1. Which of the following is true concerning abnormal behavior?
A) Definitions of abnormal behavior are culture-dependent.
B) A behavior cannot be defined as abnormal unless it is considered harmful to society.
C) Abnormal behavior can be defined as any behavior that is atypical.
D) Definitions of abnormal behavior are based on physiological factors.

2. The criteria for classifying behavior as psychologically disordered:
A) vary from culture to culture.
B) vary from time to time.
C) are characterized by both a. and b.
D) have remained largely unchanged over the course of history.

3. Behavior is classified as disordered when it is:
A) atypical.
B) maladaptive.
C) unjustifiable.
D) disturbing.
E) all of the above.

4. Our early ancestors commonly attributed disordered behavior to:
A) “bad blood.”
B) evil spirits.
C) brain injury.
D) laziness.

5. The French reformer who insisted that madness was not demon possession and who called for humane treatment of patients was:
A) Nadel.
B) Freud.
C) Szasz.
D) Spanos.
E) Pinel.
6. Which of the following is true of the medical model?
A) In recent years, it has been in large part discredited.
B) It views psychological disorders as sicknesses that are diagnosable and treatable.
C) It emphasizes the role of psychological factors in disorders over that of physiological factors.
D) It focuses on cognitive factors.

7. Most mental health workers today take the view that disordered behaviors:
A) are usually genetically triggered.
B) are organic diseases.
C) arise from the interaction of nature and nurture.
D) are the product of learning.

8. The fact that disorders such as schizophrenia are universal and influenced by heredity, whereas other disorders such as anorexia nervosa are culture-bound provides evidence for the ________ model of psychological disorders.
A) medical
B) bio-psycho-social
C) social-cultural
D) psychoanalytic

9. Evidence of environmental effects on psychological disorders is seen in the fact that certain disorders, such as ________, are universal, whereas others, such as ________ are culture-bound.
A) schizophrenia; depression
B) depression; schizophrenia
C) antisocial personality; neurosis
D) depression; anorexia nervosa

10. Many psychologists dislike using DSM-IV because of its:
A) failure to emphasize observable behaviors in the diagnostic process.
B) learning theory bias.
C) medical model bias.
D) psychoanalytic bias.
E) social-cultural bias.
11. The diagnostic reliability of DSM-IV:
   A) is unknown.
   B) depends on the age of the patient.
   C) is very low.
   D) is relatively high.

12. Which of the following statements concerning the labeling of disordered behaviors is not true?
   A) Labels interfere with effective treatment of psychological disorders.
   B) Labels promote research studies of psychological disorders.
   C) Labels may create preconceptions that bias people's perceptions.
   D) Labels may influence behavior by creating self-fulfilling prophecies.

13. The term insanity refers to:
   A) legal definitions.
   B) psychotic disorders only.
   C) personality disorders only.
   D) both psychotic disorders and personality disorders.

14. Phobias and obsessive-compulsive behaviors are classified as:
   A) anxiety disorders.
   B) mood disorders.
   C) dissociative disorders.
   D) personality disorders.

15. Sharon is continually tense, jittery, and apprehensive for no specific reason. She would probably be diagnosed as suffering a(n):
   A) phobia.
   B) major depressive disorder.
   C) obsessive-compulsive disorder.
   D) generalized anxiety disorder.

16. Irene occasionally experiences unpredictable episodes of intense dread accompanied by chest pains and a sensation of smothering. Since her symptoms have no apparent cause, they would probably be classified as indicative of:
   A) schizophrenia.
   B) bipolar disorder.
   C) post-traumatic stress disorder.
   D) panic attack.
17. Joe has an intense, irrational fear of snakes. He is suffering from a(n):
A) generalized anxiety disorder.
B) obsessive-compulsive disorder.
C) phobia.
D) mood disorder.
E) bipolar disorder.

18. Jason is so preoccupied with staying clean that he showers as many as ten times each day. Jason would be diagnosed as suffering from a(n):
A) dissociative disorder.
B) generalized anxiety disorder.
C) personality disorder.
D) obsessive-compulsive disorder.

19. The psychoanalytic perspective would most likely view phobias as:
A) conditioned fears.
B) displaced responses to incompletely repressed impulses.
C) biological predispositions.
D) manifestations of self-defeating thoughts.

20. Julia's psychologist believes that Julia's fear of heights can be traced to a conditioned fear she developed after falling from a ladder. This explanation reflects a ______ perspective.
A) medical
B) psychoanalytic
C) social-cognitive
D) learning

21. Although she escaped from war-torn Bosnia two years ago, Zheina still has haunting memories and nightmares. Because she is also severely depressed, her therapist diagnoses her condition as:
A) dissociative identity disorder.
B) bipolar disorder.
C) schizophrenia.
D) post-traumatic stress disorder.
22. Before he can study, Rashid must arrange his books, pencils, paper, and other items on his desk so that they are “just so.” The campus counselor suggests that Rashid's compulsive behavior may help alleviate his anxiety about failing in school, which reinforces the compulsive actions. This explanation of obsessive-compulsive behavior is most consistent with which perspective?
   A) learning
   B) psychoanalytic
   C) humanistic
   D) social-cognitive

23. To which of the following is a person most likely to acquire a phobia?
   A) heights
   B) being in public
   C) being dirty
   D) All of the above are equally likely.

24. After falling from a ladder, Joseph is afraid of airplanes, although he has never flown. This demonstrates that some fears arise from:
   A) observational learning.
   B) reinforcement.
   C) stimulus generalization.
   D) stimulus discrimination.

25. Which of the following provides evidence that human fears have been subjected to the evolutionary process?
   A) Compulsive acts typically exaggerate behaviors that contributed to our species' survival.
   B) Most phobias focus on objects that our ancestors also feared.
   C) It is easier to condition some fears than others.
   D) All of the above provide evidence.

26. Which of the following was presented in the text as evidence of biological influences on anxiety disorders?
   A) Identical twins often develop similar phobias.
   B) PET scans of persons with obsessive-compulsive disorder reveal unusually high activity in an area of the frontal lobes.
   C) Drugs that dampen fear-circuit activity in the amygdala also alleviate OCD.
   D) All of the above were presented.
   E) None of the above was presented.
27. Which of the following is the most pervasive of the psychological disorders?
   A) depression  
   B) schizophrenia  
   C) bipolar disorder  
   D) generalized anxiety disorder

28. For the past six months, a woman has complained of feeling isolated from others,  
dissatisfied with life, and discouraged about the future. This woman could be diagnosed  
as suffering from: 
   A) bipolar disorder.  
   B) major depressive disorder.  
   C) generalized anxiety disorder.  
   D) dissociative disorder.

29. On Monday, Matt felt optimistic, energetic, and on top of the world. On Tuesday, he felt  
hopeless and lethargic, and thought that the future looked very grim. Matt would most likely be diagnosed as having: 
   A) bipolar disorder.  
   B) major depressive disorder.  
   C) schizophrenia.  
   D) panic disorder.

30. In general, women are more vulnerable than men to ________ disorders such as ________.
   A) active; anxiety  
   B) passive; depression  
   C) active; antisocial conduct  
   D) passive; alcohol abuse

31. Which of the following is not true concerning depression?
   A) Depression is more common in females than in males.  
   B) Most depressive episodes appear not to be preceded by any particular factor or event.  
   C) Most depressive episodes last less than three months.  
   D) Most people recover from depression without professional therapy.
32. Gender differences in the prevalence of depression may be partly due to the fact that when stressful experiences occur, women tend to ________ while men tend to ________.
   A) act; think
   B) think; act
   C) distract themselves by drinking; delve into their work
   D) delve into their work; distract themselves by drinking

33. Connie's therapist has suggested that her depression stems from unresolved anger toward her parents. Evidently, Connie's therapist is working within the ________ perspective.
   A) learning
   B) social-cognitive
   C) biological
   D) psychoanalytic

34. According to psychoanalytic theory, memory of losses, especially in combination with internalized anger, is likely to result in:
   A) learned helplessness.
   B) the self-serving bias.
   C) weak ego defense mechanisms.
   D) depression.

35. In treating depression, a psychiatrist would probably prescribe a drug that would:
   A) increase levels of acetylcholine.
   B) decrease levels of dopamine.
   C) increase levels of norepinephrine.
   D) decrease levels of serotonin.

36. Which neurotransmitter is present in overabundant amounts during the manic phase of bipolar disorder?
   A) dopamine
   B) serotonin
   C) epinephrine
   D) norepinephrine
37. Alicia's doctor, who thinks that Alicia's depression has a biochemical cause, prescribes a
drug that:
A) reduces norepinephrine.
B) increases norepinephrine.
C) reduces serotonin.
D) increases acetylcholine.

38. According to the social-cognitive perspective, a person who experiences unexpected
aversive events may develop helplessness and manifest a(n):
A) obsessive-compulsive disorder.
B) dissociative disorder.
C) personality disorder.
D) mood disorder.

39. Social-cognitive theorists contend that depression is linked with:
A) negative moods.
B) maladaptive explanations of failure.
C) self-defeating beliefs.
D) all of the above.

40. Ken's therapist suggested that his depression is a result of his self-defeating thoughts
and negative assumptions about himself, his situation, and his future. Evidently, Ken's
therapist is working within the ________ perspective.
A) learning
B) social-cognitive
C) biological
D) psychoanalytic

41. Hussein, who suffers from chronic loneliness, probably attributes his unsatisfactory
social relationships to:
A) an inherited trait.
B) his own inadequacies.
C) a cultural norm.
D) the social incompetence of other people.

42. Dr. Jekyll, whose second personality was Mr. Hyde, had a(n) ________ disorder.
A) anxiety
B) dissociative
C) mood
D) personality
43. As a child, Monica was criticized severely by her mother for not living up to her expectations. This criticism was always followed by a beating with a whip. As an adult, Monica is generally introverted and extremely shy. Sometimes, however, she acts more like a young child, throwing tantrums if she doesn't get her way. At other times, she is a flirting, happy-go-lucky young lady. Most likely, Monica is suffering from:

A) a phobia.
B) dissociative schizophrenia.
C) dissociative identity disorder.
D) bipolar disorder.

44. Nicholas Spanos considers dissociative identity disorder to be:

A) a genuine disorder.
B) merely role-playing.
C) a disorder that cannot be explained according to the learning perspective.
D) both a. and c.

45. Psychoanalytic and learning theorists both agree that dissociative and anxiety disorders are symptoms that represent the person's attempt to deal with:

A) unconscious conflicts.
B) anxiety.
C) unfulfilled wishes.
D) unpleasant responsibilities.

46. Claiming that she heard a voice commanding her to warn other people that eating is harmful, Sandy attempts to convince others in a restaurant not to eat. The psychiatrist to whom she is referred finds that Sandy's thinking and speech are often fragmented and incoherent. In addition, Sandy has an unreasonable fear that someone is “out to get her” and consequently trusts no one. Her condition is most indicative of:

A) schizophrenia.
B) generalized anxiety disorder.
C) a phobia.
D) obsessive-compulsive disorder.
E) personality disorder.

47. Which of the following is not a symptom of schizophrenia?

A) inappropriate emotions
B) disorganized thinking
C) panic attacks
D) disturbed perceptions

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48. Most of the hallucinations of schizophrenia patients involve the sense of:
   A) smell.
   B) vision.
   C) hearing.
   D) touch.

49. Hearing voices would be a(n) ________; believing that you are Napoleon would be a(n) ________.
   A) obsession; compulsion
   B) compulsion; obsession
   C) delusion; hallucination
   D) hallucination; delusion

50. Many psychologists believe the disorganized thoughts of people with schizophrenia result from a breakdown in:
   A) selective attention.
   B) memory storage.
   C) motivation.
   D) memory retrieval.
   E) memory encoding.

51. When schizophrenia is slow to develop, called ________ schizophrenia, recovery is ________.
   A) reactive; unlikely
   B) process; likely
   C) process; unlikely
   D) reactive; likely

52. The effect of drugs that block receptors for dopamine is to:
   A) alleviate schizophrenia symptoms.
   B) alleviate depression.
   C) increase schizophrenia symptoms.
   D) increase depression.

53. Wayne's doctor attempts to help Wayne by prescribing a drug that blocks receptors for dopamine. Wayne has apparently been diagnosed with:
   A) a mood disorder.
   B) an anxiety disorder.
   C) a personality disorder.
   D) schizophrenia.
54. Janet, whose class presentation is titled “Current Views on the Causes of Schizophrenia,” concludes her talk with the statement:
   A) “Schizophrenia is caused by intolerable stress.”
   B) “Schizophrenia is inherited.”
   C) “Genes may predispose some people to react to particular experiences by developing schizophrenia.”
   D) “As of this date, schizophrenia is completely unpredictable and its causes are unknown.”

55. Among the following, which is generally accepted as a possible cause of schizophrenia?
   A) an excess of endorphins in the brain
   B) being a twin
   C) extensive learned helplessness
   D) a genetic predisposition

56. Which of the following is not true regarding schizophrenia?
   A) It occurs more frequently in people born in winter and spring months.
   B) It occurs less frequently as infectious disease rates have declined.
   C) It occurs more frequently in lightly populated areas.
   D) It usually appears during adolescence or early adulthood.

57. Research evidence links the brain abnormalities of schizophrenia to ________ during prenatal development.
   A) maternal stress
   B) a viral infection contracted
   C) abnormal levels of certain hormones
   D) the weight of the unborn child
   E) alcohol use

58. The early warning signs of schizophrenia, based on studies of high-risk children, include all but which of the following?
   A) having a severely schizophrenic mother
   B) having been separated from parents
   C) having a short attention span
   D) having matured physically at a very early age
59. Bob has never been able to keep a job. He's been in and out of jail for charges such as theft, sexual assault, and spousal abuse. Bob would most likely be diagnosed as having:
A) a dissociative identity disorder.
B) major depressive disorder.
C) schizophrenia.
D) an antisocial personality.

60. When expecting to be electrically shocked, people with an antisocial disorder, as compared to normal people, show:
A) less fear and greater arousal of the autonomic nervous system.
B) less fear and less autonomic arousal.
C) greater fear and greater autonomic arousal.
D) greater fear and less autonomic arousal.
Answer Key

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