# Chapter 1

# Examples and Definitions of Abnormal Behavior

**Total Assessment Guide (T.A.G.)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Topic** | **Question Type** | **Understand the Concepts** | **Apply What You Know** | **Analyze It** | **Evaluate It** |
| **Overview** | **Multiple Choice** | 1,2,3,4,5 |  |  |  |
| **True/False** | 51 |  |  |  |
| **Essay** |  |  |  |  |
| **Recognizing the Presence of a Disorder** | **Multiple Choice** | 10,11,12 | 6,8,9,13 | 7 |  |
| **True/False** | 52,53 |  |  |  |
| **Essay** |  | 81,82 |  |  |
| **Defining Abnormal Behavior** | **Multiple Choice** | 15,16,21 | 14,17,18,20,  22,24 | 19,23 |  |
| **True/False** | 54,55,56,57,  58,59 | 60 |  |  |
| **Essay** |  | 83,84 |  |  |
| **Who Experiences**  **Abnormal Behavior?** | **Multiple Choice** | 27,28,29,30,  32,34,35 | 25,26,31 | 33 |  |
| **True/False** | 61,62,63,64,  65,67,69 | 66,68 |  |  |
| **Essay** |  | 85,86 |  |  |
| **The Mental Health Professions** | **Multiple Choice** | 36,38 | 37,39 | 40 |  |
| **True/False** | 70,71,72,73,  74 |  |  |  |
| **Essay** |  | 87 |  |  |
| **Psychopathology**  **In Historical**  **Context** | **Multiple Choice** | 41,42,43 | 44 | 45 |  |
| **True/False** | 75,76 | 77 |  |  |
| **Essay** | 89,90 | 88 |  |  |
| **Methods for the Scientific Study of Mental Disorders** | **Multiple Choice** | 46,48,49,50 | 47 |  |  |
| **True/False** | 78,79 | 80 |  |  |
| **Essay** | 91 | 93 |  | 92 |

**Chapter 1: Examples and Definitions of Abnormal Behavior**

**Multiple Choice**

1.1.1. In the United States and other developed countries, mental disorders are the \_\_\_leading cause of disease-related disability and mortality.

a. 2nd

b. 5th

c. 10th

d. 30th

Answer: a.

Difficulty: Easy

Question ID: 1.1.1

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.2. The symptoms and signs of mental illness are known as

a. the analysis of the mind.

b. the treatment of mental disorders.

c. psychopathology.

d. the ancient philosophy of the interaction of mind and body.

Answer: c.

Difficulty: Easy

Question ID: 1.1.2

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.3. The point of view of this textbook is that

a. very few people will ever come into contact with the problems that are associated with mental illness.

b. isolation between people with mental illness and people without mental illness benefits both groups.

c. it is likely that everyone will be touched by the problems associated with mental illness at some point in their life.

d. mental illness is almost a thing of the past due to modern treatments.

Answer: c.

Difficulty: Easy

Question ID: 1.1.3

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.4. Which is the best description of abnormal psychology?

a. a deviant personality trait

b. analysis of the childhood roots of pathology

c. study of unconscious influences on mental disorders

d. application of psychological science to the study of mental disorders

Answer: d.

Difficulty: Easy

Question ID: 1.1.4

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.5. What is the literal meaning of the word “psychopathology”?

a. demons within

b. deviant behavior

c. brain dysfunction

d. pathology of the mind

Answer: d.

Difficulty: Easy

Question ID: 1.1.5

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.6. The case of Kevin Warner was presented in the text as an example of the diagnosis of schizophrenia. Which of Kevin’s symptoms strongly suggested that he had lost touch with reality, which is the defining feature of schizophrenia?

a. social withdrawal

b. difficulty in communicating

c. inability to succeed at work

d. belief that people were poisoning him

Answer: d.

Difficulty: Moderate

Question ID: 1.1.6

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.1.7. Why did the staff at the psychiatric hospital give Kevin Warner injections of antipsychotic medication?

a. People with Kevin’s blood type do not respond to medication in pill form.

b. A high level of gastric juices in his digestive system destroyed the medication.

c. He only pretended to take the pills because he believed people were trying to poison him.

d. Antipsychotic drugs given by injection do not have the same serious side effects as those in pill form.

Answer: c.

Difficulty: Difficult

Question ID: 1.1.7

Topic: Recognizing the Presence of a Disorder

Skill: Analyze It

LO 1.1: Explain the process of identifying a mental disorder

1.1.8. Determining the presence of disorder is based on several criteria, including

a. the duration of a person’s symptoms.

b. the presence of a specific symptom in isolation.

c. the outcome of laboratory tests.

d. a person’s culture.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.8

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.1.9. Sam displays symptoms of paranoid schizophrenia; she feels ill after eating her lunch two days in a row. One of her symptoms is a paranoid belief that her coworkers are poisoning her. This type of belief is associated with

a. conflicts with society.

b. a nervous breakdown.

c. a psychosis.

d. adaptive behavior.

Answer: c.

Difficulty: Moderate

Question ID: 1.1.9

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.1.10. In what terms are mental disorders defined?

a. when a person is out of contact with reality

b. persistent maladaptive behaviors

c. inconsistent, socially unacceptable behaviors

d. unrealistic beliefs

Answer: b.

Difficulty: Easy

Question ID: 1.1.10

Topic: Recognizing the Presence of a Disorder

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.11. A group of symptoms that appear together and are assumed to represent a specific type of disorder is referred to as a

a. syndrome.

b. sign.

c. psychosis.

d. disease.

Answer: a.

Difficulty: Easy

Question ID: 1.1.11

Topic: Recognizing the Presence of a Disorder

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.12. Specific laboratory tests to confirm the presence of psychopathology

a. do not at present exist.

b. are used by psychologists but not by psychiatrists.

c. are used by psychiatrists but not by psychologists.

d. are used to test for the presence of some viral infection or brain lesion to confirm a diagnosis.

Answer: a.

Difficulty: Easy

Question ID: 1.1.12

Topic: Recognizing the Presence of a Disorder

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.1.13. Nate is a clinical psychologist and is trying to determine if Jennifer has schizophrenia. In what way will he make this determination?

a. blood tests

b. studying the concentration of schizophrenia in Jennifer’s geographic area

c. heredity

d. making observations of Jennifer’s behavior and her descriptions of personal experience

Answer: d.

Difficulty: Moderate

Question ID: 1.1.13

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.1.14. A problem with defining abnormal behavior in terms of deviation from statistical norms is that this definition

a. focuses only on very rare conditions.

b. focuses only on conditions that are actually relatively common.

c. does not specify how unusual the behavior must be to be considered abnormal.

d. only considers deviations that are harmful.

Answer: c.

Difficulty: Moderate

Question ID: 1.1.14

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.15. If a person with an abnormal behavior is unable to or unwilling to appreciate the extent of their problem or the impact it had on other people, what would psychologists say that person lacked?

a. ignorance

b. insight

c. logic

d. common sense

Answer: b.

Difficulty: Easy

Question ID: 1.1.15

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.1.16. In the term “harmful dysfunction,” the word “dysfunction” refers to

a. a mental disorder.

b. a set of distinguishing symptoms.

c. a disruption of thought, feeling, or perception.

d. the inability of the person to function at work or school.

Answer: c.

Difficulty: Easy

Question ID: 1.1.16

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.1.17. Applying the concept of harmful dysfunction to the case of Kevin Warner, we can emphasize Kevin’s failures of several mental mechanisms, including

a. perception.

b. motivation.

c. learning.

d. feeling.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.17

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.18. What dysfunctions are considered to be disorders?

a. those resulting in significant harm to the person

b. those differing in any way from the ordinary function of a biological process

c. those eliciting abnormal behavior characteristics

d. those leading to the inability to occasionally misconstrue reality

Answer: a.

Difficulty: Easy

Question ID: 1.1.18

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.19. What is one of the advantages of Jerome Wakefield’s harmful dysfunction approach to defining mental disorders?

a. Cultural factors do not affect the definition.

b. The definition is based on established humanistic criteria.

c. The meaning of harmful is limited to life-threatening conditions.

d. As much as possible objective evaluation is used to define the dysfunction.

Answer: d.

Difficulty: Difficult

Question ID: 1.1.19

Topic: Defining Abnormal Behavior

Skill: Analyze It

LO 1.2: Analyze the evolving definitions of mental health

1.1.20. Beliefs and actions that are shared by religious, political, or sexual minority groups are not considered evidence of a mental disorder because such behaviors

a. are voluntary.

b. are rare and unusual.

c. can cause harm.

d. deviate from society’s standards of proper behavior.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.20

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.21. Which organization publishes the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)*?

a. World Health Organization

b. American Psychiatric Association

c. American Psychological Association

d. National Institute of Mental Health

Answer: b.

Difficulty: Easy

Question ID: 1.1.21

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.1.22. What is the emphasis of the definition of abnormal behavior in the *DSM‑5*?

a. statistical rarity

b. biological etiology

c. biological disadvantage in terms of reproduction

d. personal distress or impairment in social functioning

Answer: d.

Difficulty: Moderate

Question ID: 1.1.22

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.23. A woman who is unable to achieve orgasm and who lives in a society that discourages female sexuality would probably not be given the *DSM* diagnosis of female orgasmic disorder because she

a. probably would not experience any distress or impairment.

b. would be distressed but not impaired.

c. would be impaired but not distressed.

d. would probably be both distressed and impaired.

Answer: a.

Difficulty: Difficult

Question ID: 1.1.23

Topic: Defining Abnormal Behavior

Skill: Analyze It

LO 1.2: Analyze the evolving definitions of mental health

1.1.24. What is the history of the “diagnosis” homosexuality in the *DSM*?

a. Homosexuality was never a diagnosis in the *DSM.*

b. Homosexuality was, and is, a possible diagnosis in the *DSM.*

c. Homosexuality was a diagnosis in the first two editions of the *DSM,* taken out for the third edition, and then reintroduced in the 4th.

d. Homosexuality was a diagnosis in the first two editions of the *DSM,* taken out for the third edition, and has never been reintroduced.

Answer: d.

Difficulty: Moderate

Question ID: 1.1.24

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.1.25. What was one of the factors that seems to have played a role in Mary’s development of an eating disorder? (This is from one of the case studies.)

a. sexual abuse throughout childhood

b. being prone to sleepwalking episodes

c. a genetic predisposition to high levels of anxiety

d. being determined that she would never gain as much weight as her mother had

Answer: d.

Difficulty: Moderate

Question ID: 1.1.25

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.1.26. Why are Mary Childress and Kevin Warner’s behaviors considered abnormal?

a. because they found it impossible to see reality

b. because they were both acutely aware of their disorders

c. because their disorders affected their physical health

d. because both of their behaviors fits the criteria for one of the *DSM-5* categories and they each suffered from a dysfunction

Answer: d.

Difficulty: Moderate

Question ID: 1.1.26

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.1.27. In addition to incidence, what other term is particularly important in epidemiological research?

a. statistical validity

b. correlation

c. prevalence

d. N

Answer: c.

Difficulty: Easy

Question ID: 1.1.27

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.28. Epidemiology is the scientific study of the

a. effects of diets.

b. biological treatment of diseases.

c. frequency and distribution of disorders.

d. classification systems for mental disorders.

Answer: c.

Difficulty: Easy

Question ID: 1.1.28

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.29. Which is the most accurate statement about the lifetime prevalence rates for bipolar disorder in the United States?

a. More men than women will be diagnosed with bipolar disorder.

b. More women than men will be diagnosed with bipolar disorder.

c. Almost twice as many women will receive this diagnosis.

d. The rates for this disorder are the same for men and women.

Answer: d.

Difficulty: Easy

Question ID: 1.1.29

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.30. Which of the following disorders is more common in women than men?

a. schizophrenia

b. anxiety disorders

c. bipolar disorder

d. alcoholism

Answer: b.

Difficulty: Easy

Question ID: 1.1.30

Topic: Who Experiences Abnormal Behavior?

Skill: Understanding the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.31. Based on the results of the National Comorbidity Survey Replication (NCS-R) Study, which disorder has the highest lifetime prevalence in the United States?

a. schizophrenia

b. major depression

c. bipolar mood disorder

d. obsessive-compulsive disorder

Answer: b.

Difficulty: Moderate

Question ID: 1.1.31

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.1.32. The presence of more than one condition within the same time period is known as

a. twin diagnosis.

b. double diagnosis.

c. comorbidity.

d. confounded morbidity.

Answer: c.

Difficulty: Easy

Question ID: 1.1.32

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.33. How has research on comorbidity changed the focus of epidemiological research?

a. shifted the focus from the psychotic disorders to milder disorders that affect more people

b. higher than expected prevalence of mental retardation led to more emphasis on intellectual ability

c. shifted the focus from counting the number of people with a disorder to measuring the functional impairment associated with the problems

d. evidence for the biological etiology of more mental disorders has switched the focus to identifying the genes responsible for particular disorders

Answer: c.

Difficulty: Difficult

Question ID: 1.1.33

Topic: Who Experiences Abnormal Behavior?

Skill: Analyze It

LO 1.3: Assess the demographics of mental illness

1.1.34. What two factors are combined to measure disease burden?

a. mortality and disability

b. infection rates and poverty levels

c. physician visits and pollution levels

d. daily caloric intake and hospitalization rates

Answer: a.

Difficulty: Easy

Question ID: 1.1.34

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.35. The World Health Organization estimates that all mental disorders combined account for \_\_\_\_\_ percent of all disability worldwide.

a. less than 1

b. 11

c. 28

d. 52

Answer: c.

Difficulty: Easy

Question ID: 1.1.35

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.1.36. Which of the following statements most accurately describes the specialized training needed to prepare people to provide professional assistance to those who suffer from mental disorders?

a. It is necessary to pursue a degree in medicine.

b. It is desirable to pursue a degree in medicine.

c. It is necessary to pursue an advanced degree in psychology.

d. There are many forms of appropriate specialized training available.

Answer: d.

Difficulty: Easy

Question ID: 1.1.36

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.1.37. One specific difference between psychiatrists and psychologists is that psychiatrists

a. are able to provide psychotherapy.

b. can prescribe medication.

c. use the *DSM* to diagnose mental disorders.

d. have had supervised clinical experience.

Answer: b.

Difficulty: Moderate

Question ID: 1.1.37

Topic: The Mental Health Professions

Skill: Apply What You Know

LO 1.4: Describe the functions of mental health professions

1.1.38. What is the best description of clinical psychology?

a. a branch of medicine concerned with the treatment of mental disorders

b. a legal term used to identify practitioners who use various forms of psychotherapy

c. the application of psychological science to the assessment and treatment of mental disorders

d. a newly established branch of medicine that has connections to both psychiatry and psychology

Answer: c.

Difficulty: Easy

Question ID: 1.1.38

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.1.39. George completed five years of graduate school that led to a Psy.D. degree. He is now completing a one-year internship at a mental health clinic. What type of mental health professional is George?

a. psychiatrist

b. social worker

c. medical therapist

d. clinical psychologist

Answer: d.

Difficulty: Moderate

Question ID: 1.1.39

Topic: The Mental Health Professions

Skill: Apply What You Know

LO 1.4: Describe the functions of mental health professions

1.1.40. The textbook suggests that one likely change in the future in the mental health professions is

a. boundaries between professions will become less rigid.

b. boundaries between professions will become more rigid.

c. restricting the rights of non-psychologists to administer tests will increase.

d. legislation restricting the use of psychological terminology to licensed personnel will be adopted.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.40

Topic: The Mental Health Professions

Skill: Analyze It

LO 1.4: Describe the functions of mental health professions

1.1.41. When we adopt an historical perspective to study how other societies have viewed the problems that we consider to be mental disorders, we find that they have

a. held quite different views.

b. held very similar views.

c. almost always emphasized natural explanations.

d. almost always emphasized supernatural explanations.

Answer: a.

Difficulty: Easy

Question ID: 1.1.41

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.1.42. Hippocrates is viewed as one of the first figures in history to emphasize that psychopathology can be attributed to

a. supernatural causes.

b. the influence of culture.

c. natural causes.

d. unconscious mental processes.

Answer: c.

Difficulty: Easy

Question ID: 1.1.42

Topic: Psychopathology in Historical Context

Skill: Understand the Concept

LO 1.5: Summarize the history of mental illness treatments

1.1.43. The improvement in conditions of mental hospitals in the 1800s was based in part on the belief that

a. humanistic care would help to relieve mental illness.

b. patients, though incurable, deserved compassionate care.

c. patients with mental disorders were not really dangerous.

d. patients had the right to sue to gain better treatment.

Answer: a.

Difficulty: Easy

Question ID: 1.1.43

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.1.44. The large patient populations placed in mental hospitals in the 1800s are important in the history of abnormal psychology because they

a. provided physicians with an opportunity to observe and treat various types of psychopathology.

b. created growing awareness of the need for psychological rather than medical interventions.

c. gave public officials a new way to deal with dangerous criminals.

d. led to a steady reduction in the number of people with mental illness.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.44

Topic: Psychopathology in Historical Context

Skill: Apply What You Know

LO 1.5: Summarize the history of mental illness treatments

1.1.45. Samuel Woodward’s claim of a 90 percent success rate in treating the seriously disturbed patients at Worcester Lunatic Hospital

a. was backed by rigorous scientific evidence.

b. reflects his lack of training in scientific research.

c. was a tactic he used to increase state funding for his hospital.

d. was based on the value of such treatments as bleeding and purging.

Answer: b.

Difficulty: Moderate

Question ID: 1.1.45

Topic: Psychopathology in Historical Context

Skill: Analyze It

LO 1.5: Summarize the history of mental illness treatments

1.1.46. What type of hypothesis is a new prediction called?

a. a null hypothesis

b. an experimental hypothesis

c. an alternative hypothesis

d. a scientific hypothesis

Answer: b.

Difficulty: Easy

Question ID: 1.1.46

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understand the Concepts

LO 1.6: Compare methods for studying mental disorders

1.1.47. You are a member of a research team that is about to begin research on the effectiveness of a drug called Relax on the symptoms of anxiety. One of the researchers asks you to describe the null hypothesis for this study. What will you say?

a. The null hypothesis states that the drug’s effect will not differ from any treatment.

b. The null hypothesis states that the dependent variable in this experiment must be objectively measured.

c. The null hypothesis means the researchers must be blind to the identity of the individuals who are receiving the drug.

d. The null hypothesis means there are no differences in demographic characteristics between the control and the experimental groups.

Answer: a.

Difficulty: Moderate

Question ID: 1.1.47

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Apply What You Know

LO 1.6: Compare methods for studying mental disorders

1.1.48. What is the best definition of a case study?

a. a detailed description of one person

b. a psychological evaluation for legal purposes

c. an analysis of the daydreams of college students

d. a large-scale study of the rates of a disorder

Answer: a.

Difficulty: Easy

Question ID: 1.1.48

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understand the Concepts

LO 1.6: Compare methods for studying mental disorders

1.1.49. What is one of the major uses of case studies?

a. studying unusual conditions

b. verifying the effectiveness of therapies

c. validating correlations established in the laboratory

d. establishing the borderline between normal and abnormal behaviors

Answer: a.

Difficulty: Easy

Question ID: 1.1.49

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understand the Concepts

LO 1.6: Compare methods for studying mental disorders

1.1.50. Abraham Lincoln suffered through periods of profound depression throughout his life. What do some historians believe his mood disorder can be traced to?

a. his poverty-stricken upbringing on the Western frontier

b. his father losing his property due to faulty property titles

c. the death of his mother when he was nine years old

d. insomnia

Answer: c.

Difficulty: Easy

Question ID: 1.1.50

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understanding the Concepts

LO 1.6: Compare methods for studying mental disorders

**True/False**

1.2.51. The term “psychopathology” describes the symptoms and signs of mental disorders, including phenomena as depressed mood, panic attacks, and bizarre beliefs.

Answer: True

Difficulty: Easy

Question ID: 1.2.51

Topic: Overview

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.2.52. A general term that refers to several types of severe mental disorders in which the person is considered to be out of contact with reality is psychosis.

Answer: True

Difficulty: Easy

Question ID: 1.2.52

Topic: Recognizing the Presence of a Disorder

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.2.53. A group of symptoms that appear together and are assumed to represent a specific type of disorder is referred to as a constellation.

Answer: False

Difficulty: Easy

Question ID: 1.2.53

Topic: Recognizing the Presence of a Disorder

Skill: Understand the Concepts

LO 1.1: Explain the process of identifying a mental disorder

1.2.54. In the United States the definition of abnormal behavior is presented in the official *Diagnostic and Statistical Manual of Mental Disorders,* published by the American Psychological Association.

Answer: False

Difficulty: Easy

Question ID: 1.2.54

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.55. In the realm of psychological functioning, people who function at the highest levels can be described as successful.

Answer: False

Difficulty: Easy

Question ID: 1.2.55

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.56. Culture is defined in terms of the values, beliefs, and practices that are shared by a specific community or group of people.

Answer: True

Difficulty: Easy

Question ID: 1.2.56

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.57. The American Psychiatric Association launched the original version of the *DSM* in 1960.

Answer: False

Difficulty: Easy

Question ID: 1.2.57

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.58. According to Jerome Wakefield, one essential component of the definition of a mental disorder is an individual’s subjective distress.

Answer: True

Difficulty: Moderate

Question ID: 1.2.58

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.59. A guiding principle for the developers of the *DSM-5* as they wrote definitions of mental disorder was that abnormal behaviors should have a biological basis to be considered mental disorders.

Answer: False

Difficulty: Moderate

Question ID: 1.2.59

Topic: Defining Abnormal Behavior

Skill: Understand the Concepts

LO 1.2: Analyze the evolving definitions of mental health

1.2.60. The DSM definition of mental disorder excludes impairment in social functioning.

Answer: False

Difficulty: Moderate

Question ID: 1.2.60

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.2.61. Epidemiology is the scientific study of the frequency and distribution of disorders within a population.

Answer: True

Difficulty: Easy

Question ID: 1.2.61

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.62. Prevalence refers to the number of new cases of a disorder that appear in the population during a specific period of time.

Answer: False

Difficulty: Easy

Question ID: 1.2.62

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.63. Incidence refers to the total number of active cases, both old and new, of a disorder that are present in a population during a specific period of time.

Answer: False

Difficulty: Easy

Question ID: 1.2.63

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.64. The overall incidence of a disorder is the total proportion of people in a given population who have been affected by the disorder at some point during their lives.

Answer: False

Difficulty: Easy

Question ID: 1.2.64

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.65. The presence of more than one condition within the same period of time in an individual is known as comorbidity.

Answer: True

Difficulty: Easy

Question ID: 1.2.65

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.66. One of the signs of the possible presence of bingeing and purging that was noticed in the case of Mary was teeth and gum problems.

Answer: True

Difficulty: Easy

Question ID: 1.2.66

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.2.67. Studying chromosomes to find abnormal genes associated with various diseases is something an epidemiologist might do.

Answer: False

Difficulty: Moderate

Question ID: 1.2.67

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.68. If a disorder is short-term and typically has a high rate of recovery, then lifetime prevalence rates for that disorder will be much higher than one-year prevalence rates.

Answer: True

Difficulty: Moderate

Question ID: 1.2.68

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.2.69. Depression is about equally common in men and women in the United States.

Answer: False

Difficulty: Moderate

Question ID: 1.2.69

Topic: Who Experiences Abnormal Behavior?

Skill: Understand the Concepts

LO 1.3: Assess the demographics of mental illness

1.2.70. Psychiatry is the branch of medicine that is concerned with the study and treatment of mental disorders.

Answer: True

Difficulty: Easy

Question ID: 1.2.70

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.2.71. Clinical psychology is concerned with the application of psychological science to the assessment and treatment of mental disorders.

Answer: True

Difficulty: Easy

Question ID: 1.2.71

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.2.72. People who seek help for mental health disorders are most likely to receive help from psychiatrists.

Answer: False

Difficulty: Easy

Question ID: 1.2.72

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.2.73. The largest group of clinically trained professionals providing mental health services in the United States are social workers.

Answer: True

Difficulty: Easy

Question ID: 1.2.73

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.2.74. Some professionals work in crisis, residential, and case management programs for people with severe forms of disorder, such as schizophrenia. They teach people practical, day-to-day skills that are necessary for living in the community. This field is known as psychosocial rehabilitation.

Answer: True

Difficulty: Moderate

Question ID: 1.2.74

Topic: The Mental Health Professions

Skill: Understand the Concepts

LO 1.4: Describe the functions of mental health professions

1.2.75. One of the bodily fluids that Hippocrates included in his explanation of abnormal behavior is plasma.

Answer: False

Difficulty: Easy

Question ID: 1.2.75

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.2.76. People trained in the Hippocratic tradition viewed disease as an invasion of the body by evil spirits.

Answer: False

Difficulty: Easy

Question ID: 1.2.76

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.2.77. The large patient populations placed in mental hospitals in the 1800s are important in the history of abnormal psychology because they provided physicians with an opportunity to observe and treat various types of psychopathology.

Answer: True

Difficulty: Moderate

Question ID: 1.2.77

Topic: Psychopathology in Historical Context

Skill: Apply What You Know

LO 1.5: Summarize the history of mental illness treatments

1.2.78. A case study is an in-depth look at the symptoms and circumstances surrounding one person’s mental disturbance.

Answer: True

Difficulty: Easy

Question ID: 1.2.78

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understand the Concepts

LO 1.6: Compare methods for studying mental disorders

1.2.79. In scientific research the alternative to the experimental hypothesis is known as the null hypothesis.

Answer: True

Difficulty: Easy

Question ID: 1.2.79

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understand the Concepts

LO 1.6: Compare methods for studying mental disorders

1.2.80. A good analogy for the null hypothesis would be the assumption of innocence in the legal system.

Answer: True

Difficulty: Moderate

Question ID: 1.2.80

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Apply What You Know

LO 1.6: Compare methods for studying mental disorders

**Essay**

1.3.81. Describe the problems that are associated with attempts to define abnormal behavior in terms of (a) personal distress and (b) statistical rarity.

Answer: (a) The individual may not demonstrate insight into the condition, and the behaviors may bother others but not the individual. (b) The cutoff for statistical rarity might be arbitrary and would be different for different disorders. Statistical rarity doesn’t address the issue of whether the behavior is harmful or not harmful. Moreover, some mental disorders are actually quite common.

Difficulty: Moderate

Question ID: 1.3.81

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.3.82. Explain why the duration of a person’s symptoms is important.

Answer: The duration of a person’s symptoms is important because mental disorders are defined in terms of persistent maladaptive behaviors. Many unusual behaviors and inexplicable experiences are short lived; if we ignore them, they go away. Some forms of problematic behavior are not transient, and they eventually interfere with the person’s social and occupational functioning.

Difficulty: Moderate

Question ID: 1.3.82

Topic: Recognizing the Presence of a Disorder

Skill: Apply What You Know

LO 1.1: Explain the process of identifying a mental disorder

1.3.83. Explain how abnormal behavior can be defined in terms of statistical norms.

Answer: Statistical norms define abnormal behavior in terms of how common or rare it is in the general population. By this definition, people with unusually high levels of anxiety or depression would be considered abnormal because their experience deviates from the expected norm.

Difficulty: Moderate

Question ID: 1.3.83

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.3.84. Describe the categories of behavior that are excluded from categorization as mental illness in the *DSM-5,* and give an example of each.

Answer: (1) expected or culturally sanctioned responses to a particular event (such as the death of a loved one); (2) behaviors expressing shared beliefs (such as the actions of political, religious, or sexual minorities); (3) conflicts that are between the individual and society (voluntary efforts to express individuality such as political protest or controversial art work)

Difficulty: Moderate

Question ID: 1.3.84

Topic: Defining Abnormal Behavior

Skill: Apply What You Know

LO 1.2: Analyze the evolving definitions of mental health

1.3.85. How do epidemiologists measure disease burden and what have their results revealed?

Answer: Disease burden is a combination of measures of mortality and disability. By equating certain medical diseases and injuries with specific mental disorders, epidemiologists estimate the disease burden due to various conditions. Their results indicate that the top three conditions in terms of disease burden are all cardiovascular conditions; all mental disorders, including suicide; and all malignant disease (cancer). The specific mental disorder that accounts for the greatest disease burden is unipolar major depression.

Difficulty: Moderate

Question ID: 1.3.85

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3. Assess the demographics of mental illness

1.3.86. Describe the results of the Global Burden of Disease Study sponsored by the World Health Organization and predictions of mental disorders in the future.

Answer: The Global Burden of Disease Study evaluated and compared the impact of more than 100 forms of disease and injury throughout the world. The study revealed that mental disorders are responsible for only 1 percent of all deaths, and produce 47 percent of all disability in economically developed countries, such as the United States, and 28 percent of all disabilities worldwide. The combined index reveals that, as a combined category, mental disorders are the second leading source of disease burden in developed countries. Investigators in the WHO study predict that, relative to other types of health problems, the burden of mental disorders will increase dramatically in coming years. These results indicate that mental disorders are one of the world’s greatest health challenges.

Difficulty: Moderate

Question ID: 1.3.86

Topic: Who Experiences Abnormal Behavior?

Skill: Apply What You Know

LO 1.3: Assess the demographics of mental illness

1.3.87. Discuss the different types of specialized mental health professionals, their role in the treatment of people with mental disorders, and how people are most likely to receive mental health care.

Answer: There are three general sources of mental health care. Fewer than half of those who seek help for mental disorders receive help from specialized mental health professionals. Roughly one-third are treated by primary care physicians and roughly one-quarter receive help from social agencies and self-help groups. Among the specialized providers, there are various kinds. Psychiatrists are specialists in medicine and can prescribe medications. Clinical psychologists typically have completed five years of graduate study to earn a Ph.D. or Psy.D., and are trained in the use of psychological assessment and in the use of psychotherapy. Social workers usually have a master’s degree in social work, which emphasizes social and cultural factors. Psychiatric social workers receive specialized training in the treatment of mental health problems. There are also other types of specialized providers, including professional counselors, marriage and family therapists, and psychosocial rehabilitation professionals, most of whom are also trained at the master’s level.

Difficulty: Moderate

Question ID: 1.3.87

Topic: The Mental Health Professions

Skill: Apply What You Know

LO 1.4: Describe the functions of mental health professionals

1.3.88. Trace the development of the Greek tradition in medicine on the causes and treatments of mental disorders. Trace the development of asylums from the Middle Ages to the 1800s in the United States.

Answer: In contrast to earlier times, the Greek philosopher Hippocrates proposed natural explanations for mental disorders. He suggested that a balance among four humors was necessary for health. An excess or deficiency in one of the humors could result in a disorder. His attempts to uncover natural, biological explanations dominated medical thought in Western countries until the middle of the nineteenth century. During the Middle Ages, “lunatics” or “idiots” (terms used for the mentally ill and mentally retarded) aroused little interest. Their disturbed behavior was considered to be the responsibility of the family rather than the community or the state. In the 1600s and 1700s “insane asylums” were established to house the mentally disturbed. However, changes in economic, demographic, and social conditions brought a different perspective to the care of the mentally ill. For example, there was rapid population growth and the rise of large cities between 1790 and 1850 in the United States. This increased urbanization led to a shift from an agricultural to an industrial economy. Lunatic asylums were created to serve the needs of heavily populated cities and to assume responsibilities that had been performed by families. Although the early asylums were little more than warehouses, the moral treatment movement led to improved conditions in some of these hospitals. This approach offered support, care, and some degree of freedom rather than just confinement. This treatment approach coupled with Dorothea Dix’s advocacy led to expansion of the number of mental institutions in the United States.

Difficulty: Moderate

Question ID: 1.3.88

Topic: Psychopathology in Historical Context

Skill: Apply What You Know

LO 1.5: Summarize the history of mental illness treatments

1.3.89. Explain how the American Psychiatric Association came into being.

Answer: By the middle of the 1800s, superintendents of asylums for the insane were practically all physicians who had experience in the care of people with severe mental disorders. The Association of Medical Superintendents of American Institutions for the Insane later became the American Psychiatric Association in 1844.

Difficulty: Easy

Question ID: 1.3.89

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.3.90. During the 1920s and 1930s several somatic treatments were widely used to treat mental disorders. Give a brief description of the procedure and the rationale for the following: fever therapy, insulin coma therapy, and lobotomy.

Answer: (1) Fever therapy involved taking blood from people with malaria and injecting it into people with psychiatric disorders so they would develop a fever. This method was used because the symptoms of some people with mental disorders had disappeared after they became ill with typhoid fever. (2) Insulin coma therapy involved injecting insulin into psychiatric patients. These injections lower the sugar content of the blood and induce a hypoglycemic state and a deep coma. The method was used because mental changes had been noted in some diabetic drug addicts who were treated with insulin. (3) A lobotomy involves inserting a sharp knife through a hole bored in a patient’s skull. Nerve fibers between the frontal lobes and the rest of the brain were cut. This surgical procedure had led to a reduction of negative emotions in chimpanzees.

Difficulty: Easy

Question ID: 1.3.90

Topic: Psychopathology in Historical Context

Skill: Understand the Concepts

LO 1.5: Summarize the history of mental illness treatments

1.3.91. Describe the benefits and drawbacks of the use of case studies in research on psychopathology.

Answer: (1) Benefits: rich clinical descriptions (symptoms displayed, manner in which symptoms emerged, developmental and family history, response to any treatment efforts), especially important if the disorder is rare (e.g., dissociative identity disorder and gender dysphoria); can be used to generate hypotheses; associated details can give clues about the nature of mental illness. (2) Drawbacks: can be viewed from many different perspectives and competing explanations may be equally plausible; risky to draw general conclusions from a single case.

Difficulty: Easy

Question ID: 1.3.91

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Understanding the Concepts

LO 1.6: Compare methods for studying mental disorders

1.3.92. A pharmaceutical company has asked you to design a study to evaluate the effectiveness of a new drug for treating bulimia. They have asked you specifically to do case studies. You are writing a memo in reply to this request in which you explain what case studies can do for the project, but also what they cannot do. Include a brief description of the components you would add to the study to make it more useful in testing a theory.

Answer: (1) Case studies can suggest a research direction and give hints about theory, but they can’t actually tell much about cause and effect. A hypothesis can be derived from a case study and a few case studies can suggest that a more experimental project would be worthwhile. It would be valuable to follow several cases to see if the new drug does in fact reduce their symptoms. (2) In order to actually know something about cause and effect, however, it is necessary to conduct a controlled experiment. For this you would need a larger group of subjects, one-third of whom were given the drug, one-third of whom were given a placebo, and one-third of whom were provided with the current standard treatment. This study would have to follow the rules of science. From this study you could tell something about which condition is more effective in treating this disorder.

Difficulty: Difficult

Question ID: 1.3.92

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Evaluate It

LO 1.6: Compare methods for studying mental disorders

1.3.93. Explain the two risks associated with studying abnormal psychology.

Answer: The first risk associated with studying abnormal psychology is the medical student’s syndrome. Similar to how medical students learn about new illnesses—they often develop the symptoms of each successive disease they study—the same is true for a student of abnormal psychology. Second, if you are genuinely concerned about your own problems or those of a loved one, you likely have or will consult various self-help resources. Don’t accept uncritically the treatment programs they may suggest. You probably know that not everything you hear or read is true, and psychological advice is no exception.

Difficulty: Moderate

Question ID: 1.3.93

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Apply What You Know

LO 1.6: Compare methods for studying mental disorders