variable. If these factors vary systematically with the independent variable, they are called:

a. irrelevant.
b. confounds.
c. masked variables.
d. random variables.

*ANSWER:* b

265. A research study on a group of children with autism will compare treatment delivered by parents at home to treatment delivered by teachers at school. If the study finds that the treatment delivered at school is more effective, which item is the BEST example of a confounding variable?

a. the treatment
b. the children
c. the diagnosis
d. differences between the parents and teachers

*ANSWER:* d

266. One group of patients is treated with medication in a hospital. Another group is treated with the same medication on an outpatient basis. The diagnoses of the two groups of patients are equally serious. The BEST example of a confound in this study is the:

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a. characteristics of the hospital.
b. type of medication given.
c. seriousness of the diagnoses.
d. level of improvement.

*ANSWER:* a

267. Researchers are examining the effects of listening to background music on the stress levels of truck loaders. Workers in both a morning shift and an afternoon shift are studied. During one shift, soothing music is played. During the other shift, no music is played. What should be done to avoid a potential confound in this experiment?

a. Expose both shifts to both the music and no-music conditions.
b. Give workers the opportunity to choose a music or a no-music shift.
c. Use a variety of genres of music (jazz, classical, folk, and so on).
d. Vary the tasks the workers perform during their shifts.

*ANSWER:* a

268. One hundred psychiatric patients were randomly assigned to one of two groups. Group 1 received a new drug in pill form. Group 2 was given identical-looking placebo pills. A panel of psychiatrists, who did not know which pill each participant received, evaluated all participants for level of agitation. What could be a potential confound in this study?

a. having some seriously ill and some moderately ill patients in both groups
b. having all patients come from the same clinic
c. having the drug group be inpatients and the placebo group be outpatients
d. not previously testing the drug on primates

*ANSWER:* c

269. More than 70 percent of psychology studies use college students as participants. The acronym _____ is often used to describe the demographics of this population.

a. SLIM
b. WEIRD
c. TAKEN
d. CLOSED

*ANSWER:* b

270. In the acronym WEIRD, often used to describe college students as a demographic, the "R" means:

a. rich.
b. risk-taking.
c. resourceful.
d. reward-focused.

*ANSWER:* a

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**Chapter 1 - Multiple Choice**

271. When a team of researchers repeats research done earlier by someone else, to see whether the results are the same, the term for this is:

a. corroboration.
b. retrial.
c. duplication.
d. replication.

*ANSWER:* d

272. The group of participants that is NOT exposed to the independent variable under investigation (in an experiment) is called the:

a. control group.
b. confound group.
c. dependent group.
d. experimental group.

*ANSWER:* a

273. One hundred psychiatric patients were randomly assigned to one of two groups. One group received a new drug in pill form. The other group was given identical-looking placebo pills. A panel of psychiatrists, who did not know which pill each participant received, evaluated all participants for level of agitation. What is the control group?

a. the new drug
b. the level of agitation
c. the participants who got the placebo
d. the psychiatric evaluation

*ANSWER:* c

274. A researcher randomly assigned participants to two groups. Group A received the drug whenever they reported depressive symptoms to the experimenter; group B received no drugs at any point. In this study, group A was the:

a. experimental group.
b. control group.
c. correlational group.
d. cross-sectional group.

*ANSWER:* a

275. When more than one research method produces similar results, researchers:

a. are suspicious of the results.
b. can have more confidence in the results.
c. suspect that experimenter bias has occurred.

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d. conclude that the results are due to confounds.

*ANSWER:* b

276. In an experimental study evaluating the effectiveness of an antidepressant medication, one group of participants receives a sugar pill instead of the true medication. This is an example of a:

a. medication-withdrawal study.

b. symptom-exacerbation study.

c. multiple-baseline study.

d. placebo study.

*ANSWER:* d

277. A *p* value of less than .05 signifies that the findings are:

a. clinically significant.

b. statistically significant.

c. not clinically significant.

d. not statistically significant.

*ANSWER:* b

278. Imagine that a statistically significant result is found in a well-designed experimental research project without any confounding variables. The MOST appropriate conclusion would be that:

a. the probability that the results were due to chance is more than 5 percent.

b. differences in the dependent variable are likely due to the independent variable.

c. causation by the independent variable cannot be assumed.

d. the sample size was too small.

*ANSWER:* b

279. A person with crippling social phobias receives treatment. The treatment makes a slight but noticeable difference. However, the person still finds it almost impossible to live a normal social and professional life. For this person, the outcome of participating in the treatment is:

a. not clinically significant.

b. not statistically significant.

c. a violation of the informed consent requirement.

d. a failure to be protected from psychological harm.

*ANSWER:* a

280. The BEST way to select a random sample of 10 students from a class would be to:

a. choose the first 10 who enter the classroom.

b. choose the last 10 who leave the classroom.

c. write each student's name on a piece of paper, put the papers in a pile, close eyes, and pick 10 papers.

d. ask students their ethnicity, grade-point average, and academic major, and then be sure the sample

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reflects all of these student characteristics.

*ANSWER:* c

281. Not all participants are the same. Researchers use _____ to reduce the possibility that preexisting differences between groups are responsible for observed differences after experimental manipulation.

a. a control group
b. random selection
c. random assignment
d. an experimental group

*ANSWER:* c

282. To randomly assign study participants to one of two groups, one could:

a. do a trial run of the study and use the results to make group assignments.
b. have a research assistant make the assignments and keep them secret.
c. list participants alphabetically and divide the list in the middle.
d. use a spreadsheet with a random number generator function.

*ANSWER:* d

283. One hundred psychiatric patients were randomly assigned to one of two groups. Group A received a new drug in pill form. Group B was given identical-looking placebo pills. A panel of psychiatrists, who did not know which pill each participant received, evaluated all participants for level of agitation. In this study, experimenter bias was reduced by:

a. having experienced psychiatrists evaluate agitation.
b. having researchers who don't know who got which pill.
c. adding another placebo condition.
d. adding a therapy group.

*ANSWER:* b

284. Shaun wants to be a good participant. He knows that his professor is an environmentalist, so his answers on the survey reflect a pro-environment position. This is an example of:

a. participant bias.
b. a placebo effect.
c. random variation.
d. experimenter bias.

*ANSWER:* a

285. A "fake" pill used as the control condition in a drug study is a:

a. placebo.
b. confound.
c. random variable.

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**Chapter 1 - Multiple Choice**

d. dependent variable.

*ANSWER:* a

286. A researcher's expectations about a study can affect its outcome. The type of research design used specifically to address this problem is a(n):

a. experiment.
b. random-assignment design.
c. matched control group design.
d. masked design.

*ANSWER:* d

287. A researcher trying to eliminate the Rosenthal effect would be sure to:

a. use a masked design.
b. use a quasi-experimental design.
c. randomly assign participants to two groups.
d. randomly assign participants to three or more groups.

*ANSWER:* a

288. The Rosenthal effect:

a. is identical to the placebo effect.
b. should be avoided by using a masked design.
c. is found primarily in natural experiments.
d. is found only in correlational designs.

*ANSWER:* b

289. In preparation for a study of the effectiveness of an antipsychotic drug, an assistant puts all drugs into capsules of the same color and codes them. The assistant will have no part in administering the drug. Neither the participants nor the experimenter will know who receives which drug. This is an example of a:

a. masked design.
b. double-masked design.
c. triple-masked design.
d. quasi-experimental design.

*ANSWER:* b

290. A therapist believes so strongly in her approach that they find improvement even when none exists. Which type of study design would prevent this problem?

a. longitudinal
b. double-masked
c. epidemiological
d. experimental

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**Chapter 1 - Multiple Choice**

*ANSWER:* b

291. In an experiment on the effects of two new drugs on mood, patients, researchers, and those who are evaluating the mood of patients are all unaware of which drug the patients are getting. The study is _____ masked.

a. randomly
b. quasi
c. naturally
d. double

*ANSWER:* d

292. A researcher is studying the effects of a new drug on obsessive-compulsive behavior. The researcher randomly assigns participants to either group X, which receives the new drug, or group Y, which receives a placebo. The researcher delivers the new drug or placebo to each participant during the course of the study, keeping track of who gets which treatment. This study is _____ masked.

a. quasi
b. randomly
c. single
d. double

*ANSWER:* c

293. The function of the double-masked design is BEST described as guarding against:

a. participant and experimenter expectancies.
b. imitation therapies.
c. participant bias.
d. the Rosenthal effect.

*ANSWER:* a

294. Which statement distinguishes a quasi-experimental study from a "pure" experiment?

a. The quasi-experiment does not use a control group.
b. The quasi-experiment uses multiple groups for comparison.
c. The quasi-experiment does not use any experimental control.
d. The quasi-experiment does not allow for manipulation of the independent variable.

*ANSWER:* d

295. One reason why psychologists may use quasi-experimental designs is that:

a. these designs have very small potential for experimenter bias.
b. these designs allow researchers to eliminate all confounds.
c. psychologists have limited experience with other research designs.
d. it would be unethical to manipulate certain variables in human participants.

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*ANSWER:* d

296. To study some gender differences, a researcher selected a group of 10 men and 10 women and treated all participants exactly the same. Each participant was given a test of psychological function. This study is an example of a(n):

a. experiment.
b. double-masked design.
c. correlational study.
d. quasi-experimental study.

*ANSWER:* d

297. Studies that are structured like experiments but that use groups that already exist instead of randomly assigning participants to control and experimental groups are called:

a. matched designs.
b. analog experiments.
c. correlational experiments.
d. longitudinal studies.

*ANSWER:* a

298. A research team is studying the effect of rape on the development of a mood disorder. Included in the study are two groups: (1) women, ages 19 to 29, who filed rape charges against an attacker and (2) women, ages 19 to 29, who self-reported that they have never been raped. The women from both groups were from upper middle-class families. Which of these is the MOST important factor in creating a matched control?

a. sex of the attacker
b. woman's age at the time of rape
c. whether the attacker was convicted
d. time of day when the attack occurred

*ANSWER:* b

299. Which phenomenon would MOST appropriately be studied using a quasi-experimental design?

a. the effects of running and weight lifting on mood
b. the effects of parents with schizophrenia on children's adjustment
c. the effects of a parental training program on children's achievement
d. the effects of a support group in helping people lose weight

*ANSWER:* b

300. If one were studying the hypothesis that people with high levels of stress are more likely to get cancer and wanted to include a matched control group, that group would:

a. have low levels of stress.
b. have high levels of stress.

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**Chapter 1 - Multiple Choice**

c. have cancer.
d. not have cancer.

*ANSWER:* a

301. If researchers using matched control participants find that abused children are sadder than nonabused children, those researchers know that:
a. both groups of children showed equal levels of sadness before the study.
b. the nonabused group differed from the abused group in many important ways.
c. there were more girls than boys in the abused group because girls are more likely to be sad.
d. abuse is probably what is causing the difference in sadness between these groups.

*ANSWER:* d

302. The form of experiment used MOST often to study the psychological effects of unusual or unpredictable events is:
a. natural.
b. matched design.
c. analog.
d. single-case.

*ANSWER:* a

303. Which would be the BEST design to study the effects of disasters on survivors?
a. a clinical experiment
b. an analog experiment
c. a natural experiment
d. a double-masked design

*ANSWER:* c

304. Using natural experiments, researchers have learned quite a lot about:
a. stress disorders.
b. different kinds of schizophrenia.
c. autism.
d. bipolar disorder.

*ANSWER:* a

305. An example of an analog experiment is:
a. following human participants who lost their homes in a tornado, starting the day after the loss and observing their stress levels over time.
b. having human participants live for a week in a simulated mental hospital to see how they respond.
c. following a group of individuals with schizophrenia over a long period of time.

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**Chapter 1 - Multiple Choice**

d. following individuals within their natural environments and noting behavioral responses.

*ANSWER:* b

306. Which item is an analog study?

a. studying children in their classrooms

b. studying the effects of stress in nonhumans

c. studying the effects of metaphors on memory

d. studying older adults in nursing homes

*ANSWER:* b

307. A researcher is interested in the effects of a new drug for treating anxiety. The researcher decides to study this phenomenon in rats by conditioning in them the fear of a high-pitched noise and then testing the rats' reactions with and without the drug. This is an example of a(n):

a. natural experiment.

b. analog experiment.

c. single-case experiment.

d. correlation.

*ANSWER:* b

308. Seligman's study, in which he created learned helplessness in the laboratory, is an example of a(n) _____ study.

a. analog

b. case

c. epidemiological

d. single-case

*ANSWER:* a

309. If a researcher is unable to find many eligible participants for a study, they would MOST likely consider using a(n):

a. natural experiment.

b. correlational study.

c. epidemiological study.

d. single-case experiment.

*ANSWER:* d

310. In an ABAB design study, a researcher is measuring the level of depression with and without the addition of an exercise program. What is the first "A" in the study?

a. healthy eating habits

b. exercise

c. no exercise

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**Chapter 1 - Multiple Choice**

d. depression

*ANSWER:* d

311. In an ABAB design study, a researcher is measuring the level of depression with and without the addition of an exercise program. What is the second "B" in the study?

a. healthy eating habits

b. exercise

c. no exercise

d. depression

*ANSWER:* b

312. If a participant's self-stimulation is observed, punished, observed again without punishment, and punished again, the design is a(n):

a. multiple baseline.

b. analog.

c. correlation.

d. reversal.

*ANSWER:* d

313. A student says, "The problem with single-case experiments is that there is no control group, so you don't know if the treatment is effective." The BEST reply is:

a. "You're absolutely right."

b. "If you use a reversal design, then participants serve as their own controls."

c. "Researchers routinely include control participants along with the actual participants."

d. "You don't need controls; single-case experiments are always double-masked."

*ANSWER:* b

314. A clinician using an ABAB design to reduce the frequency of suicidal thoughts in a client finds that suicidal thoughts, the second "A" condition, remain as low as they had been at the end of the first "B" condition. The clinician can be reasonably sure that:

a. suicidal thoughts have been permanently reduced.

b. the independent variable is controlling the suicidal thoughts.

c. the client is ready for additional forms of treatment.

d. the independent variable is not controlling the suicidal thoughts.

*ANSWER:* d

315. The ABAB design is a type of:

a. case study.

b. developmental study.

c. single-case experiment.

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d. epidemiological experiment.

*ANSWER:* c

316. Imagine that a longitudinal study found that children raised by people with schizophrenia are more likely to commit crimes later. This result tells us that:

a. children of people with schizophrenia are at higher risk for criminal behavior.

b. children of people with schizophrenia inherit a "criminal" gene.

c. criminal behavior in children causes the parents to develop schizophrenia.

d. people with schizophrenia teach their children to become criminals.

*ANSWER:* a

317. If researchers studied Vietnam veterans for 30 years after the veterans' return from Vietnam, the study would be classified as:

a. epidemiological.

b. longitudinal.

c. incidental.

d. experimental.

*ANSWER:* b

318. Which study findings were MOST likely generated from an epidemiological study?

a. The rate of suicide is higher in Ireland than in the United States.

b. Autism is not caused by influenza vaccinations.

c. Child abuse is often found in the backgrounds of individuals with dissociative disorders.

d. Alcoholism runs in families.

*ANSWER:* a

319. The incidence of HIV-positive cases on campus tells you:

a. a person's risk of becoming HIV positive.

b. the number of new HIV-positive cases measured in a time period.

c. the total number of HIV-positive cases at a given point.

d. the on-campus HIV-positive rate compared to the national average.

*ANSWER:* b

320. The prevalence of sexual dysfunction in older men seen at a clinic tells you the:

a. total number of older men with sexual dysfunction at the clinic.

b. risk of a man developing sexual dysfunction.

c. number of new cases of sexual dysfunction over a period of time.

d. rate of sexual dysfunction in the community.

*ANSWER:* a

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**Chapter 1 - Multiple Choice**

321. Studies that determine the incidence and prevalence of a disorder in a particular population are called:
a. longitudinal studies.
b. experimental studies.
c. analog studies.
d. epidemiological studies.
*ANSWER:* d

322. The number of new cases of a disorder in a population that emerge in a particular time interval is called the:
a. incidence.
b. prevalence.
c. correlation.
d. epidemiology.
*ANSWER:* a

323. Ten new cases of schizophrenia were diagnosed in a small town in the Midwest this week. This observation refers to the _____ of schizophrenia in this small population.
a. risk
b. incidence
c. prevalence
d. epidemiology
*ANSWER:* b

324. The total number of cases of a disorder in the population is called the:
a. risk.
b. incidence.
c. prevalence.
d. rate of occurrence.
*ANSWER:* c

325. The prevalence rate for a disorder will _____ the incidence rate.
a. always be the same as
b. always be higher than
c. always be the same as or higher than
d. always be lower than
*ANSWER:* c

326. Describing the number of cases of intellectual disability in the children of older mothers in 2015 would be a legitimate goal for a(n) _____ study.
a. case

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**Chapter 1 - Multiple Choice**

b. experimental
c. epidemiological
d. longitudinal

*ANSWER:* c

327. The finding that American women have higher rates of anxiety and depression than American men do is MOST likely to be produced by _____ research.
a. case study
b. longitudinal
c. analog
d. epidemiological

*ANSWER:* d

328. If an epidemiological study shows that eating disorders are more common in Western countries than in Eastern countries, a researcher could conclude:
a. that there are special pressures in Western countries that contribute to eating disorders.
b. that Eastern countries have a less stressful approach to life.
c. that adolescence is a more troubling time for children in Western countries than for children in Eastern countries.
d. nothing about the cause of such a finding.

*ANSWER:* d

329. The major ethical concern with research on Facebook users is:
a. there are not enough Facebook users to make the research worthwhile.
b. Facebook users don't always know they are being studied.
c. research projects have not been approved by universities where they are conducted.
d. that it is unethical to observe public behavior.

*ANSWER:* b

330. A researcher is considering whether to gather online data from Facebook users without informing the users that their data are being used. In terms of research ethics, which question is the MOST relevant?
a. Are Facebook postings considered "public behavior"?
b. Are Facebook users a random sample of whatever population is being studied?
c. Will Facebook users be able to sue if they think their rights are being violated?
d. Will the potential benefits of the research outweigh the potential risks to Facebook users?

*ANSWER:* a

331. In 2016, a firm named Cambridge Analytica misled Facebook users into downloading an app that sent the firm data not only about the users but about their friends. These data were then used to:
a. hack into e-mail accounts.

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**Chapter 1 - Multiple Choice**

b. manipulate health insurance premiums.
c. send out targeted political advertising.
d. manipulate prices paid by online shoppers.

*ANSWER:* c

332. The function of an Institutional Review Board, or IRB, is to ensure that:
a. animal studies can justify any suffering they inflict.
b. outside funding for studies does not involve a conflict of interest.
c. studies with outside funding follow the scientific method.
d. the rights of human research participants are respected.

*ANSWER:* d

333. In the United States, Institutional Review Boards are empowered by the Office for Human Research Protections and also by:
a. the National Institutes of Health.
b. the Centers for Disease Control and Prevention.
c. the Health Resources and Services Administration.
d. the Food and Drug Administration.

*ANSWER:* d

334. The MOST accurate summary of what has happened in the United States since the 1950s to protect the rights of human research participants would be that:
a. there has been important progress, but concerns remain.
b. recent changes in legal and ethical regulation of human research have virtually eliminated potential problems.
c. the current situation is as bad as it has ever been.
d. colleges and universities, but not governmental agencies, have made important progress in protecting human rights.

*ANSWER:* a

335. For people to decide about participating in psychological research, they must be given full knowledge of the nature of the study and their rights. This principle is called:
a. risk disclosure.
b. benefit analysis.
c. informed consent.
d. privacy.

*ANSWER:* c

336. The principle of informed consent assumes that:
a. there is compensation.

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b. the benefits outweigh the risks.
c. the participant can understand the explanation.
d. there are no risks in the study under consideration.

*ANSWER:* c

337. A study of informed consent forms showed that:
a. most research participants don't receive them.
b. most research participants are insulted by them.
c. many research participants don't understand them.
d. research participants generally already know their rights.

*ANSWER:* c

338. Compared with correlational studies, case studies:
a. have higher internal validity.
b. are not a validated research design.
c. support broad generalizations.
d. are richer in detail.

*ANSWER:* d

339. Which is NOT a critical question to ask when evaluating research findings?
a. Did the study meet ethical standards?
b. Were the variables properly controlled?
c. Were participants paid for their involvement?
d. Was the sample large enough?

*ANSWER:* c

340. Someone who studies the history of the field of abnormal psychology MOST likely would compare our current understanding of abnormal behavior to a book that:
a. hasn't been written yet.
b. has received a title but no text.
c. is in the process of being written.
d. is completed and needs only to be read to be understood.

*ANSWER:* c

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Name:_____ Class:_____ Date:_____

## Chapter 1 - Fill-in-the-Blank

1. In the definition of abnormality, behavior characterized as different from the norm is described as _____.
*ANSWER:* deviant

2. A society's norms grow from its history, values, institutions, habits, skills, technology, and arts. All these elements together are called the society's _____.
*ANSWER:* culture

3. When a person's feelings or behaviors interfere with their daily routines, this represents the aspect of the definition of abnormality called _____.
*ANSWER:* dysfunction

4. When behavior is odd or whimsical but does no harm, it is best classified not as abnormal but as _____.
*ANSWER:* eccentric

5. The procedure that a priest or other powerful person might perform to drive evil spirits from a person is called _____.
*ANSWER:* exorcism

6. _____ believed that abnormal behavior was caused by brain pathology that was a consequence of an imbalance in the four humors of the body.
*ANSWER:* Hippocrates

7. The treatment for mental illness espoused by French physician Philippe Pinel and English Quaker William Tuke was called _____ treatment by their contemporaries.
*ANSWER:* moral

8. The view that physical causes are at the root of mental illnesses is called the _____ perspective.
*ANSWER:* somatogenic

9. According to the _____ perspective, psychological causes are at the root of mental illness.
*ANSWER:* psychogenic

10. A major development in the treatment of the mentally ill was the introduction of _____ medications.
*ANSWER:* psychotropic

11. The reduction in the number of people housed in mental hospitals in the last 40 years can be attributed to a trend called _____.
*ANSWER:* deinstitutionalization

12. Rather than wait for psychological disorders to occur, many of today's community mental health programs emphasize _____.
*ANSWER:* prevention

13. _____ psychology uses feelings such as optimism and happiness, and traits like hard work and wisdom, to

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**Chapter 1 - Fill-in-the-Blank**

promote mental health in the face of stress and adversity.
*ANSWER:* Positive

14. _____ psychology seeks to understand how variables such as race, ethnicity, and gender affect behavior and thought.
*ANSWER:* Multicultural

15. The dominant form of insurance for mental health treatment involves the insurance company in treatment decisions. This type of insurance is called a _____ program.
*ANSWER:* managed care

16. Someone who went to medical school and then completed three to four additional years of training as a mental health specialist is called a _____.
*ANSWER:* psychiatrist

17. Someone who earned a doctorate in clinical mental health care and then completed 4 to 5 years of training in abnormal functioning and its treatment is called a _____.
*ANSWER:* clinical psychologist

18. The use of remote technologies to provide real-time therapy without the therapist being physically present is called _____ health.
*ANSWER:* telemental

19. Clinical researchers form general, or _____, knowledge about the nature, causes, and treatments of abnormal behavior.
*ANSWER:* nomothetic

20. Clinical practitioners seek a(n) _____ understanding of human behavior.
*ANSWER:* idiographic

21. A tentative explanation or hunch that provides a basis for study is a(n) _____.
*ANSWER:* hypothesis

22. The study design in which a researcher meets several times with a single research participant and interviews, tests, and physically evaluates that person to develop a detailed description of the person's life and psychological problem is called a(n) _____.
*ANSWER:* case study

23. In a correlation study, the direction and magnitude of the relationship between the variables is expressed by the statistical term called the _____.
*ANSWER:* coefficient

24. When a study's findings are highly unlikely to have occurred simply due to chance, the findings are said to be statistically _____.

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**Chapter 1 - Fill-in-the-Blank**

*ANSWER:* significant

25. When the probability that a study's findings occurred due to chance are less than _____ percent, the findings are said to be statistically significant.
*ANSWER:* 5_five

26. Correlations cannot be used to conclude that a(n) _____ relationship exists between two variables.
*ANSWER:* causal

27. Sometimes, a variable other than the independent variable will also affect the dependent variable. Such a variable is called a(n) _____.
*ANSWER:* confound

28. The nontreated or comparison group that is NOT exposed to the independent variable in an experiment is called the _____.
*ANSWER:* control group

29. The _____ of a disorder is the number of new cases that emerge in a population during a given period of time.
*ANSWER:* incidence

30. The _____ of a disorder is the total number of cases in a population at a given time.
*ANSWER:* prevalence

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Name:_____ Class:_____ Date:_____

## Chapter 1 - Essay

1. Psychological abnormality may include deviance, distress, dysfunction, and danger. First, explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.

*ANSWER:* There are said to be four Ds of psychological abnormality. The first element is deviance, which describes abnormal behavior, thoughts, and emotions that differ markedly from society's ideas about proper functioning. An example of deviance that would not be considered abnormal is a person who sleeps outside when camping. While sleeping outdoors is not the norm in our society, we make exception for this behavior under this specific circumstance.
The second element is distress. When an individual feels distress over symptom manifestation, we often consider this to be a marker of abnormality. An example of when distress would not be considered abnormal would be a situation in which a parent experiences distress because their child is serving in the military in a war zone. The feelings of distress inherent in a daughter or son serving abroad would not be enough to label someone as abnormal in functioning.
The third element in psychological abnormality is dysfunction. Abnormal behavior tends to be considered dysfunctional when it interrupts the ability to function in daily living. An example of when dysfunction would not be considered abnormal would be if someone voluntarily engaged in a hunger strike out of protest. Often these individuals are considered heroic rather than dysfunctional.
The final element is danger, which is usually classified as an individual being a danger or threat to themselves or others. An example of when dangerous behavior would not be considered abnormal could be a firefighter or other emergency responder who risks injury and death in the service of others as part of their professional calling.

2. How do differences between cultures, and cultural changes over time, make it hard to be consistent about what we call normal or abnormal?

*ANSWER:* Different cultures have different norms about personal appearance and behavior. This means that before we can say, for instance, whether a young woman's desire to stretch her neck with brass rings is normal or abnormal, we have to decide whether we are judging her by Western standards or by the standards of a culture where neck-lengthening is common practice. And although heavy tattooing on a person's neck and arms would once have been considered strange and possibly abnormal in the United States, it has become relatively common. Even clearly unhealthy behavior, like binge drinking, is so much part of the culture in some places (on college campuses, for instance) that it is hard to classify it as abnormal.

3. Suppose a friend says to you, "I feel overwhelmed today, and I don't know why. You're taking abnormal psych—what do you think?" If, after a conversation, your friend feels better about things, have you provided psychological therapy? Why or why not? Include the essential features of therapy in your answer.

*ANSWER:* According to the text, this interaction does not qualify as psychological therapy. Clinical theorist Jerome Frank stated that all therapy has three essential features. The first feature is a sufferer who seeks relief from the healer. The second feature of true therapy is that it must be administered by a trained, socially accepted healer who has expertise in what the individual struggles with. The third essential element of therapy is that there should be a series of contacts with the sufferer to produce changes.
Given the criteria set out by Jerome Frank, this encounter does not meet the criteria for therapy because a psych student is not the same as a trained healer with expertise, and there was not a series of contacts to produce any changes. Although listening can sometimes bring great relief to those

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who struggle, there is a great difference between therapy and simply being a good friend.

4. Create a timeline on which you place five major events in the history of abnormality. Briefly describe why each event is important to an understanding of abnormality.

*ANSWER:* The five major events in the history of abnormality in the order of their occurrence would be:
1. Demonology. The belief that evil spirits or dark forces created psychological dysfunction permeated the belief about mentally ill individuals and their treatment for years. Demonology led to some of the greatest atrocities committed against those who were mentally ill and may still be a factor in the stigma many feel against the mentally ill today. The textbook, for example, notes that 43 percent of people still believe that those with mental illness have brought it on themselves.
2. The Renaissance and the Rise of Asylums. The unspeakably cruel ways in which the mentally ill have been treated should not be forgotten. The asylums began with good intentions but eventually became a source of national shame. Asylums reflect the ways in which we viewed those who struggled with mental illness.
3. Reform and Moral Treatment. Figures such as Tuke, Pinel, Rush, and Dix were essential to revolutionizing the way in which those who struggled with mental illness were treated and represent a turning point in the history of how those with mental dysfunction were viewed and treated. Framing mental dysfunction as an illness to be treated set the stage for those like Freud to develop theories that viewed clients and their treatments with humanity.
4. The Advent of Psychotropic Medications. When individuals with mental dysfunctions were institutionalized, even with humane practices, there were many who could not be helped because the nature of their illness was so inherently biological. Psychotropic medication allowed many to function outside of an institutional setting who may not have had a chance of recovery otherwise. Psychotropic medications of the past also solidified the status of mental illness as a treatable and often biologically based illness.
5. Deinstitutionalization. Deinstitutionalization reflects both hope and the need for improvement. Although people were released from institutions, the care and support structure provided when they left was sorely lacking, and that remains the case today. Many mentally ill individuals are still homeless or in prisons.

5. What is demonology? How does demonology stand in the way of a more complete understanding of the causes and treatment of psychological abnormality?

*ANSWER:* Demonology is the view that psychological dysfunction is caused by Satan's influence. In Europe during the Middle Ages, members of the clergy had great power, and their religious beliefs and explanations dominated education and culture. Due to its influence, the Church controlled how psychological phenomena were interpreted, and alternative scientific explanations were dismissed.

6. Discuss the contributions of three individuals to the treatment of abnormal psychology. Include the time period and location where each lived. Also include how this person's contributions helped shape current views and treatments for abnormal behavior.

*ANSWER:* Answers can include any three of the following:
—Hippocrates: 460–377 B.C.E. Greece. Referred to as the father of modern medicine, Hippocrates contributed the belief that illnesses had natural causes, and he saw abnormal behavior as arising from physical problems. This viewpoint encouraged searching for causes outside of evil forces, which also then supported lifestyle changes that could help prevent mental disorders.

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**Chapter 1 - Essay**

—Emil Kraepelin: 1856–1926. Germany. Kraepelin was a researcher who published a textbook in 1883 asserting that physical factors such as fatigue were responsible for mental dysfunction. He also developed the first modern system for classifying abnormal behavior using symptoms, as we do today.
—Dorothea Dix: 1802–1887. Boston, Massachusetts. Dix was a schoolteacher who called for mental health treatment reform by speaking to both state legislatures and the U.S. Congress about the horrors she witnessed at asylums. Her campaign led to improved laws and funding, specifically to set up state hospitals to care for the mentally ill.
—Philippe Pinel: 1745–1826. Paris, France. Pinel argued that the mentally ill should be treated with sympathy and kindness. After becoming chief physician at La Bicítre, he unchained patients and renovated rooms to reflect his perspective. Pinel was instrumental in promoting the use of more humane approaches to mental illness.
—Friedrich Anton Mesmer: 1734–1815. Mesmer was an Austrian physician who set up a clinic in Paris. He used hypnotism to heal those with hysterical disorders, showing that a person sometimes holds the keys for healing themselves. Mesmer's hypnotism paved the way for later psychoanalytic explanations using the unconscious.
—Benjamin Rush: 1745–1813. Pennsylvania. Considered the father of American psychiatry, Rush developed humane treatment approaches to mental illness, even hiring sensitive attendants to work with patients he treated.

7. What was the original purpose of asylums for people with severe mental disorders? What happened to these institutions over time?

*ANSWER:* Asylums were originally founded to provide humane care on a larger scale than what was available at the time through at-home care, community residences, or medical hospitals. However, in time even the asylums hit their capacity limit and began to overflow. Then the asylums became virtual prisons, where patients were confined in filthy conditions and treated cruelly, even bound in chains while tourists paid to look at them.

8. Define and contrast the somatogenic and psychogenic perspectives regarding abnormal psychological functioning. Provide at least one example of evidence supporting each perspective.

*ANSWER:* The somatogenic perspective is the view that abnormal psychology has physical causes. An example would be syphilis and the mental symptoms such as delusions of grandeur that can be caused by this physical illness.
The psychogenic perspective suggests that the causes of abnormal functioning are psychological. Examples include hysterical disorders such as blindness or other body ailments that individuals may experience without a physical cause.

9. Assume that Benjamin Rush and Dorothea Dix suddenly appeared in the twenty-first century, approximately 50 years after the U.S. policy of deinstitutionalization began. What would they think about our treatment of those persons with mental illness? What suggestions might they make for changes in our policy of deinstitutionalization?

*ANSWER:* Today, in the wake of deinstitutionalization, many atrocities continue to occur. Both Benjamin Rush and Dorothea Dix were advocates of moral treatment, so one could assume that they would be greatly disappointed by our lack of continued care for those who struggle. Rush and Dix might make many suggestions for changes in our policy of deinstitutionalization. For example, we know that

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community mental health centers are helpful, but there are far too few to meet the needs of those who struggle. They would likely advocate for more mental health centers to be constructed and that those centers be accessible to the persons who require them. Another change in policy would relate to transitional release. Rather than simply allowing hundreds of thousands of people to be immediately released, teaching individuals skills of survival and providing placement in transitional living facilities as well as employment might help prevent the homelessness and struggles the mentally ill in our country continue to face.

10. According to your textbook, deinstitutionalization has resulted, in part, in large numbers of people with severe psychological disturbances either becoming homeless or ending up in jail or prison. Is deinstitutionalization an ethical and appropriate strategy for the treatment of mental illness that the United States should continue to follow? Back up your answer with specific examples.

*ANSWER:* Deinstitutionalization in the United States was not conducted ethically or with an appropriate strategy. Patients who were residents of hospitals for years, with no knowledge of how the outside world operated and often no support structures when they left hospitals, were simply released, only to become homeless and without care. The text states that hundreds of thousands of those persons with severe psychological disturbances are not receiving sufficient care, around 140,000 are homeless, and another 440,000 reside in jails or prisons. This is not a strategy America should continue to follow. One thing we could do differently is to increase the numbers and accessibility of community health centers. The text states that too few community mental health programs are available to those who need them most.

11. How is positive psychology part of a growing emphasis on prevention in mental health care?

*ANSWER:* Positive psychology is the study and enhancement of positive feelings such as optimism and happiness, positive traits like hard work and wisdom, and group-directed virtues, including altruism and tolerance. By helping people cultivate these traits in themselves, positive psychology helps them protect themselves from stress and adversity and encourages them to become more involved in personally meaningful activities and relationships. This helps keep mental disorders from developing.

12. Increasingly, people seeking treatment for mental health reasons are insured by managed care programs. How are managed care programs changing how psychological services are provided? Discuss one advantage and one disadvantage of such programs.

*ANSWER:* Insurance companies provide health care coverage through managed care programs by determining the nature, scope, and cost of the services received. Through these programs, insurance companies, rather than therapists or physicians, also determine the treatment course and progression. One advantage of managed care programs is that they can provide preventive care. A disadvantage is that they can limit choices of therapists, dictate how long treatment lasts, and specify which type of treatment a patient receives.

13. How have health insurance plans often placed persons with psychological difficulties at a disadvantage? What laws have been passed to try to rectify this problem?

*ANSWER:* Persons with psychological difficulties have often been disadvantaged through insurance reimbursements that are lower for mental disorders than for physical disorders. Legal remedies for this unequal treatment include a 2008 federal parity law that mandates equal coverage for mental and physical problems, including equal deductibles; and the mental health provisions of the 2014

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**Chapter 1 - Essay**

Affordable Care Act, also known as Obamacare, which includes mental health care as one of ten types of essential health benefits that all insurers must provide. However, unequal treatment persists, sometimes in the form of a lower standard of care. For instance, an insurance plan may pay for mental health treatment to "stabilize" a patient but not for treatment to address the underlying condition. This would not be a typical standard of care for physical conditions.

14. Clinical psychologists, psychiatrists, and clinical researchers are mental health professionals who work in the area of psychological abnormality. Describe what each does and how they differ from one another.

*ANSWER:* Clinical psychologists earn a doctorate in clinical psychology and provide counseling services to those who are mentally ill. Psychiatrists are physicians and have gone through medical school, earning either an MD or a DO, as well as specializing in treatment of the mentally ill. Psychiatrists can also provide counseling services but often prescribe medications when needed. Clinical researchers tackle the problems of psychological abnormality from the laboratory, attempting to explain and predict abnormal behavior but not working with clients directly unless studying an illness. Clinical researchers do not treat patients as both psychiatrists and clinical psychologists often do.

15. What do behavioral trends among young adolescents since 2006 suggest about the relationship between happiness and time spent online? What might explain such a relationship?

*ANSWER:* Researchers studying 13 to 15 year olds from 2006 to 2016 found that over that time the level of online activity rose significantly, while face-to-face interactions with other people declined, as did the amount of quality sleep the study subjects were getting. Over that same time frame, overall happiness levels declined. The study suggests (although it does not prove) that excessive time online is detrimental to happiness. Possible explanations would include increased anxiety due to peer pressure experienced on social media sites, and the facilitating of social withdrawal by people who are shy or socially anxious.

16. Which challenges might clinical scientists conducting research in abnormal psychology encounter? Briefly describe two challenges. Support your answers with examples of each.

*ANSWER:* Clinical scientists can encounter a number of challenges in the field:

—The rights of both human and animal subjects must be respected. This can limit the kinds of investigations that can be conducted.

—Pinpointing the cause of abnormal behavior is difficult. First, human behavior often involves a variety of factors, which can complicate the process of isolating a specific cause. Additionally, a "pure" experiment may not always be an option. In many circumstances, researchers must contend with confounds and/or very limited sample sizes.

—Human self-awareness may influence the results of clinical investigations. Bias can occur on both the researcher's side and the participant's side.

17. What are important differences between case studies and single-case experiments? Describe the advantages and disadvantages of each.

*ANSWER:* A case study follows an individual, describing that person's life and problems as well as their history, symptoms, and treatment. In a case study, a clinician can follow the course of a treatment and offer new ideas or treatments to future clinicians. The benefits of case studies are that they can often show the value of new therapeutic techniques and give unusual problems focused attention

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that can be used to help others who show similar problems.
The limitations of case studies are that often the observers can be biased because they may have an interest in seeing the patient succeed or having their methods work. Case studies rely solely on subjective evidence, so they also lack internal validity. In addition, case studies have limited generalizability, and because we often find that case studies have difficulty being applicable beyond the actual person of study, they rate low on external validity.
Single-case experiments avoid many of the weaknesses of case studies because the researcher can directly manipulate the independent variable. This allows the researcher to draw conclusions about the cause of certain events.
Like case studies, single-case experiments focus on a lone participant who is observed both before and after the manipulation of an independent variable. While the benefit of this type of experiment is clearly the amount of control exerted and the ability to establish a baseline, the limitations are many, because the findings may be highly specific to the individual. That is, the results may not be generalizable to broader populations.

18. Which steps would a researcher take to analyze the collected data from a correlational study to determine whether a correlation exists and whether the correlation is positive or negative? Include in your answer a description of each type of correlation: unrelated, positive, and negative.

*ANSWER:* First, the researcher would plot the data for all participants on an *x*-*y* graph. Next, the researcher would draw the line of best fit. The direction (slope) of the line of fit indicates the type of correlation present.
If the line of fit slopes upward and to the right, it signifies a positive correlation. A positive correlation occurs between variables that increase or decrease together, such as study time and test grades. In a study of these variables, the researcher may find that as one variable (amount of time spent studying) goes up, the other (test grades) goes up. The principle also works in reverse—for example, as study time goes down, test grades go down.
If the line of fit slopes downward, it signifies a negative correlation. A negative correlation occurs between variables that are inversely related; that is, as one variable goes up, the other variable goes down. One example would be a study of shyness and friendships. In that study, the researcher might find that as one variable (shyness) increases, the second variable (number of friendships) decreases. Also, as the number of friendships increases, the amount of shyness decreases.
If the line of fit is mostly horizontal, the variables are considered unrelated. An example of this would be the relationship between, say, hairstyle and phases of the moon. There is no known weak or strong existing relationship between hairstyle and any phase of the moon.

19. Suppose a researcher found a strong positive correlation between college grade-point average (GPA) and self-esteem. Describe three possible and distinctly different causal explanations for this relationship.

*ANSWER:* A researcher could come up with three possible and distinctly different causal explanations for the positive correlational relationship between college GPA and self-esteem. First, those students who have highly educated parents might have higher GPAs, so the higher GPA creates higher self-esteem, or positive view of the self. Second, school involvement might create higher investment in academics as well as increased socialization; the latter might increase a person's sense of self-worth and actually serve as the impetus driving both variables. Third, having higher self-esteem might lead individuals to study harder so as to create internal consistency, with a higher GPA being a result.

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**Chapter 1 - Essay**

20. Design an experiment to test the hypothesis that older women who take estrogen are less likely to develop Alzheimer's disease. Be sure to identify the control group, experimental group, independent variable, and dependent variable.

*ANSWER:* Hypothesis: Older women who take estrogen are less likely to develop Alzheimer's disease.

First, because a researcher cannot follow all older women, the researcher must define the age range and then get a representative sample of that population. The sample should represent women at large in terms of economics, demographic variables (e.g., race), and so on, so that any results can be generalized to the larger population.
After acquiring a sample, the researcher should randomly assign the women to two groups: the experimental group or the control group. The experimental group would be exposed to the independent variable (estrogen); the control group would not. The researcher would then follow the women, and in an established time frame give them cognitive tests that measure symptoms of Alzheimer's disease (the dependent variable).
After measurement of the dependent variable, comparing both experimental and control groups would identify the outcome. If women who took estrogen were less likely to get Alzheimer's disease, the hypothesis would be confirmed; if not, the hypothesis would be rejected.

21. What is a masked design, and what is its purpose? What about a double-masked design? How does the Rosenthal effect come into the picture? Explain using an example.

*ANSWER:* Experimental studies typically involve a control group and an experimental group. If participants know which group they are in, that knowledge may influence their response to the conditions they are exposed to. For example, if the participants want to please the researcher, they may consciously or unconsciously try to confirm the effectiveness of the treatment being studied. Since this undermines study validity, researchers sometimes use masked design, in which participants are kept ignorant of their group assignment. This may require exposing the control group to an imitation therapy, or placebo therapy, that from the participant's point of view looks as much like the real therapy as possible.
However, researchers' knowledge of group assignments can also undermine study validity. A researcher might, for instance, act more confident while administering real therapy than while administering placebo therapy, and the difference in demeanor might influence the participants' responses. This is called the Rosenthal effect, after its discoverer. To prevent the effect, a double-masked design keeps even the researchers from knowing which subjects are in which group. For example, an aide can prepare a placebo drug that looks just like the real medication, so that the researcher administering a dose to a participant can record the batch number but does not know whether the batch contains the real drug or the placebo. Only after the data is gathered and analyzed is the masking removed to reveal whether observed differences between the two groups confirm that the real treatment was effective.

22. A researcher wishes to use experimentation to study the effects of stress on the development of abnormal behaviors. Describe how the researcher might conduct that study, using either natural or analog experiments.

*ANSWER:* In natural experiments, nature itself manipulates the independent variable. One method for studying the effect of stress on the development of abnormal behaviors would be to examine individuals after a natural disaster (which would inherently place stress on an individual). For example, if a natural disaster such as a hurricane flooded and destroyed a large city, a researcher could study the

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survivors (who function as an experimental group) and then gather data on individuals located far from the affected region (who function as a control group). The researcher could then compare them on behavioral measures of abnormality (dependent variable) and acquire results.
In analog experiments, researchers can induce participants in a laboratory to behave in ways that resemble real-life abnormal behavior and then conduct experiments on them to shed light on real-life abnormality. A researcher looking to study individuals in this way may have difficulty ethically, even if using animal models, because this design naturally places both animals and humans in a distressed state.
To conduct an analog experiment examining the effects of stress on the development of abnormal behaviors, an experimenter could elicit stress in the participant by placing them in a situation that would be inherently stressful and then measuring the abnormal behaviors (dependent variable) to determine the relationship.

23. Describe a situation where a researcher would choose a single-case experiment design. How is such a study conducted? What are the pros and cons?

*ANSWER:* A single-case experiment would be conducted when it was not practical to study more than one participant—for instance, in a test of a treatment for a very rare disorder, where few participants are available.
A single-case experiment starts by gathering data under the no-treatment condition. After the treatment is introduced (the independent variable), more data is gathered. In the version known as ABAB design, or reversal design, the cycle is then repeated: more data is gathered with no treatment, and then more data with treatment.
The advantage of this design is that a meaningful study can be done with a sample of just one, and because it is an experiment it may reveal the causal connections between observed variables. The disadvantage is that one cannot generalize from a single case. Other single-case studies would be needed, or a single study with a larger sample, to confirm what the first single-case study found.

24. Assume that a researcher wishes to do research designed to pinpoint early childhood events related to later development of eating disorders such as anorexia nervosa. Which type of investigation might the researcher use? What would be potential strengths and weaknesses of that type of investigation? Are there any ethical concerns the researcher ought to address?

*ANSWER:* If a researcher wanted to design a study to pinpoint early childhood events related to later development of eating disorders, that researcher would likely use a combined approach.
Epidemiological studies—a special form of research that measures the incidence (number of new cases) and prevalence (total number of cases of a disorder)—would show the trends of the disorder generally over a period of time. It is likely that trends discovered would lead the researcher to isolate unique variables within certain groups that help to cause certain disorders, such as eating disorders. As noted in the text, such studies have been used to examine eating disorders and their prevalence in Western countries versus non-Western countries.
Combining epidemiological studies with longitudinal studies (sometimes called developmental studies or high-risk studies), a researcher would examine the same individuals over a period of time to further pinpoint specific childhood events.
Despite the strengths and amount of information, longitudinal studies do not pinpoint causation. The ethical concern with this approach relates to the question of harm in simply observing individuals as they develop a disorder without intervention. The researcher should address this issue in the design

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of the study before proceeding.

25. What ethical issues are raised by researchers gathering data via social media, for instance, using Facebook?

*ANSWER:* The first issue is that sometimes the people being studied do not know data is being collected on them and have not consented to this. Researchers who run such studies defend the practice by saying that because social media posts and user profiles are public, no permission is needed.
A second issue is that some studies use social media to actively manipulate people without their knowledge. For instance, researchers may change the news content seen by users and look for subsequent changes in the users' online behavior. This requires the cooperation of the content provider or gatekeeper. Critics of the practice are not impressed by the fact that a lengthy Facebook user agreement will contain, somewhere in the small print, a note that this kind of manipulation may occur. Beyond the fact that the manipulation is itself ethically questionable, critics worry that some users may be psychologically harmed by exposure to researcher-controlled amounts of mood-altering, sometimes depressing content.
A third issue is that even when people know they are participating in an online study and agree to share personal information, they may not know how much of their information will be shared, or how widely, or for what purpose. In one incident, a firm named Cambridge Analytica persuaded Facebook users to allow the use of their personal information in an academic study, when in fact Cambridge Analytica used each users' account to collect information not just about them but about their friends. This information was used in targeted political marketing.

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