



- 7) In a follow up of a classic study of the treatment of alcoholics to become controlled drinkers it was found that: 7) \_\_\_\_\_
- A) the controlled drinkers were drinking less than those who had tried to achieve abstinence
  - B) the controlled drinkers were drinking about the same amounts as those who originally tried to achieve abstinence
  - C) the controlled drinkers were doing very poorly including death from alcohol
  - D) none of the above. We are still waiting for the important follow-up.
- 8) Amenorrhea refers to the \_\_\_\_\_, which is a symptom of anorexia. 8) \_\_\_\_\_
- A) brittle bones
  - B) yellow coloring
  - C) fine, downy hair
  - D) absence of menstruation
- 9) The two substances that have caused the most death through a result of their use are \_\_\_\_\_. 9) \_\_\_\_\_
- A) heroin and cocaine
  - B) alcohol and cocaine
  - C) alcohol and tobacco
  - D) opium and heroin
- 10) Factors that place people at increased risk of developing major depression include all of the following EXCEPT \_\_\_\_\_. 10) \_\_\_\_\_
- A) religion
  - B) socioeconomic status
  - C) age
  - D) marital status
- 11) Among the following, which puts a young woman at greatest risk for developing anorexia? 11) \_\_\_\_\_
- A) acting
  - B) singing
  - C) modeling
  - D) athletics
- 12) A substance on which a person may be dependent but which does not require larger amounts of the substance to get "high" is \_\_\_\_\_. 12) \_\_\_\_\_
- A) alcohol
  - B) marijuana
  - C) cocaine
  - D) heroin
- 13) Whenever Sophie hangs around her "drinking buddies" she is overwhelmed with cravings to drink alcohol. In the classical conditioning model, her "drinking buddies" represent \_\_\_\_\_. 13) \_\_\_\_\_
- A) unconditioned stimuli
  - B) unconditioned responses
  - C) conditioned responses
  - D) conditioned stimuli
- 14) Antidepressants include all but which of the following? 14) \_\_\_\_\_
- A) SSRIs
  - B) tricyclics
  - C) GABAs
  - D) MOAs
- 15) Classical psychodynamic theories see depression as \_\_\_\_\_. 15) \_\_\_\_\_
- A) overdependency on parental figures for love and support
  - B) anger turned inward
  - C) loss of self-worth or self-esteem
  - D) the result of an existence lacking in meaning

- 16) Alcoholics Anonymous follows a \_\_\_\_\_-step approach for treating alcohol abuse. 16) \_\_\_\_\_  
 A) 9 B) 12 C) 6 D) 3
- 17) Which of the following is NOT one of the DSM diagnostic criteria for bulimia nervosa? 17) \_\_\_\_\_  
 A) in females, the absence of three or more consecutive menstrual periods  
 B) regular purging by means of laxatives, fasting, self-induced vomiting, or strenuous exercise  
 C) recurrent episodes of binge eating  
 D) persistent overconcern with the shape and weight of one's body
- 18) Research evidence suggests that a genetic vulnerability to alcohol may involve a combination of getting \_\_\_\_\_ pleasure from the drug and a \_\_\_\_\_ biological tolerance for the drug. 18) \_\_\_\_\_  
 A) less; greater B) greater; lower C) less; lower D) greater; greater
- 19) Leslie finds that every winter she becomes fatigued, excessively sleepy, has a craving for carbohydrates, and puts on weight. In the spring, her symptoms disappear. She is most likely suffering from \_\_\_\_\_. 19) \_\_\_\_\_  
 A) bipolar disorder B) cyclothymic disorder  
 C) seasonal affective disorder D) dysthymic disorder
- 20) Mood disorders, which involve mood swings from one extreme to another, are considered \_\_\_\_\_. 20) \_\_\_\_\_  
 A) bilinear B) multilinear C) bipolar D) dipolar
- 21) Which of the following is NOT true of depression and reinforcement? 21) \_\_\_\_\_  
 A) Depression can lead to sympathy that reinforces the depression and delays or prevents recovery.  
 B) Social withdrawal accompanying depression may lead to fewer than normal opportunities for normal social reinforcement.  
 C) Depression often leads to a release from ordinary responsibilities that serves as a secondary gain.  
 D) A showering of attention from family members serves as a reinforcer that helps the depressed person recover.
- 22) \_\_\_\_\_ has been referred to as the "common cold" of mental health. 22) \_\_\_\_\_  
 A) Dysthymic disorder B) Anxiety  
 C) Bipolar disorder D) Depression
- 23) Psychodynamic theorists view anorexia as \_\_\_\_\_. 23) \_\_\_\_\_  
 A) the result of the daughter's faulty identification with her mother  
 B) an effort to remain a prepubescent child  
 C) a type of weight phobia  
 D) a method of punishing overprotective, smothering parents





- 39) From the humanistic perspective, depression arises from \_\_\_\_\_. 39) \_\_\_\_\_
- A) anger turned inward
  - B) inadequate social reinforcement
  - C) lack of self-fulfillment and meaning in life
  - D) imbalanced social interactions
- 40) A major depressive episode occurring concurrently with dysthymic disorder is called \_\_\_\_\_. 40) \_\_\_\_\_
- A) bipolar disorder
  - B) cyclothymic disorder
  - C) anhedonia
  - D) double depression
- 41) Al-Anon is designed to \_\_\_\_\_. 41) \_\_\_\_\_
- A) provide support to alcoholics who are struggling with other substance abuse problems in addition to alcohol abuse
  - B) provide support exclusively for teenaged alcoholics
  - C) support alcoholics who have failed at the regular Alcoholics Anonymous programs
  - D) provide support to spouses and family members of alcoholics
- 42) Gina, who has suffered from a major depressive disorder, is seeking help from a therapist who follows Lewinsohn's model linking depression and reinforcement. The therapist will probably advise Gina to increase her \_\_\_\_\_. 42) \_\_\_\_\_
- A) pleasurable activities
  - B) communications with friends and relatives
  - C) serotonin levels
  - D) self-focus
- 43) A frequent observation is that anorexic girls use \_\_\_\_\_ in addition to dieting to control their weights. 43) \_\_\_\_\_
- A) amphetamines
  - B) meals rich with fruit and vegetables
  - C) excessive exercise
  - D) positive imagery of their ideal figures
- 44) People in a manic episode generally experience all of the following EXCEPT \_\_\_\_\_. 44) \_\_\_\_\_
- A) pressured speech
  - B) little, if any, need for sleep
  - C) an increased ability to organize and complete projects
  - D) extreme self-confidence
- 45) To Alcoholics Anonymous, alcoholics who have quit drinking are always seen as \_\_\_\_\_. 45) \_\_\_\_\_
- A) recovering
  - B) fooling themselves
  - C) cured
  - D) in remission

- 46) Eating disorders are most prevalent in \_\_\_\_\_. 46) \_\_\_\_\_  
 A) Japan B) Spain  
 C) the United States D) Greece
- 47) The major problem with drug treatments involving disulfiram, naltrexone, or methadone is that \_\_\_\_\_. 47) \_\_\_\_\_  
 A) they produce tolerance to an even greater degree than some of the substances they are attempting to replace  
 B) patients can choose not to use them as required, rendering them useless  
 C) they cannot be given to patients for long periods of time  
 D) they only work on about half the patients to whom they are given
- 48) Each of the following is true of the social interactions of depressed people EXCEPT \_\_\_\_\_. 48) \_\_\_\_\_  
 A) they show very little approval or validation of other people  
 B) they tend to be uninvolved and even impolite when interacting with others  
 C) they tend to dwell on their problems and negative feelings  
 D) they tend to respond too quickly to others
- 49) Methadone is a(n) \_\_\_\_\_. 49) \_\_\_\_\_  
 A) stimulant B) opioid C) barbiturate D) hallucinogenic
- 50) Women are \_\_\_\_\_ times as likely as men to experience major depressive disorder during their lifetimes. 50) \_\_\_\_\_  
 A) four B) three C) five D) two
- 51) Which of the following is true of depression and social support? 51) \_\_\_\_\_  
 A) High levels of participation in social activities increase vulnerability to depression.  
 B) Marital support increases vulnerability to depression.  
 C) Lack of involvement in intimate relationships makes one less vulnerable to depression.  
 D) Low levels of social integration increase vulnerability to depression.
- 52) Purging is \_\_\_\_\_ because it produces relief from anxiety over gaining weight. 52) \_\_\_\_\_  
 A) modeled B) classically conditioned  
 C) negatively reinforced D) positively reinforced
- 53) Stacy goes to a therapist for treatment of her drinking problem. The therapist makes her drink alcohol at the same time she takes a drug that induces nausea and vomiting. Her therapist is using \_\_\_\_\_. 53) \_\_\_\_\_  
 A) covert sensitization B) negative reinforcement  
 C) skills training D) aversive conditioning

- 54) Cognitive psychologists focus on helping depressed patients \_\_\_\_\_. 54) \_\_\_\_\_  
A) develop a positive sense of self-worth through new goals and relationships  
B) change their dysfunctional thinking patterns  
C) expand their awareness of their authentic feelings  
D) modify behaviors that contribute to depression
- 55) A depressive disorder which develops during childhood or adolescence, involves less severe symptoms than major depression, but has a longer lasting, more chronic pattern of development, and often results in sufferers being seen as "whiny" or "complaining" is \_\_\_\_\_. 55) \_\_\_\_\_  
A) bipolar disorder  
B) dysthymic disorder  
C) cyclothymic disorder  
D) anhedonia
- 56) Biological treatments for people with chemical dependencies often begin with \_\_\_\_\_. 56) \_\_\_\_\_  
A) electroconvulsive therapy  
B) detoxification  
C) intoxicification  
D) behavioral counseling
- 57) Each of the following is known to produce a withdrawal syndrome EXCEPT \_\_\_\_\_. 57) \_\_\_\_\_  
A) LSD  
B) nicotine  
C) alcohol  
D) cocaine
- 58) Which person is most likely to develop an eating disorder? 58) \_\_\_\_\_  
A) a 28-year-old female corporate attorney  
B) a 21-year-old male member of a heavy metal band  
C) an 18-year-old female who just entered college  
D) a 16-year-old high school male cheerleader
- 59) Annette suffers from recurrent episodes of gorging on large quantities of food followed by purging through self-induced vomiting in order to prevent gaining weight. Although her weight is well below normal, to the point that others see her as "skin and bones," she worries excessively about being fat. She also has impulse control problems in other areas of her life. She is suffering from \_\_\_\_\_. 59) \_\_\_\_\_  
A) binge-eating/purging anorexia  
B) restrictive anorexia  
C) binge-eating disorder  
D) bulimia nervosa
- 60) Which of the following is NOT a technique typically used by behavioral therapists to treat substance abuse? 60) \_\_\_\_\_  
A) aversive conditioning  
B) self-control training  
C) hypnosis  
D) social skills training

- 61) In Seligman's model, dogs exposed to an inescapable electric shock, later \_\_\_\_\_ when exposed to an escapable shock. 61) \_\_\_\_\_
- A) learned escape responses more quickly than normal
  - B) took longer than normal to learn escape responses
  - C) learned escape responses normally
  - D) failed to learn escape responses
- 62) Among the following, which puts a young man at greatest risk for developing anorexia? 62) \_\_\_\_\_
- A) acting
  - B) baseball
  - C) dancing
  - D) wrestling
- 63) Ann is trying to overcome an addiction to heroin. She has been given an alternative drug that is slower acting than heroin and does not provide the "rush" provided by heroin. It does, however, protect her from the painful abstinence syndrome usually associated with the cessation of heroin use. She is most likely taking \_\_\_\_\_. 63) \_\_\_\_\_
- A) methadone
  - B) diazepam
  - C) disulfiram
  - D) naloxone
- 64) People who have severe mood swings from extreme elation to severe depression are suffering from \_\_\_\_\_. 64) \_\_\_\_\_
- A) double depression
  - B) cyclothymic disorder
  - C) bipolar disorder
  - D) dysthymic disorder
- 65) People who have recurrent eating binges but do not purge most likely have \_\_\_\_\_. 65) \_\_\_\_\_
- A) bulimia nervosa
  - B) binge-purge eating disorder
  - C) anorexia nervosa
  - D) binge-eating disorder

## Answer Key

Testname: 2008THIRDEXAM

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

## Answer Key

Testname: 2008THIRDEXAM

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