



- 8) The effects of stress can be moderated or buffered by all of the following EXCEPT \_\_\_\_\_. 8) \_\_\_\_\_  
 A) self-efficacy expectancies B) immigrating to a new country  
 C) ethnic identity D) social support
- 9) Mindfulness meditation was introduced by \_\_\_\_\_. 9) \_\_\_\_\_  
 A) an Indian Yogi B) Herbert Benson  
 C) Tibetan Buddhists D) Ringo Starr
- 10) The body's foot soldiers are known as \_\_\_\_\_. 10) \_\_\_\_\_  
 A) leukocytes B) red blood cells C) microbes D) antigens
- 11) Wish-fulfillment fantasy is \_\_\_\_\_. 11) \_\_\_\_\_  
 A) an example of emotion-focused coping  
 B) provides alternative plans for dealing with a stressor  
 C) an effective means of coping with an illness  
 D) a strategy that needs to result in real wish-fulfillment
- 12) Scott recently learned that he has a form of treatable cancer. Traits that will help Scott to cope more effectively with his illness and its treatment are \_\_\_\_\_. 12) \_\_\_\_\_  
 A) motivation and intelligence B) avoidance and denial  
 C) assertiveness and ambitiousness D) hardiness and optimism
- 13) Epinephrine and norepinephrine are examples of \_\_\_\_\_. 13) \_\_\_\_\_  
 A) relaxation hormones B) bacterium  
 C) viruses D) stress hormones
- 14) Glands release \_\_\_\_\_ directly into the bloodstream. 14) \_\_\_\_\_  
 A) hydrogen B) stress C) tumors D) hormones
- 15) Epinephrine and norepinephrine make us feel \_\_\_\_\_. 15) \_\_\_\_\_  
 A) angry B) confident C) relaxed D) shaky
- 16) Heavy alcohol consumption, high fat intake, and sunbathing can contribute to the development of \_\_\_\_\_. 16) \_\_\_\_\_  
 A) cancer B) asthma  
 C) hypertension D) migraine headaches
- 17) Which one of the following is NOT a factor in proneness to phobias? 17) \_\_\_\_\_  
 A) oversensitivity to threatening cues B) self-defeating and irrational thoughts  
 C) low threshold for restlessness D) overpredictions of dangerousness

- 18) EMDR is a technique to treat \_\_\_\_\_. 18) \_\_\_\_\_  
 A) PTSD B) phobia  
 C) obsessive-compulsive disorder D) generalized anxiety disorder
- 19) Jack's therapist helps him overcome his social phobia by pinpointing his self-defeating thoughts and generating sensible alternatives to those thoughts. This technique is called \_\_\_\_\_. 19) \_\_\_\_\_  
 A) perceptual blocking B) cognitive restructuring  
 C) chain breaking D) gradual exposure
- 20) Melanie suffers from stage fright. This is a type of \_\_\_\_\_. 20) \_\_\_\_\_  
 A) complex phobia B) social phobia  
 C) specific phobia D) agoraphobia
- 21) In a study of ethnic differences in anxiety disorders, the National Comorbidity Survey found that \_\_\_\_\_. 21) \_\_\_\_\_  
 A) anxiety disorders are more prevalent among Asian Americans than among other groups  
 B) anxiety disorders are more prevalent among Hispanic Americans than among other groups  
 C) anxiety disorders are more prevalent among African Americans than among other groups  
 D) anxiety disorders are no more common among African Americans than among non-Hispanic white Americans
- 22) The therapy that uses computer-generated environments is called \_\_\_\_\_ therapy. 22) \_\_\_\_\_  
 A) virtual reality B) paradoxical simulation  
 C) systematic electronic exposure D) parallel universe
- 23) Women are \_\_\_\_\_ as likely as men to experience a specific phobia. 23) \_\_\_\_\_  
 A) one-half B) equally C) ten times D) twice
- 24) Jed is firmly convinced that he is Napoleon. Despite all evidence to the contrary, he remains convinced that he is Napoleon and that his psychiatrist is really Lord Wellington. He keeps talking about a place called Waterloo and threatening revenge against his psychiatrist. Jed's beliefs are \_\_\_\_\_. 24) \_\_\_\_\_  
 A) neuroses B) delusions C) obsessions D) hallucinations
- 25) Firmly held but patently false beliefs are \_\_\_\_\_. 25) \_\_\_\_\_  
 A) delusions B) suppositions C) obsessions D) hallucinations
- 26) Jack believes that it is awful and horrible when he is turned down for a date. According to a research finding, Jack would be expected to have more \_\_\_\_\_ than peers who do not catastrophize such rejections. 26) \_\_\_\_\_  
 A) anger at women B) social withdrawal  
 C) social anxiety D) generalized anxiety

- 27) The term representing disorders that involve loss of touch with reality and are typified by bizarre behaviors, hallucinations, and beliefs, and are generally severe in nature is \_\_\_\_\_. 27) \_\_\_\_\_  
 A) organic disorder B) psychosis  
 C) mania D) neurosis
- 28) The Coon (1986) study found that \_\_\_\_\_ of patients with dissociative identity disorder were completely reintegrated using psychodynamic treatment methods. 28) \_\_\_\_\_  
 A) 75% B) 50% C) 25% D) 100%
- 29) Losing one's sense of reality in one's surroundings by experiencing strange changes in the environment or passage of time is known as \_\_\_\_\_. 29) \_\_\_\_\_  
 A) delusion B) derealization  
 C) depersonalization D) fugue
- 30) Single, brief episodes of depersonalization are experienced by about \_\_\_\_\_ of all adults. 30) \_\_\_\_\_  
 A) one-fourth B) one-third C) two-thirds D) one-half
- 31) Cultures in which the disorder known as "zar" is found attribute it mainly to \_\_\_\_\_. 31) \_\_\_\_\_  
 A) lack of religious fervor B) natural causes  
 C) stress D) spirit possession
- 32) The behavioral approach to treating somatoform disorders focuses on \_\_\_\_\_. 32) \_\_\_\_\_  
 A) rewarding sources of primary gain B) punishing hysterical behaviors  
 C) removing sources of secondary gain D) stimulus generalization
- 33) Hippocrates would have attributed \_\_\_\_\_ to a "wandering uterus." 33) \_\_\_\_\_  
 A) Munchausen's by proxy B) body dysmorphic  
 C) somatization disorder D) malingering
- 34) Dhat syndrome is found primarily in \_\_\_\_\_. 34) \_\_\_\_\_  
 A) Korea B) Japan C) China D) India
- 35) Approximately how many people around the world die each year from AIDS? 35) \_\_\_\_\_  
 A) 3 million B) 10 million C) 750,000 D) 5 million
- 36) In emotion-focused coping, people take \_\_\_\_\_ measures to reduce the impact of the stressor. 36) \_\_\_\_\_  
 A) self-defeating B) self-enhancing C) immediate D) enduring
- 37) "Do you see the glass as half full or half empty" can be answered by your score on the \_\_\_\_\_. 37) \_\_\_\_\_  
 A) Life Orientation Test B) Locus of Control Inventory  
 C) Rosenzweig Picture Frustration Test D) Beck Anxiety Scale

- 38) Psychological hardiness in business executives was investigated by \_\_\_\_\_. 38) \_\_\_\_\_  
A) Janet Rafferty B) Suzanne Kobasa  
C) Eloise Ferrer D) Mary Ainsworth
- 39) Medical students displayed poorer immune functioning \_\_\_\_\_. 39) \_\_\_\_\_  
A) when they first started medical school  
B) when they a steady romantic relationship  
C) a month before exams  
D) during exams
- 40) The behavioral treatment for agoraphobia is usually \_\_\_\_\_. 40) \_\_\_\_\_  
A) chemotherapy B) flooding  
C) response prevention D) gradual exposure
- 41) Anxiety sensitivity is a construct that has been used in research to identify military recruits and high school students who are prone to \_\_\_\_\_. 41) \_\_\_\_\_  
A) obsessiveness B) agoraphobia C) social phobia D) panic
- 42) An exposure-based homework assignment for a patient with combat-based PTSD could be \_\_\_\_\_. 42) \_\_\_\_\_  
A) supervising a boy scout troupe B) driving alone for two hours  
C) watching a war movie D) volunteering as a little league coach
- 43) Conversion disorders seem to have been \_\_\_\_\_ in Freud's day. They are \_\_\_\_\_ today. 43) \_\_\_\_\_  
A) common; common B) uncommon; uncommon  
C) common; uncommon D) uncommon; common
- 44) Continuous amnesia is \_\_\_\_\_. 44) \_\_\_\_\_  
A) the most common form of traumatic amnesia  
B) is theoretical based on international reports but has not been observed in the United States  
C) rare  
D) is synonymous with generalized amnesia
- 45) The general adaptation syndrome is based on the work of \_\_\_\_\_. 45) \_\_\_\_\_  
A) Peter Kubiovsky B) Hans Selye  
C) Oliver Sacks D) Lawrence Frank
- 46) Scott has debilitating headaches which last several hours daily. They are preceded by his sense of flashing lights. Scott probably has \_\_\_\_\_ headaches. 46) \_\_\_\_\_  
A) sinus B) stress C) migraine D) tension



## Answer Key

Testname: 2008PRACTICE2

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

## Answer Key

Testname: 2008PRACTICE2

- 51) TRUE
- 52) TRUE
- 53) TRUE
- 54) FALSE
- 55) TRUE
- 56) FALSE
- 57) TRUE
- 58) TRUE
- 59) FALSE
- 60) FALSE