1. Psychiatrists and psychologists label behavior as disordered when it is
   A) aggressive, persistent, and intentional.
   B) selfish, habitual, and avoidable.
   C) deviant, distressful, and dysfunctional.
   D) biologically influenced, unconsciously motivated, and difficult to change.

2. According to the medical model, psychological disorders are
   A) sicknesses that need to be diagnosed and cured.
   B) maladaptive responses to a troubling environment.
   C) purely imaginary symptoms of distress.
   D) learned habits that need to be extinguished.

3. Some psychological disorders occur primarily in one culture. However, ________ occurs worldwide.
   A) dissociative identity disorder
   B) anorexia nervosa
   C) schizophrenia
   D) susto

4. The DSM-IV-TR does NOT
   A) include a classification of personality disorders.
   B) explain the causes of the various psychological disorders.
   C) include a very broad range of psychological disorders.
   D) provide reliable guidelines for diagnosing psychological disorders.

5. A fundamental problem with the diagnostic labeling of psychologically disordered behaviors is that the
   labels often
   A) bias our perceptions of the labeled person.
   B) represent attempts by psychologists to explain behavior by simply naming it.
   C) interfere with effective research on the causes of these disorders.
   D) interfere with effective treatment of these disorders.

6. When children are told that certain classmates have learning disabilities, they may behave in ways that
   inhibit the success of those students in the classroom. This best illustrates the dangers of
   A) the medical model.
   B) linkage analysis.
   C) self-fulfilling prophecies.
   D) the psychoanalytic perspective.

7. Rishi, a college student, complains that he feels apprehensive and fearful most of the time but doesn't know
   why. Without warning, his heart begins to pound, his hands get icy, and he breaks out in a cold sweat.
   Rishi most likely suffers from
   A) bipolar disorder.
   B) obsessive-compulsive disorder.
   C) generalized anxiety disorder.
   D) a phobia.

8. Freud suggested that for those suffering a generalized anxiety disorder, the anxiety is
   A) cyclical.
   B) free-floating.
   C) narcissistic.
   D) completely outside of conscious awareness.
9. While he was studying, Matthew was suddenly overwhelmed by feelings of intense apprehension. For several minutes he felt so agitated that he could not catch his breath. Matthew was most likely suffering from
   A) bipolar disorder.
   B) a panic attack.
   C) obsessive-compulsive disorder.
   D) a delusion.

10. An immediate and irrational anxiety response to the mere sight of blood is indicative of
   A) mania.
   B) catatonia.
   C) a specific phobia.
   D) a dissociative disorder.

11. An incapacitating and highly distressing fear about being embarrassed in the presence of others is most characteristic of
   A) panic disorder.
   B) social phobia.
   C) antisocial personality disorder.
   D) obsessive-compulsive disorder.

12. Sadie is so fearful of being overwhelmed by anxiety that she rarely steps outside her apartment. The thought of going shopping and getting lost in a crowd terrifies her, so she has her groceries delivered. Because of her fear, she earns her living as a freelance writer, working at home. Sadie's behavior is most characteristic of
   A) agoraphobia.
   B) generalized anxiety disorder.
   C) somatoform disorder.
   D) obsessive-compulsive disorder.

13. Cecil is preoccupied with thoughts of jumping out the window of his tenthfloor apartment. To reduce his anxiety, he frequently counts his heartbeats aloud. Cecil would most likely be diagnosed as experiencing
   A) panic disorder.
   B) hypochondriasis.
   C) generalized anxiety disorder.
   D) obsessive-compulsive disorder.

14. The billionaire aviator Howard Hughes insisted that his assistants carry out elaborate hand-washing rituals and wear white gloves when handling any document he would later touch. His behavior best illustrated the symptoms of
   A) antisocial personality disorder.
   B) obsessive-compulsive disorder.
   C) bipolar disorder.
   D) schizophrenia.

15. The social withdrawal and haunting nightmares of battle-scarred war veterans best illustrate symptoms of
   A) DID.
   B) ADHD.
   C) OCD.
   D) PTSD.
16. Two years after being brutally beaten and raped, Brianna still experiences jumpy anxiety and has trouble sleeping and vivid flashbacks of her assault. Brianna is most clearly showing signs of
   A) panic disorder.
   B) post-traumatic stress disorder.
   C) generalized anxiety disorder.
   D) conversion disorder.

17. Some people are more vulnerable to PTSD because they have a sensitive ________, which floods the body with stress hormones.
   A) motor cortex
   B) cerebellum
   C) limbic system
   D) frontal lobe

18. According to the ________ perspective, anxiety is sometimes produced by the submerged mental energy associated with repressed impulses.
   A) biological
   B) learning
   C) psychoanalytic
   D) social-cognitive

19. Luke suffers from acrophobia, a fear of high places. Luke's therapist suggests that his reaction to heights is a generalization of the fear triggered by a childhood playground accident in which he fell off a jungle gym. The therapist's suggestion reflects a ________ perspective.
   A) learning
   B) psychoanalytic
   C) humanistic
   D) biological

20. A person attacked by a fierce dog develops a fear of all dogs. This best illustrates
   A) a conversion disorder.
   B) agoraphobia.
   C) stimulus generalization.
   D) linkage analysis.

21. As Jordan watches, his brother receives an electric shock from touching the frayed toaster cord. Jordan is now intensely afraid of toasters. This best illustrates that fear can be learned through
   A) stimulus generalization.
   B) observational learning.
   C) linkage analysis.
   D) reinforcement.

22. A conversion disorder is most likely to be characterized by
   A) alternations between extreme hopelessness and unrealistic optimism.
   B) a continuous state of tensions, apprehension, and autonomic nervous system arousal.
   C) offensive and unwanted thoughts that persistently preoccupy a person.
   D) very specific physical symptoms that have no apparent physiological basis.

23. During a heated argument with his father, Mike was suddenly unable to move his right arm. Medical examinations are unable to detect a physiological basis for the paralysis. It is likely that Mike suffers from
   A) agoraphobia.
   B) hypochondriasis.
   C) a dissociative disorder.
   D) a conversion disorder.
24. Rachel is convinced that her occasional headaches are caused by a malignant brain tumor. Although several physicians have assured her that she has no serious physical problem, Rachel continues to seek medical attention for a brain tumor. Her behavior provides an example of
   A) dissociative disorder.
   B) generalized anxiety disorder.
   C) hypochondriasis.
   D) obsessive-compulsive disorder.

25. Exhibiting two or more distinct and alternating personalities is a symptom of a(n)
   A) conversion disorder.
   B) dissociative disorder.
   C) obsessive-compulsive disorder.
   D) antisocial personality disorder.

26. For the last month, Gabrielle has felt lethargic and has been unable to get out of bed in the morning. She has withdrawn from friends and family because she feels worthless and unlovable. Gabrielle is most likely suffering from
   A) agoraphobia.
   B) major depressive disorder.
   C) PTSD.
   D) antisocial personality disorder.

27. A disorder in which an individual is overexcited, hyperactive, and wildly optimistic is known as
   A) paranoia.
   B) mania.
   C) a panic attack.
   D) hypochondriasis.

28. George Frideric Handel composed his Messiah during three weeks of intense, creative energy. Many believe Handel suffered a mild form of
   A) agoraphobia.
   B) a dissociative disorder.
   C) bipolar disorder.
   D) hypochondriasis.

29. Laura's husband died three years ago, but she is still depressed. Her therapist suggests that she is really angry at her husband for abandoning her. The therapist's interpretation reflects the ________ perspective.
   A) social-cognitive
   B) psychoanalytic
   C) learning
   D) biological

30. Drugs that alleviate mania tend to reduce levels of the neurotransmitter
   A) acetylcholine.
   B) norepinephrine.
   C) dopamine.
   D) estrogen.

31. Abnormally low levels of the neurotransmitter serotonin are associated with
   A) panic attacks.
   B) schizophrenia.
   C) depression.
   D) dissociative disorders.
32. Which perspective has emphasized the impact of learned helplessness on depression?
   A) psychoanalytic
   B) biological
   C) social-cognitive
   D) humanistic

33. Mr. Hunt believes that he is the president of the United States and that he will soon become the “King of the Universe.” Mr. Hunt is most clearly suffering from
   A) delusions.
   B) obsessions.
   C) hallucinations.
   D) dissociative identity disorder.

34. In which type of disorder is a person's speech likely to be so full of unrelated words and phrases that it could be characterized as a “word salad”?
   A) hypochondriasis
   B) obsessive-compulsive disorder
   C) schizophrenia
   D) dissociative disorder

35. Positive symptoms of schizophrenia are the _______ of inappropriate behaviors, and negative symptoms are the _______ of appropriate behaviors.
   A) absence; absence
   B) presence; presence
   C) absence; presence
   D) presence; absence

36. Schizophrenia is associated with an excess of receptors for
   A) norepinephrine.
   B) dopamine.
   C) serotonin.
   D) acetylcholine.

37. Vigorous activity in the thalamus of schizophrenia patients has been found to be associated with
   A) hearing voices.
   B) flat affect.
   C) disorganized speech.
   D) repetitive rocking motions.

38. Psychological disorders characterized by inflexible, enduring, and socially maladaptive behavior patterns are called _______ disorders.
   A) acute
   B) free-floating
   C) reactive
   D) personality

39. One cluster of personality disorders marked by dramatic or impulsive behaviors is exemplified by the _______ personality disorder.
   A) avoidant
   B) schizoid
   C) catatonic
   D) histrionic
40. Those with narcissistic personality disorder are likely to be preoccupied with
   A) an irrational fear of people.
   B) delusions of persecution.
   C) physical symptoms of distress.
   D) their own self-importance.

41. Antisocial personality disorder is most likely to be characterized by
   A) a persistent, irrational fear of people.
   B) episodes of intense autonomic nervous system arousal.
   C) disruptions in conscious awareness and sense of identity.
   D) a lack of guilt feelings.

42. Anthony is 32 years old, well above average in intelligence, and quite charming. He has swindled several older people out of their life savings, and he seems to have little feeling for his victims, nor does he fear the consequences of getting caught. His behavior is evidence of
   A) schizophrenia.
   B) obsessive-compulsive disorder.
   C) a personality disorder.
   D) a dissociative disorder.

43. The reduced self-control of murderers is most closely related to reduced brain activity in their ________ lobes.
   A) frontal
   B) temporal
   C) occipital
   D) parietal

44. Mental health therapies that involve prescribed drugs or other procedures that act directly on a patient's nervous system are
   A) cognitive therapies.
   B) behavior therapies.
   C) biomedical therapies.
   D) psychodynamic therapies.

45. A therapist who takes an eclectic approach is one who
   A) prescribes the use of drugs as part of psychotherapy.
   B) emphasizes that active listening is the major technique in all effective therapies.
   C) prefers to engage in therapy in a group setting.
   D) uses a variety of psychological theories and therapeutic approaches.

46. Dr. Byrne is a clinical psychologist who often uses operant conditioning techniques to treat her clients. She also encourages them to modify their thought patterns, and on occasion she interprets their transference behaviors. Dr. Byrne's therapeutic approach would best be described as
   A) meta-analytic.
   B) psychoanalytic.
   C) behavioral.
   D) eclectic.

47. Which of the following therapists would most likely try to understand an adult's psychological disorder by exploring that person's childhood experiences?
   A) a psychoanalyst
   B) a behavior therapist
   C) a humanistic therapist
   D) a cognitive therapist
48. When Molly told her therapist about her frightening car accident, the therapist instructed her to close her eyes and verbalize any further thoughts stimulated by this experience, even if they were scary or embarrassing. The therapist was making use of a technique known as
A) active listening.
B) transference.
C) systematic desensitization.
D) free association.

49. According to psychoanalysts, resistance refers to the
A) expression toward a therapist of feelings linked with earlier relationships.
B) blocking from consciousness of anxiety-laden material during therapy.
C) replacement of a genuine concern for others with self-centeredness.
D) conversion of psychological conflicts into physical and behavioral disorders.

50. To understand his patients' repressed conflicts, Freud sought to identify the ________ of their dreams.
A) neurogenesis
B) virtual reality
C) latent content
D) spontaneous recovery

51. Psychoanalysts are most likely to view patient transference as
A) a symptom of depression.
B) a sign of healthy personality development.
C) a helpful aid to the process of therapy.
D) evidence that no further therapy is needed.

52. Which therapeutic approach relies most heavily on patients' discovering their own ways of effectively dealing with their difficulties?
A) psychoanalysis
B) cognitive therapy
C) systematic desensitization
D) client-centered therapy

53. An important feature of client-centered therapy is
A) systematic desensitization.
B) transference.
C) free association.
D) active listening.

54. During a marriage counseling session, the therapist suggests to Mr. and Mrs. Gallo that they each restate their spouse's comments before making their own. The therapist was applying a technique most closely associated with
A) psychoanalysis.
B) cognitive-behavior therapy.
C) systematic desensitization.
D) client-centered therapy.

55. Carl Rogers referred to a caring, nonjudgmental attitude as
A) active listening.
B) free association.
C) unconditional positive regard.
D) positive reinforcement.
56. In one treatment for bed-wetting, the child sleeps on a liquid-sensitive pad that when wet, triggers an alarm and awakens the child. This treatment is a form of
   A) biomedical therapy.
   B) cognitive therapy.
   C) behavior therapy.
   D) humanistic therapy.

57. Benny's mother tries to reduce his fear of sailing by giving the 3-year-old his favorite candy as soon as they board the boat. The mother's strategy best illustrates
   A) counterconditioning.
   B) cognitive therapy.
   C) transference.
   D) the placebo effect.

58. Systematic desensitization is a form of ________, which is a type of ________.
   A) facilitated communication; interpersonal psychotherapy
   B) stress inoculation training; biomedical therapy
   C) free association; cognitive therapy
   D) counterconditioning; behavior therapy

59. A token economy is to operant conditioning as ________ is to classical conditioning.
   A) systematic desensitization
   B) electroconvulsive therapy
   C) free association
   D) drug therapy

60. Systematic desensitization involves
   A) depriving a client access to an addictive drug.
   B) associating unwanted behaviors with unpleasant experiences.
   C) replacing a positive response to a harmful stimulus with a negative response.
   D) associating a pleasant relaxed state with anxiety-arousing stimuli.

61. Jonathan is afraid to ask a girl for a date, so his therapist instructs him to relax and simply imagine he is reaching for a telephone and then calling a potential date. The therapist's technique best illustrates the process of
   A) interpersonal therapy.
   B) free association.
   C) cognitive therapy.
   D) systematic desensitization.

62. Virtual reality exposure therapy is a form of
   A) stress inoculation training.
   B) aversive conditioning.
   C) systematic desensitization.
   D) transference.

63. In treating alcohol dependency, therapists have clients consume alcohol that contains a nausea-producing drug. This technique is known as
   A) operant conditioning.
   B) systematic desensitization.
   C) aversive conditioning.
   D) transference.
64. Therapists practice ________ by using positive reinforcers to reward closer and closer approximations of a desired behavior.
A) free association
B) progressive relaxation
C) behavior modification
D) unconditional positive regard

65. In order to encourage Mrs. Coleman, a withdrawn schizophrenia patient, to be more socially active, institutional staff members give her small plastic cards whenever she talks to someone. She is allowed to exchange these cards for candy and cigarettes. Staff members are making use of
A) active listening.
B) systematic desensitization.
C) a token economy.
D) classical conditioning.

66. The assumption that thoughts intervene between events and our emotional reactions is most clearly central to
A) progressive relaxation.
B) cognitive therapies.
C) behavior modification.
D) exposure therapies.

67. Dylan is a second-year undergraduate who feels so incompetent that he believes his life is worthless and hopeless. Dylan would profit the most from
A) Jones' counterconditioning.
B) Wolpe's systematic desensitization.
C) Beck's cognitive therapy.
D) Shapiro's EMDR.

68. Group therapy is typically more effective than individual therapy for
A) encouraging severely disturbed individuals to quickly regain normal social functioning.
B) enabling people to discover that others have problems similar to their own.
C) ensuring that therapists will become more emotionally involved in clients' real-life problems.
D) eliminating clients' anxiety during the process of therapy.

69. The placebo effect refers to
A) relief from symptoms without psychotherapy.
B) the alleviation of depression and anxiety by means of aerobic exercise.
C) the use of drugs in the therapeutic treatment of psychological disorders.
D) the beneficial consequences of merely expecting that a treatment will be effective.

70. Ron is a 22-year-old mechanic who suffers from claustrophobia. The most effective way to treat Ron's problem would involve ________ therapy.
A) cognitive
B) psychoanalytic
C) client-centered
D) behavior

71. Light exposure therapy was developed to relieve symptoms of
A) anxiety.
B) bulimia.
C) depression.
D) alcohol dependency.
72. Which drugs appear to produce therapeutic effects by blocking receptor sites for dopamine?
   A) antianxiety drugs
   B) antidepressant drugs
   C) antipsychotic drugs
   D) mood-stabilizing drugs

73. Sluggishness, tremors, and twitches similar to those of Parkinson's disease are most likely to be associated with the excessive use of certain ________ drugs.
   A) antidepressant
   B) antipsychotic
   C) mood-stabilizing
   D) antianxiety

74. Xanax and Ativan are ________ drugs.
   A) antidepressant
   B) antipsychotic
   C) mood-stabilizing
   D) antianxiety

75. Xanax would most likely be prescribed in order to help
   A) Cynthia give up her irrational belief that her husband is a foreign government spy.
   B) Cassius get rid of his suicidal thoughts and feelings of apathy and hopelessness.
   C) Jerome overcome feelings of nervous apprehension and an inability to relax.
   D) Bradan discontinue his habit of smoking more than three packs of cigarettes a day.

76. Selective-serotonin-reuptake-inhibitors are frequently prescribed for the treatment of
   A) tardive dyskinesia.
   B) schizophrenia.
   C) depression.
   D) mania.

77. Prozac is an antidepressant drug that partially blocks the reabsorption and removal of ________ from synapses.
   A) serotonin
   B) dopamine
   C) acetylcholine
   D) chlorpromazine

78. Which of the following individuals is most likely to benefit from Prozac?
   A) Jack, who has lost his sense of identity and wandered from his home to a distant city
   B) Andrea, who hears imaginary voices telling her that she will suffer a fatal accident
   C) Tami, who is so addicted to cigarettes that she doesn't want to quit smoking
   D) Shannon, who feels helpless and apathetic and thinks her life is meaningless and worthless

79. Some antidepressants block the reuptake or breakdown of both serotonin and another neurotransmitter, norepinephrine. These antidepressants are called
   A) antipsychotic drugs.
   B) mood-stabilizing drugs.
   C) dual-action drugs.
   D) ECTs.
80. Lithium is often an effective ________ drug.
   A) antipsychotic
   B) antianxiety
   C) antidepressant
   D) mood-stabilizing

81. Which of the following procedures is most likely to result in a loss of memory?
   A) aversive conditioning
   B) the double-blind technique
   C) systematic desensitization
   D) electroconvulsive therapy

82. Electroconvulsive therapy has proven to be effective in the treatment of
   A) phobias.
   B) dissociative disorders.
   C) schizophrenia.
   D) depression.
Answer Key

1. C
2. A
3. C
4. B
5. A
6. C
7. C
8. B
9. B
10. C
11. B
12. A
13. D
14. B
15. D
16. B
17. C
18. C
19. A
20. C
21. B
22. D
23. D
24. D
25. B
26. B
27. B
28. C
29. B
30. B
31. C
32. C
33. A
34. C
35. D
36. B
37. A
38. D
39. D
40. D
41. D
42. C
43. A
44. C
45. D
46. D
47. A
48. D
49. B
50. C
51. C
52. D
53. D
54. D  
55. C  
56. C  
57. A  
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62. C  
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66. B  
67. C  
68. B  
69. D  
70. D  
71. C  
72. C  
73. B  
74. D  
75. C  
76. C  
77. A  
78. D  
79. C  
80. D  
81. D  
82. D