



- 8) There is a \_\_\_\_\_ percent overlap in genetic heritage between each parent and his or her offspring. 8) \_\_\_\_\_  
 A) 25                                      B) 50                                      C) 75                                      D) 100
- 9) Attention placebos control for \_\_\_\_\_. 9) \_\_\_\_\_  
 A) neither subjects' nor experimenters' expectations  
 B) subjects' but not experimenters' expectations  
 C) experimenters' but not subjects' expectations  
 D) both subjects' and experimenters' expectations
- 10) A researcher designs a study so that his subjects are observed for several weeks with no treatment. They are then given a treatment for several weeks. This is followed by several more weeks in which the treatment is withdrawn. Finally, the subjects are given a second round of treatments. The effects of the first treatment, the withdrawal of treatment, and the second treatment are measured. This study is typical of a \_\_\_\_\_ design. 10) \_\_\_\_\_  
 A) quasi-experimental                                      B) double-case experimental  
 C) single-case experimental                                      D) case-study
- 11) A German physician who argued that abnormal behavior was rooted in diseases of the brain was \_\_\_\_\_. 11) \_\_\_\_\_  
 A) G. A. Hansen                                      B) Gregor Mendel  
 C) William Griesinger                                      D) Emil Von Tuke
- 12) The basic building blocks of heredity are \_\_\_\_\_. 12) \_\_\_\_\_  
 A) atoms                                      B) cells                                      C) chromosomes                                      D) genes
- 13) A researcher using the epidemiological model would be most likely to use which of the following research techniques? 13) \_\_\_\_\_  
 A) the intuitive approach                                      B) a survey  
 C) a case study                                      D) an experiment
- 14) Torture, starvation, and beatings were among the \_\_\_\_\_. 14) \_\_\_\_\_  
 A) forms of punishment used in the Renaissance by parents on rebellious male teenagers  
 B) methods of persuasions used by exorcists  
 C) threats made to hospitalized mental patients until electroshock therapy was developed  
 D) methods of treatment used in medieval psychotherapy for depression
- 15) Hippocrates diagnoses one of his patients as suffering from an excess of blood. The patient is probably \_\_\_\_\_. 15) \_\_\_\_\_  
 A) lethargic and sluggish                                      B) quick-tempered  
 C) confident and optimistic                                      D) sad and depressed

- 16) Through the middle of the 20th century, deplorable conditions at mental hospitals were \_\_\_\_\_. 16) \_\_\_\_\_  
 A) occasionally found B) very rare  
 C) commonplace D) unheard of
- 17) A person who is lethargic and sluggish, with little or no energy, is said to be \_\_\_\_\_. 17) \_\_\_\_\_  
 A) sanguine B) choleric C) phlegmatic D) melancholic
- 18) Many American state mental hospitals in the 1950s could be described as \_\_\_\_\_. 18) \_\_\_\_\_  
 A) working farms B) no different from regular hospitals  
 C) snakepits D) country clubs
- 19) A human cell normally contains \_\_\_\_\_ pairs of chromosomes. 19) \_\_\_\_\_  
 A) 23 B) 46 C) 69 D) 92
- 20) In a study on alcohol and aggressive behavior, subjects are randomly assigned to one of two groups. One group receives real alcohol while the other group receives tonic water which tastes identical to real alcohol. Although the researchers know which group got the real alcohol, none of the subjects know. This study is designed as a \_\_\_\_\_ study. 20) \_\_\_\_\_  
 A) longitudinal B) correlational C) single-blind D) double-blind
- 21) The man considered to be the "father" of American psychiatry is \_\_\_\_\_. 21) \_\_\_\_\_  
 A) William James B) Benjamin Rush C) William Tuke D) Alfred Adler
- 22) Among Native Americans, hearing the voices of recently deceased loved ones is considered \_\_\_\_\_. 22) \_\_\_\_\_  
 A) normal  
 B) unusual but not abnormal  
 C) a sign of highly developed spiritual and mental powers  
 D) a hallucination due to extreme grief
- 23) Research designs in which subjects are used as their own controls are called \_\_\_\_\_ designs. 23) \_\_\_\_\_  
 A) double-case experimental B) quasi-experimental  
 C) single-case experimental D) correlational
- 24) The most basic defense mechanism is \_\_\_\_\_. 24) \_\_\_\_\_  
 A) denial B) regression C) rationalization D) repression
- 25) The \_\_\_\_\_ is located behind the pons and is involved in balance and motor behavior. 25) \_\_\_\_\_  
 A) reticular activating system B) cerebellum  
 C) medulla D) cerebrum

- 26) Classical conditioning was discovered by \_\_\_\_\_. 26) \_\_\_\_\_  
 A) Bandura                      B) Watson                      C) Pavlov                      D) Skinner
- 27) Freud believed that the child's basic relationship to the world in its first several years of life is organized around obtaining \_\_\_\_\_. 27) \_\_\_\_\_  
 A) intellectual growth                      B) sexual pleasures  
 C) emotional security                      D) a sense of superiority
- 28) Erik Erickson is most closely associated with \_\_\_\_\_. 28) \_\_\_\_\_  
 A) individual psychology                      B) humanistic psychology  
 C) cognitive psychology                      D) ego psychology
- 29) According to Freud, harsh toilet training can lead to \_\_\_\_\_. 29) \_\_\_\_\_  
 A) castration anxiety                      B) anxiety and depression  
 C) anal expulsive traits                      D) anal retentive traits
- 30) Each of the following is a strength or contribution of humanistic psychology EXCEPT \_\_\_\_\_. 30) \_\_\_\_\_  
 A) bringing the concepts of free choice, inherent goodness, responsibility, and authenticity to modern psychology  
 B) the innovation of therapy methods to help people along the pathways to self-acceptance and self-discovery  
 C) a focus on conscious experience  
 D) the formulation of valid and testable concepts and theories
- 31) If a student focuses on one mediocre grade and ignores all of her other grades which are higher, a cognitive therapist would assert that her emotional distress is due to \_\_\_\_\_. 31) \_\_\_\_\_  
 A) overgeneralization                      B) selective abstraction  
 C) magnification                      D) absolutist thinking
- 32) A new hope for the effective treatment of psychological disorders is \_\_\_\_\_. 32) \_\_\_\_\_  
 A) gene therapy                      B) autobiography therapy  
 C) darkness comfort therapy                      D) laser brain surgery
- 33) Phil visits a therapist for treatment of his depression. The therapist tells him that his problems arise from a series of irrational beliefs about himself and about life which he has developed over the years. She says that to overcome the depression, Phil must replace his irrational beliefs with rational self-talk. Phil's therapist is most similar to \_\_\_\_\_ in the way she conceptualizes his problem. 33) \_\_\_\_\_  
 A) Skinner                      B) Sullivan                      C) Ellis                      D) Kelly

- 34) When conflicts between the id and the ego are not resolved smoothly, a person could become \_\_\_\_\_ 34) \_\_\_\_\_  
 A) phobic B) miserly C) brain damaged D) too generous
- 35) Each of the following statements regarding punishment is true EXCEPT \_\_\_\_\_. 35) \_\_\_\_\_  
 A) punishment eliminates undesirable behavior  
 B) people may withdraw from learning situations when punishment is used  
 C) punishment may generate anger and hostility rather than constructive learning  
 D) punishment may become imitated as a means for solving interpersonal problems
- 36) Social-cognitive theorists would attribute a phobia of spiders to \_\_\_\_\_. 36) \_\_\_\_\_  
 A) parental punishment for playing with insects  
 B) oedipal rejection by the mother  
 C) a mother's fear of spiders  
 D) being stung by a spider as a baby
- 37) According to Freud, the sexual energy necessary for all expressions of the major life instinct is called \_\_\_\_\_. 37) \_\_\_\_\_  
 A) libido B) animal magnetism  
 C) thanatos D) eros
- 38) The unconscious ejection of anxiety-evoking ideas from awareness is called \_\_\_\_\_. 38) \_\_\_\_\_  
 A) displacement B) denial C) regression D) repression
- 39) The \_\_\_\_\_ plays a role in functions such as sleep, sneezing, and coughing. 39) \_\_\_\_\_  
 A) pons B) thalamus C) medulla D) cerebellum
- 40) According to Freud, when the id breaks through into consciousness, and controls the personality, \_\_\_\_\_ rules the day. 40) \_\_\_\_\_  
 A) secondary process thinking B) intrinsic instincts  
 C) primary process thinking D) extrinsic instincts
- 41) According to Jung, the collective unconscious contains primitive images, or \_\_\_\_\_, which reflect upon the history of our species. 41) \_\_\_\_\_  
 A) archetypes B) ancestral schemas  
 C) personal constructs D) social constructs
- 42) The personality test designed to help clinicians make diagnostic judgments of personality disorders within the DSM system is the \_\_\_\_\_. 42) \_\_\_\_\_  
 A) BDI B) MCMI C) MMPI D) HSCL

- 43) Researchers at the University of \_\_\_\_\_ are responsible for the development of the MMPI and MMPI-2. 43) \_\_\_\_\_  
 A) Maryland B) Missouri C) Massachusetts D) Minnesota
- 44) Spontaneity and conversational style are the major advantages of the \_\_\_\_\_ interview. 44) \_\_\_\_\_  
 A) structured interview B) semi-structured interview  
 C) superstructured interview D) unstructured interview
- 45) Hillary is asked by her therapist to reproduce nine geometric designs, printed on separate cards, on a sheet of paper. She is then asked to reproduce the designs again from memory. She is taking the \_\_\_\_\_. 45) \_\_\_\_\_  
 A) Halstead-Reitan Neuropsychological Battery  
 B) Goodenough-Harris Drawing Test  
 C) Luria Nebraska Test Battery  
 D) Bender Visual Motor Gestalt Test
- 46) A pregnancy test which mistakenly concludes that a woman is pregnant has resulted in a \_\_\_\_\_. 46) \_\_\_\_\_  
 A) false negative B) true negative C) true positive D) false positive
- 47) In "Panic Disorder: The Case of Jerry," his diagnosis was arrived at by use of which assessment technique? 47) \_\_\_\_\_  
 A) MMPI-2 B) mental status exam  
 C) clinical interview D) Rorschach Inkblot Test
- 48) Knowing who you are, where you are, and the current date are collectively known as \_\_\_\_\_. 48) \_\_\_\_\_  
 A) orientation B) person perception  
 C) contemporary status D) mood
- 49) A list of culture-bound syndromes like dhat and koro were first described in \_\_\_\_\_. 49) \_\_\_\_\_  
 A) Jung's *Collective Unconscious* B) DSM-IV  
 C) Szasz's *Myth of Mental Illness* D) Nevid, Rathus, and Greene's text
- 50) The most widely used multidimensional self-report inventory is the \_\_\_\_\_. 50) \_\_\_\_\_  
 A) SCII B) BDI C) MMPI D) WAIS
- 51) A Wechsler IQ score is based on the relative deviation of a person's score from the norms of the person's \_\_\_\_\_. 51) \_\_\_\_\_  
 A) age group B) ethnic group  
 C) state of residence D) age and gender group
- 52) Test standardization provides \_\_\_\_\_ that compare clients' scores with the average. 52) \_\_\_\_\_  
 A) medians B) stanines C) norms D) means

- 53) Jack dreads blushing in front of others for fear that it will cause them embarrassment. Jack's disorder most closely resembles \_\_\_\_\_. 53) \_\_\_\_\_
- A) TKS  
B) generalized anxiety disorder  
C) social phobia  
D) MPD
- 54) A culture-bound disorder characterized by a violent or aggressive outburst following a period of brooding, which is precipitated by a perceived slight or insult, is called \_\_\_\_\_. 54) \_\_\_\_\_
- A) boufee dilerante  
B) koro  
C) ataque de nervios  
D) amok
- 55) Tiffany takes a self-report test which contains a list of questions, each asking her to decide which of two statements is more true for her. This test is a(n) \_\_\_\_\_ test. 55) \_\_\_\_\_
- A) introjective  
B) objective  
C) subjective  
D) projective
- 56) The development, in therapy, of an effective working relationship in which the therapist and client strive jointly and constructively toward identifying and confronting the important issues and problems the client faces is known as the \_\_\_\_\_. 56) \_\_\_\_\_
- A) working alliance  
B) conjoint response characteristic  
C) therapeutic alliance  
D) reciprocal allegiance
- 57) Alexis seeks out a therapist to help her overcome her severe depression. The therapist suggests that her depression results from a series of cognitive distortions which have affected her self-image. Alexis is asked to do some "homework assignments," recording upsetting events, the thoughts that follow the events, and the feelings resulting from the thoughts. Her therapist also gives her behavioral "homework assignments" to help her structure her time with meaningful activities and counteract the listlessness and apathy characterizing her free time since she became depressed. Her therapist is most like \_\_\_\_\_. 57) \_\_\_\_\_
- A) Abraham Maslow  
B) Margaret Mahler  
C) Carl Rogers  
D) Aaron Beck
- 58) A person using which of the following titles is allowed, in many states, to engage in "therapy" without any specific training or a license? 58) \_\_\_\_\_
- A) a psychiatrist  
B) a psychiatric social worker  
C) a clinical psychologist  
D) a psychotherapist
- 59) Analysts obtain clues to the latent content of dreams through \_\_\_\_\_. 59) \_\_\_\_\_
- A) analysis of defenses  
B) the client's explanation of symbolism  
C) free association  
D) countertransference
- 60) Electroconvulsive therapy is used today to treat \_\_\_\_\_. 60) \_\_\_\_\_
- A) convulsions  
B) autism  
C) depression  
D) schizophrenia



- 69) Differences between monozygotic twins are the results of \_\_\_\_\_. 69) \_\_\_\_\_  
 A) personality differences B) subtle genetic differences  
 C) environmental differences D) significant genetic differences
- 70) By the mid-1950s, the population in American mental hospitals had risen to about \_\_\_\_\_. 70) \_\_\_\_\_  
 A) 250,000 B) 500,000 C) 750,000 D) 1,000,000
- 71) \_\_\_\_\_ theory emphasizes factors such as racial and gender discrimination, poverty, and lack of economic opportunity as causes of abnormal behavior. 71) \_\_\_\_\_  
 A) Sociocultural B) Social learning  
 C) Cognitive D) Structural-functional
- 72) In a study on psychotherapy techniques, subjects are randomly assigned to one of two groups. One group receives a specific type of therapy. The other group receives a credible treatment which has elements common to all therapies but no specific ingredients of the therapy received by the first group. This generic placebo therapy received by the second group is called a(n) \_\_\_\_\_ placebo. 72) \_\_\_\_\_  
 A) inert B) attention C) blind D) response
- 73) In an experiment, the suspected causal variables that are manipulated by the experimenter are known as \_\_\_\_\_. 73) \_\_\_\_\_  
 A) reciprocal variables B) codependent variables  
 C) dependent variables D) independent variables
- 74) For Ellis, irrational beliefs lead to distress through a process called \_\_\_\_\_. 74) \_\_\_\_\_  
 A) introjection B) sensitization  
 C) catastrophizing D) self-efficacy
- 75) Each of the following theorists is considered to be a neo-Freudian EXCEPT \_\_\_\_\_. 75) \_\_\_\_\_  
 A) Harry Stack Sullivan B) Carl Rogers  
 C) Alfred Adler D) Karen Horney
- 76) Cognitive therapists have largely focused on \_\_\_\_\_. 76) \_\_\_\_\_  
 A) treatment of depression and anxiety B) treatment of schizophrenia  
 C) development of treatment approaches D) development of conceptual models
- 77) A neuron receiving a message from another neuron is called \_\_\_\_\_. 77) \_\_\_\_\_  
 A) postsynaptic B) quasisynaptic C) synaptic D) presynaptic
- 78) The medical model represents a \_\_\_\_\_ perspective on abnormal behavior. 78) \_\_\_\_\_  
 A) biological B) cognitive  
 C) phenomenological D) behavioral

- 79) Adopting public behaviors that are the extreme opposite of one's genuine desires in order to keep those desires repressed is called \_\_\_\_\_. 79) \_\_\_\_\_  
 A) denial B) reaction formation  
 C) sublimation D) displacement
- 80) An imaging technique that uses an X-ray beam and radiation to reveal abnormality in the shape or structure of various parts of the brain is a \_\_\_\_\_. 80) \_\_\_\_\_  
 A) NMR B) PET scan C) BEAM D) CAT scan
- 81) Wechsler labeled those with IQ scores below \_\_\_\_\_ as "intellectually deficient." 81) \_\_\_\_\_  
 A) 80 B) 70 C) 60 D) 50
- 82) Tests which lack \_\_\_\_\_ produce high numbers of false negatives. 82) \_\_\_\_\_  
 A) sensitivity B) face validity C) reliability D) specificity
- 83) The MCMI focuses on \_\_\_\_\_ disorders. 83) \_\_\_\_\_  
 A) personality B) developmental C) anxiety D) affective
- 84) Tofranil and Elavil are types of \_\_\_\_\_. 84) \_\_\_\_\_  
 A) MOA inhibitors B) tricyclics  
 C) benzodiazepines D) phenothiazines
- 85) Which of the following is NOT one of the nonspecific factors that are common features of all forms of psychotherapy? 85) \_\_\_\_\_  
 A) display of empathy B) use of free association  
 C) attentiveness D) encouragement of hope
- 86) Aside from the church, African Americans seeking mental health services are most likely to turn to \_\_\_\_\_. 86) \_\_\_\_\_  
 A) a Social Worker  
 B) a hospital emergency room  
 C) a Caucasian psychiatrist  
 D) an African American counselor or psychologist
- 87) Single-case experimental designs suffer from weak \_\_\_\_\_ validity. 87) \_\_\_\_\_  
 A) construct B) internal C) external D) face
- 88) According to Hippocrates, abnormal behavior results from \_\_\_\_\_. 88) \_\_\_\_\_  
 A) biological imbalances B) spiritual deprivation  
 C) angering the gods D) demonic possession

- 89) The ancient Greeks attempted to cure mental illness by \_\_\_\_\_. 89) \_\_\_\_\_  
 A) trephining  
 B) performing exorcisms  
 C) sending people to temples where they were given rest, a nutritious diet, and exercise  
 D) torturing them to force the evil spirits out of their bodies
- 90) According to Freud, excessive gratification during the anal period can lead to \_\_\_\_\_. 90) \_\_\_\_\_  
 A) castration anxiety  
 B) the Oedipus Complex  
 C) anal expulsive traits  
 D) anal retentive traits
- 91) A cognition is most similar to \_\_\_\_\_. 91) \_\_\_\_\_  
 A) an urge  
 B) a thought  
 C) an experience  
 D) an emotion
- 92) Each of the following is an advantage to direct observation as an assessment technique EXCEPT \_\_\_\_\_. 92) \_\_\_\_\_  
 A) observations can be videotaped for more extensive analysis of behavior patterns  
 B) there is usually a consensus in defining problems in behavioral terms  
 C) it can suggest appropriate strategies for intervention  
 D) it does not rely on clients' self-reports
- 93) Inability to effectively respond to client crises can be a major limitation of \_\_\_\_\_. 93) \_\_\_\_\_  
 A) client-centered therapy  
 B) online therapy  
 C) psychoanalytic therapy  
 D) family therapy
- 94) The process of repeating an experiment is called a \_\_\_\_\_. 94) \_\_\_\_\_  
 A) replication  
 B) control study  
 C) reiteration  
 D) correlation
- 95) The prefrontal cortex lies in front of the \_\_\_\_\_. 95) \_\_\_\_\_  
 A) occipital lobe  
 B) motor cortex  
 C) parietal lobe  
 D) cerebellum
- 96) The accuracy of diagnostic categories is called \_\_\_\_\_. 96) \_\_\_\_\_  
 A) covariance  
 B) reliability  
 C) validity  
 D) legitimacy
- 97) Anxiolytics are \_\_\_\_\_ drugs. 97) \_\_\_\_\_  
 A) antianxiety  
 B) antipsychotic  
 C) anti-inflammatory  
 D) antidepressant
- 98) The 21 year-old woman treated by Breuer in a classic case of hysteria was \_\_\_\_\_. 98) \_\_\_\_\_  
 A) Marta M.  
 B) Anna O.  
 C) Sonja J.  
 D) Alica K.

## Answer Key

Testname: 2008PRACTICE1

- 1) D  
Page Ref: 32
- 2) A  
Page Ref: 15
- 3) A  
Page Ref: 23
- 4) A  
Page Ref: 26-27
- 5) C  
Page Ref: 27
- 6) D  
Page Ref: 23
- 7) D  
Page Ref: 14
- 8) B  
Page Ref: 28
- 9) B  
Page Ref: 26
- 10) C  
Page Ref: 30
- 11) C  
Page Ref: 16
- 12) D  
Page Ref: 28
- 13) B  
Page Ref: 27
- 14) B  
Page Ref: 12
- 15) C  
Page Ref: 12
- 16) C  
Page Ref: 15
- 17) C  
Page Ref: 12
- 18) C  
Page Ref: 15
- 19) A  
Page Ref: 28
- 20) C  
Page Ref: 25
- 21) B  
Page Ref: 15
- 22) A  
Page Ref: 10
- 23) C  
Page Ref: 30

## Answer Key

Testname: 2008PRACTICE1

- 24) D  
Page Ref: 45-46
- 25) B  
Page Ref: 41
- 26) C  
Page Ref: 52
- 27) B  
Page Ref: 46
- 28) D  
Page Ref: 49
- 29) D  
Page Ref: 47-48
- 30) D  
Page Ref: 57
- 31) B  
Page Ref: 59
- 32) A  
Page Ref: 43
- 33) C  
Page Ref: 58-59
- 34) A  
Page Ref: 46
- 35) A  
Page Ref: 54-55
- 36) C  
Page Ref: 55
- 37) A  
Page Ref: 47
- 38) D  
Page Ref: 46
- 39) C  
Page Ref: 40
- 40) C  
Page Ref: 50
- 41) A  
Page Ref: 48
- 42) B  
Page Ref: 85
- 43) D  
Page Ref: 84
- 44) D  
Page Ref: 79-80
- 45) D  
Page Ref: 88
- 46) D  
Page Ref: 78

## Answer Key

Testname: 2008PRACTICE1

- 47) C  
Page Ref: 69
- 48) A  
Page Ref: 80
- 49) B  
Page Ref: 76
- 50) C  
Page Ref: 83
- 51) A  
Page Ref: 82
- 52) C  
Page Ref: 80
- 53) A  
Page Ref: 73-74
- 54) D  
Page Ref: 76
- 55) B  
Page Ref: 83
- 56) A  
Page Ref: 118
- 57) D  
Page Ref: 112
- 58) D  
Page Ref: 102
- 59) C  
Page Ref: 106
- 60) C  
Page Ref: 125
- 61) C  
Page Ref: 102
- 62) D  
Page Ref: 111
- 63) C  
Page Ref: 122
- 64) B  
Page Ref: 128
- 65) A  
Page Ref: 125
- 66) C  
Page Ref: 28
- 67) B  
Page Ref: 24
- 68) C  
Page Ref: 15
- 69) C  
Page Ref: 29

## Answer Key

Testname: 2008PRACTICE1

- 70) B  
Page Ref: 15
- 71) A  
Page Ref: 19
- 72) B  
Page Ref: 26
- 73) D  
Page Ref: 24
- 74) C  
Page Ref: 59
- 75) B  
Page Ref: 49
- 76) A  
Page Ref: 60
- 77) A  
Page Ref: 38
- 78) A  
Page Ref: 38
- 79) B  
Page Ref: 46
- 80) D  
Page Ref: 95
- 81) B  
Page Ref: 83
- 82) A  
Page Ref: 78
- 83) A  
Page Ref: 85
- 84) B  
Page Ref: 124
- 85) B  
Page Ref: 105
- 86) B  
Page Ref: 130
- 87) C  
Page Ref: 34
- 88) A  
Page Ref: 12
- 89) C  
Page Ref: 11
- 90) C  
Page Ref: 47-48
- 91) B  
Page Ref: 58
- 92) B  
Page Ref: 91

## Answer Key

Testname: 2008PRACTICE1

93) B

Page Ref: 117

94) A

Page Ref: 27

95) B

Page Ref: 42

96) C

Page Ref: 74

97) A

Page Ref: 123

98) B

Page Ref: 17