



- C) arrange for the transfer of the child to a suitable foster home.
- D) institute a "family meeting" program where parent grievances with the child can be raised.

Page Ref: 479

- 7) In speaking of mental illness, it is the view of psychiatrist Thomas Szasz that it is
- A) a major social problem that must be addressed.
  - B) a myth and does not exist.
  - C) best treated by using medical means.
  - D) caused by overwhelming stress in people's lives.

Page Ref: 454

- 8) In a study that is described in the textbook, a family therapy approach was taken which focused on the child's anxiety and the parent's behavior which may be responsible for maintaining that anxiety. The primary assumption made by the researchers was that
- A) the most importance should be placed on changing the mothers' and fathers' parenting practices.
  - B) the most importance should be placed on changing the adolescents' level of functioning.
  - C) parents who do allow their children sufficient autonomy, their children may not gain enough self-efficacy to cope successfully with difficult tasks.
  - D) parents who do not allow their children sufficient autonomy, their children may never gain enough self-efficacy to cope successfully with novel tasks.

Page Ref: 505

- 9) Cognitive therapy is to behavior therapy as
- A) leader is to follower.
  - B) moods are to feelings.
  - C) outside is to inside.
  - D) thoughts are to actions.

Page Ref: 501

- 10) As a group, behavior therapies give primary importance to
- A) desires, motivation, interests, and will.
  - B) the self and those objects that enhance the development of the self.
  - C) learning and observable actions.
  - D) thoughts and inner drives.

Page Ref: 494

- 11) A man who has alcoholism feels a strong affiliation to Alcoholics Anonymous (AA), to the extent that he devotedly attends their meetings and has volunteered to organize a number of AA functions. Compared to individuals who do not have as strong an attachment to AA, this man will
- A) more likely relapse and go back to drinking.
  - B) be more likely to initially resist drinking but probably relapse in the course of the next year.
  - C) be less likely to abuse alcohol.
  - D) probably have lower feelings of self-efficacy with respect to controlling his alcoholism.

Page Ref: 505

- 12) A friend's grandmother is about to undergo electroconvulsive therapy. He is worried about what will happen to his grandmother, so he asks you what side

effects can be expected. You should tell your friend that his grandmother will

- A) show major deficits in functioning.
- B) probably demonstrate a major speech impairment.
- C) be aware of everything that happens during the treatment.
- D) likely experience temporary disorientation and some memory problems.

Page Ref: 509

13) On the basis of the research on antipsychotic drugs, it would be most reasonable to conclude that they

- A) are effective at controlling the most disruptive symptoms of schizophrenia.
- B) eliminate the possibility of a relapse in patients who stop to take them.
- C) cure the psychopathology underlying schizophrenia.
- D) control only minor symptoms associated with schizophrenia.

Page Ref: 507

14) Transference is to countertransference as

- A) patient is to therapist.
- B) manifest is to latent.
- C) psychoanalysis is to behavior therapy.
- D) bad is to good.

Page Ref: 493

15) A student is so anxious about giving his speech in front of the class that he actually becomes nauseous and has to leave the classroom. In the classification system of the *DSM-IV-TR*, he is most likely to be suffering from a

- A) specific phobia.
- B) situational type phobia.
- C) social phobia.
- D) somatoform disorder.

Page Ref: 460

16) Mental disorders are best thought of as

- A) syndromes that are no longer considered valid by most of the scientific community.
- B) separate and distinct categories of mental illnesses.
- C) conditions that vary in a continuum from mental health to mental illness.
- D) conditions that have a biological reality in the brain.

Page Ref: 453

17) A woman has been diagnosed as having a dissociative disorder. She is most likely to

- A) feel anxious or worried most of the time.
- B) have a disturbance in her identify, memory, or consciousness.
- C) have a grandiose sense of self-importance.
- D) experience severe depression, or depression coupled with mania.

Page Ref: 473

18) With respect to the degree of incidence of symptoms of the various anxiety disorders in the adult population, statistics show that

- A) all individuals experience severe symptoms characteristic of anxiety disorders in their lifetime.
- B) anxiety disorders are extremely rare and characteristic symptoms are experienced by few individuals.
- C) more than half of the adult population will experience symptoms of anxiety disorders in their lifetime.

D) about one-quarter of the population has experienced symptoms characteristic of the various anxiety disorders.

Page Ref: 459

19) Obsessions involve \_\_\_\_\_; compulsions involve \_\_\_\_\_.

- A) phobias; fears
- B) fears; phobias
- C) thoughts; actions
- D) actions; thoughts

Page Ref: 461

20) A friend who has been diagnosed with schizophrenia has recently isolated himself from others and avoids most social contact. In addition, his face seems to be rigid, rarely showing any emotion. These changes in his behaviors are considered part of the \_\_\_\_\_ category of symptoms associated with schizophrenia.

- A) acute
- B) positive
- C) negative
- D) active

Page Ref: 475

21) In the latter part of the 18th century, Philippe Pinel became one of the first clinicians to use a classification system for psychological difficulties that was based on the idea that

- A) thoughts are less important than behaviors.
- B) psychological problems are similar to physical illnesses.
- C) childhood experiences were the root cause of psychological problems.
- D) behaviors are less important than thoughts.

Page Ref: 455

22) In Aaron Beck's theory of depression, the "paralysis of will" that is prominent in depression is thought to be most directly the result of

- A) negative views of the future.
- B) a loss or other major life change.
- C) an accumulation of punishments.
- D) insufficient positive reinforcement.

Page Ref: 466

23) A man describes himself as someone who "shoots himself in the foot" and inevitably hinders his own goal-seeking behavior, but he is concerned that he interferes with the goals of other members of his family as well. This man's behavior may be validly labeled abnormal according to the

- A) irrationality criterion of abnormality.
- B) distress or disability criterion of abnormality.
- C) other members of his family.
- D) maladaptiveness criterion of abnormality.

Page Ref: 453

24) Some theorists have looked to our evolutionary past to help understand certain types of psychological disorders. One such approach, called the "preparedness hypothesis," has attempted to explain

- A) phobias.
- B) bipolar disorder.
- C) residual schizophrenia.
- D) paranoid personality disorder.

Page Ref: 462

25) All of the following are true of bipolar disorder EXCEPT that

- A) the duration and frequency of mood disturbance varies from person to person.
- B) manic episodes may be accompanied by irritability rather than elation.

- C) some individuals go right from manic episodes to clinical depression.
- D) it is more common than major depressive disorder.

Page Ref: 465

- 26) When a friend speaks in front of a group, she becomes anxious and nauseated. When asked why she feels this way, she says that she is afraid to embarrass herself in front of others. The approach that best explains your friend's responses in this situation is the \_\_\_\_\_ approach.
- A) psychodynamic
  - B) behavioral
  - C) sociocultural
  - D) cognitive

Page Ref: 458

- 27) While watching one of Shakespeare's plays, you notice that Lady Macbeth seems to have an anxiety disorder. In one scene, she repeatedly washes nonexistent blood off her hands. If you were to adopt the psychodynamic explanation for her behavior, you might suggest that
- A) her parents consistently reinforced cleanliness in her childhood.
  - B) her hand-washing is a symbolic representation of an underlying conflict.
  - C) Lady Macbeth is suffering from a neurological disorder.
  - D) her behavior is a consequence of an evolutionary predisposition.

Page Ref: 463

- 28) Although this conclusion is controversial, some psychologists believe that individuals with dissociative identity disorder develop multiple personalities
- A) as a way of coping with an ongoing traumatic situation.
  - B) as a result of severe substance abuse during childhood.
  - C) because they are reinforced for doing so, through the attention they receive.
  - D) as a result of having been hypnotized by close friends or relatives.

Page Ref: 474

- 29) A person has hallucinations, "hearing" things that no one else can hear. With respect to the criteria that might be used to label behavior as "abnormal," this individual would be meet the criterion of
- A) personal distress.
  - B) maladaptiveness.
  - C) violation of moral and ideal standards.
  - D) irrationality.

Page Ref: 453

- 30) The DSM-IV-TR contains \_\_\_\_\_ axes or dimensions, one of which is \_\_\_\_\_
- A) five; General medical conditions
  - B) two; Extraversion
  - C) seven; Genetic susceptibility
  - D) four; Self-concept

Page Ref: 456

- 31) A student who missed a class because he was sick has photocopied some class notes, but the top of one page is missing, so he can't find the name of the disorder. The notes concern a severe form of psychopathology in which personality seems to disintegrate, thought and perception are distorted, and emotions are blunted. The disorder must be \_\_\_\_\_ disorder.
- A) bipolar
  - B) anxiety
  - C) schizophrenic
  - D) personality

Page Ref: 474

32) Delusions of persecution and grandeur, or delusional jealousy are commonly found in individuals who have the \_\_\_\_\_ type of schizophrenia.

- A) catatonic
- B) residual
- C) paranoid
- D) undifferentiated

Page Ref: 476

33) The major types of schizophrenic disorders include all of the following EXCEPT

- A) disorganized.
- B) organized.
- C) undifferentiated.
- D) residual.

Page Ref: 475-476

34) A researcher wants to develop a test of personality that will be simple to administer and score, and that follows well-defined rules. Psychologists call the type of test he wants to develop a(n) \_\_\_\_\_ test of personality.

- A) Rorschach
- B) projective
- C) objective
- D) subjective

Page Ref: 444

35) In a study that is described in the textbook, researchers gave students an assessment device and computed a "parent possible-self score (PPS)" for each of the participants. They then rated their perceptions of videotaped infants whose behavior ranged from happy to fussy. It was found that

- A) high PPS participants gave consistently more favorable ratings to the infants.
- B) men received higher PPS scores than women.
- C) women received higher PPS scores than men.
- D) low PPS participants gave consistently more favorable ratings to the infants.

Page Ref: 439

36) A researcher is looking for a test that has an extensive archival record of more than 50 years, and one that has standardized items which he can analyze to test hypotheses about self-efficacy, a psychological construct that did not exist when the test was first developed. The researcher should be encouraged to use the

- A) *Big Five Questionnaire*.
- B) *Woodworth Personal Data Sheet*.
- C) *MMPI*.
- D) *NEO-PI*.

Page Ref: 446

37) Your school is going to sponsor a lecture by a humanistic personality theorist. You can assume that the speaker will express the idea that humans are

- A) primarily motivated by the libido.
- B) generally negative in their view of the world.
- C) striving toward self-actualization.
- D) all alike in their tendencies.

Page Ref: 432

38) If a researcher wanted to study the degree to which personality traits and behavior patterns are inherited, the most effective way to differentiate genetic and environmental effects on personality would be to study

- A) non-twin siblings who were raised together, sharing the same family environment.
- B) dizygotic twins who were raised in the same family and who have never been apart.
- C) monozygotic twins who were raised in the same family and who have never

been apart.

- D) twin pairs, some of whom were raised together, and some of whom were raised apart.

Page Ref: 423

39) Antidepressants work by \_\_\_\_\_ the activity of \_\_\_\_\_.

- A) decreasing; dopamine
- B) increasing; norepinephrine and serotonin
- C) decreasing; norepinephrine and serotonin
- D) increasing; dopamine

Page Ref: 507

40) A friend's grandmother is about to undergo electroconvulsive therapy. He is worried about what will happen to his grandmother, so he asks you what side effects can be expected. You should tell your friend that his grandmother will

- A) probably demonstrate a major speech impairment.
- B) likely experience temporary disorientation and some memory problems
- C) be aware of everything that happens during the treatment.
- D) show major deficits in functioning

Page Ref: 509

41) A woman seems to be more concerned with what others think of her, than of what she thinks of herself. According to Carl Rogers, the woman

- A) needs to take an assertiveness training course.
- B) does not have free will.
- C) will experience anxiety and unhappiness.
- D) will grow psychologically and self-actualize.

Page Ref: 503

42) In a study that is described in the textbook, researchers attempted to determine whether there was a relationship between parenting practices and antisocial personality traits. In part, the results of the study demonstrated that

- A) antisocial personality traits were associated with fathers who were overly protective.
- B) there was no relationship between parenting practices and antisocial personality traits.
- C) low levels of parental care were associated with high levels of antisocial personality traits.
- D) improper parenting behaviors were directly responsible for antisocial personality traits.

Page Ref: 471

43) Imagine that an individual who suffers from bipolar disorder is asked to name colors in which words are printed while undergoing an fMRI scan. If the activity of the caudal ventral prefrontal cortex (cVPFC) is monitored, you should expect to see

- A) elevated activity in the area.
- B) differences in brain activity dependent on the moods being experienced.
- C) depressed activity in the area.
- D) differences in brain activity dependent on the words being presented.

Page Ref: 465

44) When Gordon Allport said, "The same fire that melts the butter hardens the egg," he

was referring to the idea that

- A) a person's behavior is rarely consistent in different settings.
- B) different personality theorists are all talking about the same thing.
- C) the same stimuli can have different effects on different people.
- D) an individual's behavior is influenced primarily by environmental conditions.

Page Ref: 420

45) In a study of self-regulatory efficacy and violent conduct, adolescents near Rome, Italy, were questioned when they were 16 years old about their perceived self-efficacy. Two years later, it was found that

- A) though there was an initial relationship between self-efficacy and violent conduct, the effect disappeared over time.
- B) the girls showed an inverse relationship between perceived self-efficacy and violent conduct; the more they felt they could control their behavior, the less able they were to do so.
- C) the boys showed an inverse relationship between perceived self-efficacy and violent conduct; the more they felt they could control their behavior, the less able they were to do so.
- D) those adolescents who believed they were most able to control their behavior had been least like to engage in violent activities over time.

Page Ref: 437

46) When Frank Sulloway examined the support given to a variety of liberal theories in science, he found that

- A) 100% of the laterborns supported these theories.
- B) the majority of those that supported these theories were the firstborns.
- C) "only children" were consistently supportive of these theories, more so than other groups.
- D) laterborns were more likely to support these theories than were firstborns.

Page Ref: 419

TRUE/FALSE. Write 'A' if the statement is true and 'B' if the statement is false.

47) The self-help concept applied to community group settings was pioneered by Alcoholics Anonymous.

Page Ref: 505

48) Central to the theory of reciprocal inhibition, which Joseph Wolpe applied to treatment of fears and phobias, is the idea that the nervous system cannot be relaxed and agitated at the same time.

Page Ref: 495

49) Etiology refers to the factors that cause or contribute to the development of psychological and medical problems.

Page Ref: 457

50) Research demonstrates that people with major depressive disorder find it difficult to remember anything happy about their lives.

Page Ref: 467

51) In general, trait theories of personality emphasize situational factors and social-learning theories emphasize dispositional factors.

Page Ref: 444



52) Psychologists with a learning theory orientation look to the environmental circumstances that control behavior, and see personality as the sum of responses that are elicited by an individual's reinforcement history.

Page Ref: 434