Fundamentals of Abnormal Psychology 8th edition Comer Test Bank

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

2. What are some advantages and disadvantages of using drugs in psychotherapy?

3. If a friend of yours needed treatment for depression, what would be advantages and disadvantages of your friend receiving either psychodynamic therapy or cognitive therapy? Which of these alternatives would you recommend to your friend?

4. How would the behavioral model explain how a person acquired an abnormal fear of dogs?

5. Describe group therapy, family therapy, and couple therapy. Discuss what each entails and give an example for each.

6. One unique part of the sociocultural model is the "community treatment" aspect, a key component of which is prevention. How do community treatment advocates accomplish prevention?

7. Define primary, secondary, and tertiary prevention. Provide an example of each.

8. Discuss the reasons that culture-sensitive therapy arose and the challenges it seeks to address.

9. Describe the origins of abnormality according to any three of these models: sociocultural, psychodynamic, behavioral, cognitive, humanistic-existential, biological.

10. Explain the biopsychosocial approach to understanding the causes of abnormality. Provide an example of how this approach might be applied to the causes of depression.

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

12. First, define nutraceuticals. Then compare them with conventional medications.

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13. Explain the three central forces that shape personality, according to Freud.

14. Explain how cognitive theorists explain abnormal behavior.

15. Compare and contrast the different forms of cybertherapy.

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Answer Key

1. Biological theorists adopt a medical perspective and believe that abnormal behavior is the result of physical malfunctioning. Theorists of this perspective often focus on brain anatomy, brain chemistry, genetics, hormones, or other physiological malfunctions.
   The humanistic-existential model believes that dysfunction is the result of self-deceit or the avoidance of responsibility. Humanists believe that humans are driven to self-actualize, and when this drive is interfered with, dysfunction can result. Existentialists believe that abnormal behavior stems from hiding from life's responsibilities and encourage individuals to accept responsibility for their lives and to recognize the freedom they have to lead a life they choose with greater meaning to them.
2. The advantages to using psychotropic drugs as part of a treatment plan are that medication has greatly changed the outlook for many people with disorders who may have had no hope of treatment in the past. People with illnesses like schizophrenia, which may not be responsive to therapy without medication stabilization, are now better able to find treatment, and individuals have greater hope of a better quality of life and symptom management. Another advantage to medication is that often the medications work quickly to bring symptom relief while deeper and more complex issues are being targeted in talk therapy. This helps individuals return to meaningful work sooner and have improved functioning on a faster timeline.
   There are also disadvantages to psychotropic medications. The text reports that many people believe that medications are overused and that they do not help everyone. Those who are prescribed medications might have been best served in the long term with therapeutic interventions, and perhaps those not helped by medications do not seek other psychotropic alternatives.
   Ideally, medications are best used in combination with other types of therapy.
3. One advantage to psychodynamic therapy is that psychological conflict, its focus, is a common experience. However, the psychodynamic model has many shortcomings. Psychodynamic models have received limited research support over the years, although some research suggests that long-term psychodynamic therapy may be helpful for people with long-term complex disorders (from which my friend does not suffer). This is also somewhat negative. In the age of managed health care, who would pay for such long-term care if shorter models of greater effectiveness were available?
   The cognitive model also has benefits and disadvantages. One disadvantage is that its basic premise—that dysfunctional thinking drives abnormal functioning—may be misleading. It may be that dysfunctional thinking is simply a result of the abnormality and not a force that drives it. Others have argued that the cognitive model is too limiting and that human beings are more than simply the sum of their thoughts. However, an advantage of cognitive therapy is that it does have significant research support for its effectiveness in treating a variety of afflictions.
   If I had a friend who needed treatment for depression, I would look to the therapy that has been proven scientifically to benefit my friend's particular disorder. The cognitive model has been proven very effective for treating depression.
4. The behavioral model would explain the acquisition of an abnormal fear of dogs in a number of ways. The first way is through modeling. In modeling, individuals learn

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responses simply by observing other individuals and repeating their behaviors. So, for example, if a parent was afraid of dogs and walking with the child in the park, the child would watch as the parent recoils in fear of an oncoming off-leash dog and later repeat the parent's behavior.

Another way in which the behavioral model would explain the acquisition of the fear is through classical conditioning. So, for example, even if a dog began as a neutral stimulus, if the dog barks loudly in the face of a person, the person may begin to have a startle response every time he or she encounters the dog because that neutral stimulus becomes a conditioned one.

In this situation, the classical conditioning might best be charted in this way:

NS = Neutral Stimuli

US = Unconditioned Stimuli

CS = Conditioned Stimuli

UR = Unconditioned Response

CR = Conditioned Response

So: NS (dog) paired with US (barking) = UR (startle response).

After repeated pairings, NS become CS: CS (Dog) = CR (startle response).

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

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

   In couple therapy (sometimes called "marital therapy," although it can be for unmarried couples, same-sex couples, etc.), a therapist works with two individuals who are in a relationship, often focusing on the communication patterns within the dynamic. In one example, say that Samuel and his partner Todd are struggling with whether or not to have a child, and they are currently not speaking. Both individuals might consult a couples therapist to improve communication patterns, more effectively address problems, and move ahead with better strategies for handling stressors in the future.
6. Community mental health was created to provide programs to allow clients, particularly those with severe mental health issues, to receive treatment in familiar (and local) surroundings. A key component of community mental health is prevention, which involves clinicians reaching out into the community rather than waiting for clients to come to them. Community mental health advocates accomplish prevention in three components of primary, secondary, and tertiary prevention, all of which attempt to

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prevent onset, locate vulnerable individuals, and treat those in the community who are struggling before they become chronic. Unfortunately, the text notes that those with severe mental illness often do not receive the treatments that they need and that community mental health centers commonly lack funding and other resources necessary to assist with their mission.

7. The first stage of prevention is primary prevention. Primary prevention efforts involve improving community attitudes and policies to prevent mental illness from occurring. An example of primary prevention would be holding public workshops on stress reduction.
   Secondary prevention involves reaching out to community leaders to identify and treat psychological disorders in their earliest stages before they become more severe. An example of this would be community mental health workers reaching out to members of the community such as ministers, teachers, or police to teach them to recognize the early stages of psychological problems within individuals in their communities and guide them in helping such individuals find treatment.
   The final tier of community health prevention is tertiary prevention. The goal of tertiary prevention is to provide care as soon as possible to those with moderate or severe disorders so that those disorders do not become long-term problems. An example of tertiary prevention might look like this: A police officer locates an individual struggling with significant difficulties, and that person immediately gets involved in community care. As the text states, providing tertiary care for the moderately ill has been effective; however, tertiary care for the severely ill has traditionally been an area of ongoing struggle for the system.
8. Culture-sensitive therapy arose because studies have found that members of ethnic and racial minority groups tended to attend treatment less often, show less improvement in treatment, and stop therapy sooner than members of majority groups.
   The challenges that culture-sensitive therapy seeks to address are the two factors that studies have shown can increase therapy's effectiveness within minority groups. The first is to provide greater sensitivity to cultural issues. The second feature of treatment that can increase effectiveness is to include cultural morals and models in treatment. These areas are addressed by offering increased training for clinicians in issues that enhance understanding. Including cultural instruction in graduate schools to make majority therapists more aware of stress, prejudices, values, and unique hardships that minority clients face is now seen as essential to effective treatment outcomes.
9. The sociocultural model posits that the origins of abnormal behavior are familial or social stressors. Sociocultural theorists believe that abnormality must be understood in the light of norms and culture that have an impact on individuals.
   Proponents of the psychodynamic model believe that the origins of abnormal behavior are underlying conflicts of which the individual is currently unaware and which reside in that person's unconscious. Abnormal symptoms are viewed as a result of conflicts that often result from inappropriate resolution of psychosexual stages or excessive conflict of internal forces (id, ego, superego) that shape an individual's personality.
   Behavioral theorists believe that the origins of abnormal behavior are maladaptive learning. Both internal and external behaviors can be learned inappropriately, and these behaviors cause maladaptive adjustment to daily life.
   Those who ascribe to the cognitive model believe the origins of abnormal behavior are

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due to maladaptive thinking; illogical thought processes keep people stuck in self-defeating patterns that perpetuate and reinforce their dysfunction.
The humanistic-existential model believes two things. Humanists tend to believe that the underlying cause of abnormal behavior is self-deceit and those displaying the behavior lack the ability to pursue self-actualization, while the existentialists believe that the cause of abnormal behavior is the avoidance of responsibility and the inability to live an authentic life.
The biological model posits that the origins of abnormal behavior are due to abnormal biological functioning. These individuals could point to problems in brain anatomy, brain chemistry, genetics, or any number of physiological factors.

10. Finding that any one explanation of abnormality can seem to leave something unaddressed, many therapists use the biopsychosocial approach to understanding the causes of abnormality. This approach considers more than one cause to abnormality and states that abnormality may be an interaction of genetic, biological, developmental, emotional, behavioral, cognitive, social, and societal influence. Some of those who favor a biopsychosocial approach may also believe that some factors work together to cause abnormality. This diathesis-stress explanation sets forth that the individual must have a genetic/psychological/sociocultural disposition to develop a disorder, which is then triggered by episodes of severe stress.
For example, a clinician might view an individual as inheriting unfavorable genes or neurotransmitter functioning, consider traumatic losses during the individual's childhood, notice negative ways of thinking, and take note of social isolation. The biopsychosocial approach may be seen as fairly comprehensive in the way it views illness compared to any one theoretical perspective.
11. Finding that any one theoretical treatment approach may leave an essential component unaddressed, many therapists are now referring to themselves as eclectic, and combining treatment approaches. Studies confirm that clinical problems can respond better to combined approaches than to any one therapy alone, and eclectic (or integrative) therapy seeks to utilize this information in the best interest of clients.
One example of an approach to abnormality would be found in a client struggling with depression. Research suggests that cognitive therapy along with biological therapy (medications) is most effective, and so the eclectic therapist would create a treatment plan that utilized both methods to give their client the most successful outcome opportunities.
12. Nutraceuticals are dietary supplements that are nonpharmaceutical and nonfood substances that people may take to help prevent or treat psychological problems, such as depression. Because of the Dietary Supplement Health and Education Act, dietary supplements are not bound by the same legal requirements and regulations as conventional medications. However, consumers are not always aware of this variation and often assume that dietary supplements are safe unless the FDA has proven them harmful. Also, dietary supplements can interact dangerously with conventional medications. Physicians and therapists may not be aware that their patient is also taking dietary supplements, as many patients do not reveal this to them.
13. According to Freud, the three central unconscious and interactive forces that shape personality are instinctual needs, rational thinking, and moral standards. Freud called these the id, the ego, and the superego. Based on Freud's theory, the id is instinctual

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needs, drives, and impulses, which operates in accordance with the pleasure principle. The ego, on the other hand, operates according to the reality principle. Based on reality, the ego guides us to know when we can and cannot express the id impulses. The superego operates according to the morality principle, which is one's sense of right and wrong. Freud also proposed that these three parts of the personality are often in some form of conflict.

14. Based on the cognitive perspective, abnormal behavior results from cognitive issues. For some, abnormal behavior may result from someone making disturbing and incorrect assumptions and attitudes. For others, abnormal behavior may stem from illogical thinking, such as overgeneralization.
15. Cybertherapy is a growing form of therapy used in abnormal functioning and psychological disorders. Computer software therapy programs are designed to reduce emotional distress between clients and their computers. Some of these programs use avatars and others provide problems in "if-then" statements for the client to solve.
    E-mail therapy occurs when therapists set up online services that allow people to e-mail questions and concerns about their problems.
    Visual e-therapy occurs when therapists hold appointments with their clients using the computer's webcam or Skype, rather than in a face-to-face session.
    The most popular forms of cybertherapy are Internet chat rooms and virtual support groups. These provide opportunities for people with similar issues to communicate with each other and to provide support and advice to one another freely.

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1. The explicit set of basic assumptions that gives structure to the understanding and investigation of an area is called a(n) _____.

2. According to the _____ model, physical processes are the cause of all human behavior.

3. According to psychoanalytic theory, the basic part of the personality focused on instinctual needs is the _____.

4. The superego can also be called the _____.

5. Ramon tries not to do bad things (he feels guilty when he does) and to live up to his parents' expectations. According to psychoanalytic theory, he has a well-developed _____.

6. According to psychoanalytic theory, infants are in the _____ stage.

7. According to psychoanalytic theory, adolescents are in the _____ stage.

8. Relationships are the focus of the psychodynamic approach called _____ theory.

9. The patient says whatever comes into her mind in the psychodynamic technique called _____.

10. If a patient changes the subject during psychodynamic therapy, the therapist might interpret it as _____.

11. The underlying symbolic meaning of a dream is its _____ content.

12. When a person describes a dream, he or she is MOST likely describing the _____ content.

13. Learned behaviors are the focus of the _____ approach.

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14. You have a slightly depressed child and decide to treat this condition by responding to the child only when he does or says "happy" things. Your response to the child is a(n) _____, according to the behavioral model.

15. According to the behavioral model, learning through observation is called _____.

16. Learning without direct reinforcement but by watching others is part of the behavioral approach. It is called _____.

17. Two-year-old Carol watches a cooking show on television and then goes into the kitchen to "bake a cake." This is an example of _____.

18. If a friend bites into a grapefruit in front of you, you are likely to salivate. The sight of the grapefruit is a(n) _____.

19. The MOST common technique used by behavioral therapists to treat phobias is _____.

20. Self-confidence is similar to the concept of _____ in Bandura's behavioral approach.

21. The _____ model focuses on the processes and content of thinking.

22. Challenging a client's inaccurate assumption is a specific feature of _____ therapy.

23. Albert Ellis believes that abnormal behavior stems from a set of _____ that people find disturbing and are often inaccurate.

24. "People get depressed because they have depressing thoughts." This statement is consistent with the _____ model.

25. The role of values and free choice is the central focus of the _____ model.

26. According to Rogers's humanistic approach, children need _____ to later self-actualize.

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27. Rogers's humanistic approach to therapy involves the use of support and acceptance for everything that the client says. This is called _____.

28. Living an authentic life is a goal of _____ therapy.

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Answer Key

1. paradigm or model
2. biological
3. id
4. conscience
5. superego
6. oral
7. genital
8. object relations
9. free association
10. resistance
11. latent
12. manifest
13. behavioral
14. reward
15. modeling
16. modeling
17. modeling
18. conditioned stimulus
19. systematic desensitization
20. self-efficacy
21. cognitive
22. cognitive
23. assumptions and attitudes
24. cognitive
25. humanistic-existential
26. unconditional positive regard
27. unconditional positive regard
28. existential

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1. In science, the perspectives used to explain phenomena are known as:
   A) facts.
   B) theories.
   C) paradigms.
   D) hypotheses.

2. The model or paradigm an investigator uses influences:
   A) the symptoms of a particular disorder.
   B) the treatment that is most effective for a disorder.
   C) the questions and observations the investigator uses.
   D) the culture in which the disorder is found.

3. The paradigm or model adopted by people in the Middle Ages to explain abnormal behavior would have been:
   A) sociocultural.
   B) biological.
   C) cognitive.
   D) demonological.

4. The model of abnormality that cites physical processes as being the key to behavior is the:
   A) biological model.
   B) sociocultural model.
   C) psychodynamic model.
   D) humanistic-existential model.

5. The model of abnormality that examines the effects of society and culture is the:
   A) behavioral model.
   B) sociocultural model.
   C) psychodynamic model.
   D) humanistic-existential model.

6. The model of abnormality that focuses on unconscious internal processes and conflicts in behavior is the:
   A) cognitive model.
   B) behavioral model.
   C) sociocultural model.
   D) psychodynamic model.

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7. "Understanding a person's unconscious processes is critical in explaining abnormality." Which model of abnormality does this quote MOST closely represent?
   A) behavioral
   B) psychodynamic
   C) cognitive
   D) humanistic-existential

8. The model of abnormality that focuses on learning is the:
   A) behavioral model.
   B) sociocultural model.
   C) psychodynamic model.
   D) humanistic-existential model.

9. The model of abnormality that concentrates on thinking is the:
   A) cognitive model.
   B) behavioral model.
   C) sociocultural model.
   D) psychodynamic model.

10. "Abnormal behaviors—indeed, all behaviors—are acquired through learning." Which model of abnormality does this quote MOST closely represent?
   A) behavioral
   B) psychodynamic
   C) cognitive
   D) humanistic-existential

11. The model of abnormality that focuses on the role of values and choices in behavior is the:
   A) cognitive model.
   B) sociocultural model.
   C) psychodynamic model.
   D) humanistic-existential model.

12. Imagine that you subscribe to the sociocultural model of abnormality. Which would be a part of your paradigm?
   A) the humanistic-existential model
   B) the family-social perspective
   C) the cognitive model
   D) the psychodynamic model

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13. One who believes that the multicultural perspective is the correct way to think about abnormality comes from which of the following paradigms?
    A) sociocultural
    B) biocultural
    C) psychocultural
    D) cognitive-cultural

14. Huntington's disease, which has psychological as well as physical aspects, results from loss of cells in the:
    A) corpus callosum.
    B) basal ganglia.
    C) hippocampus.
    D) amygdala.

15. Messages moving from neuron to neuron must cross tiny spaces called:
    A) dendrites.
    B) axons.
    C) neurotransmitters.
    D) synapses.

16. Depression has been linked to which neurotransmitter abnormality?
    A) low activity of GABA
    B) absence of dopamine
    C) low activity of serotonin
    D) excessive activity of norepinephrine

17. Abnormal chemical activity in the body's endocrine system relates to the release of:
    A) hormones.
    B) neurotransmitters.
    C) neurons.
    D) genes.

18. Identifying which genes help cause various human disorders rests with the ability to:
    A) clone individuals.
    B) map or sequence genes.
    C) insert RNA into genes.
    D) control mutations.

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19. One who takes an evolutionary perspective on abnormal behavior would MOST likely agree that:
    A) genome mapping is a waste of time.
    B) the evolution of adaptive and maladaptive behavior is fundamentally different.
    C) at one time what is now often seen as abnormal helped us survive.
    D) people can inherit physical but not mental capacities.

20. Critics of the evolutionary perspective of abnormal behavior cite all of the following EXCEPT:
    A) It is difficult to research this perspective.
    B) The perspective is overly precise.
    C) It requires leaps of faith to believe in this perspective.
    D) The perspective rests on an interaction of genes and environment.

21. Current research suggests that schizophrenia may be related to:
    A) bacterial infections at the time of puberty.
    B) a resistance to antibiotics.
    C) viral infection in utero.
    D) hormonal imbalances.

22. An important factor to consider in using drugs for the treatment of abnormality would be that:
    A) some people do not benefit from drug treatments.
    B) drugs cannot be combined with other forms of treatment.
    C) drugs are not very effective in the treatment of psychological disorders.
    D) drugs should not be used unless surgery has been unsuccessful.

23. Electroconvulsive therapy (ECT) is used MOST often in the treatment of:
    A) schizophrenia.
    B) anxiety disorders.
    C) depression.
    D) bipolar disorder.

24. Determinists assume that abnormal behaviors:
    A) are not related to past experiences.
    B) are not accidental.
    C) are solely the result of physiology.
    D) are entirely due to unconscious conflicts.

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25. According to psychoanalysis, which statement is true of psychological conflicts?
    A) They are always sexual in nature.
    B) They are tied to experiences early in life.
    C) They are only a problem when they reach consciousness.
    D) They are unconscious, and therefore not a factor in conscious experience.

26. Freud believed that the three central forces that shape the personality were the:
    A) instincts, the ego, and the self.
    B) biological forces, culture, and learning.
    C) consciousness, unconsciousness, and instincts.
    D) instinctual needs, rational thinking, and moral standards.

27. The _____ operates in accord with the pleasure principle.
    A) id
    B) superego
    C) erogenous zone
    D) ego

28. Barney's mother is taking cookies out of the oven. Which statement would suggest most strongly that the id is firmly in control of Barney's behavior?
    A) Barney grabs some of the cookies and runs.
    B) Barney wants the cookies desperately but asks his mother for a couple.
    C) Barney waits for several hours until after dinner to ask his mother for a cookie.
    D) Barney asks for some cookies in a whiney voice and, when he is denied, throws a tantrum.

29. Freud believed that the source of energy that fuels the id is:
    A) a defense mechanism.
    B) the libido.
    C) termed consciousness.
    D) learned.

30. According to Freud, a woman's pleasure from nursing her baby is reflected in which part of the personality?
    A) id
    B) ego
    C) superego
    D) ego ideal

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31. Infants tend to do things that feel good. This is in accord with what Freud called:
    A) basic instincts.
    B) the pleasure principle.
    C) primary process thought.
    D) secondary process thought.

32. What is libido?
    A) a primary defense mechanism
    B) the source of pleasure
    C) the sexual energy of the id
    D) the sum of the id's instinctual needs

33. The part of the personality that guides us to know when we can and cannot express our impulses is the:
    A) id.
    B) ego.
    C) superego.
    D) libido.

34. According to Freud's psychodynamic theory, the part of the personality that is the conscience is the:
    A) id.
    B) ego.
    C) superego.
    D) ego ideal.

35. What we would call "conscience" is MOST like what Freud would call the:
    A) defense mechanism.
    B) superego.
    C) ego.
    D) erogenous zone.

36. A man has cheated on his wife and he feels very guilty, but soon he begins to make excuses, saying how his wife has nagged him for years. The defense mechanism that BEST explains his behavior is:
    A) rationalization.
    B) denial.
    C) regression.
    D) projection.

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37. A patient's initial reaction to being told she has a sexually transmitted diesease is to insist that the nurse made a mistake with the test. The defense mechanism that BEST explains this behavior is:
    A) regression.
    B) sublimation.
    C) denial.
    D) rationalization.

38. You blame your poor performance on a test that you didn't study for on all the other work you had to do. The defense mechanism that BEST explains your behavior is:
    A) denial.
    B) rationalization.
    C) intellectualization.
    D) sublimation.

39. According to Freud's psychodynamic theory, ineffective interaction of the id, ego, and superego can lead to entrapment at a developmental level. This is called:
    A) fixation.
    B) neurosis.
    C) repression.
    D) displacement.

40. According to Freud's psychodynamic theory, at birth the child is in the:
    A) oral stage.
    B) anal stage.
    C) phallic stage.
    D) latency stage.

41. A general term used for psychological theories such as Freud's and Jung's is:
    A) psychiatric.
    B) biological.
    C) psychodynamic.
    D) psychophysical.

42. The motivation to form relationships with others is a central theme of:
    A) ego theory.
    B) self theory.
    C) psychoanalytic theory.
    D) object relations theory.

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43. The role of the unified personality is a central theme of:
    A) ego theory.
    B) self theory.
    C) psychoanalytic theory.
    D) object relations theory.

44. Which model is MOST likely to suggest using free association to uncover unconscious processes?
    A) psychodynamic
    B) cognitive
    C) humanistic-existential
    D) behavioral

45. Colin is asked to "free associate" about his mother's new husband, and he responds by changing the subject. A psychodynamic therapist would consider this an example of:
    A) catharsis.
    B) resistance.
    C) transference.
    D) countertransference.

46. Which model is MOST likely to predict that transference will occur during therapy?
    A) psychodynamic
    B) cognitive
    C) humanistic-existential
    D) behavioral

47. Which model is MOST likely to use terms such as *resistance* and *transference*?
    A) psychodynamic
    B) behavioral
    C) humanist-existential
    D) sociocultural

48. According to psychoanalytic theory, which of the following is true about dreams?
    A) They are without real importance.
    B) They reflect our unconscious desires and needs.
    C) They are a means of reprocessing information necessary for survival.
    D) They are the brain's attempts to understand abnormal electrical activity.

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49. According to Freud, another term for the symbolic meaning of dreams is:
    A) positive transference.
    B) negative transference.
    C) manifest content.
    D) latent content.

50. According to psychoanalysts, if a patient relives past repressed feelings, that patient is said to have experienced:
    A) repression.
    B) transference.
    C) resistance.
    D) catharsis.

51. Teresa has been told that her course of therapy is likely to take a year or more because it involves the reshaping of her personality and that takes many sessions. Her therapy is MOST likely:
    A) client-centered therapy.
    B) psychodynamic therapy.
    C) cognitive-behavioral therapy.
    D) existential-humanistic therapy.

52. A patient participates in weekly therapy for several years, gradually becoming aware of the impact of early life events on present functioning. The form of psychotherapy the patient is receiving is called:
    A) cognitive therapy.
    B) drug therapy
    C) psychodynamic therapy.
    D) behavior therapy.

53. If a patient chooses a dynamic focus for therapy, the patient would MOST likely be receiving:
    A) relational psychoanalytic therapy.
    B) traditional psychoanalysis.
    C) extended psychoanalytic therapy.
    D) short-term psychodynamic therapy.

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54. Which of the following dreams is the MOST common?
    A) being a child again
    B) flying in the air
    C) being on the verge of falling
    D) being chased or pursued

55. Evidence in support of the psychodynamic model has come primarily from:
    A) lab-based human experimentation.
    B) experiments carried out in "real-world" settings.
    C) surveys.
    D) case studies.

56. Evidence of the effectiveness of psychodynamic therapy:
    A) is mostly based on the results of large-scale surveys.
    B) comes from pharmaceutical companies.
    C) comes from double-blind experiments.
    D) is mostly limited to case studies.

57. Evidence that supports the effectiveness of psychodynamic therapies has come from:
    A) longitudinal experimental studies.
    B) individual case studies.
    C) controlled correlational studies.
    D) double-blind controlled experiments.

58. Psychological theories focused on learned responses to the environment are usually described as:
    A) psychoanalytic.
    B) behavioral.
    C) sociocultural.
    D) psychodynamic.

59. When a young child yells and throws toys ("temper tantrum"), the parents give the child a good deal of attention. As time goes on, the temper tantrums become more and more common. A behavioral psychologist would say that the temper tantrums result from:
    A) unresolved intrapsychic conflict.
    B) operant conditioning.
    C) unconditional positive regard.
    D) neurotransmitter imbalances.

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60. The only time that Timmy gets attention is when he misbehaves in a bizarre way. As a result, his abnormal behavior increases in frequency. This is an example of:
    A) systematic desensitization.
    B) modeling.
    C) operant conditioning.
    D) classical conditioning.

61. Animals and humans learn without reinforcement. They learn just by observing others. This form of learning is called:
    A) shaping.
    B) modeling.
    C) operant conditioning.
    D) classical conditioning.

62. Jamal observed his parents' generous behavior throughout his childhood. As a result, he developed a positive and generous attitude toward the world. According to the behavioral model, Jamal has acquired his lifestyle through the process of:
    A) modeling.
    B) self-actualization.
    C) operant conditioning.
    D) classical conditioning.

63. Which model is MOST likely to emphasize the importance of one's history of conditioning as the source of depression?
    A) psychodynamic
    B) behavioral
    C) humanist-existential
    D) sociocultural

64. Which model emphasizes the importance of conditioning in determining human actions?
    A) psychodynamic
    B) cognitive
    C) humanist-existential
    D) behavioral

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65. "When I was young, I met a large dog. I wasn't afraid of the dog, but as I tried to pet it, the dog snarled and jumped at me. I have been afraid of dogs ever since." A therapist who assumes that this sentence describes a phobia acquired from classical conditioning MOST likely favors which model of abnormality?
    A) humanistic-existential
    B) behavioral
    C) cognitive
    D) psychodynamic

66. A child is bitten by a vicious dog in front of a park. The child is later very afraid of the park. According to classical conditioning, the park is a(n):
    A) conditioned stimulus.
    B) unconditioned stimulus.
    C) unconditioned response.
    D) conditioned response.

67. A previously neutral environmental event that becomes associated with the unconditioned stimulus is called a(n):
    A) learned stimulus.
    B) conditioned stimulus.
    C) unconditioned stimulus.
    D) discriminative stimulus.

68. If you imagine biting into a big, juicy, sour lemon, you are likely to salivate. The lemon is an example of a(n):
    A) conditioned stimulus.
    B) conditioned response.
    C) unconditioned stimulus.
    D) unconditioned response.

69. If you close your eyes and imagine biting into a big, sour lemon, you are likely to salivate. Salivating to this imagery is an example of a(n):
    A) conditioned stimulus.
    B) conditioned response.
    C) unconditioned stimulus.
    D) unconditioned response.

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70. The first step in using the treatment called "systematic desensitization" is to:
    A) construct a fear hierarchy.
    B) construct a list of useful reinforcers.
    C) confront the client with the feared stimulus or thought.
    D) teach the skill of relaxation over the course of several sessions.

71. Systematic desensitization has been shown to be especially effective in the treatment of:
    A) bipolar disorders.
    B) schizophrenia.
    C) phobias.
    D) substance abuse disorders.

72. A client in a totally relaxed state vividly imagines formerly anxiety-arousing situations without feeling any lingering anxiety. MOST likely, that client has just completed what type of therapy?
    A) Freudian psychoanalysis
    B) family systems
    C) systematic desensitization
    D) cognitive therapy

73. Behavior therapy:
    A) can be tested in the lab.
    B) cannot explain the origin of abnormal behavior.
    C) does not have associated therapeutic techniques.
    D) is not based on research.

74. Today, _____ clinical psychology is the MOST popular theoretical orientation among professional psychologists.
    A) behavioral
    B) psychodynamic
    C) cognitive
    D) interpersonal

75. If you believe that you can master and perform needed behaviors whenever necessary, Bandura would say that you had a positive sense of:
    A) overgeneralization.
    B) classical conditioning.
    C) self-efficacy.
    D) modeling.

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76. "Thoughts, as well as overt behaviors, are acquired and modified by various forms of conditioning." The orientation of the author of this quote is MOST likely:
    A) cognitive-behavioral.
    B) humanistic-existential.
    C) psychodynamic-Gestalt.
    D) self-efficacious.

77. An athlete who is in fact well prepared nevertheless thinks just before a contest, "I can't do this! I need to be perfect, and I know I'm going to fail!" The theorist who would focus on the athlete's illogical thinking process as a key factor in his subsequent poor performance MOST likely would support which model of abnormality?
    A) psychodynamic
    B) behavioral
    C) existential
    D) cognitive

78. Henry goes into a fit of depression and self-abuse when anyone criticizes or expresses disapproval. Much of what he does is for the purpose of getting people to like him. Cognitive theorists would say that Henry's depression results in large part from:
    A) modeling.
    B) self-efficacy.
    C) illogical thinking.
    D) unconscious feelings of loss.

79. When José did not get a job for which he applied, he was sure that everything was going wrong, that his life was completely off track. This thought is an example of:
    A) depression.
    B) selective perception.
    C) overgeneralization.
    D) unconditional negative regard.

80. The form of therapy that helps clients recognize errors in logic and to try out new interpretations of events is:
    A) psychodynamic.
    B) behavioral.
    C) cognitive.
    D) humanistic.

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81. If a patient is being guided to challenge irrational thinking and to try out new interpretations, the patient is MOST likely being treated by a follower of:
    A) Beck.
    B) Freud.
    C) Bandura.
    D) Wolpe.

82. If you are being encouraged to see the link between the way you interpret your experiences and the way you feel and to question the accuracy of your interpretations, you are probably receiving:
    A) humanistic therapy.
    B) behavioral therapy.
    C) cognitive therapy.
    D) psychoanalytic therapy.

83. The so-called new wave of cognitive therapy differs from traditional cognitive therapy in that it emphasizes:
    A) challenging irrational cognitions.
    B) accepting problematic thoughts.
    C) working to change unacceptable thoughts.
    D) researching the effectiveness of the therapy.

84. In mindfulness-based therapy techniques, you would be MOST likely to find clients:
    A) focusing on setting goals for the future.
    B) letting their thoughts flow, without judgment.
    C) rejecting thoughts that are not rational.
    D) trying to figure out the source of their troublesome thoughts.

85. The main concern with the various forms of cybertherapy that are currently being used is:
    A) high expense to clients.
    B) the quality of the treatment.
    C) technological issues with the use of computers.
    D) the availability of the services.

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86. Which one of the following forms of therapy would you NOT currently expect to find in cybertherapy?
    A) use of avatars
    B) use of e-mail therapy
    C) use of Skype therapy
    D) use of tweet therapy

87. "When we try to establish how abnormality develops, we need to consider how individuals deal with the meaning of life and with the value they find in living." A psychologist from which background would agree MOST strongly with this statement?
    A) cognitive-behavioral
    B) humanistic-existential
    C) psychodynamic
    D) cognitive

88. According to _____, the self-actualization motive plays an important part in human functioning.
    A) cognitive theorists
    B) behaviorists
    C) psychoanalysts
    D) humanists

89. A therapist who believes people often hide from their responsibilities, and therefore often feel alienated, depressed, and inauthentic—empty—would MOST likely be:
    A) humanistic.
    B) existential.
    C) psychodynamic.
    D) cognitive.

90. The model that proposes that humans strive to self-actualize is the _____ model.
    A) psychodynamic
    B) cognitive
    C) humanistic-existential
    D) behavioral

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91. Humanists would say that an individual who cares about others, is spontaneous, courageous, and independent is:
    A) authentic.
    B) self-actualizing.
    C) role-playing.
    D) experiencing catharsis.

92. "Humans are born with freedom yet do not 'naturally' strive to reach their full growth potential." The psychologist who would MOST closely agree with this statement would be:
    A) behavioral.
    B) humanistic.
    C) existential.
    D) psychodynamic.

93. In the 1960s and 1970s, the social upheaval and soul searching in Western society gave rise to which of the following approaches to therapy?
    A) psychodynamic
    B) humanistic and existential
    C) behavioral
    D) cognitive

94. Which theory has its roots in the philosophical idea that people give meaning to their existence through their actions?
    A) humanistic
    B) existential
    C) cognitive
    D) behavioral

95. If you recognize your worth as a person, Carl Rogers would say that you have developed:
    A) spontaneity.
    B) unconditional self-regard.
    C) unconditional positive regard.
    D) conditions of worth.

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96. The term for the form of psychotherapy pioneered by Carl Rogers is:
    A) client-centered.
    B) insight.
    C) gestalt.
    D) existential.

97. A therapist listens carefully to a client's words and then attempts to show accurate empathy and genuineness. The hope is that the client will self-examine with acceptance and honesty. MOST likely, the therapist is:
    A) behavioral.
    B) cognitive-behavioral.
    C) psychodynamic.
    D) humanistic.

98. If a client-centered therapist were treating a very anxious woman, the therapist would try to:
    A) point out her misconceptions.
    B) give insightful interpretations of her statements.
    C) identify the client's unreasonable ideas and feelings.
    D) show unconditional positive regard for her statements.

99. "That's all right. You are doing your best, don't worry. I am here for you." A therapist who would say this as a primary part of the therapy process would MOST probably be following the _____ tradition.
    A) cognitive
    B) humanistic
    C) psychodynamic
    D) rational emotive

100. Gestalt therapy is similar to mindfulness techniques in its emphasis on:
    A) using *I* language.
    B) focusing on the here and now.
    C) role-playing.
    D) frustrating the client.

101. Which would be MOST likely to use skillful frustration as a part of therapy?
    A) Fritz Perls
    B) Joseph Wolpe
    C) Abraham Maslow
    D) Karen Horney

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102. Therapists who often deliberately frustrate and challenge their clients, and who often use role-playing and a "here and now" orientation, are:
A) gestalt.
B) neo-Freudian.
C) cognitive-behavioral.
D) humanistic.

103. The view that religious views are defense mechanisms created by people to make life tolerable is MOST characteristic of:
A) current thinking in the mental health profession.
B) classic Freudian psychotherapy.
C) conclusions drawn by research scientists.
D) the way in which the mental health profession is moving.

104. Research on the relationship between religious beliefs and psychological health shows that people:
A) without any religious belief are the healthiest.
B) who are devout and see God as caring and helpful are the healthiest.
C) who are devout and see God as cold and unresponsive are the healthiest.
D) who are not religious cope better with life stressors like war and illness.

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

106. With its emphasis on abstract human values and responsibility, the humanistic-existential model does all of the following EXCEPT:
A) resonate with many people who are eager to explore these issues.
B) support the ideas of positive psychology.
C) emphasize health.
D) lend itself easily to research.

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107. The model of abnormality that pays particular attention to a client's family structure, societal norms, and a client's roles in society is:
A) existential.
B) cognitive-behavioral.
C) sociocultural.
D) humanistic.

108. Which model of abnormality would focus on factors such as norms, family structure, and support systems, in particular?
A) behavioral
B) cognitive-behavioral
C) gestalt
D) sociocultural

109. David Rosenhan sent "pseudopatients" to a mental hospital, where they pretended to be disturbed. The results led him to conclude that _____ greatly impacts mental illness.
A) the symptoms being mimicked
B) the community mental health system
C) labeling persons as mentally ill
D) communication between patients and therapists

110. If someone is isolated and lacks social support or intimacy in his or her life, that person is more likely to _____ than someone who has social support and intimacy.
A) become depressed when under stress
B) become depressed even when not under stress
C) become depressed but recover more quickly
D) be a carrier of depression to later generations

111. Research would lead you to believe that students who have the MOST Facebook friends have:
A) an average number of real friends.
B) only surface relationships with their real friends.
C) many real friends and good relationships with them.
D) the fewest real friends, because it is easier for them to connect online.

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112. According to family systems theory, families that show "disengagement" are characterized by:
A) members who are overinvolved in one another's lives.
B) parents who have a laissez-faire parenting style.
C) children who very seldom fight.
D) rigid boundaries between family members.

113. If a mother seems excessively involved in her child's life such that the two do not seem to be independent people, their relationship is said to be:
A) externalized.
B) dichotomous.
C) enmeshed.
D) engaged.

114. Which phrase would one be MOST likely to hear in a self-help group?
A) "I don't have any idea what you should do."
B) "The therapist will tell us what to do."
C) "Try this. It worked for me."
D) "Let's talk about our dreams."

115. If a therapist advised you to pay attention to how you were communicating with family members and to change harmful patterns, the therapist would MOST likely to be practicing:
A) structural family therapy.
B) conjoint family therapy.
C) feminist therapy.
D) self-help therapy.

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

117. A primary focus of the community treatment approach to abnormality is:
A) using drugs along with psychotherapy.
B) prevention.
C) homeostasis.
D) rejecting all conventional forms of explaining abnormality.

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118. Providing treatment as soon as it is needed so problems that are moderate or worse do not become long-term is called:
    A) primary prevention.
    B) secondary prevention.
    C) tertiary prevention.
    D) quaternary prevention.

119. That many people with severe disturbances are not being treated appropriately is MOST often a problem with which level of prevention?
    A) primary
    B) secondary
    C) tertiary
    D) meta

120. Regarding the finding that there are more seriously disturbed people among those who are poor, a multicultural theorist would focus on the way in which:
    A) personal responsibility is related to dysfunction.
    B) irrational thoughts contribute to one's feelings.
    C) poverty is a stressor that contributes to dysfunction.
    D) early life experiences shape one's later behavior.

121. Current multicultural perspectives are MOST likely to focus on:
    A) similarities among all cultures.
    B) the cultural deprivation that is characteristic of some groups.
    C) the limitations of a focus on ethnicity.
    D) the special external pressures faced by members of a culture.

122. Multicultural theorists would explain the higher levels of mental illness among poor people as MOST likely due to:
    A) genetic make-up.
    B) social factors leading to stress.
    C) irrational patterns of thinking.
    D) fixation at a lower level of ego functioning.

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123. In explaining why women are diagnosed with anxiety disorders and depression twice as often as men, multicultural therapists would focus on:
    A) the biological differences between men and women.
    B) the different patterns of communication displayed by men and women.
    C) prejudice and discrimination faced by women.
    D) the level of rationality in the thought patterns of women.

124. A feminist therapist would MOST likely focus on:
    A) a woman's personal responsibility for her own situation.
    B) the role that biology plays in psychological functioning.
    C) how prejudice and discrimination impact women.
    D) the ways in which women express their femininity.

125. Which statement is NOT an appropriate criticism of the sociocultural model?
    A) Just because there is a relationship between culture and a particular disorder does not mean that culture causes the disorder.
    B) It might be that the disorder causes dysfunction in the family rather than the dysfunctional family causing the disorder.
    C) Cultural factors might create a climate favorable for the development of certain disorders.
    D) It's hard to predict which people who share the same culture will develop a particular disorder.

126. Which statement is the BEST example of the biopsychosocial perspective?
    A) There is one legitimate approach to understanding mental disorders.
    B) Abnormality is best explained by sociocultural stresses a person experiences.
    C) Eclectic approaches fail to take interactions of various models into account.
    D) Abnormality results from the interaction of genetic, emotional, and cultural influences.

127. The diathesis-stress model of abnormality emphasizes that:
    A) stress is the primary factor leading to abnormality.
    B) a biological predisposition is the primary factor leading to abnormality.
    C) abnormality arises from an interaction between predisposition and stress.
    D) only one factor—stress or predisposition—is necessary for abnormality to occur.

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128. Which is NOT an example of diathesis in the diathesis-stress explanation of abnormality?
A) a genetic history of mental illness in one's family
B) growing up in an unhealthy, enmeshed family
C) experiencing a severe psychological trauma
D) living in a high-crime, impoverished area

129. Messages are transmitted through the neuron's _____ into the synapse and to the dendrites of the other neurons.
A) glia
B) axon
C) nerve ending
D) dendrites

130. Professor Jenson is explaining to his class that mental disorders are sometimes related to abnormal hormonal activity in the _____ system of the body.
A) endocrine
B) neurotransmission
C) chromosomal
D) central nervous

131. Abnormal levels of _____ have been related to anxiety as well as mood disorders.
A) norepinephrine
B) serotonin
C) cortisol
D) hormones

132. This theoretical perspective is rather controversial in the study of abnormal psychology and has been rejected by many theorists because it is difficult to test.
A) biological
B) behavioral
C) cognitive
D) evolutionary

133. Stacey suffers from schizophrenia and often times has hallucinations and delusions. Which of the following psychotropic drugs would likely help her?
A) antianxiety drugs
B) antidepressant drugs
C) antibipolar drugs
D) antipsychotic drugs

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134. Those with _____ are more likely to use nutraceuticals than those suffering from other psychological problems.
    A) depression
    B) anxiety
    C) phobias
    D) schizophrenia

135. Which of the following is NOT a reason why a person suffering from depression would take nutraceuticals?
    A) They are not helped by conventional treatments.
    B) They can easily afford conventional treatments.
    C) They developed major side effects to antidepressant drugs.
    D) They prefer more natural treatments.

136. Which of the following is NOT true regarding nutraceuticals?
    A) They are assumed to be safe unless the FDA can prove them harmful.
    B) They can be potent and even interact dangerously with conventional medications.
    C) Many patients are reluctant to discuss their use of supplements with their therapists or physicians.
    D) They are bound by the same legal requirements as conventional medications.

137. Who is more likely to consume nutraceuticals?
    A) Abigail, a 62-year-old Hispanic women with moderate income
    B) Judith, a 60-year-old while women with high income
    C) Sean, a 40-year-old African American man with low income.
    D) Justin, a 25-year-old African American man with moderate income.

138. Even though the psychodynamic theory was extremely popular in the time of Freud, today only _____ of clinical psychologists adhere to this theoretical perspective.
    A) 3%
    B) 10%
    C) 18%
    D) 31%

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139. According to this perspective, some people may make assumptions and adopt attitudes that are disturbing and inaccurate.
    A) psychodynamic
    B) biological
    C) behavioral
    D) cognitive

140. Which of the following is NOT a recognized form of cybertherapy?
    A) computer software therapy programs
    B) e-mail therapy
    C) visual e-therapy
    D) e-gaming therapy

141. This form of therapy has users interact with avatars.
    A) computer software therapy programs
    B) e-mail therapy
    C) visual e-therapy
    D) digital therapy app

142. Dr. Cunningham has developed a Web site with helpful tips for how to assess and deal with depression and anxiety. The Web site has an option where visitors can electronically contact Dr. Cunningham specific questions related to their psychological problems. Dr. Cunningham makes sure to respond electronically within a 24-hour period and is as thorough as possible. What form of therapy is she implementing?
    A) computer software therapy programs
    B) e-mail therapy
    C) visual e-therapy
    D) e-chat therapy

143. This form of therapy guides clients toward self-recognition and self-acceptance by challenging and sometimes frustrating their clients.
    A) acceptance and commitment
    B) existential
    C) cognitive
    D) gestalt

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144. Some techniques for challenging and frustrating clients used in _____ therapy include skillful frustration, role playing, and employing numerous rules and exercises.
A) acceptance and commitment
B) existential
C) cognitive
D) gestalt

145. Dr. Stacey believes that all abnormal behavior cannot be understood without considering the broad forces that influence the individual. Which of the following views does she likely adhere to?
A) psychodynamic
B) sociocultural
C) cognitive
D) behavioral

146. This model is composed of both the family-social perspective as well as the multicultural perspective.
A) psychodynamic
B) sociocultural
C) cognitive
D) behavioral

147. These types of therapists try to help family members recognize and change harmful patterns of communication.
A) structural family therapist
B) marital therapist
C) conjoint family therapist
D) client-centered therapist

148. _____ prevention consists of efforts to improve community attitudes and policies.
A) Primary
B) Secondary
C) Tertiary
D) Two-fold

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149. _____ prevention consists of identifying and treating psychological disorders in the early stages, before they become serious.
A) Primary
B) Secondary
C) Tertiary
D) Two-fold

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Answer Key

1. C
2. C
3. D
4. A
5. B
6. D
7. B
8. A
9. A
10. A
11. D
12. B
13. A
14. B
15. D
16. C
17. A
18. B
19. C
20. B
21. C
22. A
23. C
24. B
25. B
26. D
27. A
28. A
29. B
30. A
31. B
32. C
33. B
34. C
35. B
36. A
37. C
38. B
39. A
40. A
41. C
42. D
43. B
44. A

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45. B
46. A
47. A
48. B
49. D
50. D
51. B
52. C
53. D
54. D
55. D
56. D
57. B
58. B
59. B
60. C
61. B
62. A
63. B
64. D
65. B
66. A
67. B
68. C
69. B
70. D
71. C
72. C
73. A
74. C
75. C
76. A
77. D
78. C
79. C
80. C
81. A
82. C
83. B
84. B
85. B
86. D
87. B
88. D
89. B
90. C

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91. B
92. C
93. B
94. B
95. B
96. A
97. D
98. D
99. B
100. B
101. A
102. A
103. B
104. B
105. D
106. D
107. C
108. D
109. C
110. A
111. C
112. D
113. C
114. C
115. B
116. D
117. B
118. C
119. C
120. C
121. D
122. B
123. C
124. C
125. C
126. D
127. C
128. C
129. C
130. A
131. C
132. D
133. D
134. A
135. B
136. D

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137. B
138. C
139. D
140. D
141. A
142. B
143. D
144. D
145. B
146. B
147. C
148. A
149. B

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1. In science, the perspectives used to explain phenomena are known as:
   A) paradigms.
   B) organizers.
   C) categories.
   D) denominations.

2. Huntington's disease has been traced to a loss of cells in the:
   A) hippocampus.
   B) basal ganglia.
   C) hypothalamus.
   D) forebrain.

3. Depression has been linked to low activity of the neurotransmitters _____ and _____.
   A) dopamine; endorphin
   B) GABA; EDTA
   C) serotonin; norepinephrine
   D) cortisol; MDMA

4. _____ are chemicals released into the bloodstream.
   A) Genes
   B) Synapses
   C) Neurotransmitters
   D) Hormones

5. Which is an INACCURATE statement about the role of genes in abnormal behavior?
   A) Genes probably play no part in mental disorders.
   B) The Human Genome Project, completed in 2000, helped identify relationships between various genes and mental disorders.
   C) Each human cell contains about 30,000 genes, some of which may contribute to mental disorders.
   D) In most cases, several genes combine to help produce dysfunctional behavior.

6. Which is NOT one of the three types of biological treatments used today?
   A) drug therapy
   B) insulin coma
   C) psychosurgery
   D) electroconvulsive therapy

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7. The oldest and most famous of the modern psychological models is the _____ model.
   A) behavioral
   B) eclectic
   C) cognitive
   D) psychodynamic

8. Which model of abnormality rests on the deterministic assumption that no symptom or behavior is "accidental" and that all behavior is determined by past experiences?
   A) the psychodynamic model
   B) the cognitive model
   C) the sociocultural model
   D) the feminist model

9. According to Freud, the id operates in accordance with the _____ principle.
   A) morality
   B) reality
   C) pleasure
   D) constriction

10. _____ theorists believe that people are motivated mainly by a need to have relationships with others and that severe problems in the relationships between children and their caregivers may lead to abnormal development.
   A) Ego
   B) Self
   C) Behavioral
   D) Object relations

11. According to psychodynamic theorists, when people behave with their therapist the way they interacted with their parents, they are demonstrating:
   A) resistance.
   B) catharsis.
   C) transference.
   D) fixation.

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12. Which contemporary psychodynamic approach holds that therapists are key figures in the lives of patients—figures whose reactions and beliefs should be included in the therapy?
    A) gestalt psychodynamic therapy
    B) short-term psychodynamic therapy
    C) object relations therapy
    D) relational psychoanalytic therapy

13. In which of the paradigms of abnormal psychology is the role of the therapist thought to be that of a teacher?
    A) the biological model
    B) the existential model
    C) the multicultural model
    D) the behavioral model

14. The example of a young boy developing a fear of sand because there is a sandbox in the yard where a dog barks and lunges demonstrates a principle of:
    A) operant conditioning.
    B) modeling.
    C) classical conditioning.
    D) transference learning.

15. Cognitive therapists guide clients to challenge their own dysfunctional:
    A) dreams.
    B) behaviors.
    C) thoughts.
    D) unconscious motivations.

16. According to Carl Rogers, a child who did not receive unconditional positive regard in early life is likely to acquire:
    A) schizophrenia.
    B) conditions of worth.
    C) self-actualization.
    D) phobias.

17. Gestalt therapy was developed by:
    A) Carl Rogers.
    B) Sigmund Freud.
    C) Albert Bandura.
    D) Frederick (Fritz) Perls.

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18. What is the main difference between group therapy and a self-help group?
    A) Group therapy is less expensive than a self-help group because the members have a set time and place where they are going to meet.
    B) In group therapy there is a trained therapist who leads the interaction, while a self-help group is conducted by people who share a similar problem without the help of a professional clinician.
    C) Group therapy must be conducted by a person who shares the same problem as the group members, while a self-help group is run by a therapist who has no involvement in the problem that the other group members face.
    D) Self-help groups provide far more confidentiality to the group members than a group therapy situation.

19. The basic premise of family therapy is:
    A) the entire family is viewed as the unit of treatment, even if only one of the members receives a clinical diagnosis.
    B) each of the family members must be diagnosed if an insurance company is to pay for the treatment.
    C) it is far easier to bring about change in family therapy as the therapist can side with the parents and convince the child of the need to fix his or her own problem.
    D) parents are usually the problem, and the therapist can only prove that point with them in the therapy room.

20. Which group is more likely to remain in therapy the longest?
    A) American Indians
    B) Asian Americans
    C) Hispanic Americans
    D) White Americans

21. The brain is made up of 100 billion _____.
    A) dendrites
    B) neurotransmitters
    C) neurons
    D) glia

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22. The understanding that psychological disorders are associated with problematic transmission of messages between neurons would be supported by which of the following paradigms?
    A) existential
    B) biological
    C) cognitive
    D) psychodynamic

23. Dr. Saunders is practicing short-term psychodynamic therapy with his clients. The unique aspect of this therapy is:
    A) the view that patients must experience catharsis.
    B) the process of working through issues.
    C) a dynamic focus on the patients' problems.
    D) the therapist taking on the role of teacher.

24. This rather new form of therapy helps clients to accept many of their problematic thoughts rather than trying to change them.
    A) Acceptance and Commitment Therapy
    B) mindfulness-based therapy
    C) cybertherapy
    D) psychodynamic therapy

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Answer Key

1. A
2. B
3. C
4. D
5. A
6. B
7. D
8. A
9. C
10. D
11. C
12. D
13. D
14. C
15. C
16. B
17. D
18. B
19. A
20. D
21. C
22. B
23. C
24. A

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1. Which is NOT a current major model of mental abnormality?
   A) biological
   B) sociocultural
   C) demonological
   D) behavioral

2. The _____ help(s) to regulate emotions and memory.
   A) basal ganglia
   B) hippocampus
   C) corpus callosum
   D) thalamus

3. Which is NOT part of the cerebrum?
   A) hypothalamus
   B) hippocampus
   C) amygdala
   D) corpus callosum

4. The tiny space between the nerve ending of one neuron and the dendrite of the other is the:
   A) receptor.
   B) nucleus.
   C) synapse.
   D) transmitter.

5. Some research has suggested that _____ has been linked to exposure to certain viruses during childhood or before birth.
   A) bipolar disorder
   B) dissociative identity disorder
   C) schizophrenia
   D) depression

6. Psychotropic medications were developed in the _____ and since then have greatly changed the outlook for a number of mental disorders.
   A) 1930s
   B) 1950s
   C) 1970s
   D) 1990s

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7. According to Freud, the _____ is the psychological force that represents a person's conscience.
   A) id
   B) libido
   C) superego
   D) ego

8. According to Freud, _____ is a condition in which the id, ego, and superego do not mature properly and remain at an early stage of development.
   A) fixation
   B) overcompensation
   C) sublimation
   D) displacement

9. According to the psychodynamic model, someone who refuses to fully participate in therapy is said to be demonstrating:
   A) repression.
   B) regression.
   C) resistance.
   D) reaction formation.

10. Behavioral therapists base their explanations and treatments of mental abnormality on principles of:
   A) relationships.
   B) ego development.
   C) dream analysis.
   D) learning.

11. A behavioral treatment in which clients with phobias gradually learn to react calmly instead of with intense fear of objects they dread is known as:
   A) self-actualization.
   B) flooding.
   C) systematic desensitization.
   D) catharsis.

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12. Albert Bandura argued that to feel happy and function effectively, people must develop a positive sense of:
    A) ego.
    B) self-efficacy.
    C) self-actualization.
    D) transference.

13. According to Aaron Beck's cognitive theory, one illogical thought process regularly found in depression is _____, the drawing of broad negative conclusions on the basis of a single insignificant event.
    A) dichotomous thinking
    B) catastrophizing
    C) selective abstraction
    D) overgeneralization

14. Cybertherapy raises concerns about all of the following EXCEPT:
    A) legal obligations to pay for services.
    B) lack of training.
    C) quality of care.
    D) confidentiality.

15. According to _____, human beings are driven to self-actualize, or to fulfill their natural potential for goodness and growth.
    A) humanists
    B) existentialists
    C) gestalt theory
    D) socioevolutionary theory

16. _____ therapy suggests that people have two options with their lives—to face up to our own "being" and to give meanings to our lives or to shrink and hide from that responsibility.
    A) Humanistic
    B) Existential
    C) Gestalt
    D) Client-centered

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17. One of the main differences between group therapy and a self-help group is the presence in group therapy of:
    A) more than one person.
    B) more than one therapist.
    C) a professional therapist.
    D) people who are related by marriage or other familial connection.

18. Which is the type of prevention that seeks to provide effective treatment as soon as it is needed so that moderate or severe disorders do not become long-term problems?
    A) primary prevention
    B) secondary prevention
    C) tertiary prevention
    D) florid prevention

19. When transmitting messages between neurons, an impulse is first received by a neuron's _____.
    A) glia
    B) axon
    C) nerve ending
    D) dendrites

20. Each cell in the human body and brain contains how many pairs of chromosomes?
    A) 12
    B) 18
    C) 23
    D) 46

21. Dr. Schmidt is giving a lecture on abnormal behavior and states “Genes that are linked to the development of mental disorders are genetic variations that should be expected.” He is more than likely in agreement with which of the following theoretical perspectives?
    A) psychodynamic
    B) behavioral
    C) cognitive
    D) evolutionary

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22. The theoretical orientation that is most widely used by today's clinical psychologists is:
    A) psychodynamic.
    B) eclectic.
    C) cognitive.
    D) behavioral.

23. Dr. Johnson is a clinical psychologists and often uses Skype or a webcam to provide services to his clients. What type of therapy is he using?
    A) computer software therapy programs
    B) e-mail therapy
    C) visual e-therapy
    D) digital therapy app

24. In _____ therapy, people are encouraged to accept responsibility for the lives and for their problems.
    A) mindfulness
    B) existential
    C) psychodynamic
    D) behavioral

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Answer Key

1. C
2. B
3. A
4. C
5. C
6. B
7. C
8. A
9. C
10. D
11. C
12. B
13. D
14. A
15. A
16. B
17. C
18. C
19. D
20. C
21. D
22. C
23. C
24. B

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