Psychopathology 12th edition Comer Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 1 – Essay

1. Psychopathology may include deviance, distress, dysfunction, and danger. Explain what these terms mean regarding psychopathology and provide an example of a time when each feature of psychopathology would not be considered pathological.

ANSWER: There are said to be four Ds of psychopathology.

The first feature is deviance, which describes behavior, thoughts, and emotions that are atypical for their place and time. An example of atypical behavior that would not be considered pathological 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 feature is distress. When an individual feels distress over symptom manifestation, we often consider this to be a marker of psychopathology. An example of when distress would not be considered pathological 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 child serving abroad would not be a sign of psychopathology.

The third feature is dysfunction. 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 pathological would be if someone voluntarily engaged in a hunger strike out as a form of protest. Often these individuals are considered heroic rather than dysfunctional.

The final feature is danger, which is usually classified as an individual being a danger to themselves or others. An example of when dangerous behavior would not be considered pathological 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 deviant?

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 typical or deviant, 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. Additionally, although heavy tattooing on a person's neck and arms would once have been considered strange and possibly deviant 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 deviant.

3. Suppose a friend says to you, "I feel overwhelmed today, and I don't know why. You're studying psychology—what do you think?" If, after a conversation, your friend feels better about things, have you provided true 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 true therapy has three essential features. The first feature is a patient 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 is diagnosed with. The third essential element of therapy is that there should be a series of contacts with the patient to produce changes. Given the criteria set out by Jerome Frank, this encounter does not meet the criteria for true therapy because a psych student is not the same as a trained healer with expertise,

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and there was not a series of contacts to produce any changes. Although listening can sometimes bring great relief, there is a great difference between therapy and simply being a good friend.

4. Compare and contrast how psychopathology was viewed and treated in the past with the way it is viewed and treated today. Are the changes for the better or the worse?

ANSWER: The changes have been generally, though not uniformly, for the better. In the distant past, the belief that evil spirits or dark forces created psychological dysfunction permeated the belief about people with mental illness and their treatment. Eventually, the view evolved so that psychopathology was caused by natural factors, either in the body or in the mind.

Along with the more naturalistic way of thinking about psychopathology came better treatment of people with mental illness. At first, those experiencing psychopathology were simply warehoused in asylums, where they received no meaningful treatment. In time, however, the "moral treatment" championed by reformers such as Tuke, Pinel, Rush, and Dix revolutionized the way in which people with mental illness were viewed and treated. Although this movement did not permanently change the institutional landscape, its framing of mental illness as something to be treated set the stage for those like Freud to develop theories that viewed clients and treatments with humanity.

Psychotropic medication discovered in the twentieth century 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. At the same time, deinstitutionalization was not an unmixed blessing. For people released from institutions, the care and support structure provided when they left was sorely lacking, and that remains the case today. Many people with mental illness are still unhoused or in prisons.

5. What is demonology and how does it stand in the way of a more complete understanding of the causes and treatment of psychopathology?

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 to psychopathology treatments by three individuals. Include the time period and location where each lived and how these people's contributions helped shape current views and treatments for psychopathology.

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 atypical 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.

—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 illness. He also developed the first modern system for classifying different kinds of psychopathology, listing their

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physical causes and discussing their expected course, 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 people with mental illness.

—Philippe Pinel: 1745–1826. Paris, France. Pinel argued that people with mental illness should be treated with sympathy and kindness. After becoming chief physician at La Bicêtre, 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 illness? 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. Following this, 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 psychpathological functioning. Provide at least one example of evidence supporting each perspective.

ANSWER: The somatogenic perspective is the view that psychopathology 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 psychopathological functioning are psychological. Example 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 current treatments for people 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. For example, we know that community mental health centers are helpful, but there are far too few to meet the needs of people with mental illness. They would likely advocate for more mental health centers to be

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constructed and that those centers be accessible to people who require them. Another change in policy that highlights the lack of continued care 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 unhoused individuals and people with mental illness in our country continue to face deinstitutionalization.

10. According to the textbook, deinstitutionalization has resulted, in part, to large numbers of people with severe mental illness either becoming unhoused or ending up in jail or prison. Is deinstitutionalization an ethical and appropriate strategy for treatment that the United States should continue to follow? Why or why not? Include specific examples.

ANSWER: Deinstitutionalization in the United States was not conducted ethically or with an appropriate strategy. Patients who were residents of asylums for years, with no knowledge of how the outside world operated and often had no support structures when they left, were simply released only to become unhoused and without care. The text states that hundreds of thousands of people with mental illness are not receiving sufficient care. More than 140,000 are unhoused, and another 440,000 or more reside in jails or prisons. This is not a strategy the United States should continue to follow. One thing that could be done differently is to increase the numbers and accessibility of community health centers, especially those with mental health programs.

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 like 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 illnesses from developing.

12. Increasingly, people seeking treatment for mental health reasons are insured by managed care programs. How are managed care programs changing the way 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 people with mental illness at a disadvantage? How has Congress tried to rectify this problem with legislation?

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

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standard of care. Congress passed yet another law in 2021, which called for stricter government regulation of each insurance company's parity coverage. Whether this law does indeed produce full parity remains to be seen.

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

ANSWER: Clinical psychologists earn a doctorate in clinical psychology and provide psychotherapy and related services to people with mental illness. Psychiatrists are physicians and have gone through medical school, earning either an MD or a DO, as well as specializing in treatment for people with mental illness. Psychiatrists can also provide counseling services but often prescribe medications when needed. Clinical researchers tackle the problems of psychopathology from the laboratory, attempting to explain and predict atypical behavior but not working with clients directly unless studying a specific mental illness. Clinical researchers do not treat patients. Both psychiatrists and clinical psychologists often do treat patients.

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

ANSWER: Researchers studied people between the ages of 13 and 15 from 2006 to 2016 and found that over time, the level of online activity rose significantly; at the same time face-to-face interactions with other people declined, as did the amount of quality sleep the study participants were getting. Over the course of the study, 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.

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Chapter 1 – Multiple Choice

1. A person who systematically gathers information so as to describe, predict, and explain psychopathology is called a clinical:
   a. mentalist.
   b. legalist.
   c. scientist.
   d. practitioner.

ANSWER: c

2. If a person wants a career focused on detecting, assessing, and treating pathological patterns of functioning, that person should look into becoming a clinical:
   a. practitioner.
   b. researcher.
   c. historian.
   d. statistician.

ANSWER: a

3. Which statement MOST accurately describes the current understanding of psychopathology?
   a. We have not advanced much beyond the demonology era.
   b. Although pathology is a well-defined concept, no consensus about treatment exists.
   c. The nature of pathology is still debated, despite consensus on effective treatments.
   d. Both the definition of psychopathology and the best forms of treatment are still being debated.

ANSWER: d

4. Commonly accepted features of psychopathology include deviance, distress, dysfunction, and:
   a. danger.
   b. docility.
   c. delusions.
   d. deference.

ANSWER: a

5. Clinical psychologists generally:
   a. accept one definition of psychopathology and practice one form of treatment.
   b. do not accept one definition of psychopathology but practice one form of treatment.
   c. accept one definition of psychopathology but practice more than one form of treatment.
   d. do not accept one definition of psychopathology and practice more than one form of treatment.

ANSWER: d

6. The term _____ has long been used to describe psychopathology. In its earliest usage, it dates back to the 1400s.
   a. imbalance
   b. instability

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c. madness
d. deviancy

ANSWER: c

7. Which is NOT one of the four Ds of psychopathology?
a. deviance
b. danger
c. dread
d. dysfunction

ANSWER: c

8. Which term has been MOST recently introduced to describe a person with a psychopathology?
a. dysfunctional
b. disturbed
c. imbalanced
d. unwell

ANSWER: a

9. Which is NOT a role of a clinical practitioner in the field of psychopathology?
a. research
b. detect
c. assess
d. treat

ANSWER: a

10. Which term was the earliest used to describe people with mental illness?
a. crazy
b. unbalanced
c. mad
d. unstable

ANSWER: d

11. Which statement is TRUE about the four Ds of patterns in psychopathology?
a. Most clinicians agree on what qualifies under each of the four Ds.
b. Every culture has generally identical criteria for what constitutes pathology.
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 psychopathology.

ANSWER: d

12. Which term BEST completes this statement: Judgments of deviance depend on _____ as well as on cultural norms.

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a. geography
b. specific circumstances
c. politics
d. our health care system

ANSWER: b

13. Tyrone is so frequently and intensely anxious that the anxiety itself causes them psychological pressure. The psychological strain of their anxiety exemplifies the feature of psychopathology called:

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

ANSWER: a

14. Angeliqua is so fearful of the prospect of causing an accident while driving that they sometimes unwilling to drive to work. They also mistrust taxi drivers and bus drivers. This condition exhibits the feature of psychopathology called:

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

ANSWER: b

15. 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

16. When Htet is able to sleep, his dreams are full of nightmares. During the day, he is jittery and startle easily. If we learn that Htet is a refugee from a civil war:

a. our sympathy for him diminishes.
b. we know that his condition will improve on its own over time.
c. his reactions seem less deviant in light of his circumstances.
d. we can assume his reactions are pathological.

ANSWER: c

17. When a person puts themselves in danger, this behavior may not be pathological. When dangerous behavior is pathological, it is usually accompanied by:

a. a desire to harm or frighten others.
b. distress or dysfunction.

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Chapter 1 – Multiple Choice

c. diminished understanding of observed facts.
d. anger, anxiety, and apprehension.

ANSWER: b

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

ANSWER: d

19. 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

20. 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

21. Behavior that violates legal norms is BEST described as:
a. criminal.
b. distressful.
c. psychopathological.
d. pathological.

ANSWER: a

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

ANSWER: a

23. Deviant behavior is behavior that:

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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

24. Aggressive behavior would NOT be viewed as pathological 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

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

ANSWER: a

26. If a person experienced anxiety or depression following a significant natural disaster, we would say that the person was:
a. diagnosed with a mental illness.
b. deviant but not dangerous.
c. exhibiting a typical reaction.
d. statistically deviant.

ANSWER: c

27. Which of these individuals would be MOST likely to be classified as exhibiting pathological 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 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

28. Which statement about deviant behavior is TRUE?
a. Society values can change over time along with the definition for deviant behavior.
b. Deviant behavior is the same across all cultures.
c. Deviant behavior is a precursor to psychologically pathological behavior.

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d. People who engage in deviant behavior are always unaware that their behavior is deviant.

ANSWER: a

29. Morgan hears voices that others don't, but he is not distressed by them. This illustrates that:
a. distress must always be used to determine pathology.
b. behavior that is not really dangerous can never be considered pathological.
c. distress does not have to be present for a person's behavior to be considered pathological.
d. behavior that is not distressful is not pathological.

ANSWER: c

30. People who engage in frenetic, manic activity may not experience distress. Their behavior is:
a. considered pathological.
b. not pathological because pathology requires distress.
c. illegal but not pathological.
d. no longer considered pathological but was considered pathological in the past.

ANSWER: a

31. Which statement about distress is TRUE?
a. It is a subjective experience.
b. It is always considered pathological.
c. It is more common in women than in men.
d. It is always characterized by overt, observable signs.

ANSWER: a

32. 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 pathological because it is:
a. disturbed.
b. deviant.
c. dysfunctional.
d. dangerous.

ANSWER: c

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

ANSWER: c

34. Which person would NOT be considered pathological, despite the fact that the person's behavior is

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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 cannot stay alone for even one night
d. someone who goes on a hunger strike to protest social injustice

ANSWER: d

35. Just a few decades ago, a woman's love for racecar driving would have been considered pathological. This statement illustrates that:

a. pathological thinking centers on fear.
b. pathology can be situational.
c. everyone is a little eccentric.
d. women are labeled as pathological more frequently than men.

ANSWER: b

36. When behavior prevents a person from participating in ordinary social interactions, that behavior is said to be:

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

ANSWER: d

37. A person who is having suicidal thoughts BEST fits which feature of psychopathology?

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

ANSWER: c

38. 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:

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

ANSWER: b

39. Research shows that danger to self or others is found in:

a. a minority of cases of psychopathological functioning.
b. no cases of psychopathological functioning.

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c. all cases of psychopathological functioning.
d. most but not all cases of psychopathological functioning.

ANSWER: a

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

ANSWER: b

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

ANSWER: b

42. 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. pathological.
c. dangerous.
d. dysfunctional.

ANSWER: a

43. College students who drink so much that it interferes with their lives, health, and academic careers are often not diagnosed as engaging in pathological behavior because:
a. the behavior is not illegal.
b. they are just considered eccentric.
c. they don't harm anyone but themselves.
d. drinking is considered part of college culture.

ANSWER: d

44. Tran Van Hay was the world record holder in hair length. He and other eccentrics are usually not considered to be experiencing psychopathology 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.

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ANSWER: d

45. 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

46. 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

47. Studies show that eccentrics are more likely than individuals with mental illness to say:
    a. "I feel like my behavior has been thrust on me."
    b. "I'm different, and I like it."
    c. "I don't like my behavior."
    d. "I wish I were not so unique."

ANSWER: b

48. According to Jerome Frank, all forms of therapy have three essential features: a patient 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.
    d. series of contacts between the patient's insurer and the healer.

ANSWER: d

49. 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 acted 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 patient felt some relief, but there is no mention of the episodes resolving the problem permanently.

ANSWER: c

50. Psychological treatment is any process or procedure designed to:
    a. place one person's psychological health in the hands of another person.

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b. bring a feeling of relief to a person who exhibits pathological behavior.
c. change pathological behavior into less disturbed, more functional behavior.
d. change the society's views of a person with pathological behavior.

ANSWER: c

51. Kai 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 feel it is unchangeable. Which term would NOT be used to describe Bella's behavior?
a. deviant
b. dysfunctional
c. distressful
d. dangerous

ANSWER: d

52. Ren has been feeling depressed. She has begun to feel helpless and hopeless and is considering dying by suicide. Which aspect of psychopathology is Ren exhibiting?
a. deviance
b. dysfunction
c. danger
d. delusion

ANSWER: c

53. 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 three months.
d. Most are unhappy, malcontented individuals who feel that life treats them very badly.

ANSWER: a

54. The term for a procedure designed to change pathological behavior into less atypical, more functional behavior is:
a. treatment.
b. reform.
c. remediation.
d. rectification.

ANSWER: a

55. A theorist who sees psychopathology as a problem in living usually refers to those seeking help with problems in living as:
a. pupils.
b. patients.

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c. trainees.
d. clients.

ANSWER: d

56. Clinicians who think of themselves as teachers or coaches are MOST likely to view psychopathology as a:
a. disease.
b. problem in living.
c. lifelong condition.
d. moral failing.

ANSWER: b

57. It is thought that people in prehistoric societies believed pathological 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 Earth and nature.

ANSWER: c

58. 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

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

ANSWER: c

60. A person seeking help for psychopathology 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

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Chapter 1 – Multiple Choice

61. 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

62. Hippocrates believed that treatment for mental illness 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

63. Hippocrates' contribution to understanding mental illness was the view that such conditions were the result of:
    a. stress.
    b. natural causes.
    c. evil spirit.
    d. spiritual deviations.

ANSWER: b

64. Hippocrates thought that pathological behavior resulted from an imbalance in the four humors. What is one of the four humors?
    a. water
    b. lymph gland fluid
    c. phlegm
    d. cerebrospinal fluid

ANSWER: c

65. How was the relationship between the mind and the body presented in early Chinese writings on medicine?
    a. The body is to the mind as a puppet is to the puppet master.
    b. The mind is to the body as water is to the bowl that contains it.
    c. The relationship between the mind and the body is a two-way street.
    d. The mind and the body coexist, but any appearance of interaction is an illusion.

ANSWER: c

66. 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.

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c. delusions.
d. melancholia.

ANSWER: d

67. Which approach was NOT likely used by an ancient Greek physician to treat someone believed to be experiencing an imbalance of the humors?
a. exercise
b. lobotomy
c. bloodletting
d. a change in diet

ANSWER: b

68. In the Middle Ages, outbreaks of tarantism were associated with people's belief that they:
a. were possessed by wolves or other animals.
b. were possessed by evil spirits.
c. had been bitten by wolf spiders.
d. had an excess of yellow bile in their bodies.

ANSWER: c

69. 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

70. 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

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

ANSWER: c

72. Those MOST often in charge of treating psychopathology in the European Middle Ages were:

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a. physicians.
b. nobility.
c. peasants.
d. clergy.

ANSWER: d

73. 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 people with mental illness.
c. Government officials began to treat people with mental illness as criminals.
d. People with mental illness were run out of cities and left to take care of themselves.

ANSWER: b

74. The man regarded as the founder of the modern study of psychopathology is:
a. Johann Weyer.
b. William Tuke.
c. Philippe Pinel.
d. Benjamin Rush.

ANSWER: a

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

ANSWER: b

76. 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

77. The textbook authors describe the treatment of mental illness in the fifteenth century as a forerunner to community mental health programs because:
a. local residents provided housing, food, and companionship to persons with mental illness.
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.

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d. those persons receiving care for mental illness were required to "give back" in the form of community service.

ANSWER: a

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

ANSWER: b

79. In the year 1547, Bethlehem Hospital in London became a:
a. shrine.
b. tourist attraction.
c. sheltered workshop.
d. center of moral treatment.

ANSWER: b

80. 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

81. 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

82. Why did many of the asylums in the 1500s become 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

83. Who brought the reforms of moral therapy to northern England?
a. John Dix

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b. Joseph Gall
c. William Tuke
d. Benjamin Rush

ANSWER: c

84. 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

85. Who was most responsible for the early spread of moral treatment in the United States?
a. Philippe Pinel
b. William Tuke
c. Richard von Krafft-Ebing
d. Benjamin Rush

ANSWER: d

86. The Boston 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

87. 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

88. 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

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89. In the Middle Ages, the behavior known as Saint Vitus' dance was prompted by the dancers' belief that:
    a. this would protect them from being accused of witchcraft.
    b. their bodies contained an excess of black bile.
    c. they were possessed by the spirit of a wolf.
    d. they had been bitten by a wolf spider.

ANSWER: d

90. Which development was part of the legacy of Dorothea Dix?
    a. deinstitutionalization
    b. state mental health hospitals
    c. federal prisons
    d. privatization of mental health hospitals

ANSWER: b

91. 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 health hospitals at the end of the nineteenth century?
    a. the total lack of success in 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

92. The moral treatment movement rapidly declined in the late nineteenth century because:
    a. prejudice against those with mental illness decreased.
    b. fewer and fewer people were being sent to mental health hospitals.
    c. of the lack of availability of hospitals.
    d. hospitals became underfunded and overcrowded.

ANSWER: d

93. 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

94. 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 a halt.
    d. was attracting renewed interest.

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ANSWER: c

95. Hippocrates' model of mental illness can be described as:
a. psychiatric.
b. somatogenic.
c. psychogenic.
d. supernatural.

ANSWER: b

96. The fact that some people in the advanced stages of AIDS experience neurological damage that results in psychopathology supports which type of perspective about pathological functioning?
a. somatogenic
b. psychogenic
c. moral
d. deterministic

ANSWER: a

97. 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

98. The finding that syphilis causes general paresis is important because it supports the idea that:
a. patients in institutions 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

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

ANSWER: d

100. Which statement MOST supports the somatogenic view of pathological behavior?
a. Hypnotism has helped people to give up smoking.

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b. Alcoholism tends to run in families.
c. Some patients' symptoms begin to improve once they talk candidly about them.
d. Getting a dog or cat is helpful for people with depression.

ANSWER: b

101. 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.

ANSWER: a

102. Physicians in the early to mid-1900s tried these medical (biological) treatments for mental illness, EXCEPT:
a. tooth extraction.
b. hydrotherapy.
c. tonsillectomy.
d. trephination.

ANSWER: d

103. An initial negative consequence of the somatogenic perspective on psychopathology was that:
a. physicians began overdiagnosing people with mental illness.
b. individuals with mental illness were often treated in a medical hospital.
c. researchers did not explore other possible causes and treatments for mental illness.
d. people interpreted this perspective to mean that mental illness was always passed on to offspring.

ANSWER: d

104. Eugenics had as its goal the sterilization of people with mental disorders, a policy based on the idea that people diagnosed with mental illness:
a. should not be allowed to pass on their defective genes.
b. could not provide a good environment for their children.
c. were developmentally delayed.
d. reproduced at a rate higher than that of the general population.

ANSWER: a

105. 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

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106. Which event in the 1950s led to improvements in biological treatments for mental illness?
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

107. A theorist who believes that psychological factors are the primary causes of psychopathology adheres to the _____ perspective.
a. Hippocratic
b. somatogenic
c. psychogenic
d. psychometric
ANSWER: c

108. Syphilis is to the somatogenic approach as _____ is to the psychogenic approach.
a. eugenics
b. tarantism
c. trephination
d. hypnotism
ANSWER: d

109. Eugenics sterilization reflects the _____ perspective on psychopathology.
a. somatogenic
b. psychoanalytic
c. cultural
d. managed care
ANSWER: a

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

111. Under the influence of hypnotic suggestion, a person is made to bark, sit, and fetch like a dog. The occurrence of these unusual behaviors lends support to which explanation for psychopathology?
a. psychogenic
b. somatogenic

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c. parthenogenic
d. schizophrenogenic

ANSWER: a

112. 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

113. In what way did the experiments performed by Bernheim and Liébault provide support the psychogenic perspective of psychopathology?
a. Using small amounts of electrical current, they could induce false psychological problems in healthy subjects.
b. Using biofeedback systems, they could reduce anxiety symptoms in subjects.
c. Using hypnosis, they could produce artificial symptoms such as blindness in healthy subjects.
d. Using guided imagery, they could cure patients with a variety of mental illnesses.

ANSWER: c

114. The early psychogenic treatment that was advocated by Josef Breuer and Sigmund Freud was:
a. electroconvulsive therapy.
b. hypnotism.
c. laudanum.
d. dunking in water.

ANSWER: b

115. It was Freud's view that many forms of psychological functioning, both pathological and nonpathological, spring from:
a. unconscious psychological processes.
b. conflict in interpersonal relationships.
c. memories of past lives.
d. one's conscience.

ANSWER: a

116. Acquiring insight into unconscious psychological processes is a feature of:
a. moral therapy.
b. psychoanalysis.
c. somatogenic perspective.
d. all psychological therapy.

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ANSWER: b

117. The outpatient sessions Freud and his followers conducted with patients lasted approximately:
a. half an hour.
b. one hour.
c. 90 minutes.
d. two hours.

ANSWER: b

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

ANSWER: a

119. Which patient would be MOST likely to benefit from psychoanalytic treatment?
a. someone who needs to make profound behavioral changes very quickly
b. someone who has difficulty expressing ideas and feelings verbally
c. someone who is insightful and thinks clearly
d. someone who is in a mental health hospital and needs constant care

ANSWER: c

120. Which statement BEST describes the role of religion with regard to the 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 people with mental illness.
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

121. 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

122. 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.

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c. antibiotic.
d. antianxiety medication.

ANSWER: d

123. People with severe psychological disturbances are LESS likely to be _____ than they were more than 50 years ago.
a. medicated with psychotropic drugs
b. hospitalized in mental institutions
c. unhoused or in prison
d. treated in outpatient facilities

ANSWER: b

124. Which statement BEST reflects the impact of deinstitutionalization?
a. Most people with severe psychological disturbances are receiving treatment.
b. Many people with severe psychological 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 mental illnesses and provide effective treatment for almost all of them.

ANSWER: b

125. 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

126. Drugs designed to decrease extremely confused and distorted thinking are termed:
a. sedatives.
b. analgesics.
c. antipsychotics.
d. hallucinogens.

ANSWER: c

127. Drugs that alleviate the symptoms of mental dysfunction by affecting the brain are called:
a. corticoreticular.
b. psychotropics.
c. psychosomatics.
d. neuroeffectors.

ANSWER: b

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128. Tanuj is confused and usually thinks that he is a superhuman. 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

129. 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

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

a. mood disorder
b. genetic disorder
c. somatogenic pathology
d. physical pathology

ANSWER: a

131. Compared with the number of patients hospitalized in U.S. mental health 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

132. One cause of the increase in unhoused individuals with severe psychological disturbances in recent decades in the United States has been the:

a. decrease in the effectiveness of medications.
b. decrease in the use of private psychotherapy.
c. policy of deinstitutionalization.
d. move to the community mental health approach.

ANSWER: c

133. In the United States today, one is MOST likely to find a person with severe psychological disturbances:

a. in a mental health hospital.
b. on the street or in jail.

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c. receiving drug counseling in a shelter.
d. in private therapy paid for by the state.

ANSWER: b

134. In the United States today, the number of people incarcerated with severe psychological disturbances is:
a. just under 80,000.
b. about 250,000.
c. roughly 450,000.
d. over 600,000.

ANSWER: c

135. 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. fail to receive any kind of community service.
d. die by suicide after years of inadequate treatment.

ANSWER: a

136. The approach to therapy for mental illness in which a person directly pays a psychotherapist for services is called:
a. sociological therapy.
b. the metempsychosis approach.
c. private psychotherapy.
d. the community mental health approach.

ANSWER: c

137. Before the 1950s, almost all outpatient mental health care took the form of:
a. a supervised regimen of psychotropic medications.
b. facilitator-led group therapy sessions.
c. mentor–mentee "accountability relationships."
d. private psychotherapy.

ANSWER: d

138. Problems with marital, family, peer, work, school, or community relationships would be MOST similar to:
a. the sorts of problems Freud treated.
b. problems treated in specialized treatment centers.
c. other problems in living.
d. other problems treated with antipsychotics.

ANSWER: c

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

a. 55
b. 43
c. 35
d. 30

ANSWER: b

140. According to surveys, about what proportion of people 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

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

a. people are less likely to receive treatment for 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

142. Efforts to address the needs of children who are at risk for developing mental illness are categorized as:

a. hypnotic suggestion.
b. psychoanalysis.
c. eco-anxiety treatment.
d. prevention.

ANSWER: d

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

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

ANSWER: a

144. What are two notable current emphases in clinical psychological practice?

a. prevention and redirection
b. preparedness and redirection

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c. preparedness and positive psychology
d. prevention and positive psychology

ANSWER: d

145. If a university had a first-year program designed to ease the transition from high school to college and to decrease the dropout rates, that program would have elements MOST similar to:
a. mental health prevention programs.
b. positive psychology programs.
c. deinstitutionalization programs.
d. outpatient therapy.

ANSWER: a

146. 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

147. A positive psychologist would MOST likely focus on:
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

148. Quinton teaches clients coping skills that may help protect them from stress and adversity and encourages them to become more involved in personally meaningful activities. He is MOST likely a:
a. psychoanalyst.
b. positive psychologist.
c. clinical researcher.
d. rehabilitation specialist.

ANSWER: b

149. 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. positive psychology programs.
b. mental health prevention programs.
c. deinstitutionalization programs.
d. outpatient therapy.

ANSWER: a

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150. The study of positive feelings, traits, and abilities is called:
a. the positive feedback loop.
b. wellness theory.
c. happiness theory.
d. positive psychology.
ANSWER: d

151. According to some researchers, people who spend _____ per day in face-to-face contact with other people are more likely to be happy than those who spend either more time or less time around others.
a. one hour
b. three hours
c. six hours
d. nine hours
ANSWER: c

152. At which age do people tend to be very happy?
a. teenage years
b. young adulthood
c. middle age
d. old age
ANSWER: d

153. In which profession do people tend to be less happy than in the others?
a. clergy
b. firefighters
c. service station attendants
d. special-education teachers
ANSWER: c

154. 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

155. Immigration trends and differences in birth rates among marginalized groups in the United States have caused psychological treatment to become more:
a. hospital focused.
b. multicultural.
c. positive.

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d. dependent on the use of medications.

ANSWER: b

156. Members of racial and ethnic marginalized groups in the United States are expected to make up 52 percent of the population in the year:

a. 2035
b. 2045.
c. 2055.
d. 2065.

ANSWER: c

157. 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 the number of therapy sessions

ANSWER: d

158. About one in _____ Americans has public-supplemented health insurance, such as Medicare or military insurance.

a. three
b. four
c. five
d. six

ANSWER: b

159. 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 pathologies.
d. favor treatments whose results are typically shorter lasting.

ANSWER: d

160. What was a notable accomplishment of the Affordable Care Act?

a. mandating equal insurance coverage for mental and physical conditions
b. requiring health insurers to cover mental health care as an "essential benefit"
c. banning "managed care" in which insurers have a say in medical decisions
d. encouraging the use of positive psychology to treat mild conditions

ANSWER: b

161. Parity laws for insurance coverage of mental health treatment mandate that:

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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 the treatment of mental and physical treatment must be equal.
d. patients must be allowed to choose the therapist they want for treatment.

ANSWER: b

162. _____ designate(s) mental health care as one of 10 types of essential health benefits that all insurers must provide.
a. Laws passed as part of Lyndon Johnson's Great Society agenda
b. Parity legislation passed by the U.S. Congress in 2008
c. The Affordable Care Act
d. A United Nations resolution

ANSWER: c

163. 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

164. A physician who offers psychotherapy is called a:
a. psychiatrist.
b. clinical psychologist.
c. psychodiagnostician.
d. psychoanalyst.

ANSWER: a

165. After medical school, a psychiatrist receives three to four years of training in the treatment of mental difficulties; this training is called a(n):
a. practicum.
b. residency.
c. internship.
d. community mental health tour.

ANSWER: b

166. One major difference between psychiatrists and clinical psychologists is that psychiatrists:
a. go to medical school.
b. must work in a medical setting.

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c. are allowed to practice psychotherapy.
d. have more training in mental illness.

ANSWER: a

167. Which statement is TRUE about the participation of women in the mental health professions?
a. There are more women psychiatrists than women counselors.
b. Women, as a group, prefer working in clinical settings.
c. The profession with the highest percentage of women is social work.
d. Women psychologists earn more than men psychologists.

ANSWER: c

168. The specialty that presently has the largest number of practitioners is:
a. psychiatry.
b. social work.
c. psychology.
d. counseling.

ANSWER: b

169. 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

170. A person who works in a mental health hospital analyzing various treatment protocols to see how multicultural factors impact success rates is MOST likely to be a:
a. clinical researcher.
b. clinical psychologist.
c. psychiatrist.
d. psychiatric social worker.

ANSWER: a

171. 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.
c. There is no research-based evidence to support any connection between technology and mental health.
d. Technology provides new triggers for pathological behaviors.

ANSWER: d

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Chapter 1 – Multiple Choice

172. 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

173. Research suggests that one negative effect of adolescents using social media sites is that these sites may:
a. increase peer pressure.
b. encourage forming and maintaining social connections.
c. expose adolescents to negative news stories.
d. reward people for underperforming in school.
ANSWER: a

174. The use of technologies such as videoconferencing to provide real-time therapy sessions without the therapist being physically present is called:
a. managed care.
b. telemental health.
c. distance healing.
d. alternative medicine.
ANSWER: b

175. Some mental health professionals are concerned about the increased availability of mental health information online. Which is NOT a reason for their concern?
a. Not all of the information online is factual.
b. Some sites promote unhealthy behaviors.
c. These professionals are losing money as people turn to self-care.
d. Numerous sites actively guide people away from seeking medical help.
ANSWER: c

176. Someone who studies the history of the field of psychopathology MOST likely would compare our current understanding of pathological 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

177. 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.

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Chapter 1 – Multiple Choice

c. spiritedness.
d. melancholia.

ANSWER: d

178. 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

179. In the Middle Ages in Europe, people who were bitten by 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.

ANSWER: c

180. Which German physician was the first to specialize in mental health 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

181. Which French physician was associated with asylum reform at La Bicêtre?
a. Philippe Pinel
b. Friedrich Anton Mesmer
c. Ambroise-Auguste Liébault
d. Hippolyte-Marie Bernheim

ANSWER: a

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

ANSWER: b

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Chapter 1 – Multiple Choice

183. Someone who views the chief causes of psychopathological functioning as psychological is said to have a _____ perspective.
a. moral
b. somatogenic
c. psychogenic
d. positive
ANSWER: c

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

185. 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

186. Today, the dominant form of insurance coverage in the United States for mental health patients is:
a. Medicare.
b. managed care programs.
c. Medicaid.
d. Social Security.
ANSWER: b

187. At one time, reimbursements for mental illnesses tended to be lower than those for physical illnesses. Which of these was a response to correct that?
a. multicultural psychology
b. deinstitutionalization
c. managed care organizations
d. parity laws
ANSWER: d

188. A federal court ruled that if an insurance provider covers only treatment to stabilize a mental health patient and not to address the underlying condition, this is:
a. an example of parity.
b. unconstitutional.

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c. discrimination.
d. legal.

ANSWER: c

189. What percentage of current psychology undergraduate and graduate students are women?
a. 35
b. 50
c. 65
d. 80

ANSWER: d

190. 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. psychologist is a medical doctor, whereas a psychiatrist is a researcher who studies illnesses.
c. psychiatrist is a medical doctor who can provide therapy, whereas a psychologist can provide therapy but does not have a medical degree.
d. psychiatrist works exclusively in hospitals, whereas a psychologist works exclusively in mental health clinics.

ANSWER: c

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

ANSWER: d

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

ANSWER: a

193. According to ancient views of psychopathology, if a standard exorcism failed to rid a person of pathological behaviors, which step would be taken?
a. The shaman would perform a more extreme exorcism, using whipping or starvation.
b. The person would be drowned because they were believed to be "beyond saving."
c. The person would be expelled from the city and forced to live in the wilderness.
d. The person would be revered as a vessel in which powerful spirits had taken up residence.

ANSWER: a

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194. In the past, people who had what is now called lycanthropy may have believed themselves to be possessed by:
a. the spirits of dead ancestors.
b. wolves.
c. dragons.
d. snakes.
ANSWER: b

195. From which word or phrase does the term "bedlam," meaning "a chaotic uproar," derives?
a. Bethlehem
b. Brand Lane
c. bred lame
d. brindle lamb
ANSWER: a

196. 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

197. 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.
c. syphilis.
d. gonorrhea.
ANSWER: c

198. Eugenic sterilization is a public policy of:
a. providing free birth control to persons who have mental illness and cannot afford contraception.
b. eliminating selected people's ability to reproduce, to prevent their "undesirable" traits from being passed on to later generations.
c. banning or discouraging marriage between persons with "undesirable" traits and persons considered to be free of such traits.
d. forcibly removing children from the homes of criminals and others with "undesirable" traits, and placing the children with adoptive families.
ANSWER: b

199. In the United States, the deinstitutionalization of those formerly held in public mental health hospitals was driven in large part by:

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a. the recognition that there was no way to improve these people's conditions.
b. increasing public skepticism about treating mental illness as a medical condition.
c. reduced government funding for the hospitals' continued operation.
d. the development of impressively effective psychotropic drugs.

ANSWER: d

200. Before the 1950s, almost all outpatient care for psychological illness took the form of:
a. positive psychotherapy.
b. private psychotherapy.
c. treatment at community mental health centers.
d. treatment by social services agencies.

ANSWER: b

201. Positive psychology is a movement that emphasizes:
a. social acceptance of people with mental illness.
b. the cultivation of positive feelings and traits.
c. the cultivation of a spiritual outlook on life.
d. the positive impact of technology on children and adolescents.

ANSWER: b

202. 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 physical problems.
d. providing malpractice insurance for clinical mental health practitioners.

ANSWER: c

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