# *Fundamentals of Psychopathology 11th 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. In addition, 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, 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

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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 who may not have had a chance of recovery otherwise to function outside of an institutional setting. 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. 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 these:

—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 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.

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**Chapter 1 - Essay**

6. 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. After 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.

7. Define and contrast the somatogenic and psychogenic perspectives regarding psychopathological 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. Examples include hysterical disorders such as blindness or other body ailments that individuals may experience without a physical cause.

8. 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.

9. 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, and the mental health provisions of the 2014 Affordable Care Act, also known as Obamacare, which includes mental health care as one of 10 types of essential health benefits that all insurers must provide. However, unequal treatment persists, sometimes in the form of a lower 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.

10. 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

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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.

11. What are the 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 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.

12. 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, 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.

13. A major shortcoming of a correlational study is that even when a correlation between two variables is statistically significant, one cannot infer causation. For example, a significant correlation exists between stress and depression, yet one cannot say for sure that stress causes depression. Given this major shortcoming, what are some specific reasons one might still wish to conduct a correlational study, as opposed to an experimental study (from which one might infer a cause-and-effect relationship)?

*ANSWER:* Although correlations do not determine causation, they can still be of great use, particularly to clinicians. Correlational studies tend to have good external validity, meaning that they often can be generalized to the general population. Even though they do not explain the relationship, often just

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noting that a strong relationship exists between variables can be significant. An example from the text examining correlational research between attempts to die by suicide and depression noted that even if the cause of the attempts to die by suicide is not fully understood, just knowing the relationship to depression helps clinicians (and, ultimately, clients) significantly when they know which signs to watch for in individuals.
In a discussion of protecting human participants, the text notes a major reason for conducting correlational research rather than an experimental study—ethics and ability. For example, if scientists are interested in the effects of alcohol use on fetal development, they cannot create an experimental study that gives pregnant people daily alcohol just to see the effects on their children once they are born.

14. 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.

15. 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 a 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, which 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 participants 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 are gathered and analyzed is the masking removed to reveal whether the observed differences between the two groups

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confirm that the real treatment was effective.

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

*ANSWER:* In natural experiments, nature itself manipulates the independent variable. One method for studying the effect of stress on the development of pathological 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 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 psychopathology (dependent variable) and acquire results.
In analogue experiments, researchers can induce participants in a laboratory to behave in ways that resemble real-life pathological behavior and then conduct experiments on them to shed light on real-life psychopathology. 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 analogue experiment examining the effects of stress on the development of pathological behaviors, an experimenter could elicit stress in the participant by placing them in a situation that would be inherently stressful and then measuring the pathological behaviors (dependent variable) to determine the relationship.

17. Describe a situation where a researcher would choose a qualitative experimental design. What are the distinctive features of this kind of study? What are the pros and cons?

*ANSWER:* A qualitative design would be chosen when the variable(s) being studied are not easily measured and quantified—for instance, the feelings of a person experiencing depression, or the meaning they or their family members attach to the patient's experience.
This kind of study may use an open-ended survey or interview questions to collect data from the person(s) being studied. Answers are recorded as given. The advantage of this method is that it yields richer, more in-depth descriptive accounts than a series of forced-choice questions would, and the data is less likely to be filtered through the researcher's expectations.
The disadvantage of a qualitative research design is that it is hard to combine qualitative information gathered from several participants into a useful data set that supports broad conclusions and predictions about larger populations. Thus, the qualitative design is well suited for stimulating new ideas but poorly suited for formal hypothesis testing.

18. What makes community-based participatory research (CBPR) different from all other forms of research? What practical results does community-based participatory research produce?

*ANSWER:* Traditional psychology research is conducted by investigators with formal academic training. People struggling with mental health challenges—their own or those of loved ones—may be study participants but do not take any active role in directing the research or analyzing the data. In the CBPR approach, people affected by psychopathology work collaboratively with scientists, sharing responsibility for formulating research questions, gathering data, analyzing the results, and applying research findings.
The CBPR approach has produced important insights into the causes and possible remedies of health disparity—the inequities in health care and health outcomes between members of different social groups. A specific example involves Black neighborhoods throughout the United States.

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**Chapter 1 - Essay**

Community members helped the researchers understand the role that barbershops and hair salons play in Black communities, as places where people socialize, discuss personal and family matters, and exchange information. This led to the formation of an initiative that trained barbers and hair stylists to provide health-related advice, information, support, and referral services to their patrons. Follow-up studies found significant improvements in the patrons' acquisition of medical and mental health information, quality of self-care, health care pursuits, and medical and mental health outcomes.

19. What ethical issues are faced 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 are 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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Name:_____ Class:_____ Date:_____

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

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**Chapter 1 - Multiple Choice**

d. dysfunction

*ANSWER:* c

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

*ANSWER:* a

8. Which statement is accurate 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

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

*ANSWER:* b

10. 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

11. Angeliqua is so fearful of the prospect of causing an accident while driving that they sometimes are 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

12. The belief that the concept of mental illness is actually invalid was advocated by:

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**Chapter 1 - Multiple Choice**

a. Carl Rogers.
b. Jerome Frank.
c. Thomas Szasz.
d. Dick Gregory.

*ANSWER:* c

13. When Htet is able to sleep, his dreams are full of nightmares. During the day, he is jittery and startles 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

14. 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

15. 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

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

*ANSWER:* a

17. If a person experienced anxiety or depression after 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.

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**Chapter 1 - Multiple Choice**

*ANSWER:* c

18. 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

19. 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

20. 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

21. 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

22. 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

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**Chapter 1 - Multiple Choice**

23. A person who is having suicidal thoughts BEST fits which feature of psychopathology?
    a. deviance
    b. distress
    c. danger
    d. dysfunction

*ANSWER:* c

24. 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

25. 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.
    c. all cases of psychopathological functioning.
    d. most but not all cases of psychopathological functioning.

*ANSWER:* a

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

*ANSWER:* b

27. 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

28. 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.

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**Chapter 1 - Multiple Choice**

c. dangerous.
d. dysfunctional.

*ANSWER:* a

29. 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.

*ANSWER:* d

30. 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

31. 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

32. 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

33. Psychological treatment is any process or procedure designed to:
a. place one person's psychological health in the hands of another person.
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 society's views of a person with pathological behavior.

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**Chapter 1 - Multiple Choice**

*ANSWER:* c

34. 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 feels it is unchangeable. Which term would NOT be used to describe Kai's behavior?

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

*ANSWER:* d

35. 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

36. According to research Weeks (2015) conducted on eccentric people, which statement is accurate?

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

37. 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

38. 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.
c. trainees.
d. clients.

*ANSWER:* d

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**Chapter 1 - Multiple Choice**

39. 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

40. 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

41. 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

42. 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

43. 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

44. 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.

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**Chapter 1 - Multiple Choice**

c. punishing the body for its sins.
d. giving control over to a higher power.

*ANSWER:* b

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

*ANSWER:* b

46. 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

47. 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

48. 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 an excess of yellow bile in their bodies.
d. had been bitten by wolf spiders.

*ANSWER:* c

49. 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

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**Chapter 1 - Multiple Choice**

50. 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

51. 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

52. 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

53. 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

54. 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

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

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**Chapter 1 - Multiple Choice**

*ANSWER:* c

56. 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

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

*ANSWER:* c

58. 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

59. 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

60. 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

61. A condition that people in the Middle Ages included in the general term "mass madness" was:
    a. leprosy.
    b. epilepsy.

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**Chapter 1 - Multiple Choice**

c. lycanthropy.
d. melancholia.

*ANSWER:* c

62. 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

63. 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

64. Which factor contributed to the decline of moral treatment and the rise of custodial care in mental health hospitals at the end of the nineteenth century?
a. the assumption that all patients could be fully cured with moral treatment
b. a growing belief that mental illnesses were untreatable and required lifelong institutionalization
c. the development of new and effective medications that reduced the need for moral treatment
d. a nationwide shift in public opinion favoring less humane treatments

*ANSWER:* a

65. 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

66. 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

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

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**Chapter 1 - Multiple Choice**

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

*ANSWER:* b

68. 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

69. 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

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

71. 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

72. 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

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**Chapter 1 - Multiple Choice**

73. 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. lobotomies.

*ANSWER:* c

74. 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

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

*ANSWER:* c

76. Eugenic sterilization reflects which perspective on psychopathology?
    a. somatogenic
    b. psychoanalytic
    c. cultural
    d. managed care

*ANSWER:* a

77. 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

78. 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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**Chapter 1 - Multiple Choice**

c. parthenogenic
d. schizophrenogenic

*ANSWER:* a

79. 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

80. In what way did the experiments performed by Bernheim and Liébault provide support for 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

81. 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

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

*ANSWER:* b

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

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**Chapter 1 - Multiple Choice**

*ANSWER:* a

84. 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

85. Although there have been improvements in the way that psychopathology is viewed and treated, studies show that:
a. there is still a significant stigma and misunderstanding surrounding psychological disorders.
b. most people now consider psychological disorders to be a normal part of life and do not feel uncomfortable around those affected.
c. nearly everyone believes that seeking treatment for psychological disorders demonstrates strength and courage.
d. many individuals think that psychological disorders are solely caused by external factors, like environment or upbringing.

*ANSWER:* a

86. 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

87. Today, people with severe psychopathologies are:
a. more likely to be treated through experimental procedures that lack scientific support.
b. less likely to be hospitalized in mental institutions than they were more than 50 years ago.
c. more likely to be employed in high-stress professions due to their resilience.
d. less likely to be seen as dangerous or unpredictable by the general public.

*ANSWER:* b

88. As a result 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

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**Chapter 1 - Multiple Choice**

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

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

91. 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

92. 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

93. 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

94. 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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**Chapter 1 - Multiple Choice**

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

*ANSWER:* b

95. 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

96. 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

97. One major change in outpatient care since the 1950s has been:
a. the decrease in the availability of mental health services for specific conditions.
b. the creation of specialized programs focusing on individual psychological conditions like phobias and substance use.
c. a reduction in expertise among clinicians due to less specialization.
d. a return to more generalized treatment approaches for all psychological disorders.

*ANSWER:* b

98. 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

99. 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

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**Chapter 1 - Multiple Choice**

100. A focus of many community mental health programs is:
a. prevention.
b. isolation.
c. spiritual guidance.
d. experimental treatments.
*ANSWER:* a

101. What are two notable current emphases in clinical psychological practice?
a. prevention and redirection
b. preparedness and redirection
c. preparedness and positive psychology
d. prevention and positive psychology
*ANSWER:* d

102. 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

103. 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

104. A positive psychologist would 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

105. 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 likely a:
a. psychoanalyst.
b. positive psychologist.
c. clinical researcher.

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**Chapter 1 - Multiple Choice**

d. rehabilitation specialist.

*ANSWER:* b

106. 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

107. 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

108. According to some researchers, people who spend six hours per day in face-to-face contact with other people are:

a. less likely to be happy than those who spend less time around others.
b. more prone to experiencing anxiety due to excessive social interaction.
c. more likely to be happy than those who spend either more time or less time around others.
d. at a higher risk of social burnout and decreased mental well-being.

*ANSWER:* c

109. At which age do people tend to be very happy?

a. teenage years
b. young adulthood
c. middle age
d. old age

*ANSWER:* d

110. 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.
d. dependent on the use of medications.

*ANSWER:* b

111. When examining the experiences and psychological effects of individuals, multicultural theorists are

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particularly interested in:

a. socioeconomic influences on mental health.
b. the biological basis of psychological disorders.
c. how multiple social and cultural factors intersect in an individual's experience.
d. cultural differences in response to psychiatric medications.

*ANSWER:* c

112. Intersectionality is:

a. the study of how multiple social and cultural factors, such as race, gender, and class, intersect to shape an individual's unique experience.
b. the method for categorizing people based solely on their cultural background.
c. a psychological theory focused on the genetic basis of mental health disorders.
d. a therapeutic approach that treats all psychological disorders in the same way, regardless of cultural context.

*ANSWER:* a

113. Which is an uncommon feature 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

114. 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

115. 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

116. 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 mental treatment and physical treatment must be equal.

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**Chapter 1 - Multiple Choice**

d. patients must be allowed to choose the therapist they want for treatment.

*ANSWER:* b

117. Which of these 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

118. Which statement accurately reflects the different perspectives within clinical psychology?

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

119. A physician who offers psychotherapy is called a:

a. psychiatrist.
b. clinical psychologist.
c. psychodiagnostician.
d. psychoanalyst.

*ANSWER:* a

120. 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

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

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

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

122. A person who works in a mental health hospital analyzing various treatment protocols to see how multicultural factors impact success rates is likely to be a:

a. clinical researcher.
b. clinical psychologist.
c. psychiatrist.
d. psychiatric social worker.

*ANSWER:* a

123. Which statement MOST accurately demonstrates the impact 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 sources for pathological behaviors.

*ANSWER:* d

124. 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

125. 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

126. 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

127. A significant factor in the widespread adoption of telemental health services during the Covid-19 pandemic was the:

a. increased funding for mental health research.
b. rapid development of new virtual reality therapy methods.

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**Chapter 1 - Multiple Choice**

c. mandatory coverage of telemental health services by all insurance plans.
d. introduction of new in-person therapy techniques.

*ANSWER:* c

128. An advantage of telemental health services that became evident during and after the pandemic was the:
a. increased need for in-person office space.
b. greater affordability, accessibility, and convenience.
c. reduction in the number of mental health practitioners.
d. higher rates of client drop-out.

*ANSWER:* b

129. 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

130. 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

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

*ANSWER:* a

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

*ANSWER:* b

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**Chapter 1 - Multiple Choice**

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

134. 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

135. According to Jerome Frank, one of the essential elements of therapy is a:
a. patient who is hesitant about treatment.
b. trained and socially accepted healer.
c. supportive community that monitors progress.
d. physical setting in which the treatment takes place.
*ANSWER:* b

136. The work of Dorothea Dix led to the establishment of:
a. psychiatric surgery centers around the world.
b. new asylums across England.
c. many state hospitals around the United States.
d. clinical practices and community mental health programs.
*ANSWER:* c

137. 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

138. In the United States, the deinstitutionalization of those formerly held in public mental health hospitals was driven in large part by:
a. the recognition that there was no way to improve these people's conditions.

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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

139. 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

140. 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

141. 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

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

*ANSWER:* b

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

*ANSWER:* c

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144. As opposed to clinical practitioners, who search for individualistic understanding of human behavior, clinical researchers search for general truths about psychopathology. The approach of clinical researchers is described as:

a. idiosyncratic.
b. nomophobic.
c. idiographic.
d. nomothetic.

*ANSWER:* d

145. An example of the idiographic approach would be a:

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

*ANSWER:* a

146. Which would be an example of the idiographic approach?

a. A study randomly assigns participants to different groups to compare the effectiveness of two different medications for depression.
b. A psychologist conducts a detailed case study of a patient diagnosed with obsessive-compulsive disorder to understand their unique symptoms and coping mechanisms.
c. A clinical study compares the effectiveness of two different treatments for depression in a sample of 300 patients to find the most effective approach on average.
d. A study compares the levels of stress and coping mechanisms among individuals from different cultural backgrounds to identify commonalities and differences.

*ANSWER:* b

147. If a person was using the scientific method to conduct research in psychopathology, they would be seeking a(n):

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

*ANSWER:* c

148. The goal of scientific research is described as seeking to:

a. prove cause and effect.
b. advance the field of clinical medicine.
c. explain relationships between variables.
d. generate hypotheses that seek to answer global questions.

*ANSWER:* c

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149. Clinical researchers:
a. do not provide therapy to individual clients.
b. avoid using qualitative methods in their studies.
c. focus exclusively on analyzing brain scans to diagnose mental disorders.
d. are involved in developing treatment plans for specific clients.

*ANSWER:* a

150. 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

151. Which is an example of a hypothesis?
a. A report mentions, "It is known that exercise improves mental health."
b. A person says, "I think the Red Sox win more games on Tuesdays than on any other day of the week."
c. A person asks, "Why do some people prefer coffee over tea?"
d. A researcher states, "Individuals who practice mindfulness meditation for at least 15 minutes a day report significantly lower levels of stress compared to those who do not."

*ANSWER:* b

152. 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

153. A psychologist interviews a person who uses methamphetamine, arranges for them to undergo a physical exam, and speaks with their friends and neighbors. A clear picture is constructed of this individual, so that their behavior may be better understood. The psychologist is conducting a(n):
a. case study.
b. longitudinal study.
c. experimental study.
d. mixed-methods study.

*ANSWER:* a

154. Which is an example of a case study?
a. a study involving the use of a control group

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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

155. 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

156. The case study MOST likely to be helpful in the study of psychopathology would be one that:
a. examines the effectiveness of a popular self-help method on a common disorder.
b. analyzes the impact of general lifestyle changes on physical health.
c. focuses on the daily experiences of a person without any diagnosed psychological condition.
d. includes a well-tested, research-supported form of therapy used to treat an uncommon disorder.

*ANSWER:* d

157. 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

158. One limitation of the case study is that it does NOT:
a. provide generalizable results.
b. lead to an individualized approach.
c. enable the therapist to understand the whole patient.
d. allow the therapist to propose a course of treatment for a patient.

*ANSWER:* a

159. Which is an example of a biased observer in a case study?
a. Dr. O'Bryan, who uses a detailed checklist to measure symptoms and adheres strictly to established research practices
b. Dr. Johans, who frequently mentions their own views on parenting when describing the participant's family dynamics
c. Dr. Li, who follows a strict protocol and uses standardized measures to collect data on the patient's behavior
d. Dr. Nowak, who evaluates the case study using an objective review process, without any prior

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knowledge of the patient's background

*ANSWER:* b

160. A feature of correlational and experimental research designs that contributes to nomothetic insights is the:
a. use of qualitative interviews to gather in-depth personal experiences.
b. focus on detailed case studies of individual subjects.
c. examination of historical data from a single period.
d. inclusion of many study participants.

*ANSWER:* d

161. 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. patients.

*ANSWER:* b

162. What is the degree to which events or characteristics vary along with each other?
a. confounding
b. external validity
c. internal validity
d. correlation

*ANSWER:* d

163. In correlational and experimental study designs, a key requirement for a sample is that:
a. it is representative of the population the researchers are investigating.
b. it consists of individuals who are all fairly similar.
c. the members of the sample do not know what variables the researchers are studying.
d. nothing be known about the members of the sample before the study begins.

*ANSWER:* a

164. 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

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

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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

166. 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

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

168. Why are correlational studies and experiments generally preferred over case studies?
a. Correlational studies and experiments offer rich details that make the results extremely interesting.
b. Correlational studies and experiments typically observe just a few individuals.
c. Correlational studies and experiments are more easily replicable.
d. Correlational studies and experiments avoid the need to analyze results.

*ANSWER:* c

169. 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

170. Which correlation coefficient is of the highest magnitude?
a. +.05
b. –.81
c. +.60

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d. –.01

*ANSWER:* b

171. Which correlation coefficient indicates the weakest relationship between two variables?

a. –1.95

b. +.72

c. –.14

d. +.51

*ANSWER:* c

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

a. older people have more severe depression.

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

173. Which statement is accurate 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

174. 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

175. Suppose that the correlation coefficient between variables *X* and *Y* is one of the numbers shown below. Which one MOST strongly suggests that the value of *X* can be used to predict the value of *Y*?

a. +.19

b. +.45

c. –.53

d. –.88

*ANSWER:* d

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176. Unlike the correlational method and the experimental method, the case study method provides:
a. good replicability.
b. external validity.
c. individual information.
d. internal validity.
*ANSWER:* c

177. 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

178. How can therapists use correlational research findings in their practice?
a. Therapists can eliminate nonrelated conditions from the patient's assessment.
b. Therapists can determine which related conditions are likely and assess for early signs.
c. Therapists can statistically determine which patients will benefit from specific treatments.
d. Therapists can employ preemptive therapy to prevent related conditions from developing.
*ANSWER:* b

179. 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

180. 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

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

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d. independent variable.

*ANSWER:* d

182. Which is an example of an experimental study?

a. A single mother has been experiencing symptoms of depression for several years. She is examined through weekly therapy sessions where she participates in cognitive-behavioral therapy and keeps detailed journals of her thoughts and feelings. The researcher focuses on her progress, the effectiveness of different therapeutic techniques, and how her anxiety levels fluctuate over time.

b. A researcher investigates the relationship between hours of sleep and academic performance among college students. By analyzing survey data from 200 students, the study suggests that students who get more sleep tend to have higher grades.

c. Researchers are investigating the effects of the introduction of a mandatory work-from-home policy on employees' stress levels. They compare psychological stress measurements from employees before and after the policy change, using existing stress assessments and self-reports.

d. Young men with anxiety disorders are randomly assigned to one of two groups. Participants in group A receive hypnosis-based therapy, while participants in group B receive conventional counseling. The researcher then compares participants in the two groups on relief of anxiety symptoms.

*ANSWER:* d

183. 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 35 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

184. A psychologist was interested in the effect of sleep deprivation on personality. For two weeks, the psychologist allowed half of a group of healthy volunteers only five hours of sleep per night. The remaining half of volunteers slept normally. At the end of two weeks, all participants took a personality test. What was the dependent variable?

a. the amount of sleep the volunteers were allowed

b. the number of volunteers in the experimental group

c. the personality test results

d. the length of time the psychologist limited sleep

*ANSWER:* c

185. Dr. Vo required half of a group of healthy volunteers to run on a treadmill for 20 minutes. The other half of the participants sat quietly and listened to music for the same length of time. At the end of the 20 minutes, each participant filled out a mood-inventory questionnaire. What was the independent variable?

a. a participant's mood while running or sitting

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b. the length of time spent running or sitting
c. the participant's questionnaire answers
d. how a participant spent the 20 minutes

*ANSWER:* d

186. In a study designed to test a new antidepressant, researchers randomly assigned a large number of outpatients with psychiatric disorders 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

187. 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 two 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

188. 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

189. A research study on a group of children who have been diagnosed 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

190. One group of patients is treated with medication in a hospital. Another group is treated with the same

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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:

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

*ANSWER:* a

191. 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, etc.)
d. vary the tasks the workers perform during their shifts

*ANSWER:* a

192. One hundred patients with psychiatric disorders 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 a range of patients in both groups with differing symptoms
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

193. In an experiment, the control group is the group of participants who are:

a. not exposed to the independent variable under investigation.
b. exposed to the independent variable under investigation.
c. given a placebo treatment to account for psychological effects.
d. randomly assigned to ensure equal representation across all conditions.

*ANSWER:* a

194. One hundred patients with psychiatric disorders 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 participants who got the new drug
b. the level of agitation in the participants
c. the participants who got the placebo

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d. the psychiatric evaluation

*ANSWER:* c

195. 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

196. 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.
d. conclude that the results are due to confounds.

*ANSWER:* b

197. What is the term for a variable other than the independent variable that may also be affecting the dependent variable?

a. parameter
b. confound
c. analogue
d. correlation index

*ANSWER:* b

198. 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 typical 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

199. 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 reflects all of these student characteristics.

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*ANSWER:* c

200. 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

201. One hundred psychiatric patients with psychiatric disorders 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

202. Shaun knows that his professor is an environmentalist, so his answers on a survey provided by the professor reflect a pro-environment position. This is an example of:
a. participant bias.
b. the placebo effect.
c. random variation.
d. experimenter bias.

*ANSWER:* a

203. A "fake" pill used as the control condition in a drug study is a:
a. placebo.
b. confound.
c. random variable.
d. dependent variable.

*ANSWER:* a

204. A researcher's expectations about a study can affect its outcome. The type of research design used specifically to address this problem is a:
a. single-subject experimental design.
b. random-assignment design.
c. matched control group design.
d. masked design.

*ANSWER:* d

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205. A researcher trying to eliminate the Rosenthal effect would be sure to use a:
a. natural experiment.
b. mixed-methods design.
c. qualitative design.
d. double-masked design.
*ANSWER:* d

206. The Rosenthal effect:
a. is identical to the placebo effect.
b. should be avoided by using a double-masked design.
c. is found primarily in natural experiments.
d. is found only in correlational designs.
*ANSWER:* b

207. A study will test the effectiveness of an antianxiety drug. To set up the study, a research assistant puts the antianxiety drug and placebo into capsules of the same color and assigns each capsule a unique number. The assistant will have no part in administering the drug. Neither the participants nor the experimenter running the study will know who receives which drug. This is an example of a:
a. double-masked design.
b. natural experiment.
c. qualitative design.
d. mixed-methods design.
*ANSWER:* a

208. A therapist believes so strongly in their 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. single-subject
*ANSWER:* b

209. A researcher is studying a new drug as a possible treatment for attention-deficit/hyperactivity disorder (ADHD). 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:
a. unbiased but not qualitative.
b. qualitative but not masked.
c. masked but not double-masked.
d. double-masked but not unbiased.
*ANSWER:* c

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210. Which statement distinguishes a natural experiment from a typical experiment?

a. In a natural experiment, the researcher's team knows which group is receiving the placebo treatment.

b. In a natural experiment, the variables being observed are all qualitative, not quantitative.

c. In a natural experiment, there are no measures taken to ensure the safety of human participants.

d. In a natural experiment, it is nature, not the researcher, that manipulates the independent variable.

*ANSWER:* d

211. To study gender differences in human beings' response to stress, a researcher gathered medical data on people in an area hit by a tornado. The researcher recorded data on men and women who had been injured or suffered property loss and also on men and woman who had been in the area but not suffered personal loss or injury. This study is an example of a:

a. mixed-methods design.

b. double-masked design.

c. natural experiment.

d. correlational study.

*ANSWER:* c

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

a. matched designs.

b. analogue experiments.

c. correlational experiments.

d. longitudinal studies.

*ANSWER:* a

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

a. sex of the attacker

b. woman's age at the time of the attack

c. whether the attacker was convicted

d. time of day when the attack occurred

*ANSWER:* b

214. If a researcher was 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.

c. have cancer.

d. not have cancer.

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*ANSWER:* a

215. If researchers using matched control participants find that children who were abused are sadder than children who were not abused, those researchers know that:
a. both groups of children showed equal levels of sadness before the study.
b. the children who were not abused differed from the children who were abused in many important ways.
c. there were more girls than boys in the children who were abused because girls are more likely to be sad.
d. abuse is probably what is causing the difference in sadness between these groups.

*ANSWER:* d

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

*ANSWER:* a

217. Natural experiments are considered quasi-experiments because:
a. there is no control group.
b. these studies have low external validity.
c. participants are not aware that they are under study.
d. participants are selected by accident rather than based on the researcher's design.

*ANSWER:* d

218. Which phenomenon would be MOST easily studied using a natural experiment?
a. the effects of premarital abstinence on later sexual functioning
b. the effects of environmental lead on children's academic performance
c. the effects of a plant closing on community cohesiveness
d. the effects of adolescent criminality on later career success

*ANSWER:* c

219. Which would be the MOST appropriate design to study the effects of disasters on survivors?
a. a single-case experiment
b. a natural experiment
c. a longitudinal study
d. a qualitative study

*ANSWER:* b

220. "Why do we have natural experiments?" asks a student. "After all, each disaster that causes a natural

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experiment is unique." A good answer would be:

a. "They are an inexpensive way to gather detailed individualized data on disaster survivors."
b. "They provide the highest levels of internal and external validity when studying the effects of disasters."
c. "The sheer volume has allowed researchers to identify patterns of reactions in those persons involved in disasters."
d. "The findings to date have been instrumental in helping prevent casualties from natural disasters."

*ANSWER:* c

221. An example of an analogue 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 health hospital to see how they respond.
c. following a group of individuals with schizophrenia over a long period of time.
d. following individuals within their natural environments and noting behavioral responses.

*ANSWER:* b

222. Which item is an analogue study?

a. studying the effects of stress in nonhumans
b. studying children in their classrooms
c. studying the effects of metaphors on memory
d. studying older adults in nursing homes

*ANSWER:* a

223. 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. analogue experiment.
c. single-case experiment.
d. correlation.

*ANSWER:* b

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

a. analogue study.
b. case study.
c. epidemiological study.
d. single-case study.

*ANSWER:* a

225. If a researcher needs to test a hypothesis using human participants but is unable to find many eligible

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participants, they would MOST likely consider using a(n):

a. mixed-methods design.
b. longitudinal study.
c. single-case experiment.
d. analogue experiment.

*ANSWER:* c

226. In an ABA 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
d. depression

*ANSWER:* d

227. In an ABA 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

228. 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 MOST accurate 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

229. The ABA design is a type of:

a. case study.
b. developmental study.
c. single-case experiment.
d. epidemiological experiment.

*ANSWER:* c

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

a. children of people diagnosed with schizophrenia are at higher risk for criminal behavior.
b. children of people diagnosed with schizophrenia inherit a "criminal" gene.

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c. criminal behavior in children causes the parents to develop schizophrenia.
d. people with schizophrenia teach their children to become criminals.

*ANSWER:* a

231. If researchers studied veterans of the war in Afghanistan for 20 years after the veterans' return home, the study would be classified as:
a. longitudinal.
b. epidemiological.
c. qualitative.
d. mixed-methods.

*ANSWER:* a

232. Researchers using a longitudinal study design observe:
a. a single participant over the course of their lifetime.
b. the same group of individuals on many occasions over a long period of time.
c. two groups of demographically similar participants with the same condition over a long period of time.
d. multiple groups of participants with the same condition at a single point in time, with each group being from a different age range.

*ANSWER:* b

233. Which study findings were MOST likely generated from an epidemiological study?
a. The rate of dying by suicide is higher in cities than in rural populations.
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

234. 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

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

237. 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. replication.
*ANSWER:* a

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

239. The total number of cases of a disorder in the population during a given period is called the:
a. frequency.
b. prevalence.
c. incidence.
d. impact.
*ANSWER:* b

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

241. The difference between qualitative and quantitative methods is that qualitative methods:
a. use numerical data, while quantitative methods focus on narrative descriptions.
b. involve in-depth, non-numeric data collection, while quantitative methods involve numerical data and statistical analysis.

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c. are used exclusively in experimental research, while quantitative methods are used in observational studies.

d. are only applicable to case studies, whereas quantitative methods are used for all types of research.

*ANSWER:* b

242. Which is an example of qualitative methods in psychological research?

a. Researchers test the impact of a new cognitive-behavioral therapy technique on reducing symptoms of depression by comparing scores on a depression scale between the treatment and control groups.

b. Researchers interview people who have practiced mindfulness for six months, asking them about their experiences and how mindfulness has impacted their stress. They analyze these interviews to find common themes and gain detailed insights into the effects of mindfulness.

c. Researchers survey groups of children, adolescents, and young adults regarding their stress levels. They compare stress levels between the different age groups, using a stress assessment questionnaire to determine how stress varies across ages.

d. Researchers collect data from the same participants over an extended period to observe changes and trends in their academic performance and self-esteem. They then use this data to analyze developmental patterns.

*ANSWER:* b

243. Qualitative information is often challenging to use for drawing broad conclusions about wider populations because it:

a. relies heavily on numerical data, making it difficult to group information across participants.

b. is difficult to test hypotheses and draw conclusions beyond the sample due to its detailed and individual nature.

c. provides a broad overview of population trends rather than detailed insights into individual experiences.

d. uses standardized measurements that allow for easy comparison across different studies.

*ANSWER:* b

244. The primary advantage of using mixed-methods research is that it:

a. allows researchers to test hypotheses solely with numerical data.

b. combines rich, descriptive qualitative data with broad, quantitative data for a more comprehensive understanding.

c. focuses exclusively on collecting large amounts of quantitative data.

d. provides detailed descriptions without making any predictions or generalizations.

*ANSWER:* b

245. A researcher might choose to include qualitative methods in a mixed-methods study on AA to:

a. quantify the number of AA meetings attended by participants.

b. provide detailed insights into participants' experiences and perceptions of AA.

c. test the effectiveness of a new quantitative measurement tool.

d. compare the efficacy of AA with other experimental treatments.

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*ANSWER:* b

246. A potential limitation of quantitative methods alone in the context of the AA study is that they:
a. do not provide detailed descriptions of participants' experiences.
b. are not effective for making broad predictions about outcomes.
c. only offer broad statistical trends without explaining underlying reasons.
d. are incapable of measuring blood alcohol levels.
*ANSWER:* c

247. What is a key characteristic of Community-Based Participatory Research (CBPR)?
a. Researchers work independently without community input.
b. Community members and researchers collaborate on all stages of the research process.
c. The research is conducted solely in academic settings.
d. Community members are only involved as research participants.
*ANSWER:* b

248. One reason why CBPR has been particularly valuable in addressing health disparities among Black communities is that it:
a. uses traditional methods that do not involve community members.
b. integrates the local knowledge and wisdom of the community with academic research.
c. avoids addressing historical issues of distrust towards health care providers.
d. excludes community leaders from the research process.
*ANSWER:* b

249. In CBPR, community members contribute to the research process by:
a. designing the research methodology without input from researchers.
b. only participating as subjects in the research.
c. helping shape research questions, conduct the research, and interpret findings.
d. providing financial support for the research.
*ANSWER:* c

250. 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. such research projects increase social media subscriptions.
d. it is unethical to observe public behavior.
*ANSWER:* b

251. The function of an Institutional Review Board, or IRB, is to ensure that:
a. animal studies can justify any harm they inflict.
b. outside funding for studies does not involve a conflict of interest.

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c. studies with outside funding follow the scientific method.
d. the rights of human research participants are respected.

*ANSWER:* d

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

*ANSWER:* d

253. The MOST accurate summary of what has happened in the United States in the past 50 years 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

254. Before people can become research participants in a psychological study, they must be given full knowledge of the nature of the study and their rights. This principle is called:
a. psychological targeting.
b. informed consent.
c. voluntary enlistment.
d. institutional review.

*ANSWER:* b

255. The principle of informed consent assumes that:
a. the participant can understand the explanation.
b. the benefits outweigh the risks.
c. there is compensation.
d. there are no risks in the study under consideration.

*ANSWER:* a

256. 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.

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*ANSWER:* c

257. The community-based participatory research (CBPR) approach has yielded important insights and changes in the realm of:
a. research on animals.
b. social media manipulation.
c. positive psychology.
d. health disparity.

*ANSWER:* d

258. If a study found that there was a perfect correlation between two variables, which correlation coefficient could describe that relationship?
a. –1.00
b. .01
c. .00
d. +.50

*ANSWER:* a

259. Which study design allows for statistical analysis of the data and generalizes to a larger population but provides no causal information?
a. the qualitative design
b. the correlational method
c. the experimental method
d. a single-case experiment

*ANSWER:* b

260. In an experiment, one or more variables are manipulated to determine whether they have an effect on the:
a. independent variable.
b. confound variable.
c. dependent variable.
d. random variable.

*ANSWER:* c

261. Sharada 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. She then gave each of the 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

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262. For a placebo to play its proper role in an experiment, the placebo must:
a. have a real therapeutic effect.
b. not be noticeable by the study participants.
c. look or taste like genuine therapy.
d. be visibly different from the genuine treatment.
*ANSWER:* c

263. In a what kind of design does the researcher not know which participants are assigned to the experimental group and which to the control group?
a. mixed-methods
b. single-case
c. double-masked
d. single-masked
*ANSWER:* c

264. Dr. Pliny did not tell their participants which group (which level of the independent variable) each participant was in. They withheld this information to guard against:
a. confounds.
b. experimenter bias.
c. selection bias.
d. participant bias.
*ANSWER:* d

265. Researchers would MOST likely use which type of research design to compare children who have a history of child abuse with those who do not?
a. analogue
b. epidemiological
c. matched design
d. natural
*ANSWER:* c

266. Which study design prevents what is called the Rosenthal effect?
a. double-masked
b. mixed-methods
c. qualitative
d. matched
*ANSWER:* a

267. Jovani has agreed to be in a study of the effects of aging on emotional well-being. As part of the study, he and others will each meet with an interviewer once a year for the next 10 years. Jovani is involved in a(n):
a. single-case study.

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b. epidemiological study.
c. qualitative-design study.
d. longitudinal study.

*ANSWER:* d

268. 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. analogue experiment.
c. correlational study.
d. case study.

*ANSWER:* d

269. 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

270. 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

271. 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 ABA design, which is not always practical.

*ANSWER:* a

272. A research procedure in which a variable is manipulated and the manipulation's effect on another variable is observed is known as a(n):
a. experiment.
b. epidemiological study.
c. case study.

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d. longitudinal study.

*ANSWER:* a

273. 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:

a. dually unaware study.
b. deprivation study.
c. double-masked study.
d. reciprocally shielded study.

*ANSWER:* c

274. When a researcher unintentionally transmits their expectations about the outcome of the research to a research participant, that is termed:

a. selection bias.
b. accidental unmasking.
c. a Freudian slip.
d. the Rosenthal effect.

*ANSWER:* d

275. 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):

a. single-case experiment.
b. masked experiment.
c. natural experiment.
d. matched experiment.

*ANSWER:* c

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