Abnormal Psychology and Life 3rd edition Kearney Test Bank

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1. In the opening scenario of Chapter 2 in your text, Mariella begins experiencing fatigue, unhappiness, and social isolation during her first semester away at college. Her friends and family attribute her symptoms to homesickness, most likely because in their model of mental health, first-semester college students

a. who are unhappy are probably just homesick.
b. are lazy and self-indulgent but should not be judged for it.
c. have a habit of taking on more than they can reasonably manage.
d. typically drink alcohol to excess and use drugs, but should only be confronted with evidence.

ANSWER: a
DIFFICULTY: easy
REFERENCES: Case: Mariella
OTHER: TYPE: factual

2. Mental health professionals use perspectives, called models, to

a. discredit other professional's ideas.
b. understand why someone has problems.
c. separate symptoms from syndromes.
d. apply their own feelings to a diagnosis.

ANSWER: b
DIFFICULTY: easy
REFERENCES: Introduction
OTHER: TYPE: conceptual

3. A researcher who studies the genetics of mental illnesses is most likely using the ____ model.

a. psychodynamic
b. humanistic
c. sociocultural
d. biological

ANSWER: d
DIFFICULTY: easy
REFERENCES: Introduction
OTHER: TYPE: factual

4. Which model focuses on personal growth and responsibility?

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

ANSWER: c
DIFFICULTY: moderate
REFERENCES: Introduction
OTHER: TYPE: conceptual

5. Ari has had a great deal of difficulty functioning in the last year. He has gone to a therapist for an evaluation and assessment to help diagnose the nature of his problems. As part of the assessment, the therapist shows him images of different inkblots and asks Ari to describe what he sees in the inkblot. The therapist believes that Ari's responses reveal unconscious conflicts that may be the root cause of his problems. Ari's therapist probably supports the ____ model.

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

ANSWER: d
DIFFICULTY: moderate
REFERENCES: Introduction
OTHER: TYPE: application

6. Which model of mental disorder focuses on external environmental events and includes the family systems perspective?
a. sociocultural
b. psychodynamic
c. cognitive-behavioral
d. humanistic

ANSWER: a
DIFFICULTY: easy
REFERENCES: Introduction
OTHER: TYPE: factual

7. In practice, many mental health professionals
a. develop their own models.
b. find models to be generally useless.
c. integrate several models.
d. find the rigidity of models to be helpful.

ANSWER: c
DIFFICULTY: easy
REFERENCES: Introduction
OTHER: TYPE: conceptual

8. The biological model assumes that mental states, emotions, and behaviors arise from
a. natural tendencies towards self-actualization.
b. nature and nurture working against each other.
c. brain function and physical causes.
d. a strong emphasis on the environment.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

9. The person considered to be the father of psychiatric classification and a major contributor to the biological model was
a. Emile Durkheim.
b. Emil Kraepelin.
c. Philippe Pinel.
d. Clifford Beers.

ANSWER: b
DIFFICULTY: easy

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REFERENCES: The Biological Model
OTHER: TYPE: factual

10. When assessing syndromes, many psychiatrists believe that
    a. they are all nearly interchangeable.
    b. the brain and the body are entirely separate.
    c. they have no bearing on treatment.
    d. each syndrome has biological causes.

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

11. The biological model rests on the assumption that mental states, emotions, and behaviors arise from
    a. brain function and other physical processes.
    b. motives and conflicts within a person.
    c. choice, free will, and personal growth.
    d. measurable environmental stimuli.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

12. Emil Kraepelin noticed groupings of symptoms that became referred to as
    a. syndromes.
    b. clusters.
    c. diagnostics.
    d. outbreaks.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

13. Kraepelin believed syndromes to be separate from one another, and that each syndrome
    a. can be traced to genetics.
    b. has unique causes, symptoms, and outcomes.
    c. is impacted by neurotransmitters.
    d. has brain change associated with it.

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

14. Dementia praecox, one of the two major mental disorders proposed by Emil Kraepelin, is most similar to
    a. schizophrenia.
    b. bipolar disorder.

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c. obsessive-compulsive disorder.
d. dissociative identity disorder.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

15. Genetic material refers to ____ contained in the nucleus of every human cell.
a. axons
b. mitochondria
c. “codes”
d. neurotransmitters

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

16. The terms genotype and phenotype refer respectively to
a. one's genetic composition and one’s observable characteristics.
b. the allele combinations and the notion of personality.
c. genetic engineering and physical alterations.
d. one’s observable traits and one's genetic code.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

17. When scientists study the impact of genetic and environmental influences, the research area is called
a. phenotyping.
b. gene splicing.
c. behavior genetics.
d. genome mapping.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

18. The research area dedicated to understanding what specific inherited genes contribute to mental disorders is called
a. molecular genetics.
b. behavioral genetics.
c. chromosomal analysis.
d. dementia praecox.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

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19. John has a number of observable characteristics, some of which will remain constant while others will change over time. These observable characteristics constitute his

a. genotype.
b. genogram.
c. phenotype.
d. typology.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

20. The genetic composition of a person is known as a ____ and is fixed at birth, whereas an observable characteristic of a person is known as a ____ and can change over time.

a. phenotype; genotype
b. genotype; phenotype
c. chromosome; genetic expression
d. genetic expression; chromosome

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

21. Researchers in the field of ____ generate findings that help scientists determine how and if disorders are genetically distinct from one another.

a. behavior genetics
b. abnormal psychology
c. maladaptive behavior
d. molecular genetics

ANSWER: d
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

22. The amount of variation in a phenotype attributed to genetic factors is known as

a. genotype.
b. significance.
c. heritability.
d. determination.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

23. According to your text, which disorder has the lowest genetic heritability?

a. major depression
b. bipolar disorder

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c. schizophrenia
d. substance use disorder

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

24. Liesl is working on a research grant that aims to identify the specific genes involved in autism. She and her colleagues want to understand how these genes work to produce the symptoms associated with autism in all its varying degrees. Liesl is most accurately described as being involved in the study of
a. psychiatry.
b. child psychology.
c. behavior genetics.
d. molecular genetics.

ANSWER: d
DIFFICULTY: difficult
REFERENCES: The Biological Model
OTHER: TYPE: application

25. The central nervous system can best be described as being composed of
a. neurons in the center of the brain.
b. the endocrine and exoskeleton systems.
c. the brain and spinal cord.
d. internal cells that are mainly afferent in nature.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

26. According to your text, nerve cells (neurons) have four basic structures:
a. glia, neurotransmitters, the membrane, and the axon.
b. dendrites, the cell body, the axon, and terminal buttons.
c. the axon, soma, cell body, and synapses.
d. electrolytes, ions, the membrane, and dendrites.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

27. The small separation between neurons that facilitates neurotransmitter activity is called the
a. terminal gap.
b. fluid cleft.
c. synapse.
d. reabsorption zone.

ANSWER: c
DIFFICULTY: easy

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REFERENCES: The Biological Model
OTHER: TYPE: factual

28. The process of neurotransmitter reabsorption is also called
a. polarization.
b. reformation.
c. permeable action.
d. reuptake.
ANSWER: d
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

29. Decreased neurotransmitter levels occur when ____, and increased neurotransmitter levels occur when ____.
a. depression occurs; anxiety or mania occurs
b. medications block neurotransmitters; medications block the reabsorption
c. membranes leak; membranes in large
d. enzymes activate; enzymes deactivate
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: application

30. Medications influence neurotransmitter systems to treat mental disorder. Medications may ____ to increase neurotransmitter levels.
a. block synapses
b. block reuptake
c. stimulate membranes
d. stimulate reuptake
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

31. Which neurotransmitter is associated with processing of information, regulation of mood, behavior, and thought processes?
a. dopamine
b. serotonin
c. adrenaline
d. norepinephrine
ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

32. Which pairing between the neurotransmitter and some of its major functions is correct?

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a. serotonin: regulation of arousal, mood, behavior, and sleep
b. norepinephrine: involved in influencing learning and memory
c. dopamine: involved in novelty-seeking, motivation, and coordination
d. glutamate: regulation of mood, especially anxiety and arousal

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

33. The two hemispheres of the brain
a. each control movement for the opposite side of the body.
b. are almost entirely redundant.
c. rarely communicate with each other.
d. cannot function to sustain life without the other.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

34. The cerebral cortex of the brain is largely responsible for
a. control of posture, motor activity, and anxiety.
b. consciousness, memory, attention, and other higher-order areas of human functioning.
c. basic drives like hunger, thirst, and sex.
d. regulation of life-sustaining functions such as breathing and blood circulation.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

35. According to your text, the cortical area that many mental health researchers focus on is the
a. frontal lobe.
b. thalamus.
c. occipital lobe.
d. basal ganglia.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

36. The area of the brain that is largely responsible for consciousness, memory, attention, and higher-order functioning is the
a. cerebral cortex.
b. frontal lobe.
c. limbic system.
d. thalamus.

ANSWER: a

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DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

37. The ____ is responsible for movement, planning, inhibiting behavior, and decision making.
    a. limbic system.
    b. occipital lobe.
    c. parietal lobe.
    d. frontal lobe.
ANSWER: d
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

38. The section of the brain associated with touch is the
    a. limbic system.
    b. occipital lobe.
    c. parietal lobe.
    d. frontal lobe.
ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

39. The midbrain contains the ____, which is involved in arousal and stress or tension.
    a. reticular activating system
    b. medulla
    c. pons
    d. cerebellum
ANSWER: a
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

40. Which area of the brain regulates emotions and impulses and includes the hippocampus and the amygdala?
    a. Pons
    b. Thalamus
    c. Basal ganglia
    d. Limbic system
ANSWER: d
DIFFICULTY: easy
REFERENCES: The Biological Model

41. Based on your text's description of the function associated with different brain structures, which brain structure below is MOST likely to be associated with an eating disorder?
    a. hypothalamus

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b. thalamus
c. pons
d. medulla

ANSWER: a
DIFFICULTY: difficult
REFERENCES: The Biological Model
OTHER: TYPE: application

42. Medications that decrease ____ generally have antipsychotic effects to ease symptoms of schizophrenia.
a. norepinephrine
b. acetylcholine
c. dopamine
d. glutamate

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

43. Shayne has been diagnosed with depression. Her psychiatrist has just prescribed a medication, and it seems to be very effective. It probably is targeting which neurotransmitter to alleviate Shayne's symptoms?
a. glutamate
b. dopamine
c. serotonin
d. acetylcholine

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: application

44. The biological model
a. is the only model of abnormal behavior with scientific support.
b. is no longer viewed as relevant to the treatment of mental disorders.
c. has overemphasized the role of environmental factors in the development of disorders.
d. has led to an understanding of how neurotransmitters affect mental disorders.

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

45. The deep valley in the cerebral cortex that divides the frontal lobe from the rest of the brain is the
a. longitudinal fissure.
b. central fissure.
c. lateral fissure.
d. subcortical fissure.

ANSWER: b
DIFFICULTY: moderate

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REFERENCES: The Biological Model
OTHER: TYPE: factual

46. The area of the brain that is located behind the parietal and temporal lobes, associated with vision, is the
    a. cerebellum.
    b. prefrontal cortex.
    c. occipital lobe.
    d. frontal lobe.
ANSWER: c
DIFFICULTY: easy
REFERENCES: The Biological Model
OTHER: TYPE: factual

47. The structure located in the limbic system that is involved in emotion and aggression is the
    a. medulla.
    b. hippocampus.
    c. thalamus.
    d. amygdala.
ANSWER: d
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: factual

48. The biological model
    a. does not provide a full account of any mental disorder.
    b. places too much emphasis on the role of nurture.
    c. has been discredited by recent, cutting-edge research.
    d. has had very little impact on how we treat mental disorders.
ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Biological Model
OTHER: TYPE: conceptual

49. Several basic principles comprise the psychodynamic perspective. What is one of these?
    a. Childhood experiences have little impact on adult personality.
    b. Causes and purposes of human behavior are not always obvious.
    c. People should use meditation to control anxiety or stress.
    d. Neurotransmitter systems largely control emotions
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

50. A key aspect of the psychodynamic perspective is unconscious motivation, which refers to
    a. how defense mechanisms are used to control anxiety or stress.
    b. hidden realms of emotion, thought, and behavior may drive us to act in a certain way.

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c. how everything we do has meaning and purpose and is goal-directed.

d. the concept that the id propels us to meet basic demands such as hunger.

ANSWER: b

DIFFICULTY: easy

REFERENCES: The Psychodynamic Model

OTHER: TYPE: factual

51. Scientists in disciplines such as cognitive and social psychology and neuroscience have found that cognitive and behavioral processes

a. always appear to be under cognitive control.

b. do not always appear to be under cognitive control.

c. are only measured at the conscious level.

d. are only measured at the unconscious level.

ANSWER: b

DIFFICULTY: moderate

REFERENCES: The Psychodynamic Model

OTHER: TYPE: factual

52. Hidden realms of emotion, thought, and behavior may affect motives that drive us to act in certain ways. This is known as

a. unconscious motivation.

b. defense mechanisms.

c. psychic determinism.

d. primary process.

ANSWER: a

DIFFICULTY: easy

REFERENCES: The Psychodynamic Model

OTHER: TYPE: factual

53. According to the psychodynamic model, ____ are strategies used to cope with unconscious anxiety or stressors, such as conflict with others.

a. unconscious motivations

b. defense mechanisms

c. psychic determinism

d. primary process

ANSWER: b

DIFFICULTY: easy

REFERENCES: The Psychodynamic Model

OTHER: TYPE: factual

54. The id operates on the ____ principle.

a. reality

b. pleasure

c. morality

d. suggestive

ANSWER: b

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DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

55. The ____ is an organized, rational system that uses higher-order thinking processes to obtain gratification.
    a. id
    b. ego
    c. superego
    d. self-image
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

56. The ego uses ____ processes to mediate demands of the id and demands of the environment.
    a. primary
    b. secondary
    c. fundamental
    d. derivatory
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: conceptual

57. Dawud was at a party where pretty much everyone was intoxicated. Although Dawud would very much like to fit in with his peers at the party, he has been raised to believe that intoxication is wrong, and he can't bring himself to participate in the revelries. According to the psychodynamic model, which part of Dawud's personality most likely influenced his choice to abstain from the drinking at the party?
    a. id
    b. ego
    c. superego
    d. superid
ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

58. Freud proposed that each person progresses through ____ stages of development.
    a. erogenous
    b. psychodynamic
    c. retrosexual
    d. psychosexual
ANSWER: d
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

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59. Holly constantly talks too much. She smokes, overeats, and bites her fingernails. A therapist who supports the psychodynamic model might see Holly as fixated on the ____ stage of psychosexual development.

a. oral
b. anal
c. phallic
d. genital

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

60. Lydia is excessively neat and compulsive. A therapist who supports the psychodynamic model might argue that Lydia is fixated at the _____ stage of psychosexual development.

a. oral
b. anal
c. phallic
d. latency

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

61. Sexual organs initially become the prime source of gratification during the ____ stage.

a. oral
b. anal
c. phallic
d. genital

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

62. Fixation can be caused when

a. excessive frustration or overindulgence occurs.
b. if the Oedipus complex overtakes the Electra complex.
c. regression has occurred.
d. a client represses feelings.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: conceptual

63. A child deprived or neglected during the oral stage of development may, as an adult, engage in behaviors such as

a. smoking.
b. sexual promiscuity.
c. compulsivity.

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d. excessive neatness.

ANSWER: d
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

64. The ego experiences ____ when the id urges to seek impulsive gratification or when the superego imposes shame and guilt.

a. anxiety
b. depression
c. desire
d. withdrawal

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

65. The basic ego defense that occurs when a person banishes threatening feelings, thoughts, or impulses from consciousness is

a. reaction formation.
b. repression.
c. regression.
d. projection.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

66. Which defense mechanism refers to attributing one's own unacceptable motives or impulses to another person?

a. intellectualization
b. regression
c. projection
d. reaction formation

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

67. Jason has removed feelings and thoughts of his abusive childhood from his conscious memory through the process of

a. reaction formation.
b. repression.
c. regression.
d. projection.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model

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OTHER: TYPE: application

68. Returning to a stage that previously gave a person much gratification is the defense mechanism called
    a. reaction formation.
    b. repression.
    c. regression.
    d. projection.
ANSWER: c
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

69. When unconscious feelings are attributed to another person, ____ has occurred.
    a. reaction formation
    b. repression
    c. regression
    d. projection
ANSWER: d
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

70. Projection occurs when
    a. one's own feelings are attributed to another person.
    b. a person acts younger than they are.
    c. thoughts are pushed out of consciousness.
    d. a person transfers feelings to their therapist.
ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

71. According to the psychodynamic model, depression may occur as a result of
    a. unconscious conflict of emotions.
    b. conscious conflict of emotions.
    c. unconscious expression of emotions.
    d. conscious expression of emotions.
ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

72. Psychodynamic mental health professionals often assess unconscious motivations and conflicts using ____ techniques.
    a. behavioral
    b. cognitive
    c. projective

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d. biological

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

73. The projective hypothesis is an assumption based on the belief that people
a. demonstrate unconscious needs in behavioral patterns of behavior.
b. think about their unconscious needs and wants.
c. reveal unconscious needs and conflicts when presented with ambiguous stimuli.
d. reveal internal conflicts in brain imaging techniques.

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

74. Kalvin is completing a projective assessment. He is shown different cards with pictures on them and asked to generate a story about what the card depicts. His therapist then analyzes his responses for clues as to his unconscious motivations. Kalvin is most likely taking which personality test?
a. Rorschach Inkblot Test
b. Thematic Apperception Test
c. Myers-Briggs Test
d. The MMPI

ANSWER: b
DIFFICULTY: difficult
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

75. From the perspective of the psychodynamic model, ego defenses are thought to be ____ during sleep, making dream analysis a valuable tool.
a. lower
b. higher
c. less creative
d. more creative

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: conceptual

76. The actual events depicted in a dream are known as the ___ content.
a. insight
b. projective
c. manifest
d. latent

ANSWER: c
DIFFICULTY: easy

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REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

77. Ferris is telling his therapist about the strange dream he had. "I went down to the dining hall, and when I got there, someone told me I had to jog around the building three times before I could get my breakfast. So I did, and as I ran, I bumped into my professor and she started chasing me." Ferris is describing the ____ content of his dream to his therapist.

a. manifest
b. latent
c. projective
d. objective

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

78. The cornerstone of psychodynamic therapy and the method by which unconscious meanings of thoughts and behavior are revealed is

a. insight therapy.
b. projection.
c. interpretation.
d. dream analysis.

ANSWER: c
DIFFICULTY: difficult
REFERENCES: The Psychodynamic Model
OTHER: TYPE: conceptual

79. Sally begins to yell at her therapist just as she yelled at her father when she was a child. Psychodynamic therapy would explain this behavior as

a. projection.
b. transference.
c. analysis.
d. manifestation.

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: application

80. In the course of a therapy session, Stanley suddenly understands that the reason he has been depressed is because he is unconsciously angry at his parents for pushing him to be a doctor. Stanley's sudden understanding into his unconscious emotion and its connection to his depression illustrates

a. projection.
b. manifest content.
c. insight.
d. transference.

ANSWER: c
DIFFICULTY: difficult
REFERENCES: The Psychodynamic Model

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OTHER: TYPE: application

81. Client-therapist interactions provide clues about the nature of a client's problems as well as being an opportunity to interpret ____ in an immediate situation.
    a. projection
    b. transference
    c. primary processes
    d. dream analysis

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

82. Perhaps the biggest weakness of the psychodynamic perspective is it has
    a. little empirical support.
    b. too much emphasis on biological processes.
    c. little behavioral support.
    d. labels behavior rather than explains it.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Psychodynamic Model
OTHER: TYPE: conceptual

83. For years, psychodynamic theorists were accused of being
    a. antiscientific.
    b. behaviorists.
    c. easily swayed.
    d. humanists.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Psychodynamic Model
OTHER: TYPE: factual

84. Involuntary hospitalization of people at serious risk of harming themselves or others is called
    a. competency adjudication.
    b. insanity adjudication.
    c. criminal commitment.
    d. civil commitment.

ANSWER: d
DIFFICULTY: easy
REFERENCES: Focus on Law and Ethics: Dangerousness and Commitment
OTHER: TYPE: factual

85. Theorists who emphasize personal growth, choice, and accountability adopt the ____ model of psychology.
    a. behavioral
    b. cognitive

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c. humanistic
d. eclectic

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

86. The assumption that one's behavior is determined by perceptions of self and others is central to the ____ approach.
a. cognitive
b. behavioral
c. phenomenological
d. psychodynamic

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

87. Javier believes that people are innately good and will quite naturally strive to grow and seek fulfillment. Javier is probably a proponent of the ____ model.
a. humanistic
b. behavioristic
c. cognitivistic
d. eclectic

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Humanistic Model
OTHER: TYPE: application

88. The individual who originated the idea that humans have basic and higher-order needs they strive to satisfy during their lifetime was
a. Freud.
b. Maslow.
c. Rogers.
d. Skinner.

ANSWER: b
DIFFICULTY: difficult
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

89. Maslow believed that the most basic needs a person has are
a. physiological.
b. safety.
c. security.
d. social.

ANSWER: a
DIFFICULTY: easy

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REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

90. The highest level of need that Maslow proposed is
a. physiological.
b. self-actualization.
c. security.
d. social.
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

91. As a senior in college, Elenita is facing a tough job market after she graduates. She very much wants to find a job with significant work that is viewed as prestigious. She has a large circle of close friends who support her in her quest for a great job. She lives in a nice apartment off campus and has sufficient money to pay her bills. Which of Maslow's needs is Elenita concerned with meeting as she faces graduation?
a. self-actualization
b. ego (esteem)
c. acceptance
d. safety/security
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: application

92. The second level of Maslow's hierarchy of needs includes needs related to
a. self-actualization.
b. safety/security.
c. social/belonging.
d. unconditional positive regard.
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

93. Unhealthy people experience personal or other obstacles to ____ and may develop mental problems as a result.
a. physiological
b. self-actualization
c. security
d. social
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

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94. People thought to be moral beings who can understand reality and view things objectively are considered to have reached the ____ level in Maslow's hierarchy of needs.

a. physiological
b. self-actualization
c. security
d. social

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

95. Client-centered therapy attempts to allow clients to become more autonomous and less worried about others' disapproval. This oversensitivity to the demands of others that client-centered therapy tries to overcome is called

a. conditional wariness.
b. other-centeredness.
c. therapist guiding.
d. self-discovery.

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

96. Rogers developed ____ therapy that relies heavily on unconditional positive regard and empathy.

a. cognitive
b. psychodevelopmental
c. behavioral
d. client-centered

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

97. A client-centered therapist establishes a therapeutic environment in which a client is

a. completely accepted.
b. regarded as incapable of choice.
c. subjected to behavior modification.
d. shamed for inappropriate behavior.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

98. Rollo May is responsible for creating ____ psychology.

a. positive
b. biological
c. psychodynamic

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d. existential

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

99. How closely one adheres to one's personality is referred to as
a. existential.
b. reality.
c. authenticity.
d. other-centeredness.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

100. Existential theorists assert that, because people are alone in the world, they may develop a sense of
a. meaninglessness.
b. authenticity.
c. apprehension.
d. anxiety.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

101. Humanistic theorists support a ____ model of assessment.
a. quantitative
b. qualitative
c. nondirective
d. directive

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

102. From a humanistic perspective, treatment is
a. nondirective.
b. directive.
c. behavioral.
d. biological.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

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103. The humanistic model is optimistic and tied to contemporary ____ psychology.

a. positive
b. psychoanalytic
c. behavioral
d. biological

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

104. The humanistic approach has several limitations, including lack of

a. empathy.
b. biological support.
c. empirical support.
d. ability to assist clients.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

105. Humanistic therapy has been criticized for being

a. excessively concerned with biological factors.
b. too focused on research as opposed to treatment.
c. ineffective in the treatment of severe disorders.
d. too harsh and confrontational.

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

106. Evan is very shy and uncomfortable in his interactions with others. He is seeing a counselor who seems very warm and accepting. He doesn't focus on labels or judgments, but rather, encourages Evan in his attempts to maximize his personal growth. Evan's counselor most likely focuses on the ____ model in her practice.

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

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: application

107. Ned has become comfortable with his humanistic therapist and has thus likely responded to a therapeutic environment of

a. acknowledgment, guidance, and conditional praise.
b. respect, empathy, and complete acceptance.
c. casual exchange, informal relationship, and support.

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d. minimal cost, maximum benefits, and no labels or stigma.

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Humanistic Model
OTHER: TYPE: conceptual

108. Rogers' client-centered approach has led to an understanding of process variables that contribute to treatment success. One particularly helpful process variable is a therapeutic environment based on

a. insight.
b. empathy.
c. instruction.
d. confrontation.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

109. Which model focuses on both internal and external factors, has good empirical support, and applies to many people with a mental disorder?

a. cognitive-behavioral
b. psychoanalytic
c. psychosomatic
d. humanistic

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

110. Jordan gives a presentation during her Abnormal Psychology class.She notices that most students are attentive and ask questions, but that four other students play on their phone during her entire presentation. Afterwards, Jordan assumes that her presentation was boring and that she is a bad public speaker. This is an example of which cognitive distortion?

a. catastrophizing
b. arbitrary inference
c. locus of control
d. expressed emotion

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

111. Jazmine is a freshman at college. She is consumed with thoughts of how she might fail, and these thoughts tend to impede her ability to perform well on tests and assignments at college. Her counselor at the student health center has been working with her to develop new ways of thinking and probably emphasizes the _____ perspective.

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

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ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

112. The ____ perspective is based on the assumption that all behavior—normal or abnormal—is learned.
a. cognitive
b. behavioral
c. humanistic
d. psychodynamic
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: conceptual

113. In ____, a previously neutral stimulus comes to elicit a particular response.
a. observational learning
b. classical conditioning
c. operant conditioning
d. positive reinforcement
ANSWER: b
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

114. Carl wasn't always afraid of stoplights, but when he was little he was was kidnapped out of his mother's car while they were stopped at a stoplight. He was recovered within 48 hours. But now, even as an adult, he finds himself avoiding stoplights, and if he can't avoid them, he feels tension mounting. In classical conditioning paradigms, Carl's fear of stoplights is a(n)
a. unconditioned stimulus.
b. unconditioned response.
c. conditioned stimulus.
d. conditioned response.
ANSWER: d
DIFFICULTY: moderate
REFERENCES: The Humanistic Model
OTHER: TYPE: factual

115. Reinforcement that involves giving a pleasant event or consequence after a behavior has occurred is known as ____ reinforcement.
a. cognitive
b. behavioral
c. positive
d. negative
ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model

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OTHER: TYPE: factual

116. Positive reinforcement occurs when a behavior results in ____, and negative reinforcement occurs when a behavior results in ____.

a. a pleasant event; the removal of an unpleasant event
b. punishment; reward
c. a pleasant outcome; a reward for bad behavior
d. escape; punishment

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: conceptual

117. Removing an aversive event following a behavior in order to increase the future likelihood of the behavior is known as ____ reinforcement.

a. cognitive
b. behavioral
c. positive
d. negative

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

118. Lorraine's therapist studied under Aaron Beck's guidance and subsequently became primarily focused on ____ in therapy.

a. cognitive-behavioral merging
b. conditioning and behavior modification
c. cognitive distortions
d. psychodrama and role-playing

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

119. Erroneously blaming oneself for events leads to the cognitive distortion known as

a. arbitrary inference.
b. catastrophizing.
c. personalization.
d. external locus of control.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

120. When we enter a situation with some expectation of what may happen, we use a network of accumulated knowledge known as

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a. cognitive schemas.
b. expectancy effects.
c. perspective taking.
d. arbitrary inference.

ANSWER: a
DIFFICULTY: difficult
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

121. Learning by observing and imitating others is evident during
a. distortions.
b. personalization.
c. modeling.
d. cognition.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

122. The cognitive-behavioral model emphasizes that
a. learning principles and cognitions interact.
b. cognitions always come first then behavior follows.
c. each individual has a different cognitive behavioral balance.
d. identifying thoughts always informs behavior.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: conceptual

123. Mia has a great deal of anxiety around dogs. Her therapist notes that this anxiety disappears when Mia removes herself from the presence of the dog, thereby reinforcing her avoidance of dogs. This analysis of how anxiety precedes Mia's encounter with dogs and relief follows when Mia gets away from dogs is an example of which assessment technique?
a. projective testing
b. MRI
c. functional analysis
d. structured interview

ANSWER: c
DIFFICULTY: difficult
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

124. Functional analysis is a(n) ____ approach in the ____ model.
a. assessment; cognitive-behavioral
b. assessment; humanistic
c. treatment; cognitive-behavioral

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d. treatment; humanistic

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: conceptual

125. Exposure treatment, token economies, and cognitive restructuring are treatments that are part of which perspective?

a. humanistic
b. cognitive-behavioral
c. biological
d. sociocultural

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

126. Modeling, also known as vicarious conditioning, implies that ____ mechanisms influence learning.

a. reinforcement
b. cognitive
c. unconscious
d. behavioral

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: conceptual

127. Which approach offers a large collection of treatment techniques used to change patterns of thinking and behaving that contribute to a person's problems?

a. psychoanalysis
b. cognitive-affective therapy
c. cognitive-behavioral therapy
d. humanism

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

128. Which strategy is the BEST example of a cognitive-behavioral technique that Aaron Beck might use to treat depression?

a. Reinforce the patient with discounts on therapy for showing up on time.
b. Ask the patient to speak freely without editing him/herself.
c. Schedule activities to counter inactivity and focus on depressive feelings.
d. Provide empathy, understanding, and acceptance of the patient's depressive feelings.

ANSWER: c
DIFFICULTY: difficult
REFERENCES: The Cognitive-Behavioral Model

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OTHER: TYPE: application

129. Helping someone think more realistically about a situation is called
a. rational restructuring.
b. rationalization.
c. cognitive restructuring.
d. behavioral restructuring.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: factual

130. Fiona is terribly fearful of birds. She loves going for walks in the city, but the pigeons, which seem to her to be everywhere, are really creating problems. Fiona is seeing a counselor who has arranged for a session in the aviary of the local zoo, where Fiona will have the opportunity to both learn more about birds, to be near them, and even handle them. Fiona's counselor most likely focuses on the ____ model.
a. psychodynamic
b. humanistic
c. cognitive-behavioral
d. sociocultural

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

131. Gerhard is seeing a counselor who is challenging Gerhard's thoughts about situations. For example, Gerhard reports that his boss mildly criticized him for missing four minor typos with no substantive significance in a 300-page document, and begins speculating that, at best, he will be demoted and is actually more likely to be fired. Gerhard's counselor challenges those beliefs, asking Gerhard what has happened when others missed minor typos and what his boss has praised him for. Gerhard's counselor most likely focuses on the ____ model.
a. psychodynamic
b. humanistic
c. cognitive-behavioral
d. sociocultural

ANSWER: c
DIFFICULTY: medium
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

132. Stacy storms into her counseling session and lashes out at her counselor, who she accuses of being judgmental and controlling. Her counselor looks at her and quietly asks if she spoke to her father on the phone recently. As Stacy becomes calmer, she and her counselor explore how her feelings towards her counselor are similar to her feelings about her father. Stacy's counselor most likely focuses on the ____ model.
a. psychodynamic
b. humanistic
c. cognitive-behavioral
d. sociocultural

ANSWER: a

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DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

133. Susan is terrified of snakes. She becomes very anxious even thinking they exist. Her therapist is teaching her how to relax, after which they will construct a hierarchy of levels of exposure to snakes. Her therapist is using

a. cognitive restructuring.
b. behavioral management.
c. humanism.
d. systematic desensitization.

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

134. Gerald, who is a resident in a facility for individuals with moderate to severe intellectual disabilities has been given plastic poker chips for desirable behavior. He understands the chips can be used later on for privileges. Gerald is responding to a(n)

a. intermittent schedule.
b. token economy.
c. negative reinforcer.
d. projective value system.

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

135. John is terrified of spiders. His therapist has decided to place him in a room and have him confront the feared stimulus. His therapist is using a form of

a. behavioral management.
b. exposure treatment.
c. cognitive restructuring.
d. positive reinforcement.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model
OTHER: TYPE: application

136. Every time that Brandon raises his hand in class his teacher gives him a bean. At the end of the day, he can "trade" his beans for something he would like. His teacher is using a

a. cognitive restructuring program.
b. flooding exercise.
c. token economy.
d. systematic desensitization exercise.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Cognitive-Behavioral Model

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OTHER: TYPE: application

137. The sociocultural perspective puts far greater emphasis on ____ than the other major perspectives.
a. family history
b. environmental factors
c. cognition
d. unconscious conflict

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

138. The unique behavior and lifestyle shared by a group of people is referred to as
a. ethnicity.
b. race.
c. culture.
d. family.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

139. The concept of culture differs from the concept of ethnicity in that
a. ethnicity involves the unique behavior and lifestyle shared by a group of people.
b. culture involves a category typically based on physical characteristics.
c. ethnicity involves clusters of people who share cultural traits.
d. culture involves genetic material that differentiates people within racial groups.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

140. Culturally shared beliefs and ideas can lead to particular forms of stress that, in turn, lead to specific forms of disorders called
a. cultural disorders.
b. ethnic syndromes.
c. cultural syndromes.
d. racial disorders.

ANSWER: c
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: conceptual

141. Dhat is a type of ____ syndrome.
a. cultural
b. universal

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c. stereotypical
d. psychosexual

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

142. Which cultural syndrome involves anxiety about losing semen through nocturnal emissions, masturbation, and urination?
a. brain fag
b. anthrophobia
c. Amok
d. Dhat syndrome

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

143. When comparing frequencies of anxiety and depression by gender, we find that
a. men have more of both.
b. women have more of both.
c. men have more anxiety and less depression.
d. women have more anxiety and less depression.

ANSWER: b
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

144. Research suggests that a(n) ____ model is best able to account for gender differences in alcohol use disorders.
a. behavioral
b. integrative
c. psychodynamic
d. biological

ANSWER: b
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

145. Neighborhood characteristics associated with poorer mental health include
a. the increasing amount of time spent in school.
b. high socioeconomic status.
c. high levels of pollution.
d. the absence of close neighbors.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model

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OTHER: TYPE: factual

146. Sally is being seen by a therapist because she is having difficulty adapting to her adoptive family. Her therapist is working to develop the notion that each family system has its own dynamics, rules, and organizational structure. Her therapist is using the

a. family systems perspective.
b. engaged family perspective.
c. expressive perspective.
d. cognitive-behavioral perspective.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: application

147. Moira is a software designer who works for a well-known company. Although she is extraordinarily good at her job, she finds that, at meetings, her comments are often overlooked and that male coworkers are often praised for and accept credit for work that is primarily hers, while she herself receives only cursory nods of appreciation. Moira is experiencing considerable stress and is seeing a counselor who helps her understand her work environment in terms of the existing power structures. Moira's counselor most likely focuses on the ____ model.

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

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: application

148. Families that are overly rigid and do not adapt well to changes within or outside the family are referred to as

a. disengaged.
b. enmeshed.
c. inflexible.
d. triangular.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

149. The degree to which family interactions are marked by emotional overinvolvement, hostility, and criticism is called

a. family systems.
b. family environment.
c. expressed emotion.
d. controlled emotion.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

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150. Features or dimensions of family functioning are referred to as the family

a. environment.

b. ethos.

c. operation.

d. pathology.

ANSWER: a

DIFFICULTY: easy

REFERENCES: The Sociocultural Model

OTHER: TYPE: factual

151. Fifteen-year-old Hank's family has high expectations for him and his siblings. Everyone is expected to go to a prestigious university and to pursue medicine or a hard science. Hank, however, is an exceptionally gifted artist. He recognizes that he is unlikely to be able to make a living as an artist, so has decided he wants to get a degree in art education and teach at-risk children and youth. His parents, grandparents, and even siblings, aunts, uncles, and cousins vehemently disapprove. In fact, his parents decide to have him withdraw from art classes at school and even restrict his artistic activities at home and after school. This pattern is most similar to a(n)

a. triangular relationship.

b. inflexible family.

c. enmeshed family.

d. disengaged relationship.

ANSWER: b

DIFFICULTY: easy

REFERENCES: The Sociocultural Model

OTHER: TYPE: application

152. A cultural assessment includes race as well as

a. a person's self-defined ethnicity.

b. genetic testing.

c. analysis of nearby populations.

d. evaluation of mental hygiene.

ANSWER: a

DIFFICULTY: easy

REFERENCES: The Sociocultural Model

OTHER: TYPE: factual

153. Mike and Carol just got married and each brought three children from previous relationships into the marriage. Things have not been going especially well, so they seek family counseling. Their counselor makes a point of understanding how the family members relate to each other both one on one and in groups and what sorts of family "rules" and expectations are in place. Mike and Carol's counselor most likely focuses on the ____ model.

a. psychodynamic

b. humanistic

c. cognitive-behavioral

d. sociocultural

ANSWER: d

DIFFICULTY: easy

REFERENCES: The Sociocultural Model

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OTHER: TYPE: application

154. Susan and Karl recently separated and are in the process of divorcing. Susan has taken to sharing the details of the breakup, which include Karl's multiple infidelities, with their 13-year-old daughter, while Karl vents his grievances to their 11-year-old son. These patterns are most similar to a(n)

a. triangular relationship.
b. inflexible family.
c. enmeshed family.
d. disengaged relationship.

ANSWER: a
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: application

155. According to your text, racism, sexism, and other forms of discrimination could be decreased or prevented through global ____ interventions.

a. phenomenological
b. existential
c. psychodynamic
d. sociocultural

ANSWER: d
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: conceptual

156. Marissa and Forrest were once a close married couple who enjoyed a variety of activities together. Recently, however, they seem to each just go about their own lives separately, despite sharing an apartment. This pattern is most similar to a(n)

a. triangular relationship.
b. inflexible family.
c. enmeshed family.
d. disengaged relationship.

ANSWER: d
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: application

157. Applying identical treatment to all patients is now recognized as

a. inappropriate and probably unethical.
b. appropriate but probably unethical.
c. inappropriate but probably ethical.
d. illegal and immoral.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

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158. It is most likely inappropriate and unethical to
a. apply identical treatment to all patients.
b. use behavioral analysis.
c. perform personality testing.
d. statistically analyze psychological results.

ANSWER: a
DIFFICULTY: moderate
REFERENCES: The Sociocultural Model
OTHER: TYPE: factual

159. Judith dearly loves her daughters and no one doubts that. However, she is closely involved in every aspect of her daughters' lives, from what they will fix for dinner to how they should decorate their homes to when they ought to have their next baby. This pattern is most similar to a(n)
a. triangular relationship.
b. inflexible family.
c. enmeshed family.
d. disengaged relationship.

ANSWER: c
DIFFICULTY: easy
REFERENCES: The Sociocultural Model
OTHER: TYPE: application

160. The sociocultural perspective has much strength for understanding mental disorders including
a. evidence linking social, cultural, or environmental factors causally to mental health.
b. understanding why people exposed to adverse influences have various outcomes.
c. details of how psychological problems develop.
d. understanding different sources of stress that impact a person and how that person copes with stress.

ANSWER: d
DIFFICULTY: difficult
REFERENCES: The Sociocultural Model
OTHER: TYPE: conceptual

161. Describe and evaluate the biological model of mental disorders.
ANSWER: Student responses should include
- the biological model assumes that mental states, emotions, and behaviors arise largely from physical processes
- a genetic approach to mental disorder focuses on heritability and molecular genetics
- the biological model is important for understanding many component of major mental disorders, but it cannot explain all aspects of the disorders

162. Describe and evaluate the psychodynamic model of mental disorders.
ANSWER: Student responses should include
- the psychodynamic model rests on the assumption that mental states, emotions, and behaviors arise from unconscious motives and intrapsychic conflicts
- two major assumptions of the perspective are psychic determinism and unconscious motivation
- according to psychodynamic theorists, the mind comprises the id, ego, and superego
- psychosexual stages are developmental stages that influence personality and abnormal behavior
- defense mechanisms are used to cope with life demands and intrapsychic conflict
- problems arise when we use defense mechanisms exclusively or excessively

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- strengths of the psychodynamic perspective include defense mechanisms and an emphasis on how childhood experiences influence adult personality
- a major weakness of the psychodynamic perspective is the relative lack of research support for its major assumptions

163. Describe and evaluate the humanistic model of mental disorders.

ANSWER: Student responses should include

- the humanistic model focuses on how humans can make choices that influence their environment and how they can take responsibility for their actions
- the phenomenological approach is based on the assumption that one's behavior is determined by perceptions of themselves and others
- the humanistic perspective relies on qualitative assessment of an individual's perceptions of himself and the world as well as nondirective therapy
- strengths of the humanistic perspective include its emphasis on personal responsibility for recovery and process variables important for treatment
- weaknesses of the humanistic perspective include relative lack of research support and for utility for certain groups of people

164. Describe and evaluate the cognitive-behavioral model of mental disorders.

ANSWER: Student responses should include

- the behavioral perspective on mental disorders is based on the assumption that behavior is learned
- two major learning principles underlie the behavioral approach: classical conditioning and operant conditioning
- the cognitive perspective suggests that problematic symptoms and behavior develop from the way we perceive and think about our present and past experiences
- key principles of the cognitive perspective include schemas and cognitive distortions
- behavioral and cognitive perspectives have been combined to form the cognitive-behavioral model
- major cognitive-behavioral treatment approaches include cognitive-behavioral therapy, rational restructuring, systematic desensitization, exposure, and token economy
- strengths of the cognitive-behavioral model includes a broad array of effective treatments
- a major limitation of the cognitive-behavioral model is its poor account of how mental problems originally develop

165. Describe and evaluate the sociocultural model of mental disorders.

ANSWER: Student responses should include

- a sociocultural perspective focuses on how other people, social institutions, and social forces influence a person's mental health
- a strength of the sociocultural perspective is its focus on social and environmental factors and family on mental health
- a limitation of the sociocultural perspective is the lack of evidence that adverse environments cause mental disorders

DIFFICULTY: difficult

REFERENCES: The Cognitive-Behavioral Model

OTHER: TYPE: application

166. Identify and describe the location and function of at least five critical structures in the human brain.

ANSWER: Answers will vary but may include any five of the following:

- Cerebellum: Located within the hindbrain; coordinates muscle movement and balance
- Cerebral cortex: Outer-most layer of the brain. Covers almost all of each hemisphere of the brain; referred to as the grey matter of the brain (named after its characteristic coloring)

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- Frontal lobe: Located in the front of the brain (in front of the central fissure). The frontal lobe is the seat of a number of very important functions, including controlling movement, planning, organizing, inhibiting behavior or responses, and decision-making
- Left hemisphere: Controls the right half of the body, is typically responsible for analytic thinking, and is responsible for speech
- Right hemisphere: Controls the left side of the body, is involved in the determination of spatial relations and patterns, and is involved in emotion and intuition
- Occipital lobe: Located behind the parietal and temporal lobes of the brain; associated with vision
- Parietal lobe: Located behind the frontal lobe of the brain and above the lateral fissure; associated with the sensation of touch
- Prefrontal cortex: Controls attention and impulse control; used in problem solving and critical thinking
- Temporal lobe: Located below the lateral fissure of the brain; associated with auditory discrimination
- Amygdala: Structure in the limbic system that is involved in emotion and in aggression
- Basal ganglia: Brain structures that control posture, motor activity, and anxiety level
- Corpus callosum: A band of nerve fibers that connects the two hemispheres of the brain, allowing for communication between the right and left sides of the brain.
- Hindbrain: Most posterior part of the brain; includes the medulla, pons, and cerebellum; these structures are involved in important "automatic" activities of the body like breathing, heartbeat, and digestion. In addition, the cerebellum controls motor coordination.
- Hypothalamus: Regulates basic biological needs like hunger, thirst, and body temperature
- Hippocampus: Part of the limbic system involved in memory and learning
- Limbic system: Regulates emotions and impulses, and is also responsible for basic drives like thirst, sex, and aggression. The limbic system consists of several structures that are implicated in psychological disorders: the hippocampus, cingulate gyrus, septum, and amygdala
- Medulla: Located in the hindbrain; involved in regulating breathing and blood circulation
- Pituitary gland: Regulates other endocrine glands and controls growth; sometimes called the "master gland"
- Pons: Located in the hindbrain; involved in sleep and arousal
- Reticular formation: Internal structures within the midbrain that are involved in arousal and stress or tension
- Thalamus: Relay signals to and from the cerebral cortex to other brain structures

167. Identify and describe the function of at least three neurotransmitter systems.
ANSWER: Answers will vary but may include any three of the following:

- Serotonin: Processing of information; regulation of mood, behavior, and thought processes
- Norepinephrine: Regulation of arousal, mood, behavior, and sleep
- Dopamine: Influences novelty-seeking, sociability, pleasure, motivation, coordination, and motor movement
- Gamma-aminobutyric acid (GABA): Regulation of mood, especially anxiety, arousal, and behavior
- Acetylcholine: Important in motor behavior, arousal, reward, attention, learning, and memory
- Glutamate: Influences learning and memory

168. What are models and why are models important to abnormal psychology?
ANSWER: Answers will vary but may include:

- Models are systematic ways of viewing and explaining what we see in the world
- Models are important because of the complexity of human cognitive states, behaviors, and emotions and the multiple causes of psychopathology.
- Models help identify causes of mental disorders and direct treatment and prevention efforts.

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169. Identify and describe at least five ego defense mechanisms.
ANSWER: Answers will vary but may include:

- Denial: Refusing to accept or acknowledge reality
- Displacement: Expressing one's unacceptable feelings onto a different object or person than the one that is truly the target of the feelings
- Fantasy: Imagining some unattainable desire
- Identification: Modeling another person's behavior or preferences to be more like them
- Intellectualization: Providing an in-depth intellectual analysis of a traumatic or other situation to distance oneself from its emotional content
- Overcompensation: Emphasizing strength in one area to balance a perceived weakness in other area
- Projection: Attributing one's own unacceptable motives or impulses to another person
- Rationalization: Developing a specific reason for an action, such as justifying why one did not purchase a particular car
- Reaction formation: Expressing an unconscious impulse by engaging in its behavioral opposite
- Regression: Returning to an earlier psychosexual stage that provided substantial gratification
- Repression: Keeping highly threatening sexual or aggressive material from consciousness
- Sublimation: Transforming emotions or sexual or aggressive material into more acceptable forms such as dancing or athletic or creative activity
- Undoing: Reversing an unacceptable behavior or thought using extreme means

170. Identify three ways in which culture can affect mental disorders and list at least one example illustrating each way
ANSWER: Answers will vary but may include these ways in which culture:

- Results from a direct cause: culturally shared belief leads to stress, and then to symptoms of mental disorder; Dhat syndrome
- Influences the way individuals cope with stress: Amok; family suicide
- Shapes the content of the symptoms or the symptoms themselves: anthrophobia; brain fog; dissociative identity disorder; anorexia nervosa

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