

1. **A serious criticism of the _____ model is that the patient becomes a passive recipient of treatment.**
 - a. naturalistic
 - b. humor
 - c. medical
 - d. psychodynamic
 - e. homeostatic

2. **Alice is 15 years old and afraid to speak in class. She fears that anything she says will lead to her enormous embarrassment. Alice might be classified as having**
 - a. mysophobia.
 - b. paranoia.
 - c. obsessive-compulsive disorder.
 - d. a social phobia.
 - e. nosophobia.

3. **The tendency for women to _____ accounts for their increased vulnerability to depression.**
 - a. experience monthly changes in biochemistry
 - b. nutritional distress
 - c. outlive men
 - d. ruminate about their problems
 - e. watch too much national media

4. **The etiology of a mental disorder is another term for its**
 - a. symptoms.
 - b. prevention.
 - c. cure.
 - d. prevalence.
 - e. cause.

5. **After being abused throughout her childhood, Helen has three distinct personalities. One is aggressive, one is sexually promiscuous, and one is very timid. Helen most likely suffers from**
 - a. dissociative identity disorder.
 - b. personality disorder.
 - c. psychogenic amnesia.
 - d. anxiety disorder.
 - e. conversion disorder.

6. **A person who bathes at least 15 times per day is displaying**
- distress.
 - irrationality.
 - unpredictability.
 - observer discomfort.
 - unconventionality.
7. **Someone who is malingering is most likely to**
- have pain without reason.
 - hurt others without remorse.
 - have fluctuating emotions.
 - have an intense fear of being sick.
 - fake an illness.
8. **Active processes such as delusions are referred to as _____ symptoms while _____ symptoms refer to passive processes and deficiencies.**
- undifferentiated; residual
 - right brain; left brain
 - northern; southern
 - primary; secondary
 - positive; negative
9. **The feeling of observing one's own body and having an out-of-body experience is typical of**
- dissociative amnesia.
 - anorexia nervosa.
 - fragmentation.
 - dissociative disorder.
 - somatization.
10. **The term _____ refers to a loss of contact with reality.**
- neurosis
 - psychosis
 - psychopathology
 - somatization
 - paranoia
11. **An obsession is a repetitive _____ whereas a compulsion is a compulsive _____.**
- thought; behavior
 - behavior; thought
 - stressor; action
 - action; stressor
 - situation; fear

12. **Depression is related to reduced brain activity within the**
- right temporal lobe.
 - right parietal lobe.
 - right occipital lobe.
 - left temporal lobe.
 - left frontal lobe.
13. _____ **is a legal term, not a psychiatric or psychological term.**
- Insanity
 - Psychopathology
 - Associative disorder
 - General adaptation syndrome
 - Split personality
14. **Disorganized, catatonic, paranoid, residual and undifferentiated are the five major types of**
- delusions.
 - affective disorders.
 - personality disorders.
 - schizophrenia.
 - bipolar disorder.
15. **An example of _____ is when an adult claims to have an imaginary companion who tells him what to do.**
- unpredictability
 - maladaptiveness
 - observer discomfort
 - irrationality
 - distress
16. **The view that mental problems are caused by physical illness is known as the**
- clinical model.
 - diathesis view.
 - medical model of mental disorder.
 - psychodynamic model.
 - psychotrauma model.
17. **Pyrophobia involves a fear of _____, whereas arachnophobia involves a fear of _____.**
- death; public speaking
 - dogs; death
 - fire; spiders
 - closed spaces; open spaces
 - birds; strangers

18. **A key feature of _____ is an odd motor state in which the individual may remain frozen in a stupor for long periods of time.**
- obsessive-compulsive disorder
 - undifferentiated schizophrenia
 - residual schizophrenia
 - catatonic schizophrenia
 - paranoid schizophrenia
19. **Studies have shown that when medication is properly administered and used in conjunction with behavioral therapy, about _____ of individuals with ADHD may have improvements in attention and show diminished hyperactivity.**
- 50%
 - 60%
 - 70%
 - 80%
 - 90%
20. **Phoebe locks herself in her bedroom and refuses to see her family or go to work. Phoebe is displaying the _____ indicator of abnormality.**
- hallucinations
 - irrationality
 - maladaptiveness
 - observer discomfort
 - unpredictability
21. **Delusions are**
- emotions that fluctuate wildly.
 - emotions that are flattened.
 - false or irrational beliefs.
 - false or imagined sensory perceptions.
 - ritualistic behaviors.
22. **Freud explained conversion disorder as involving the conversion of**
- religious energy into psychological symptoms.
 - unconscious displacement of anxiety into physical symptoms.
 - obsessions into compulsions.
 - stress into panic.
 - physical symptoms into psychological problems.
23. **Which of the following statements is TRUE of schizophrenia?**
- One out of every 100 Americans will become afflicted.
 - It affects about one out of every 1000 Americans.
 - Its first occurrence is usually when the person is about ten years old.
 - Women tend to be diagnosed with schizophrenia at earlier ages than men.
 - Only one of two of schizophrenia patients will fully recover.

24. **The defining feature of _____ is an exaggerated concern about physical health that leads the person to bounce from doctor to doctor.**
- conversion disorder
 - triskaidekaphobia
 - hypochondriasis
 - obsessive-compulsive disorder
 - dissociative fugue
25. **Cross-cultural studies of schizophrenia indicate that**
- rates of schizophrenia are fairly constant across cultures.
 - the incidence of schizophrenia shows variability across cultures.
 - visual hallucinations do not show cultural variability.
 - schizophrenic symptoms are learned behavior.
 - schizophrenia is absent in some cultures.
26. _____ **disorders are most usually indicated by "fragmentation" of the personality.**
- Conversion
 - Psychogenic
 - Affective
 - Dissociative
 - Obsessive-compulsive
27. **Physicians trained in the medical model of mental disorder are most likely to treat their patients by**
- teaching about stress reduction.
 - probing their unconscious.
 - asking about patients' self esteem.
 - exploring the patients' childhood.
 - prescribing medications.
28. **The diathesis-stress hypothesis of schizophrenia states that**
- biological factors put someone at risk of schizophrenia, but environmental stressors are required to convert the potential.
 - when psychic energy builds up, defense mechanisms take over.
 - eating disorders will lead to major depression unless they are treated with cognitive-behavioral techniques.
 - panic attacks can be prevented by limiting anticipatory anxiety.
 - in chaotic environments, body chemistry will change to cause mood disorders.

29. **A person suffering with seasonal affective disorder would be expected to be most depressed when**
- it is nighttime.
 - there is a full moon.
 - they travel to the South.
 - their sleep has been interrupted by noise.
 - it is winter.
30. **Which of the following is true of the DSM-IV-TR?**
- It uses the language of medicine.
 - It contains no diagnosis of "normal."
 - It provides extensive descriptions of syndromes.
 - It is a mixture of science and tradition.
 - All of the above are correct.
31. **Shyness**
- seems to be decreasing in the population.
 - cannot be learned.
 - is not defined as a disorder by the DSM-IV.
 - is discouraged by Internet usage.
 - is experienced by about one-tenth of the American population.
32. **The key symptom of mania is the presence of**
- unwarranted pessimism.
 - an increased need to sleep.
 - alternating periods of extreme elation.
 - SAD.
 - a loss of contact with reality.
33. **The _____ approach to psychological disorders focuses on abnormalities in the brain and nervous system**
- behavioral
 - biopsychology
 - psychodynamic
 - cognitive
 - bioanalytic
34. **The Greek physician _____ declared that abnormal behavior had physical causes.**
- Aristotle
 - Hippocrates
 - Plato
 - Linnaeus
 - Galen

35. **A person who hears nonexistent voices is experiencing**
- obsessions.
 - hallucinations.
 - compulsions.
 - delusions.
 - sensory residuals.
36. **Obsessive-compulsive disorder**
- gets worse with extinction.
 - tends to run in families.
 - is only treated with medication.
 - leads to dissociative disorders.
 - is another term for agoraphobia.
37. **Which of the following is TRUE of compulsions?**
- They can be resisted easily with will-power.
 - They are performed randomly and without rules.
 - They are intended to reduce or prevent discomfort.
 - They are recurring thoughts and images.
 - They are viewed as being rational by sufferers.
38. **The major difference between dissociative identity disorder (DID) and schizophrenia is that**
- schizophrenia is a true split personality.
 - DID is a subclassification of schizophrenia.
 - DID is not a psychotic disorder.
 - schizophrenia is a subclassification of DID.
 - they are two terms for the same problem.
39. **Hallucinations are to delusions as false perception is to _____.**
- false beliefs
 - intense fear
 - mood
 - repeated odd behaviors
 - intrusive thoughts
40. **The cognitive perspective views _____ as key factors in mental disorder.**
- how we perceive and think
 - our unconscious influences
 - our search for self-actualization
 - chemical imbalances
 - learning

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1. c. medical
2. d. a social phobia.
3. d. ruminate about their problems
4. e. cause.
5. a. dissociative identity disorder.
6. e. unconventionality.
7. e. fake an illness.
8. e. positive; negative
9. d. dissociative disorder.
10. b. psychosis
11. a. thought; behavior
12. e. left frontal lobe.
13. a. Insanity
14. d. schizophrenia.
15. d. irrationality
16. c. medical model of mental disorder.
17. c. fire; spiders
18. d. catatonic schizophrenia
19. c. 70%
20. c. maladaptiveness
21. c. false or irrational beliefs.
22. b. unconscious displacement of anxiety into physical symptoms.
23. a. One out of every 100 Americans will become afflicted.

24. c. hypochondriasis
25. b. the incidence of schizophrenia shows variability across cultures.
26. d. Dissociative
27. e. prescribing medications.
28. a. biological factors put someone at risk of schizophrenia, but environmental stressors are required to convert the potential.
29. e. it is winter.
30. e. All of the above are correct.
31. c. is not defined as a disorder by the DSM-IV.
32. c. alternating periods of extreme elation.
33. b. biopsychology
34. b. Hippocrates
35. b. hallucinations.
36. b. tends to run in families.
37. c. They are intended to reduce or prevent discomfort.
38. c. DID is not a psychotic disorder.
39. a. false beliefs
40. a. how we perceive and think