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**Abnormal Psychology**  
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1. The most effective antianxiety medications are called
  - A. neuroleptics.
  - B. amphetamines.
  - C. benzodiazepines.
  - D. narcotics.
2. In Dr. Tobin's case report on Barbara Wilder, it was noted that initially Barbara's panic attack started in particular situations but later they were triggered by any situation outside her apartment. According to a behavioral theorist, her most recent panic attacks could be explained by the phenomenon of
  - A. response blocking.
  - B. extinction.
  - C. spontaneous recovery.
  - D. stimulus generalization.
3. The tendency individuals with phobias to misconstrue stimuli as menacing or dangerous would be of most interest to \_\_\_\_\_ theorists.
  - A. psychodynamic
  - B. cognitive-behavioral
  - C. humanistic
  - D. psychoanalytic
4. Recent research indicates that traumatic people with a predisposition to exaggerated startle responses in the form of rapid, frequent eye blinks and increased skin conductance may be more likely to develop
  - A. social phobia.
  - B. generalized anxiety disorder.
  - C. post-traumatic stress disorder.
  - D. agoraphobia.
5. The normal uneasiness or dislike brought on by situations or specific objects that is experienced by the average individual is referred to as a(n)
  - A. phobia.
  - B. aversion.
  - C. obsession.
  - D. compulsion.
6. Graduated imaginal exposure is to systematic desensitization as graduated live exposure is to the \_\_\_\_\_ method.
  - A. imaginal sensitization
  - B. graded conditioning
  - C. graded *in vivo*
  - D. flooding *in vivo*
7. Who developed the notion that phobic symptoms serve to defend the ego against anxiety?
  - A. John Watson
  - B. Carl Jung
  - C. Abraham Maslow
  - D. Sigmund Freud

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8. The behavioral technique in which the individual is immersed through imagination into a feared situation is referred to as
- A. in vivo flooding.
  - B. systematic desensitization.
  - C. imaginal flooding.
  - D. *in vivo* desensitization.
9. Ned was involved in an accident in which he unintentionally ran over a person who was thrown from her vehicle into the oncoming traffic lane. After a month of intense feelings of fear, horror, and amnesia regarding the event, Ned seems to have recovered from the trauma. It is likely that Ned would be diagnosed as having
- A. generalized anxiety disorder.
  - B. post-traumatic stress disorder, delayed onset.
  - C. post-traumatic stress disorder, chronic.
  - D. acute stress disorder.
10. Biological theories regarding phobias state that they are caused by
- A. faulty assumptions regarding one's skills and abilities.
  - B. fear responses that are classically and operantly conditioned.
  - C. anxiety produced by instinctually driven urges and unconscious wishes.
  - D. a biological preparedness to fear things that threaten survival.
11. In the video segment on the textbook CD entitled "Post-traumatic Stress Disorder," Carl's recollections of war scenes while bowling is an example of:
- A. Flashbacks.
  - B. Delusions.
  - C. Obsessions.
  - D. Compulsions.
12. Which phobia involves intense anxiety in situations where others might be observing a person's behavior?
- A. hydrophobia
  - B. specific phobia
  - C. agoraphobia
  - D. social phobia
13. In the video segment on the textbook CD entitled "Obsessive-Compulsive Disorder," Leslie's report that she has an uncontrollable urge to pick at her scabs is an example of a(n):
- A. Hallucination.
  - B. Compulsion.
  - C. Obsession.
  - D. Delusion.

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14. Dolores is so intimidated by the possibility of having a panic attack that she stays home the majority of the time. If she does go out, she insists that one of her friends accompanies her in case she has a panic attack. In addition to having panic disorder, Dolores might also be described as being
- A. social phobic.
  - B. agoraphobic.
  - C. claustrophobic.
  - D. arachnophobic.
15. An urge or drive toward action that leads to the performance of repetitive, ritualistic behaviors is called a(n)
- A. habit.
  - B. obsession.
  - C. compulsion.
  - D. delusion.
16. In the video segment on the textbook CD entitled "Agoraphobia," what bothers Annie the most about her condition?
- A. Fear of losing control.
  - B. Inability to get close to others.
  - C. Flashbacks of painful memories.
  - D. Disturbing compulsions.
17. In order for medications such as Xanax (alprazolam) and Valium (diazepam) to be effective in treating panic disorder, they must be administered over at least a \_\_\_\_\_ period.
- A. two-week
  - B. six-month
  - C. three-day
  - D. two-year
18. As you are walking back to your dorm on a dark night, down an isolated walkway, you suddenly hear footsteps behind you approaching fast. Which neurotransmitter is likely to be activated?
- A. dopamine
  - B. norepinephrine
  - C. GABA
  - D. lactate
19. Which of the following is a common compulsion?
- A. thinking about leaving the iron plugged in
  - B. ruminating about the number of people who touched a door handle
  - C. washing in response to thoughts of contamination
  - D. thinking about being buried alive
20. Taijin Kyofusho, a condition observed in Japan where an individual fears offending others by their appearance, is considered to be a form of
- A. social phobia.
  - B. agoraphobia.
  - C. panic disorder.
  - D. acute stress disorder.

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21. Supportive therapy and stress management to help the PTSD client contain the pain of the trauma are referred to as \_\_\_\_\_ techniques.
- A. covering
  - B. uncovering
  - C. projective
  - D. analytic
22. Mark has been taking Xanax to treat his panic disorder for about one month. He is very despondent because he has not noticed any change and he is now asking his psychiatrist to put him on some other medication. What might the problem be?
- A. Xanax is ineffective in treating individuals who suffer from panic disorder.
  - B. Mark's panic disorder is caused by psychological factors—not biological ones.
  - C. In order for medications like Xanax to be effective, they must be taken over a six-month period.
  - D. Mark's psychiatrist has misprescribed Xanax—he would be better off taking an antidepressant.
23. A woman who suffers from periods of intense fear and discomfort in which she feels overwhelmed and terrified by a range of bodily sensations may be diagnosed as having
- A. panic disorder.
  - B. generalized anxiety disorder.
  - C. obsessive-compulsive disorder.
  - D. obsessive-compulsive personality disorder.
24. Since the symptoms of most phobias are easy to identify, most can be treated successfully with
- A. psychodynamic therapies.
  - B. biological therapies.
  - C. behavioral therapies.
  - D. hypnosis.
25. Every time Ann starts getting anxious about speaking in public, she starts thinking things like, "Oh God, I'm going to stutter and then everyone will laugh at me" and "I'll probably trip up and accidentally use a four-letter word while reading my notes." Her therapist has urged her to silently shout "Stop!" to herself when these intrusive thoughts start agitating her. This cognitive technique is known as
- A. response blocking.
  - B. counterthinking.
  - C. thought stopping.
  - D. relaxation training.
26. The transition from personality to personality witnessed in individuals who suffer from dissociative identity disorder is usually
- A. gradual.
  - B. sudden.
  - C. long and drawn out.
  - D. imperceptible.

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27. Dr. Rodriguez is a researcher who studies the link between stress, nervous system functioning, and immunity. Dr. Rodriguez's area of specialty is best known as
- A. psychobiology.
  - B. sociobiology.
  - C. behavioral medicine.
  - D. psychoneuroimmunology.
28. Why is it that people in a fugue state would be unlikely to seek therapy?
- A. They may be unable to recall their own past history and identity.
  - B. They fear that their family would be unable to come to terms with their illness.
  - C. They are afraid that the perpetrators of their childhood abuse may find them and kill them.
  - D. Most people in a fugue state have committed a crime and are fleeing from the law.
29. Munchausen's syndrome is an extreme form of
- A. factitious disorder.
  - B. malingering.
  - C. psychophysiological disorder.
  - D. conversion disorder.
30. Leslie was sexually abused as a child. Soon after she became sexually active in her early 20s, she lost her memory. Medical examination revealed that she had no brain dysfunction, and yet she cannot remember important personal details. Leslie might be diagnosed as having
- A. dissociative amnesia.
  - B. depersonalization disorder.
  - C. dissociative identity disorder.
  - D. dissociative fugue.
31. The out-of-body sensations reported by people that have near-death experiences are similar to those experienced in
- A. multiple personality.
  - B. fugue.
  - C. depersonalization.
  - D. somatization.
32. Approximately 25% of all individuals with pain disorder are also likely to develop
- A. schizophrenia.
  - B. substance abuse/dependence problems.
  - C. agoraphobia.
  - D. obsessive compulsive disorder.
33. In which sleep disorder does the individual recurrently get out of bed and move about while unconscious?
- A. sleep terror disorder
  - B. sleepwalking disorder
  - C. hypersomnia
  - D. sleep-wake schedule disorder

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34. Symptoms of conversion disorder that involve swallowing difficulties or paralysis are referred to as
- A. sensory disturbances.
  - B. motor disturbances.
  - C. physical illness disturbances.
  - D. factitious disturbances.
35. The symptoms of conversion disorder that involve loss of hearing or vision are called
- A. motor disturbances.
  - B. complicating disturbances.
  - C. sensory disturbances.
  - D. cognitive disturbances.
36. Shelly is 15 years old. She is the middle child and often feels neglected by her parents. All of a sudden, she starts refusing to eat, and if pushed to eat she forces herself to throw up. At one point she passed out and later requested that her parents admit her to the hospital. Given that this is not a long-standing pattern, and her behavior seems to be maintained by a need to play a "sick" role, what disorder might she be diagnosed as having?
- A. She has a psychophysiological disorder.
  - B. She is malingering.
  - C. She has anorexia nervosa.
  - D. She has factitious disorder.
37. Which French neurologist felt that even normal individuals could be hypnotized?
- A. Paul Briquet
  - B. Hippolyte Marie Bernheim
  - C. Jean Martin Charcot
  - D. Josef Breuer
38. The study of connections among psychological stress, nervous system functioning, and the immune system is known as
- A. endocrinology.
  - B. behavioral medicine.
  - C. psychoneuroimmunology.
  - D. oncology.
39. Many of the individuals who feign physical disorders to collect insurance money from worker's compensation money would be described as
- A. suffering from conversion.
  - B. having Munchausen's syndrome.
  - C. malingering.
  - D. having a psychophysiological disorder.
40. The first goal in the treatment of dissociative disorders is to
- A. uncover repressed memories.
  - B. bring stability and integration to the client's environment.
  - C. prescribe barbiturates.
  - D. hypnotize the client.

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41. Which of the following disorders might account for a number of missing individuals who have disappeared from their home towns without a trace?
- A. depersonalization disorder
  - B. hypochondriasis
  - C. dissociative amnesia
  - D. dissociative fugue
42. According to Kluft, the classic host personality in individuals who suffer from dissociative identity disorder
- A. expresses forbidden impulses.
  - B. demonstrates child-like tendencies.
  - C. is compulsively good and moralistic.
  - D. expresses anger over past experiences of abuse.
43. The interdisciplinary approach to treating medical illnesses made worse by psychological factors which is rooted in learning theory is referred to as
- A. endocrinology.
  - B. behavioral medicine.
  - C. psychoneuroimmunology.
  - D. oncology.
44. As his family finishes supper, Ryan repeatedly develops diarrhea when it is time to help with the dishes and has to go to the bathroom. This scenario illustrates
- A. intrinsic gains.
  - B. primary gains.
  - C. secondary gains.
  - D. tertiary gains.
45. In contrast to individuals who suffer from conversion disorder, individuals with hypochondriasis do NOT
- A. have la belle indifference.
  - B. seek medical treatment.
  - C. have Briquet's syndrome.
  - D. show symptoms of Munchausen's syndrome.
46. Audrey is preoccupied with the idea that her nose is large and crooked, despite the fact that her friends and family tell her otherwise. In addition, one plastic surgeon she visited refused to perform surgery on her to correct this problem. She is now seeking a second opinion. Audrey might be diagnosed as having
- A. body dysmorphic disorder.
  - B. conversion disorder.
  - C. depersonalization disorder.
  - D. hypochondriasis.
47. As discussing in the text, which of the following is the most substantive criticism regarding reports of childhood abuse as contributing to the development of dissociative identity disorder?
- A. Unfounded claims of alien abduction and satanic rituals.
  - B. The retrospective nature of the reports of abuse.
  - C. The hypnotic suggestibility of clients with dissociative identity disorder.
  - D. The prevalence of false memory syndrome in the general population.

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48. Generalized amnesia is an inability to remember
- A. some, but not all, events that occurred during a specific time period.
  - B. all events that occurred in a specific time period.
  - C. anything from one's past.
  - D. events from a particular date up to the present time.
49. Altering the rewards that sustain an individual's "sick" role would be the primary focus of which type of therapist?
- A. psychoanalytic
  - B. humanistic
  - C. existential
  - D. behavioral
50. Many individuals who suffer from chronic tension headaches have been successfully treated with the behavioral techniques of
- A. free association and dream analysis.
  - B. antidepressants and analgesics.
  - C. biofeedback and relaxation training.
  - D. cognitive restructuring and thought stopping.

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|-------------------------------|-------|
| 1. C                          | 26. B |
| 2. D                          | 27. D |
| 3. B                          | 28. A |
| 4. C                          | 29. A |
| 5. B                          | 30. A |
| 6. C                          | 31. C |
| 7. D                          | 32. B |
| 8. C                          | 33. B |
| 9. D                          | 34. B |
| 10. D                         | 35. C |
| 11. (p. MindMAP Student CD) A | 36. D |
| 12. D                         | 37. B |
| 13. (p. MindMAP Student CD) B | 38. C |
| 14. B                         | 39. C |
| 15. C                         | 40. B |
| 16. (p. MindMAP Student CD) A | 41. D |
| 17. B                         | 42. C |
| 18. B                         | 43. B |
| 19. C                         | 44. B |
| 20. A                         | 45. A |
| 21. A                         | 46. A |
| 22. C                         | 47. B |
| 23. A                         | 48. C |
| 24. C                         | 49. D |
| 25. C                         | 50. C |