

Chapter 1

1 ■ — One who systematically gathers information in order to describe, predict, and explain abnormality is a clinical:

- mentalist. *Incorrect*
 - legalist. *Incorrect*
 - scientist. *(True Answer)Correct*
 - practitioner. *Incorrect*
-

2 ■ — If you wanted a career in which you focus on detecting, assessing, and treating abnormal patterns of functioning, you should look into becoming a:

- clinical practitioner. *(True Answer)Correct*
 - clinical researcher. *Incorrect*
 - clinical historian. *Incorrect*
 - clinical statistician. *Incorrect*
-

3 ■ — The explicit and implicit rules for proper conduct that a society establishes are referred to as:

- norms. *(True Answer)Correct*
 - culture. *Incorrect*
 - morality. *Incorrect*
 - conventions. *Incorrect*
-

4 ■ — Behavior that violates legal norms is:

- deviant and criminal. *(True Answer)Correct*
 - distressful and criminal. *Incorrect*
 - deviant and psychopathological. *Incorrect*
 - distressful and psychopathological. *Incorrect*
-

5 ■ — The history, values, institutions, technology, and arts of a society make up that society's:

- laws. *Incorrect*
 - norms. *Incorrect*
 - culture. *(True Answer)Correct*
 - conventions. *Incorrect*
-

6 ■ — Which of the following depressed people would be the least likely to be diagnosed with a mental disorder—because of specific circumstances?

- someone whose mother was depressed *Incorrect*
- someone whose community was destroyed by a tornado *(True Answer)Correct*
- someone who was experiencing a chemical brain imbalance *Incorrect*

- someone who was also an alcoholic *Incorrect*
-

7 — R. D. Laing said, “Insanity—a perfectly rational adjustment to an insane world.” This statement illustrates:

- how dangerous most mentally ill people actually are. *Incorrect*
 - that abnormality is situational. *(True Answer)Correct*
 - that everyone is a little eccentric. *Incorrect*
 - that drug use causes people to become mentally ill. *Incorrect*
-

8 — That 42 percent of people go to church and 39 percent snoop in their hosts' medicine cabinets demonstrates the principle that:

- deviance is culturally defined. *Incorrect*
 - behavior that is not really dangerous can nevertheless be considered abnormal. *Incorrect*
 - statistical deviance is not the same thing as abnormality. *(True Answer)Correct*
 - behavior that is not distressful is not abnormal. *Incorrect*
-

9 — If a person experienced anxiety or depression following a significant natural disaster, we would say that the person was:

- suffering from a mental illness. *Incorrect*
 - deviant but not dangerous. *Incorrect*
 - exhibiting a typical reaction. *(True Answer)Correct*
 - statistically deviant. *Incorrect*
-

10 — People who engage in frenetic, manic activity may not experience distress. They are:

- nevertheless considered to be abnormal. *(True Answer)Correct*
 - not abnormal because abnormality requires distress. *Incorrect*
 - doing something illegal, not abnormal. *Incorrect*
 - no longer considered abnormal, but were in the past. *Incorrect*
-

11 — A person who is so miserable that he or she can see no reason for living, BEST fits which of the following definitions of abnormality?

- deviance *Incorrect*
 - distress *(True Answer)Correct*
 - dangerousness *Incorrect*
 - dysfunction *Incorrect*
-

12 — An individual has a 9-to-5 job. However, this person seldom gets up early enough to be at work on time, and expresses great distress over this fact. This individual's behavior would be considered abnormal because it is:

- dysfunctional. *Incorrect*
- deviant. *Incorrect*
- dysfunctional and deviant. *(True Answer)Correct*

- dangerous. *Incorrect*
-

13 — Which aspect of the definition of abnormality includes the inability to care for oneself and work productively?

- distress *Incorrect*
 - deviance *Incorrect*
 - dysfunction (True Answer) *Correct*
 - danger to self or others *Incorrect*
-

14 — A Secret Service agent steps in front of the President of the United States, prepared to be killed or injured if the President's safety is threatened. Psychologically speaking, the Secret Service agent's behavior is:

- functional, but psychologically abnormal. *Incorrect*
 - functional, and not psychologically abnormal. *Incorrect*
 - dysfunctional, and psychologically abnormal. *Incorrect*
 - dysfunctional, but not psychologically abnormal. (True Answer) *Correct*
-

15 — Which of the following examples would NOT be considered abnormal, despite the fact that it is dysfunctional?

- someone who is too confused to drive safely *Incorrect*
 - someone who parties so much that he or she cannot go to class *Incorrect*
 - someone who goes on a hunger strike to protest social injustice (True Answer) *Correct*
 - someone who cannot stay alone for even one night *Incorrect*
-

16 — Research shows that danger to self or others is found in:

- all cases of abnormal functioning. *Incorrect*
 - most cases of abnormal functioning. *Incorrect*
 - some cases of abnormal functioning. (True Answer) *Correct*
 - no cases of abnormal functioning. *Incorrect*
-

17 — Despite popular misconceptions, most people with psychological problems are not:

- dysfunctional. *Incorrect*
 - dangerous. (True Answer) *Correct*
 - distressing. *Incorrect*
 - deviant. *Incorrect*
-

18 — According to Thomas Szasz's views, the deviations that some call mental illness are really:

- mental illnesses. *Incorrect*
- problems in living. (True Answer) *Correct*
- caused by ones early childhood experiences. *Incorrect*
- eccentric behaviors with a biological cause. *Incorrect*

-
- 19 ■ — A researcher spends 15 or more hours per day conducting experiments or
■ — doing library reading and records observations on color-coded index cards.
■ — This person lives alone in the country, but doesn't interfere with others' lives.
The best description of the researcher's behavior is that it is:
- eccentric. *(True Answer)Correct*
 - abnormal. *Incorrect*
 - dangerous. *Incorrect*
 - dysfunctional. *Incorrect*

-
- 20 ■ — College students who drink so much that it interferes with their lives, health,
■ — and academic careers are often not diagnosed as engaging in abnormal
■ — behavior because:
- the behavior is not illegal. *Incorrect*
 - they are just considered eccentric. *Incorrect*
 - they don't help anyone but themselves. *Incorrect*
 - drinking is considered part of college culture. *(True Answer)Correct*

-
- 21 ■ — Defining abnormal behavior using “the four Ds”:
■ —
■ —
- allows us to create diagnoses that are clear-cut and not debatable. *Incorrect*
 - allows us to eliminate those who are merely eccentric. *Incorrect*
 - allows us to include those who experience no distress. *Incorrect*
 - is still often vague and subjective. *(True Answer)Correct*

-
- 22 ■ — Lady Gaga and other eccentrics are usually not considered to be experiencing
■ — a mental illness because:
- they are not deviant. *Incorrect*
 - they freely choose and enjoy their behavior. *(True Answer)Correct*
 - they are only dangerous to others, not to themselves. *Incorrect*
 - while they are distressed by their behavior, others are not. *Incorrect*

-
- 23 ■ — Which of the following is NOT a characteristic of eccentrics noted by
■ — researchers in the field?
■ —
- being a poor speller *Incorrect*
 - having a diagnosable mental illness *(True Answer)Correct*
 - being creative *Incorrect*
 - enjoying one's life *Incorrect*

-
- 24 ■ — Studies show that eccentrics are more likely than those with mental disorders
■ — to say:
■ —
- I feel like my behavior has been thrust on me. *Incorrect*
 - I'm different and I like it. *(True Answer)Correct*
 - I am in a lot of pain and I suffer a great deal. *Incorrect*
 - I wish I were not so “unique.” *Incorrect*
-

25 ■ — Clinical theorist Jerome Frank would say that all forms of therapy include all
■ — of the following except a:

- series of contacts. *Incorrect*
 - healer. *Incorrect*
 - third-party payer. *(True Answer)Correct*
 - sufferer who seeks relief. *Incorrect*
-

26 ■ — One who sees abnormality as a problem in living usually refers to those
■ — seeking help with their problems in living as:

- pupils. *Incorrect*
 - patients. *Incorrect*
 - trainees. *Incorrect*
 - clients. *(True Answer)Correct*
-

27 ■ — Several researchers have shown that in a typical year in the United States
■ — about what percentage of adults show disturbances severe enough to need
■ — clinical treatment?

- under 1% *Incorrect*
 - 5-10% *Incorrect*
 - 10-15% *Incorrect*
 - over 15% *(True Answer)Correct*
-

28 ■ — Which of the following “new diagnoses” would one experiencing
■ — overwhelming concern about being bombarded with excessive information on
■ — the Internet most likely receive?

- eco-anxiety *Incorrect*
 - terrorism terror *Incorrect*
 - crime phobia *Incorrect*
 - cyber fear *(True Answer)Correct*
-

29 ■ — Which of the following “new diagnoses” would someone experiencing
■ — overwhelming concern about the security of travel on planes and subways
■ — most likely receive?

- eco-anxiety *Incorrect*
 - terrorism terror *(True Answer)Correct*
 - crime phobia *Incorrect*
 - cyber fear *Incorrect*
-

30 ■ — Which of the following “new diagnoses” would someone experiencing
■ — overwhelming concern about where the safest neighborhoods and schools are
■ — most likely receive?

- eco-anxiety *Incorrect*
 - terrorism terror *Incorrect*
 - crime phobia *(True Answer)Correct*
 - cyber fear *Incorrect*
-

31 ■ — The use of exorcism suggests a belief that what we call mental illness was
■ — caused by:

- germs. *Incorrect*
 - poisons. *Incorrect*
 - evil spirits. *(True Answer)Correct*
 - psychological trauma. *Incorrect*
-

32 ■ — A person seeking help for a psychological abnormality is made to drink bitter
■ — herbal potions and then submit to a beating, in the hope that “evil spirits”
■ — will be driven from the person's body. This form of “therapy” is called:

- exorcism. *(True Answer)Correct*
 - shaman. *Incorrect*
 - couvade. *Incorrect*
 - trephination. *Incorrect*
-

33 ■ — If you were being treated by a shaman, you would most likely be undergoing:
■ —
■ —

- psychoanalysis. *Incorrect*
 - gender-sensitive therapy. *Incorrect*
 - community-based treatment. *Incorrect*
 - an exorcism. *(True Answer)Correct*
-

34 ■ — Hippocrates believed that treatment for mental disorders should involve:
■ —
■ —

- releasing evil spirits trapped in the brain. *Incorrect*
 - bringing the four body humors back into balance. *(True Answer)Correct*
 - punishing the body for its sins. *Incorrect*
 - bloodletting. *Incorrect*
-

35 ■ — Hippocrates attempted to treat mental disorders by:
■ —
■ —

- hypnotizing patients. *Incorrect*
 - chaining patients to walls. *Incorrect*
 - correcting underlying physical pathology. *(True Answer)Correct*
 - encouraging patients to speak about past traumas. *Incorrect*
-

36 ■ — Bob experiences unshakable sadness. His friends have given up trying to
■ — cheer him up because nothing works. An ancient Greek physician would have
■ — labeled his condition:

- mania. *Incorrect*
 - hysteria. *Incorrect*
 - delusional. *Incorrect*
 - melancholia. *(True Answer)Correct*
-

37 ■ — Hippocrates thought that abnormal behavior resulted from an imbalance in
■ — the four humors, one of which was:

- water. *Incorrect*
 - lymph gland fluid. *Incorrect*
 - phlegm. *(True Answer)Correct*
 - cerebrospinal fluid. *Incorrect*
-

38 ■ — Hippocrates's contribution to the development of our understanding of
■ — mental illness was the view that such conditions were the result of:

- stress. *Incorrect*
 - natural causes. *(True Answer)Correct*
 - brain pathology. *Incorrect*
 - spiritual deviations. *Incorrect*
-

39 ■ — A flash mob is MOST similar to:
■ —

- mass hysteria. *(True Answer)Correct*
 - melancholia. *Incorrect*
 - trephination. *Incorrect*
 - eco-terrorism. *Incorrect*
-

40 ■ — What model of mental illness did most people hold during the Middle Ages?
■ —

- the moral model *Incorrect*
 - the medical model *Incorrect*
 - the psychogenic model *Incorrect*
 - the demonology model *(True Answer)Correct*
-

41 ■ — Tarantism and lycanthropy are examples of:
■ —

- exorcism. *Incorrect*
 - mass madness. *(True Answer)Correct*
 - physical pathology causing mental illness. *Incorrect*
 - disorders that were treated with trephination. *Incorrect*
-

42 ■ — St. Vitus's dance, characterized by people suddenly going into convulsions,
■ — jumping around, and dancing, was also known as:

- lycanthropy. *Incorrect*
 - melancholia. *Incorrect*
 - phlegmatism. *Incorrect*
 - tarantism. *(True Answer)Correct*
-

43 ■ — “Mass madness” is a general term that includes all except which of the
■ — following disorders common in the Middle Ages in Europe?

- tarantism *Incorrect*
 - lycanthropy *Incorrect*
 - exorcism *(True Answer)Correct*
 - being werewolves *Incorrect*
-

44 ■ — Those most often in charge of treating abnormality in the Middle Ages in
■ — Europe were the:

- physicians. *Incorrect*
 - nobility. *Incorrect*
 - peasants. *Incorrect*
 - clergy. *(True Answer)Correct*
-

45 ■ — During the Middle Ages in Europe, demonology dominated views of
■ — abnormality for all of the following reasons except:

- the power of the clergy increased greatly. *Incorrect*
 - the church rejected scientific forms of investigation. *Incorrect*
 - the church controlled education. *Incorrect*
 - the culture rejected religious beliefs. *(True Answer)Correct*
-

46 ■ — The individual considered to be the “parent” of the modern study of
■ — psychopathology is:

- Hippocrates. *Incorrect*
 - Johann Weyer. *(True Answer)Correct*
 - Dorothea Dix. *Incorrect*
 - Emil Kraepelin. *Incorrect*
-

47 ■ — Johann Weyer, considered to be the founder of the modern study of
■ — psychopathology, was a physician in the:

- 1200s. *Incorrect*
 - 1500s. *(True Answer)Correct*
 - 1700s. *Incorrect*
 - 1800s. *Incorrect*
-

48 ■ — Pilgrims in the 1600s would be most likely to go for “psychic healing” to:
■ —

- Bethlehem Hospital in London. *Incorrect*
 - Gheel, Belgium. *(True Answer)Correct*
 - La Bicêtre in Paris. *Incorrect*
 - Athens, Greece. *Incorrect*
-

49 ■ — In many areas, asylums of the 1500s, such as Bethlehem asylum in London, ■ — became:

- shrines. *Incorrect*
 - tourist attractions. *(True Answer)Correct*
 - sheltered workshops. *Incorrect*
 - centers of moral treatment. *Incorrect*
-

50 ■ — Treatment for mental illness in the early asylums tended to be: ■ —

- moral therapy. *Incorrect*
 - harsh and cruel. *(True Answer)Correct*
 - religiously based. *Incorrect*
 - psychogenic therapy. *Incorrect*
-

51 ■ — What is the distinction of Bethlehem Hospital, founded in London in 1547? ■ —

- Popularly called “Bedlam,” it came to represent deplorable conditions for patients. *(True Answer)Correct*
 - It was the first asylum founded by Hippocrates. *Incorrect*
 - It was founded by Henry VIII as a place to house his numerous ex-wives. *Incorrect*
 - It was the first asylum where the moral treatment of patients was practiced. *Incorrect*
-

52 ■ — The basis for moral treatment of asylum patients was the belief that: ■ —

- mental problems had a biological basis. *Incorrect*
 - demonology was a cause of mental illness. *Incorrect*
 - mental illness should be treated with sympathy and kindness. *(True Answer)Correct*
 - the cause of mental illness was immoral behavior. *Incorrect*
-

53 ■ — The man who brought about the reforms of moral therapy to northern ■ — England was:

- John Dix. *Incorrect*
 - Joseph Gall. *Incorrect*
 - William Tuke. *(True Answer)Correct*
 - Benjamin Rush. *Incorrect*
-

54 ■ — The man who brought the reforms of moral therapy to the United States was: ■ —

- John Dix. *Incorrect*
- Joseph Gall. *Incorrect*
- William Tuke. *Incorrect*

- Benjamin Rush. *(True Answer)Correct*
-

55 ■ — The American schoolteacher who lobbied state legislatures for laws to
■ — mandate human treatment of people with mental disorders was:

- William Tuke. *Incorrect*
 - Dorothea Dix. *(True Answer)Correct*
 - Clifford Beers. *Incorrect*
 - Benjamin Rush. *Incorrect*
-

56 ■ — Which of the following is part of the legacy of Dorothea Dix?
■ —

- deinstitutionalization *Incorrect*
 - state mental hospitals *(True Answer)Correct*
 - federal prisons *Incorrect*
 - privatization of mental hospitals *Incorrect*
-

57 ■ — The decline in the use of moral treatment and the rise in the use of custodial
■ — care in mental hospitals at the end of the twentieth century is due to all of the
■ — following except:

- the total lack of success of moral treatment. *(True Answer)Correct*
 - too many hospitals, resulting in funding and staffing shortages. *Incorrect*
 - prejudice against poor, immigrant patients in hospitals. *Incorrect*
 - lack of public and private funding for hospitals. *Incorrect*
-

58 ■ — The “moral treatment” movement rapidly declined in the late nineteenth
■ — century because:

- prejudice against those with mental disorders decreased. *Incorrect*
 - fewer and fewer immigrants were being sent to mental hospitals. *Incorrect*
 - all patients needing treatment had to be helped. *Incorrect*
 - hospitals became underfunded and overcrowded. *(True Answer)Correct*
-

59 ■ — Part of the downfall of moral therapy was that:
■ —

- it did not work for everyone. *(True Answer)Correct*
 - it was shown to be completely ineffective. *Incorrect*
 - too few patients were hospitalized. *Incorrect*
 - the development of psychogenic drugs replaced it. *Incorrect*
-

60 ■ — Hippocrates' model of mental illness would be described as:
■ —

- psychiatric. *Incorrect*
 - somatogenic. *(True Answer)Correct*
 - psychogenic. *Incorrect*
 - supernatural. *Incorrect*
-

- 61 ■ — The fact that some people in the advanced stages of AIDS experience
■ — neurological damage that results in psychological abnormality supports what
■ — type of perspective about abnormal psychological functioning?
- somatogenic *(True Answer)Correct*
 - psychogenic *Incorrect*
 - moral *Incorrect*
 - deterministic *Incorrect*
-

- 62 ■ — For those who hold the somatogenic view of mental illness, the best treatment
■ — setting for those with mental disorders would be a:
- community center. *Incorrect*
 - spa and retreat center. *Incorrect*
 - counselor's office. *Incorrect*
 - hospital. *(True Answer)Correct*
-

- 63 ■ — The discovery of the link between general paresis and syphilis was made by:
■ —
- Benjamin Rush. *Incorrect*
 - Emil Kraepelin. *Incorrect*
 - Fritz Schaudinn *Incorrect*
 - Richard von Krafft-Ebing. *(True Answer)Correct*
-

- 64 ■ — The finding that syphilis causes general paresis is important because it
■ — supports the idea that:
- mental patients should be deinstitutionalized. *Incorrect*
 - organic factors can cause mental illness. *(True Answer)Correct*
 - antibiotics cannot “cure” viral diseases. *Incorrect*
 - physicians should be the ones treating mental illnesses. *Incorrect*
-

- 65 ■ — Which of the following statements would offer the LEAST support for the
■ — somatogenic view of abnormal behavior?
- Hypnotism has helped people give up smoking. *(True Answer)Correct*
 - Alcoholism tends to run in families. *Incorrect*
 - People with Lyme disease often have psychological symptoms. *Incorrect*
 - Most people with depression are helped with medication. *Incorrect*
-

- 66 ■ — Eugenics had as its goal sterilization of people with mental disorders, a policy
■ — based on the idea that mentally ill people:
- could not provide a good environment for their children. *Incorrect*
 - were mentally defective (that is, developmentally delayed). *Incorrect*
 - reproduced at a rate higher than that of the general population. *Incorrect*
 - should not be allowed to pass on their defective genes. *(True Answer)Correct*
-

67 ■ — Eugenics sterilization reflects the _____ perspective on abnormality.
■ —
■ —

- somatogenic *(True Answer)Correct*
 - psychoanalytic *Incorrect*
 - cultural *Incorrect*
 - managed care *Incorrect*
-

68 ■ — The somatogenic treatment for mental illness that seems to have been the
■ — most successful was the use of:
■ —

- psychosurgery. *Incorrect*
 - psychoanalysis. *Incorrect*
 - various medications. *(True Answer)Correct*
 - insulin shock therapy. *Incorrect*
-

69 ■ — Syphilis is to the somatogenic approach as _____ is to the psychogenic
■ — approach.
■ —

- eugenics *Incorrect*
 - tarantism *Incorrect*
 - trephinism *Incorrect*
 - hypnotism *(True Answer)Correct*
-

70 ■ — Hypnotism is associated with all of the following except:
■ —
■ —

- Mesmer. *Incorrect*
 - the somatogenic perspective. *(True Answer)Correct*
 - psychodynamic therapy. *Incorrect*
 - the late 1700s. *Incorrect*
-

71 ■ — Mesmer became famous—or infamous—for his work with patients suffering
■ — from bodily problems with no physical basis. His patients' disorders are
■ — termed:

- somatogenic. *Incorrect*
 - hysterical. *(True Answer)Correct*
 - phlegmatic. *Incorrect*
 - bilious. *Incorrect*
-

72 ■ — An otherwise “normal” person during hypnotic suggestion is made to bark,
■ — sit, and fetch like a dog. The occurrence of these “abnormal” behaviors lends
■ — support to which explanation for abnormality?

- psychogenic *(True Answer)Correct*
 - somatogenic *Incorrect*
 - parthenogenic *Incorrect*
 - schizophrenogenic *Incorrect*
-

73 ■ — Which point of view was supported by the discovery that the symptoms of
■ — hysteria (e.g., mysterious paralysis) could be induced by hypnosis?

- psychogenic *(True Answer)Correct*
 - somatogenic *Incorrect*
 - demonological *Incorrect*
 - moral *Incorrect*
-

74 ■ — Bernheim and Liébault used hypnotic suggestion to induce hysterical
■ — disorders in “normal” people, providing support for which perspective of
■ — abnormality?

- psychogenic *(True Answer)Correct*
 - somatogenic *Incorrect*
 - demonological *Incorrect*
 - sociocultural *Incorrect*
-

75 ■ — The early psychogenic treatment that was advocated by Josef Breuer and
■ — Sigmund Freud was:

- prayer. *Incorrect*
 - bleeding. *Incorrect*
 - hypnotism. *(True Answer)Correct*
 - trephining. *Incorrect*
-

76 ■ — Acquiring insight about unconscious psychological processes is a feature of:
■ —

- moral therapy. *Incorrect*
 - psychoanalysis. *(True Answer)Correct*
 - psychogenic therapy. *Incorrect*
 - all psychological therapy. *Incorrect*
-

77 ■ — Psychoanalysis was developed as a form of:
■ —

- moral therapy. *Incorrect*
 - outpatient therapy. *(True Answer)Correct*
 - behavioral therapy. *Incorrect*
 - somatogenic therapy. *Incorrect*
-

78 ■ — Psychoanalysis, as Freud developed it, was a form of what we now would call:
■ —

- Mesmerism. *Incorrect*
 - outpatient therapy. *(True Answer)Correct*
 - community psychology. *Incorrect*
 - Kraepelinism. *Incorrect*
-

79 ■ — Which of the following patients is most likely to benefit most from
■ — psychoanalytic treatment?

- a person who needs to make profound behavioral changes very quickly *Incorrect*
 - a person who has difficulty expressing ideas and feelings verbally *Incorrect*
 - someone who is insightful and thinks clearly *(True Answer)Correct*
 - someone who is severely disturbed and in a mental hospital *Incorrect*
-

80 ■ — Regarding the cause of mental disorders, more people today believe that
■ — mental illness is caused by which of the following?

- sinful behavior *Incorrect*
 - lack of willpower *Incorrect*
 - lack of self-discipline *Incorrect*
 - something external to the person *(True Answer)Correct*
-

81 ■ — People with severe mental illnesses are LESS likely to be _____ than they
■ — were 50 years ago.

- medicated with psychotropic drugs *Incorrect*
 - hospitalized in mental institutions *(True Answer)Correct*
 - homeless or in prison *Incorrect*
 - treated in outpatient facilities *Incorrect*
-

82 ■ — So, how did deinstitutionalization work out?
■ —

- Fine; most people with severe disturbances are receiving treatment. *Incorrect*
 - Not so well; many people with severe disturbances are in jail or on the street. *(True Answer)Correct*
 - Better than hospitalization; at least care is consistent and there is no shuttling back and forth through different levels of care. *Incorrect*
 - Well; communities have been able to pick up the care of those with severe disturbances and provide effective treatment for most all of them. *Incorrect*
-

83 ■ — A medical researcher develops a drug that decreases symptoms of depression
■ — and other “mood” disorders. The general term for this type of drug is:

- psychogenic. *Incorrect*
 - somatogenic. *Incorrect*
 - psychotropic. *(True Answer)Correct*
 - somatotropic. *Incorrect*
-

84 ■ — Drugs designed to decrease extremely confused and distorted thinking are
■ — termed:

- antidepressant. *Incorrect*

- antianxiety. *Incorrect*
 - antihypochondriacal. *Incorrect*
 - antipsychotic. *(True Answer)Correct*
-

85 ■ — Drugs that alleviate the symptoms of mental dysfunction by affecting the brain are called:

- psychedelics. *Incorrect*
 - antineurotics. *Incorrect*
 - psychotropics. *(True Answer)Correct*
 - psychophysiologicals. *Incorrect*
-

86 ■ — Dave is confused and usually thinks that he is King David (Old Testament). If his psychiatrist ordered medication, it would most likely be a(n):

- stimulant drug. *Incorrect*
 - antianxiety drug. *Incorrect*
 - antipsychotic drug. *(True Answer)Correct*
 - antidepressant drug. *Incorrect*
-

87 ■ — Jena is very unhappy. The condition is chronic and severe. If her psychiatrist prescribed medication it would likely be a(n):

- stimulant drug. *Incorrect*
 - antianxiety drug. *Incorrect*
 - antipsychotic drug. *Incorrect*
 - antidepressant drug. *(True Answer)Correct*
-

88 ■ — If your primary symptom were excessive worry, the psychotropic drug for you would be an:

- antipsychotic. *Incorrect*
 - antidepressant. *Incorrect*
 - antiemetic. *Incorrect*
 - antianxiety medication. *(True Answer)Correct*
-

89 ■ — The number of patients hospitalized in mental hospitals in the United States today is MOST similar to the number hospitalized in:

- 1990. *(True Answer)Correct*
 - 1970. *Incorrect*
 - 1960. *Incorrect*
 - 1950. *Incorrect*
-

90 ■ — One cause of the increase in homeless individuals in recent decades has been the:

- policy of deinstitutionalization. *(True Answer)Correct*
- use of psychotropic medication. *Incorrect*
- decrease in the use of private psychotherapy. *Incorrect*

- move to the community mental health approach. *Incorrect*
-

91 ■ — In the United States today, one is most likely to find a severely ill mental patient:

- in a mental hospital. *Incorrect*
 - on the street or in jail. *(True Answer)Correct*
 - receiving drug counseling in a shelter. *Incorrect*
 - in private therapy paid for by the state. *Incorrect*
-

92 ■ — Which of the following statements BEST reflects the current care for people with less severe disturbances?

- Many are treated by generalists who specialize in a number of different types of disorders. *Incorrect*
 - Private insurance companies are likely to cover outpatient treatment. *(True Answer)Correct*
 - It is difficult to find treatment for someone experiencing a “problem in living.” *Incorrect*
 - Private psychotherapy is available only to the wealthy. *Incorrect*
-

93 ■ — Problems with marital, family, peer, work, school, or community relationships would be MOST similar to:

- the sorts of problems Freud treated. *Incorrect*
 - other problems in living. *(True Answer)Correct*
 - problems treated in specialized treatment centers. *Incorrect*
 - other problems treated with antipsychotics. *Incorrect*
-

94 ■ — Suicide prevention, substance abuse treatment, and eating disorder clinics are MOST similar to which kind of market?

- Whole Foods, a large market that offers many different types of food *Incorrect*
 - Sweet Cupcakes, a store that specializes in only one type of food *(True Answer)Correct*
 - Corner Market, a Mom and Pop store that carries rather old-fashioned food *Incorrect*
 - New York Deli, a high-end market that serves only the wealthy *Incorrect*
-

95 ■ — The approach to therapy for mental illness in which a person pays a psychotherapist for services is called:

- sociological therapy. *Incorrect*
 - the medical approach. *Incorrect*
 - private psychotherapy. *(True Answer)Correct*
 - the community mental health approach. *Incorrect*
-

96 ■ — Surveys suggest that about what proportion of adults in the United States receive psychological therapy in a typical year?

- 1/100 *Incorrect*
- 1/15 *Incorrect*
- 1/6 (True Answer) *Correct*
- 1/1000 *Incorrect*

97 ■ — If you are a typical person undergoing therapy in the United States, your therapy will last for

- a year, with weekly sessions. *Incorrect*
- about 100 hours. *Incorrect*
- fewer than five sessions. (True Answer) *Correct*
- 24 hours, in an inpatient facility. *Incorrect*

98 ■ — A significant change in the type of care offered now compared to the time Freud was practicing is that:

- fewer patients are suffering from anxiety and depression. *Incorrect*
- fewer patients receive outpatient treatment. *Incorrect*
- people are more likely to receive treatment for “problems in living.” (True Answer) *Correct*
- there are fewer specialized programs focused on treating only one type of problem. *Incorrect*

99 ■ — Efforts to address the needs of children who are at risk for developing mental disorders (babies of teenage mothers, children of those with severe mental disorders) are categorized as:

- positive psychology. *Incorrect*
- psychoanalysis. *Incorrect*
- eco-anxiety treatment. *Incorrect*
- prevention. (True Answer) *Correct*

100 ■ — Efforts to help people develop personally meaningful activities and healthy relationships are a part of:

- eco-anxiety treatment. *Incorrect*
- a somatogenic approach to treatment. *Incorrect*
- the clinical practice of positive psychology. (True Answer) *Correct*
- eccentric's level of creativity. *Incorrect*

101 ■ — Which of the following pairs of words best describes the current emphasis in mental health?

- prevention and positive psychology (True Answer) *Correct*
- promotion and public psychology *Incorrect*
- perfection and primary psychology *Incorrect*
- people and professional psychology *Incorrect*

102 ■ — A psychologist focuses on optimism, wisdom, happiness, and interpersonal skill. The psychologist is most likely:

- a psychoanalyst. *Incorrect*
 - a positive psychologist. *(True Answer)Correct*
 - a community mental health worker. *Incorrect*
 - a rehabilitation specialist. *Incorrect*
-

- 103 If your university had a first-year program designed to ease the transition from high school to college and to decrease the dropout rates, that program would have elements MOST similar to:
- mental health prevention programs. *(True Answer)Correct*
 - positive psychology programs. *Incorrect*
 - deinstitutionalization programs. *Incorrect*
 - outpatient therapy. *Incorrect*
-

- 104 If your university had a program designed to help students achieve their full potential, physically, educationally, and spiritually, that program would have elements MOST similar to:
- mental health prevention programs. *Incorrect*
 - positive psychology programs. *(True Answer)Correct*
 - deinstitutionalization programs. *Incorrect*
 - outpatient therapy. *Incorrect*
-

- 105 Immigration and differences in birth rates among minority groups in the United States have caused psychological treatment to become more:
- hospital focused. *Incorrect*
 - multicultural. *(True Answer)Correct*
 - positive. *Incorrect*
 - dependent on the use of medications. *Incorrect*
-

- 106 If you were receiving multicultural therapy, you could expect all of the following except:
- greater sensitivity to cultural issues in therapy. *Incorrect*
 - a focus on the uniqueness of the issues you face. *Incorrect*
 - a focus on healthy feelings and actions rather than on problems. *(True Answer)Correct*
 - sensitivity to the traditions of your particular culture. *Incorrect*
-

- 107 “What the #%*\$!! is going on? The insurance company says I have to stop my anger management program now!” The client who says this is most likely voicing concern about a:
- managed care program. *(True Answer)Correct*
 - private psychotherapist. *Incorrect*
 - community mental health agency. *Incorrect*
 - sociocultural resource center. *Incorrect*
-

- 108 Which of the following is not a common feature of managed care programs?
- limited pool of practitioners for patients to choose from *Incorrect*

- preapproval for treatment by the insurance company *Incorrect*
 - ongoing reviews and assessments *Incorrect*
 - patient choice in number of sessions therapy can last *(True Answer)Correct*
-

109 ■ — Parity laws for insurance coverage of mental health treatment mandate that:
■ —
■ —

- physicians and psychologists must have the same level of education. *Incorrect*
 - coverage for mental and physical problems must be reimbursed equally. *(True Answer)Correct*
 - the number of sessions allowed for treatment of mental and physical treatment must be equal. *Incorrect*
 - patients must be allowed to choose the therapist they want for treatment. *Incorrect*
-

110 ■ — Which of the following sequences is correct in terms of prominence of mental
■ — health treatments in the United States during the twentieth century and
■ — beyond?

- sociocultural, biological, psychoanalytic, behavioral *Incorrect*
 - psychoanalytic, biological, cognitive, sociocultural *(True Answer)Correct*
 - humanistic, sociocultural, biological psychoanalytic *Incorrect*
 - biological, humanistic, psychoanalytic, sociocultural *Incorrect*
-

111 ■ — Which of the following statements is TRUE about the participation of women
■ — in the mental health professions?
■ —

- There are more women in social work than in counseling professions. *Incorrect*
 - Women are least often found in medicine and most often found in social work. *Incorrect*
 - The professions with the highest percentage of women is counseling. *(True Answer)Correct*
 - The majority of psychiatrists and clinical psychologists are men. *Incorrect*
-

112 ■ — A physician who offers psychotherapy is called a:
■ —
■ —

- psychiatrist. *(True Answer)Correct*
 - clinical psychologist. *Incorrect*
 - psychodiagnostician. *Incorrect*
 - psychoanalyst. *Incorrect*
-

113 ■ — One major difference between psychiatrists and clinical psychologists is that
■ — psychiatrists:
■ —

- went to medical school. *(True Answer)Correct*
- must work in a medical setting. *Incorrect*
- are allowed to do psychotherapy. *Incorrect*

- have more training in mental illness. *Incorrect*
-

114 ■ — The specialty that presently has the largest number of practitioners is:
■ —
■ —

- psychiatry. *Incorrect*
 - psychiatric social work. *(True Answer)Correct*
 - psychology. *Incorrect*
 - counseling. *Incorrect*
-

115 ■ — A psychiatrist receives three to four years of training in the treatment of
■ — abnormal functioning after medical school; this training is called a(n):
■ —

- residency. *(True Answer)Correct*
 - internship. *Incorrect*
 - practicum. *Incorrect*
 - community mental health tour. *Incorrect*
-

116 ■ — Imagine a person who works in a mental hospital analyzing various
■ — treatment protocols to see how multicultural factors impact success rates.
■ — This person is most likely a:

- clinical researcher. *(True Answer)Correct*
 - clinical psychologist. *Incorrect*
 - psychiatrist. *Incorrect*
 - psychiatric social worker. *Incorrect*
-

117 ■ — A person is hard at work trying to discover which combination of
■ — environmental and genetic factors produces schizophrenia. Most likely, the
■ — person is a:

- clinical researcher. *(True Answer)Correct*
 - psychiatric social worker. *Incorrect*
 - family therapist. *Incorrect*
 - counseling psychologist. *Incorrect*
-

118 ■ — Which of the following is the MOST accurate conclusion about the state of
■ — abnormal psychology in the United States currently?
■ —

- There is no single definition of abnormality, no one theoretical understanding of the causes of mental illness, and no single best treatment. *(True Answer)Correct*
 - We do know what mental illness is, but we don't understand what causes it, or the best way to treat it. *Incorrect*
 - We haven't advanced much beyond the demonology era. *Incorrect*
 - Now we understand what causes mental illness and how best to treat it; plus, we can define it. *Incorrect*
-

119 ■ — The most accurate summary of the field of abnormal psychology at the
■ — present time is that clinical psychologists generally:
■ —

- accept one definition of abnormality, and practice one form of

treatment. *Incorrect*

• do not accept one definition of abnormality, but practice one form of treatment. *Incorrect*

• accept one definition of abnormality, but practice more than one form of treatment. *Incorrect*

• do not accept one definition of abnormality, and practice more than one form of treatment. (*True Answer*)*Correct*

120 One who studies the history of the field of abnormal psychology most likely would compare our current understanding of abnormal behavior to a book that:

• hasn't even been begun. *Incorrect*

• has received a title, but no text. *Incorrect*

• is in the process of being written. (*True Answer*)*Correct*

• is completed, and needs only to be read to be understood. *Incorrect*

121 The aspect of the definition of abnormality that characterizes behavior as different from the norm is _____.

• deviance (*True Answer*)

• *

122 The explicit and implicit rules that a society establishes to govern conduct are referred to as _____.

• norms (*True Answer*)

• *

123 Ken is so anxious that he is miserable. This represents the aspect of the definition of abnormality called _____.

• distress (*True Answer*)

• *

124 Colleen is so afraid of open spaces that she cannot leave her house to go to work. This represents the aspect of the definition of abnormality called _____.

• dysfunction (*True Answer*)

• *

125 Heather has been called to heaven and the only way to get there is to kill herself. Killing herself represents the aspect of the definition of abnormality called _____.

• danger (*True Answer*)

• *

126 The idea that the behaviors we label abnormal are just problems in living has been proposed by _____.

• Thomas Szasz (*True Answer*)

• *

127 While some clinicians will refer to the person they are treating as a patient, others will refer to the person as a _____.

- client (*True Answer*)
- *

128 The crude early form of surgery in which a hole was made in the skull of a person presumably to allow evil spirits to escape was called _____.

- trephination (*True Answer*)
- *

129 The procedure that a priest or other powerful person might perform to drive evil spirits from a person is called _____.

- exorcism (*True Answer*)
- *

130 _____ believed that abnormal behavior was caused by brain pathology resulting from an imbalance in the four humors of the body.

- Hippocrates (*True Answer*)
- *

131 The “parent” of modern medicine was _____.

- Hippocrates (*True Answer*)
- *

132 A person who believed that he was a werewolf suffered from _____.

- lycanthropy (*True Answer*)
- *

133 The forerunner of today's community mental health programs can be traced back to a fifteenth-century town in Belgium called _____.

- Gheel (*True Answer*)
- *

134 The treatment that people with mental problems received in Gheel was like the _____ therapy that appeared later in history.

- moral (*True Answer*)
- *

135 The physician who instituted a series of reforms at La Bicêtre asylum and “unchained” the mental patients was _____.

- Pinel (*True Answer*)
 - *
-

136 The treatment for mental illness espoused by the Frenchman Pinel and the Englishman Tuke was called _____ treatment by their contemporaries.

- moral (*True Answer*)
 - *
-

137 The American advocate for laws mandating better care for the mentally ill was _____.

- Dorothea Dix (*True Answer*)
 - *
-

138 The view that physical causes are at the root of mental illnesses is the _____ perspective.

- somatogenic (*True Answer*)
 - *
-

139 The somatogenic view of mental illness was given a boost in the 1800s when it was discovered that general paresis was caused by _____.

- syphilis (*True Answer*)
 - *
-

140 The use of psychotherapeutic medications fits into the _____ model of mental illness.

- somatogenic (*True Answer*)
 - *
-

141 The inducement of a trancelike state in which a person becomes extremely suggestible is called _____.


- hypnosis (*True Answer*)
 - *
-

142 Psychological causes are at the root of mental illness, according to the _____ perspective.


- psychogenic (*True Answer*)
 - *
-

143 The originator of psychoanalysis was _____.


- Sigmund Freud (*True Answer*)
 - *
-

144  The major development in the treatment of the mentally ill in the second half of the twentieth century was the development of psychiatric _____.

- drugs (*True Answer*)
- *

145  The reduction in the number of people housed in mental hospitals in the last forty years can be attributed to a trend called _____.

- deinstitutionalization (*True Answer*)
- *

146  Moving the focus for the care of the mentally ill out of hospitals is part of the _____ approach.


- community mental health (*True Answer*)
- *

147  The largest group of professionals who provide mental health services are _____.


- psychiatric social workers (*True Answer*)
- *

148  The degree that psychiatrists hold is the _____.


- M.D. or D.O. (*True Answer*)
- *

149  Psychological abnormality may include deviance, distress, dysfunction, and danger. First explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.


-

150  Suppose a friend of yours says to you, “I feel really lousy today, and I don't know why. You're taking abnormal psych—what do you think?” If, after your conversation with your friend, your friend feels better about things, have you provided psychological therapy? Why or why not? Hint: You might want to mention the essential features of therapy in your answer.

-


151  What is demonology? How does demonology stand in the way of a more complete understanding of the causes and treatment of psychological abnormality?

-
-


15  Detail the views of any three of the following individuals about the diagnosis and/or treatment of
2 psychological abnormality. Be sure to mention approximately when and where each lived, as well.

Hippocrates
Emil Kraepelin
Dorothea Dix
Philippe Pinel
Friedrich Anton Mesmer
Benjamin Rush
William Tuke


•

153  Assume that Benjamin Rush and Dorothea Dix suddenly appeared in the twenty-first century, about fifty years after the U.S. policy of deinstitutionalization began. What would they think about our treatment of the “mentally ill”? What suggestions might they make for changes in our policy of deinstitutionalization?


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154  Contrast somatogenic and psychogenic perspectives about abnormal functioning, and provide at least one example of evidence supporting each perspective.


•

155  According to your text, deinstitutionalization has resulted, in part, in large numbers of people with severe psychological disturbances either becoming homeless, or ending up in jail or prison. Is deinstitutionalization an ethical thing for the United States to continue doing? Back up your answer with specific examples.

•

156  Increasingly, people seeking treatment for mental health reasons are members of managed care programs. How are managed care programs changing how psychological services are provided?

•

15  The following types of mental health professionals work in the area of psychological abnormality;
7 describe the differences in how they are educated, and in what they do:

clinical psychologists
psychiatrists
clinical researchers

•

158



Create a time line on which you place five major events in the history of abnormality. Briefly describe why each event is important to our understanding of abnormality.

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