

Name: _____ Date: _____

1. When a person is driven to perform repetitive behaviors in a particular sequence or pattern, he or she is said to be experiencing a(n):
 - A) obsession.
 - B) compulsion.
 - C) delusion.
 - D) hallucination.

2. In the disorder called dissociative identity disorder, the “alters,” or distinct personalities:
 - A) can be of different ages and gender.
 - B) are typically all the same age.
 - C) are typically all the same gender.
 - D) may all be present simultaneously.

3. The term _____ refers to the scientific study of the origins, symptoms, and development of psychological disorders.
 - A) sociopathology
 - B) psychopathology
 - C) biosocial developmental pathology
 - D) comorbidity pathology

4. As long as the psychiatric nurse remains very quiet, he can move Robin's arms and legs and gently shift her from standing to sitting. Once she has been moved, Robin remains in the new pose until someone moves her again. This particular symptom of schizophrenia is called _____ and is very _____.
 - A) waxy flexibility; rare
 - B) alogia; common
 - C) waxy flexibility; common
 - D) flat affect; rare

5. Compared to a typical episode of major depression, the manic and depressive symptoms of an episode of bipolar disorder tend to:
 - A) last for a much longer period of time.
 - B) last for a much shorter period of time.
 - C) recur every couple of months.
 - D) be more intense in women than in men.

6. Every year in the United States, approximately 500,000 people require emergency room treatment as a result of attempted suicide.
 - A) True
 - B) False

7. Research has indicated that older fathers—age 45 or older—produce offspring with a greater risk of developing schizophrenia.
 - A) True
 - B) False

8. According to the findings of the National Comorbidity Study Replication (NCS-R), most people with the symptoms of a mental disorder (59 percent) received no treatment during the last year.
 - A) True
 - B) False

9. A person with cyclothymic disorder experiences moderate and frequent mood swings for two years or longer that are not severe enough to qualify as bipolar disorder or major depression.
 - A) True
 - B) False

10. According to the information presented in the Critical Thinking box on smoking and psychological disorders, people who smoke a pack of cigarettes or more a day have a 50 percent chance of experiencing major depression, while nonsmokers have about a 17 percent chance.
 - A) True
 - B) False

11. Which of the following statements is TRUE?
 - A) Psychopathology has a low degree of comorbidity, which means that people diagnosed with one mental disorder are very unlikely to be diagnosed with another one.
 - B) Of the different categories of people portrayed on television shows, people with psychological disorders are the most stigmatized.
 - C) As a group, people who have been diagnosed with a mental illness have the highest rate of violent behavior in the United States.
 - D) Hearing voices when no one is present is always a symptom of a serious mental disorder.

12. DSM-IV-TR:
- A) describes the symptoms and diagnostic guidelines for more than 300 specific psychological disorders.
 - B) is a widely used psychological test that measures a person's level of psychological distress.
 - C) is an annual publication of the World Health Organization that contains mortality and suicide statistics associated with different mental disorders.
 - D) explains what psychological disorders are, what causes them, and how to cure them.
13. Body dysmorphic disorder and hypochondriasis are both examples of _____ disorders.
- A) personality
 - B) impulse-control
 - C) somatoform
 - D) sexual and gender identity
14. Generalized anxiety disorder is characterized by:
- A) sudden, intense, and short-lived bouts of anxiety.
 - B) panic attacks that occur frequently and unexpectedly.
 - C) recurring mental images of a specific traumatic incident.
 - D) ongoing, global, and persistent anxiety.
15. Agoraphobia is a type of specific phobia characterized by the intense fear of:
- A) open spaces.
 - B) having a panic attack in a situation in which the person would be unable to escape or get help.
 - C) being embarrassed, judged, or critically evaluated.
 - D) embarrassing, offending, or insulting other people because of personal factors, such as smell, facial expressions, or body language.
16. Although he has never told anyone about the thoughts, Russ is often troubled by vivid and gory mental images of cutting and stabbing the person with whom he is talking. Although he tries to suppress the thoughts, they keep coming back to him. Russ's symptoms are an example of:
- A) *taijin kyofusho*.
 - B) PTSD.
 - C) obsessions.
 - D) compulsions.

17. A person who feels driven to perform repetitive behaviors in a particular sequence or pattern in order to reduce anxiety is said to be experiencing:
- A) dissociative fugue.
 - B) an obsession.
 - C) a compulsion.
 - D) a delusion of being controlled.
18. In the months following her graduation from college, Amber has grappled with feelings of hopelessness, worthlessness, and despair. In the last several weeks, these feelings have intensified, and Amber has withdrawn from all interaction with her friends and family. Based on this short description, it would appear that Amber is:
- A) experiencing major depression.
 - B) on the verge of a schizophrenic episode.
 - C) experiencing the classic symptoms of posttraumatic stress disorder.
 - D) experiencing a type of dissociative fugue.
19. Which of the following statements is TRUE?
- A) The majority of people who experience an episode of major depression will never experience another episode of major depression.
 - B) Most people who experience major depression seek professional help to deal with the symptoms.
 - C) Even without treatment, the symptoms of major depression usually disappear within two to four weeks.
 - D) When major depression recurs, the symptoms tend to increase in severity.
20. _____ is a medication that is commonly used to help control the symptoms of bipolar disorder.
- A) Lithium
 - B) Thorazine
 - C) Glutamate
 - D) Haldol
21. One theory of borderline personality disorder (BPD) is that some children are born with a biologically sensitive temperament that makes them more vulnerable to develop the disorder, especially when they are raised by caregivers who do not teach them how to control their impulsiveness or help them learn how to understand, regulate, and appropriately express their emotions. This theory is called:
- A) the biosocial developmental theory of BPD.
 - B) the catastrophic cognitions theory of BPD.
 - C) the triple vulnerabilities model of BPD.
 - D) the genetic predisposition model of BPD.

22. According to one explanation, dissociative identity disorder:
- A) occurs in response to abnormal brain levels of dopamine.
 - B) represents a way to cope with extreme abuse or trauma that occurred during childhood.
 - C) is more common among creative artists and writers and represents a form of pathological creativity.
 - D) is the result of abnormal brain structures, such as enlarged ventricles or overall lower brain volume of gray matter tissue.
23. The most common _____ symptom that occurs in schizophrenia is _____.
- A) negative; waxy flexibility
 - B) positive; alogia
 - C) negative; flat affect
 - D) positive; avolition
24. About _____ of people who experience an initial episode of schizophrenia will develop a chronic, ongoing form of the disease that severely impairs their ability to function.
- A) one-tenth
 - B) one-quarter
 - C) one-half
 - D) two-thirds
25. Compared to the spring months, during the winter months the number of suicides in the United States:
- A) doubles.
 - B) triples.
 - C) quadruples.
 - D) is at its lowest rate.
26. Because he thought that the word *patient* implied that the person entering therapy was sick and needed to be *cured* by an authority figure, Carl Rogers preferred to use the word *client* to refer to the person seeking therapy.
- A) True
 - B) False
27. Both Albert Ellis and Aaron Beck were originally trained as psychoanalysts.
- A) True
 - B) False

28. A neurostimulator, surgically implanted in the chest and connected to electrodes in the brain via wires under the skin, sends electrical signals to the brain of a severely depressed individual. This new experimental treatment, which does not involve seizures, is called deep brain stimulation (DBS).
- A) True
 - B) False
29. The therapy technique called systematic desensitization was developed by Mary Cover Jones and is an application of operant conditioning.
- A) True
 - B) False
30. Virtual reality therapy is a form of exposure therapy in which watching realistic videos of frightening scenes over and over again eventually extinguishes the fear response in phobic individuals.
- A) True
 - B) False
31. Which of the following therapies is NOT based upon the principles of classical conditioning?
- A) the token economy
 - B) systematic desensitization
 - C) aversive conditioning
 - D) counterconditioning
32. As part of her treatment for an eating disorder, Anne's psychologist designs a treatment program that involves monitoring Anne's thoughts about food and her weight and recording her eating behavior and weight-control techniques. In addition, her therapist develops a behavior modification program that is designed to reward appropriate eating behavior and discourage inappropriate behaviors. Which therapy is Anne's psychologist using?
- A) rational-emotive therapy (RET)
 - B) cognitive-behavioral therapy (CBT)
 - C) virtual reality (VR) therapy
 - D) eye movement desensitization reprocessing (EMDR) therapy

33. In contrast to insight-oriented therapies, behavior therapy focuses on:
- A) trying to modify and overhaul the person's entire personality.
 - B) developing an understanding of the unconscious conflicts that are causing the emotional, behavioral, and interpersonal difficulties.
 - C) understanding how the dynamics of past relationships and feelings of inferiority have produced the current difficulties.
 - D) unlearning maladaptive behaviors and acquiring more adaptive behaviors in their place.
34. Matt has been diagnosed with generalized anxiety disorder. His physician thinks that long-term treatment of Matt's global and persistent feelings of anxiety is necessary. Which of the following antianxiety medications would be considered most appropriate for the long-term treatment of chronic anxiety?
- A) Librium
 - B) Xanax
 - C) Valium
 - D) Buspar
35. As pointed out in the Science Versus Pseudoscience box, "EMDR: Can You Wave Your Fears Away?" the case of EMDR highlights an ongoing problem in contemporary psychotherapy. What is that problem?
- A) It is difficult for new psychotherapy approaches to gain acceptance, even when they are extremely effective in relieving the symptoms of psychological disorders.
 - B) Meta-analysis is not an acceptable way of evaluating the effectiveness of psychotherapy techniques.
 - C) New untested psychotherapy techniques are developed, advertised, and marketed before controlled scientific studies of their effectiveness have been conducted.
 - D) There is currently no universally accepted standard for effectiveness that can be applied to a revolutionary new psychotherapy technique, such as EMDR.
36. In her therapy practice, Dr. Castellanos regularly uses the techniques of free association, dream interpretation, transference, resistance, and interpretation. Dr. Castellanos has been trained in:
- A) humanistic therapy.
 - B) psychoanalytic therapy.
 - C) behavioral therapy.
 - D) cognitive therapy.

37. The three essential components of client-centered therapy are:
- A) transference, interpretation, and resistance.
 - B) catharsis, dream interpretation, and insight.
 - C) reinforcers, consequences, and tokens.
 - D) genuineness, unconditional positive regard, and empathic understanding.
38. Melinda wishes to overcome her extreme shyness. Melinda's therapist helps her design a program in which Melinda records every instance of shy behavior, sets specific goals for acting in a more outgoing fashion in particular situations, and rewards herself when she is successful. Melinda's therapist is probably practicing a form of:
- A) humanistic therapy.
 - B) psychoanalytic therapy.
 - C) behavior therapy.
 - D) cognitive therapy.
39. Which of the following therapy techniques are based upon the early research of Mary Cover Jones?
- A) empathic listening and genuineness
 - B) counterconditioning and systematic desensitization
 - C) free association, interpretation, and resistance
 - D) group therapy and family therapy
40. To help Woody conquer his fear of driving, Dr. Furlong develops a treatment plan that includes shaping, positive reinforcement, systematic desensitization, and challenging Woody's irrational beliefs. Dr. Furlong is probably practicing which form of psychotherapy?
- A) virtual reality (VR) therapy
 - B) short-term dynamic therapy (STDT)
 - C) cognitive-behavioral therapy (CBT)
 - D) interpersonal therapy (IPT)
41. One advantage that group therapy has over individual therapy is that:
- A) group therapy can be conducted by non-professionals and untrained group members.
 - B) group members receive helpful feedback and support from one another.
 - C) clients are more relaxed in a group than they are in individual therapy.
 - D) group therapy is more effective than individual therapy.

42. What general conclusion can be drawn about the effectiveness of psychotherapy?
- A) Psychotherapy is significantly more effective than no treatment.
 - B) Psychotherapy is about as effective as receiving no treatment.
 - C) Client-centered therapy tends to be much more effective than cognitive or behavior therapies.
 - D) Psychoanalytic therapy is significantly more effective than cognitive or behavior therapies.
43. What were the results of controlled research studies that compared eye movement desensitization Reprocessing (EMDR) with a “sham” or placebo version of EMDR?
- A) EMDR was about twice as effective as the sham EMDR therapy.
 - B) The sham EMDR therapy was more effective for patients with anxiety disorders, but EMDR was more effective for patients with depression.
 - C) The sham EMDR therapy was just as effective as EMDR.
 - D) Patients treated with the sham EMDR therapy improved, but patients treated with EMDR got worse and eventually developed additional psychological symptoms.
44. The term *eclecticism* refers to:
- A) a biomedical treatment for severe depression.
 - B) a type of psychotherapy commonly practiced in Japan.
 - C) a form of psychotherapy that emphasizes interdependence over independence and is common in Latin American cultures.
 - D) the integrated use of techniques from different psychotherapy approaches.
45. Of the following cultural values, which is LEAST likely to be shared by a psychotherapy client who is a member of a collectivistic culture?
- A) an emphasis on the client's individual goals, choices, and self-reliance
 - B) stressing the importance of group achievements over individual achievements
 - C) valuing emotional restraint over emotional expression
 - D) emphasizing the importance of consulting with members of the client's extended family about the client's treatment and progress
46. The first effective antipsychotic medications were:
- A) lithium and Buspar.
 - B) Valium and Librium.
 - C) reserpine and chlorpromazine.
 - D) Prozac, Zoloft, and Paxil.

47. Psychotropic medications that have proven effective in treating both the positive and negative symptoms of schizophrenia are called:
- A) classic or typical antipsychotics.
 - B) atypical antipsychotics.
 - C) MAO inhibitors.
 - D) selective serotonin reuptake inhibitors (SSRIs).
48. MAO inhibitors, tricyclics, and SSRIs are all types of:
- A) antipsychotic medications.
 - B) antianxiety medications.
 - C) antidepressant medications.
 - D) bipolar medications.
49. When he goes to graduate school, Darrin would like to do research that might help overcome the trial-and-error nature of prescribing psychotropic medications. He is excited by a new field of study, called _____, that is concerned with how genes influence an individual's response to drugs.
- A) psychopharmacology
 - B) contingency management
 - C) psychoneuroleptics
 - D) pharmacogenetics
50. You are thinking about entering psychotherapy. It is reasonable for you to expect that your therapist will:
- A) share your private thoughts and feelings with other clients and therapists.
 - B) always support your position.
 - C) make your decisions for you.
 - D) challenge how you think and act.