

Name \_\_\_\_\_

If you think a question is worded in a way that makes you unable to display your knowledge of the topic, then do not answer the question and write in what you know.

**MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.**

- 1) Who is affected by abnormal behavior? 1) \_\_\_\_\_  
A) only those who are related to the mentally ill or who work in treating the mentally ill  
B) virtually everyone  
C) only those who are mentally ill themselves  
D) only those who are related to the mentally ill
- 2) The \_\_\_\_\_ model considers abnormal behavior patterns to be symptoms of underlying mental illnesses or disorders. 2) \_\_\_\_\_  
A) medical                      B) applied                      C) behavioral                      D) sociocultural
- 3) Which of the following behaviors is considered abnormal? 3) \_\_\_\_\_  
A) feeling anxious in anticipation of an important job interview  
B) feeling sad about losing a loved one  
C) feeling depressed after failing a test  
D) feeling anxious whenever entering a department store
- 4) In judging whether or not a person's behavior is socially unacceptable or violates social norms, clinicians must take into account \_\_\_\_\_. 4) \_\_\_\_\_  
A) ideas of persecution                      B) subjects' expectations  
C) universal truths                      D) cultural differences
- 5) Which statement is true about the view of homosexuality as abnormal? 5) \_\_\_\_\_  
A) Homosexuality is classified as a mental disorder in the current psychiatric classification system in the United States but not in Europe.  
B) Until the mid 1970s, homosexuality was classified as a mental disorder by the psychiatric profession.  
C) After World War I, homosexuality was not viewed as a mental disorder in the United States but it was in Europe.  
D) Homosexuality is currently classified as a disorder in men but not in women.
- 6) Seeing things and hearing voices that are not present are considered \_\_\_\_\_. 6) \_\_\_\_\_  
A) delusions                      B) compulsions                      C) hallucinations                      D) obsessions

- 7) Alexander believes that aliens from outer space are working together with the CIA in an elaborate plot to brainwash him with secret messages transmitted through static on his television. His beliefs are most likely what psychologists would call \_\_\_\_\_. 7) \_\_\_\_\_  
 A) delusions                      B) compulsions                      C) hallucinations                      D) obsessions
- 8) Helen, who had an intense fear of doing something new in the presence of the number 3 was diagnosed with: 8) \_\_\_\_\_  
 A) agoraphobia    B) simple phobia  
 C) obsessive compulsive disorder                      D) claustrophobia
- 9) The celebrated ancient Greek physician who argued that illnesses of the body and mind resulted from natural causes rather than the wrath of the gods was \_\_\_\_\_. 9) \_\_\_\_\_  
 A) Hippocrates                      B) Demosthenes                      C) Socrates                      D) Aristotle
- 10) During the Middle Ages, the treatment of choice for curing abnormal behavior was \_\_\_\_\_. 10) \_\_\_\_\_  
 A) meditation                      B) exorcism                      C) trephining                      D) bleeding
- 11) The "Malleus Maleficarum" was \_\_\_\_\_. 11) \_\_\_\_\_  
 A) a manual for helping inquisitors identify suspected witches  
 B) the holy ritual used to help priests perform exorcisms  
 C) a medical manual designed to help Renaissance physicians treat abnormal behavior  
 D) the first diagnostic manual that correctly labeled some mental health problems according to their behavioral symptoms
- 12) Most scholars today believe that accusations of witchcraft during the Middle Ages and Renaissance were \_\_\_\_\_. 12) \_\_\_\_\_  
 A) based on misinterpretations of abnormal behaviors resulting from mental illness  
 B) convenient means of disposing of social nuisances and seizing property  
 C) based on valid fears of the unknown  
 D) part of a general trend by the poor to seek revenge against the wealthy by accusing them of crimes which would cause them to be disgraced
- 13) If you were a follower of Phillippe Pinel, you would most likely agree with which of the following statements? 13) \_\_\_\_\_  
 A) The mentally ill will recover more quickly by living in the real world and learning to survive on their own.  
 B) The mentally ill should be incarcerated and chained to prevent them from harming themselves or others.  
 C) The mentally ill should be treated with care, kindness, understanding, and concern.  
 D) The mentally ill should be treated through purging, bloodletting, and ice-cold baths.



- 22) One way scientists control for subjects' expectations in experimental research is by keeping subjects \_\_\_\_\_ 22) \_\_\_\_\_  
 A) aroused B) hypnotized C) deaf D) blind
- 23) One way scientists control for subjects' expectations in experimental research involving medication is by using \_\_\_\_\_. 23) \_\_\_\_\_  
 A) independent variables B) dependent variables  
 C) placebos D) selection factors
- 24) In tests and measurements, the term for the degree to which tests measure what they are intended to measure is \_\_\_\_\_. 24) \_\_\_\_\_  
 A) validity B) congruence C) reliability D) accuracy
- 25) A researcher uses a series of interviews and questionnaires to examine rates of alcoholism among Blacks, Whites, Hispanics, and Native Americans. She finds that some ethnic groups, such as Native Americans, have much higher rates of alcoholism than others. Her study is typical of a(n) \_\_\_\_\_ study. 25) \_\_\_\_\_  
 A) psychometric B) naturalistic observation  
 C) epidemiological D) quasi-experimental
- 26) Each of the following is a difficulty with the case study method of research EXCEPT \_\_\_\_\_. 26) \_\_\_\_\_  
 A) selective questioning or disclosure on the part of the researcher or the subject  
 B) information drawn from case studies usually lacks enough depth and sufficient detail for drawing meaningful conclusions  
 C) case studies lack the rigor of other research designs  
 D) case studies lack effective control groups
- 27) The \_\_\_\_\_ is involved in a range of motivational drives and behaviors, including hunger, thirst, sex, parenting behaviors, and aggression. 27) \_\_\_\_\_  
 A) basal ganglia B) hypothalamus C) thalamus D) cerebellum
- 28) The autonomic nervous system has two branches, the \_\_\_\_\_. 28) \_\_\_\_\_  
 A) sympathetic and parasympathetic B) somatic and sympathetic  
 C) central and peripheral D) somatic and peripheral
- 29) Allen is in his house alone late at night when he hears a loud, frightening noise. His heart begins pounding, his senses sharpen, and his muscles tense up. Allen's reaction is due to the activity of his \_\_\_\_\_ nervous system. 29) \_\_\_\_\_  
 A) somatic B) sympathetic  
 C) central D) parasympathetic
- 30) The visual processing area of the cortex lies in the \_\_\_\_\_ lobe. 30) \_\_\_\_\_  
 A) parietal B) temporal C) frontal D) occipital

- 31) The area of the cortex most involved in memory, speech, language, and the controlling of voluntary muscle response is the \_\_\_\_\_ lobe. 31) \_\_\_\_\_  
 A) frontal                      B) occipital                      C) temporal                      D) parietal
- 32) Psychodynamic theory is based upon the contributions of \_\_\_\_\_. 32) \_\_\_\_\_  
 A) Sigmund Freud                      B) Freidrich Mesmer  
 C) Ivan Pavlov                      D) Carl Rogers
- 33) According to Freud, during the first year of life the \_\_\_\_\_ develops to organize reasonable ways to deal with frustration. 33) \_\_\_\_\_  
 A) alter-ego                      B) superego                      C) counter-id                      D) ego
- 34) According to Freud, the \_\_\_\_\_ is governed by the reality principle. 34) \_\_\_\_\_  
 A) ego                      B) persona                      C) superego                      D) id
- 35) The ego uses defense mechanisms to \_\_\_\_\_. 35) \_\_\_\_\_  
 A) mobilize the body to fight off or run away from an external threat  
 B) prevent socially unacceptable desires from rising into consciousness  
 C) prevent socially unacceptable desires from reaching the unconscious parts of the mind  
 D) prevent the superego from thwarting id desires
- 36) The return, when under stress, to behavior patterns characteristic of an earlier age is called \_\_\_\_\_. 36) \_\_\_\_\_  
 A) regression                      B) displacement  
 C) repression                      D) reaction formation
- 37) Sean is a 38-year-old alcoholic who smokes, overeats, and bites his nails. Freud would most likely say that Sean is fixated in the \_\_\_\_\_ stage of development. 37) \_\_\_\_\_  
 A) anal                      B) oral                      C) phallic                      D) latency
- 38) Recent psychodynamic models of personality place more emphasis on the power of the \_\_\_\_\_ than Freud. 38) \_\_\_\_\_  
 A) superego                      B) ego                      C) death instinct                      D) id
- 39) Each of the following is a criticism of Freud's theory EXCEPT \_\_\_\_\_. 39) \_\_\_\_\_  
 A) he underemphasized the importance of unconscious processes on behavior  
 B) many of his concepts cannot be scientifically proved or disproved  
 C) his views of normal development were formulated on the basis of observing troubled white, middle-class women  
 D) his methods of gathering information from therapy sessions is suspect

- 40) The American psychologist who is known as the "father of behaviorism" is \_\_\_\_\_. 40) \_\_\_\_\_  
A) B. F. Skinner                      B) John B. Watson                      C) Carl Rogers                      D) William James
- 41) A behavior therapist would attribute abnormal behavior to each of the following EXCEPT \_\_\_\_\_ 41) \_\_\_\_\_  
A) conflicts between the id and superego  
B) neglectful or abusive parents  
C) a learning history that is different from the learning histories of most people  
D) inconsistent discipline
- 42) A scientist presents a clicking metronome just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the metronome is clicking, even when no meat is presented. In this study, the meat is the \_\_\_\_\_. 42) \_\_\_\_\_  
A) unconditioned stimulus                      B) unconditioned response  
C) conditioned stimulus                      D) conditioned response
- 43) According to Rogers, parents help children develop self-esteem and actualize themselves when they show them \_\_\_\_\_. 43) \_\_\_\_\_  
A) conditional positive regard                      B) unconditional positive regard  
C) strict rules and discipline                      D) conditions of worth
- 44) Albert Ellis and Aaron Beck are most closely associated with \_\_\_\_\_ psychology. 44) \_\_\_\_\_  
A) cognitive                      B) social learning  
C) humanistic                      D) psychodynamic
- 45) The creator of rational-emotive therapy is \_\_\_\_\_. 45) \_\_\_\_\_  
A) Beck                      B) Ellis                      C) Bandura                      D) Kelly
- 46) Monica goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and faulty cognitions. Monica's therapist is most like \_\_\_\_\_. 46) \_\_\_\_\_  
A) Albert Ellis                      B) Abraham Maslow  
C) Carl Rogers                      D) Carl Jung

- 47) In comparing the correlational method following nurses who took hormone replacement therapy with an experimental clinical trial of hormone replacement therapy where participants were randomly assigned, it was surprisingly found that: 47) \_\_\_\_\_
- A) the correlational method could reveal causation
  - B) that the correlational method and experimental method were equally good at revealing outcome of hormone replacement therapy
  - C) that one method clearly found that the therapy was beneficial while the other method clearly found it harmful
  - D) that neither method could produce clear conclusions
- 48) DSM is published by the \_\_\_\_\_. 48) \_\_\_\_\_
- A) Physicians' Desk Reference
  - B) American Psychiatric Association
  - C) World Health Organization
  - D) American Psychological Association
- 49) Each of the following is a reason it is important to classify abnormal behavior EXCEPT \_\_\_\_\_. 49) \_\_\_\_\_
- A) it allows mental health professionals to label people who engage in unpopular or different behaviors than the majority of a population
  - B) it allows researchers to test the effectiveness of new medical treatments such as drugs
  - C) it helps clinicians predict future behavior
  - D) it helps researchers identify populations with similar patterns of abnormal behavior
- 50) Disorders such as anxiety disorder or schizophrenia are described under \_\_\_\_\_ of the DSM-IV. 50) \_\_\_\_\_
- A) Axis I
  - B) Axis II
  - C) Axis III
  - D) Axis IV
- 51) Which of the following problems would NOT be classified on Axis IV of the DSM-IVTR? 51) \_\_\_\_\_
- A) death of a close friend
  - B) homelessness
  - C) divorce
  - D) asthma
- 52) A disorder affecting males that involves intense fear or anxiety over the loss of semen through nocturnal emissions, ejaculations, or through excretion with urine is called \_\_\_\_\_. 52) \_\_\_\_\_
- A) dhat
  - B) koro
  - C) boufee delirante
  - D) zar
- 53) Each of the following is a criticism of the DSM EXCEPT \_\_\_\_\_. 53) \_\_\_\_\_
- A) that it is based on a medical model of classification
  - B) its focus on categorizing mental disorder rather than describing behavioral strengths and weaknesses
  - C) questions about the validity and reliability of the system
  - D) its designation of specific diagnostic criteria



- 61) Each of the following is a limitation to self-report inventories EXCEPT \_\_\_\_\_. 61) \_\_\_\_\_
- A) they may be limited to relatively high-functioning persons who can read well and respond to verbal material
  - B) they rely on clients as the source of their data
  - C) they tell us little about possible unconscious processes
  - D) they possess low interrater reliability
- 62) An imaging technique that uses a radioactive tracer to measure the functioning of various parts of the brain is \_\_\_\_\_. 62) \_\_\_\_\_
- A) MRI
  - B) a CAT scan
  - C) BEAM
  - D) a PET scan
- 63) Responses to positive expectancies in psychotherapy are termed \_\_\_\_\_. 63) \_\_\_\_\_
- A) specific factors
  - B) response biases
  - C) placebo effects
  - D) response sets
- 64) Freud used psychoanalysis to help clients \_\_\_\_\_. 64) \_\_\_\_\_
- A) find their self-identity
  - B) change behavior
  - C) gain insight
  - D) self-actualize
- 65) Shanequa seeks out a therapist to help her overcome her severe depression. Her therapist asks her to lie down on a couch and say anything that comes to her mind. Her therapist sits in a chair behind her, out of direct view. For the next 50 minutes she lets her mind wander, saying whatever she likes. Her therapist says very little. Her therapist is most like \_\_\_\_\_. 65) \_\_\_\_\_
- A) Aaron Beck
  - B) Albert Ellis
  - C) Sigmund Freud
  - D) Carl Rogers
- 66) Each of the following is true of newer psychodynamic approaches when compared with traditional psychoanalysis EXCEPT \_\_\_\_\_. 66) \_\_\_\_\_
- A) they involve more open and direct exploration of a client's defenses
  - B) they focus more on current relationships
  - C) they are briefer
  - D) they focus more on the role of the id
- 67) Ted goes to a therapist to help overcome his fear of snakes. The therapist has Ted become deeply relaxed through the use of progressive relaxation. Ted is then asked to imagine progressively more anxiety-arousing scenes involving snakes while maintaining a relaxed state. If Ted becomes fearful, the therapist switches Ted back to relaxation until Ted can tolerate the scene and remain fully relaxed. This process is continued until Ted can stay relaxed through even the most distressing scene in the hierarchy. This process is called \_\_\_\_\_. 67) \_\_\_\_\_
- A) systematic desensitization
  - B) flooding
  - C) modeling
  - D) gradual exposure

- 68) Heather seeks out a therapist to help her overcome her severe depression. Her therapist mirrors and reflects her expressed feelings to help her get in touch with deeper feelings and parts of herself she had disowned because of social condemnation. The therapist reflects back her disclosures without judgment or interpretation. Her therapist is most like \_\_\_\_\_. 68) \_\_\_\_\_
- A) Carl Rogers  
B) Albert Ellis  
C) Sigmund Freud  
D) Rollo May
- 69) Shakespeare's quote "There is nothing either good or bad, but thinking makes it so," most closely reflects the views of \_\_\_\_\_ therapists. 69) \_\_\_\_\_
- A) existential  
B) cognitive  
C) psychoanalytic  
D) humanistic
- 70) Results of meta-analyses indicate that \_\_\_\_\_. 70) \_\_\_\_\_
- A) psychotherapies do not appear to work any better than nontreatment placebos  
B) the effectiveness of various psychotherapies may have more to do with the features they share than the specific techniques which set them apart  
C) the effectiveness of various psychotherapies is linked directly to the specific techniques that set them apart from each other  
D) research cannot currently determine whether or not psychotherapy is more effective than no treatment at all

## Answer Key

Testname: 2008FIRSTEXAM

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

## Answer Key

Testname: 2008FIRSTEXAM

- 51) D
- 52) A
- 53) D
- 54) A
- 55) C
- 56) B
- 57) A
- 58) C
- 59) D
- 60) B
- 61) D
- 62) D
- 63) C
- 64) C
- 65) C
- 66) D
- 67) A
- 68) A
- 69) B
- 70) B