Unit 12 & 13 Study Guide

**Multiple Choice**
*Identify the choice that best completes the statement or answers the question.*

1. Ongoing patterns of behavior that interfere with normal day-to-day life are best characterized as  
   a. deviant.  
   b. antisocial.  
   c. dysfunctional.  
   d. catatonic.  
   e. atypical.

2. If research indicated that phobias result from a chemical imbalance in the central nervous system, 
   this would most clearly give added credibility to  
   a. learning theory.  
   b. psychoanalytic theory.  
   c. the medical model.  
   d. the social-cognitive perspective.  
   e. the DSM-IV-TR.

3. It is most helpful to use ________ for explaining why certain psychological disorders occur only in 
   particular cultures.  
   a. the psychoanalytic perspective  
   b. the medical model 
   c. a biopsychosocial approach  
   d. DSM-IV-TR  
   e. linkage analysis

4. The DSM-IV-TR was developed in coordination with the tenth edition of the  
   a. OCD.  
   b. DID.  
   c. ICD.  
   d. PTSD.  
   e. ADHD.

5. One facet of the positive psychology movement has been the introduction of a classification system 
   designed to aid in the process of  
   a. assessing human strengths.  
   b. explaining psychological disorders.  
   c. reducing current reliance on the DSM-IV-TR.  
   d. shortening the time it takes to classify psychological disorders.  
   e. researching the causes of the major psychological disorders.

6. The ability of mental health professionals to quickly communicate the characteristics of their 
   patients' complex symptoms is most clearly facilitated by the use of  
   a. linkage analysis.  
   b. diagnostic labels.  
   c. the medical model.
d. the biopsychosocial approach.
e. factor analysis.

7. After Anika learned that her history teacher had suffered an anxiety disorder, she concluded that the teacher's tendency to talk loudly was simply a way of disguising feelings of personal insecurity. This best illustrates the
   a. value of the psychoanalytic perspective.
   b. shortcomings of the medical model.
   c. unreliability of DSM-IV-TR.
   d. biasing power of diagnostic labels.
   e. impact of student expectations on teachers' behavior.

8. A deluded Scotsman, Daniel M'Naughten, tried to assassinate a government official in 1843. He was sent to a mental hospital rather than to a prison because he was judged to
   a. have schizophrenia.
   b. be depressed.
   c. be manic.
   d. be insane.
   e. have bipolar disorder.

9. Generalized anxiety disorder is often accompanied by
   a. delusions.
   b. depression.
   c. catatonia.
   d. antisocial personality disorder.
   e. hallucinations.

10. Rishi, a college student, complains that he feels apprehensive and fearful most of the time but doesn't know why. Without warning, his heart begins to pound, his hands get icy, and he breaks out in a cold sweat. Rishi most likely suffers from a(n)
    a. dysthymic disorder.
    b. obsessive-compulsive disorder.
    c. generalized anxiety disorder.
    d. phobia.
    e. dissociative disorder.

11. An incapacitating and highly distressing fear about being embarrassed in the presence of others is most characteristic of
    a. panic disorder.
    b. social phobia.
    c. antisocial personality disorder.
    d. obsessive-compulsive disorder.
    e. somatoform disorder.

12. Sadie is so fearful of being overwhelmed by anxiety that she rarely steps outside her apartment. The thought of going shopping and getting lost in a crowd terrifies her, so she has her groceries delivered. Because of her fear, she earns her living as a freelance writer, working at home. Sadie's behavior is most characteristic of
a. dissociative disorder.
b. agoraphobia.
c. generalized anxiety disorder.
d. an antisocial personality disorder.
e. an obsessive-compulsive disorder.

13. An anxiety disorder characterized by unwanted repetitive thoughts and actions is called a(n)
   a. bipolar disorder.
b. obsessive-compulsive disorder.
c. phobia.
d. panic disorder.
e. dissociative disorder.

14. Obsessions are
   a. persistent, irrational fears of specific objects or situations.
b. hyperactive, wildly optimistic states of emotion.
c. false beliefs of persecution or grandeur.
d. periodic episodes of intense dread accompanied by frightening physical sensations.
e. offensive and unwanted thoughts that persistently preoccupy a person.

15. Most political dissidents who survive dozens of episodes of torture do not later exhibit PTSD. This best illustrates survivor
   a. mania.
b. catatonia.
c. dissociation.
d. resiliency.
e. denial.

16. Rats that received unpredictable electric shocks in a laboratory experiment subsequently became apprehensive when returned to that same laboratory setting. This best illustrates that anxiety disorders may result from
   a. stimulus generalization.
b. observational learning.
c. reinforcement.
d. classical conditioning.
e. post-traumatic growth.

17. A rape victim may experience a panic attack when she sees anyone wearing a coat that resembles the one worn by her attacker. This reaction best illustrates the process of
   a. observational learning.
b. reinforcement.
c. stimulus generalization.
d. linkage analysis.
e. generalized anxiety.

18. Although World War II air raids were extremely traumatic for those who experienced them, few of these people developed lasting phobic reactions to overhead planes. This fact is best explained from a ________ perspective.
19. The anterior cingulate cortex, a brain region that monitors our actions, seems especially likely to be hyperactive in those with
   a. generalized anxiety disorder.
   b. a dissociative disorder.
   c. obsessive-compulsive disorder.
   d. antisocial personality disorder.
   e. a mood disorder.

20. A conversion disorder is most likely to be characterized by
   a. alternations between extreme hopelessness and unrealistic optimism.
   b. a continuous state of tensions, apprehension, and autonomic nervous system arousal.
   c. offensive and unwanted thoughts that persistently preoccupy a person.
   d. very specific physical symptoms that have no apparent physiological basis.
   e. persistent, preoccupying thoughts that have no basis in reality.

21. Experiencing physical symptoms, such as blindness or paralysis, that make no physiological sense is indicative of
   a. schizophrenia.
   b. conversion disorder.
   c. dissociative disorder.
   d. generalized anxiety disorder.
   e. personality disorder.

22. Niesha demonstrates seven different personalities that appear to take turns controlling her behavior. Evidence that the same life memories are consciously experienced by all the alternate personalities would most clearly rule out the contribution of _______ to her disorder.
   a. childhood sexual trauma
   b. dissociation
   c. motivational conflict
   d. role-playing
   e. attachment disorder

23. The experience of multiple personalities is most likely to be characterized by
   a. a massive dissociation of self from ordinary consciousness.
   b. offensive and unwanted thoughts that persistently preoccupy a person.
   c. delusions of persecution and grandiosity.
   d. a lack of guilt feelings.
   e. alternations between extreme hopelessness and unrealistic optimism.

24. The dramatic increase in reported cases of dissociative identity disorder during the past 40 or so years most strongly suggests that symptoms of this disorder involve
a. low self-esteem.
b. illicit drug usage.
c. promiscuous sexual behavior.
d. internal attribution of blame.
e. role-playing.

25. Calvin Pott emphasizes that normal depression serves an adaptive function by slowing people down and preventing them from engaging in life-threatening behaviors. Mr. Pott's emphasis best illustrates the ________ perspective.
a. social-cognitive
b. evolutionary
c. psychoanalytic
d. learning
e. humanistic

26. Mania is most likely to be associated with a(n)
   a. panic attack.
b. phobia.
c. bipolar disorder.
d. generalized anxiety disorder.
e. antisocial personality disorder.

27. Although it has been two years since his girlfriend left him, Joaquin still suffers from depression. His therapist believes that Joaquin remains depressed because the girlfriend reminded him of his mother, who died when he was a child. The therapist's interpretation most clearly reflects the ________ perspective.
a. humanistic
b. social-cognitive
c. learning
d. psychoanalytic
e. biological

28. Drugs that alleviate mania tend to reduce levels of the neurotransmitter
   a. acetylcholine.
b. norepinephrine.
c. dopamine.
d. estrogen.
e. serotonin

29. Which perspective has emphasized the impact of learned helplessness on depression?
a. psychoanalytic
b. biological
c. social-cognitive
d. humanistic
e. structuralist

30. Inanna suffers from chronic depression. According to the social-cognitive perspective, how is she most likely to respond when told that she performed very poorly on a test she took the previous day?
a. “The teacher in this course is probably one of the poorest teachers I have ever had.”

b. “I'm academically incompetent and always will be.”

c. “Yesterday was just my unlucky day.”

d. “I suspect that none of the students in my class did well on that test.”

e. “Hardly any of the teachers in this school are effective classroom teachers.”

31. Which perspective suggests that explaining our own failures in terms that are global, stable, and internal contributes to depression?
   a. psychoanalytic
   b. biological
   c. learning
   d. social-cognitive
   e. humanistic

32. One way for people to break the vicious cycle of depression is to
   a. accept more personal responsibility for their own bad moods.
   b. spend more time in quiet rest, seclusion, and personal meditation.
   c. frequently talk to their friends about their negative thoughts and depressive feelings.
   d. participate more often in activities they consider pleasant and rewarding.
   e. internalize and “own” their limitations and past mistakes.

33. Hallucinations and delusions are most likely to be experienced by those who suffer from
   a. dissociative identity disorder.
   b. schizophrenia.
   c. major depressive disorder.
   d. agoraphobia.
   e. borderline personality disorder.

34. One of the negative symptoms of schizophrenia is
   a. an expressionless face.
   b. loud and meaningless talking.
   c. inappropriate laughter.
   d. uncontrollable outbursts of rage.
   e. feelings of supreme importance and paranoia.

35. People are more likely to recover from ________ schizophrenia than from ________ schizophrenia.
   a. acute; reactive
   b. paranoid; disorganized
   c. chronic; acute
   d. reactive; process
   e. disorganized; paranoid

36. Evidence suggests that ________ contribute(s) to schizophrenia.
   a. the internalization of anger
   b. depressed serotonin levels
   c. a pessimistic explanatory style
37. If identical twins share a single placenta rather than having separate placentas, their chances of being similarly affected by ________ are dramatically increased.
   a. hypochondriasis
   b. schizophrenia
   c. a dissociative disorder
   d. antisocial personality disorder
   e. depression

38. One study monitored teens and young adults who had two relatives with schizophrenia. Those who subsequently developed schizophrenia displayed a tendency to be ________ prior to the onset of their disorder.
   a. highly suggestible
   b. artistically creative
   c. socially withdrawn
   d. addicted to drugs
   e. manic behavior

39. Psychologists are LEAST likely to suggest that ________ contribute(s) to the development of schizophrenia.
   a. neglectful child-rearing practices
   b. prenatal viral infections
   c. dopamine overactivity
   d. shrinkage of cerebral tissue
   e. genetic predispositions

40. One cluster of personality disorders marked by anxiety is exemplified by the ________ personality disorder.
   a. schizoid
   b. antisocial
   c. avoidant
   d. catatonic
   e. histrionic

41. Which of the following disorders is more common among men than women?
   a. bipolar disorder
   b. obsessive-compulsive disorder
   c. antisocial personality disorder
   d. dissociative identity disorder
   e. schizophrenia

42. The reduced self-control of murderers is most closely related to reduced brain activity in their ________ lobes.
   a. frontal
   b. temporal
   c. occipital
43. Psychological disorders that researchers believe are learned, such as phobias, are most likely to be treated with
   a. meta-analysis.
   b. psychotherapy.
   c. aversive conditioning.
   d. psychoanalysis.
   e. transference.

44. Which of the following best illustrates a form of psychotherapy?
   a. systematic desensitization
   b. electroconvulsive therapy
   c. psychosurgery
   d. rTMS
   e. psychopharmacology

45. Schizophrenia is a disorder that is MOST likely to be treated with
   a. biomedical therapies.
   b. behavior therapies.
   c. psychoanalysis.
   d. cognitive therapies.
   e. humanistic therapies.

46. Psychoanalytic techniques are designed primarily to help patients
   a. focus on their immediate conscious feelings.
   b. feel more trusting toward others.
   c. become aware of their repressed conflicts and impulses.
   d. develop greater self-esteem.
   e. overcome negative conditioned behaviors.

47. An important component of psychoanalysis is
   a. active listening.
   b. dream analysis.
   c. spontaneous recovery.
   d. systematic desensitization.
   e. unconditional positive regard.

48. To understand his patients' repressed conflicts, Freud sought to identify the ________ of their dreams.
   a. neurogenesis
   b. virtual reality
   c. latent content
   d. spontaneous recovery
   e. systematic desensitization

49. The expression toward a therapist of feelings linked with earlier relationships is known as
   a. transference.
b. resistance.
c. meta-analysis.
d. the therapeutic alliance.
e. fixation.

50. Psychodynamic therapies try to understand patients' current symptoms by focusing on recurring patterns in their
   a. interpersonal relationships.
b. conditioned behaviors.
c. eating habits and drug use.
d. self-blaming explanations.
e. childhood experiences.

51. Humanistic therapists are likely to teach clients to
   a. focus more on other people's feelings than on their own.
b. adapt more readily to social norms and expectations.
c. imitate the behavior of others who are happy and successful.
d. take more responsibility for their own feelings and actions.
e. substitute healthy rewards for unhealthy ones.

52. Which therapeutic approach relies most heavily on patients' discovering their own ways of effectively dealing with their difficulties?
   a. psychoanalysis
   b. cognitive therapy
   c. systematic desensitization
   d. client-centered therapy
   e. meta-analysis

53. As a psychotherapist, Dr. Buist does not analyze people's motives or diagnose the nature of their difficulties because he believes that they are in the best position to diagnose and solve their own problems. Dr. Buist's position is most characteristic of ________ therapy.
   a. cognitive
   b. psychoanalytic
   c. operant conditioning
   d. client-centered
   e. biomedical

54. The healing power of insight and self-awareness is LEAST likely to be emphasized by ________ therapists.
   a. cognitive
   b. psychoanalytic
   c. behavior
   d. humanistic
   e. cognitive-behavioral

55. Which of the following therapies is more concerned with removing specific troubling symptoms than with providing special insights into the personality of the client?
   a. psychoanalysis
b. behavior therapy
c. client-centered therapy
d. cognitive therapy
e. insight therapy

56. Psychological research on the principles of learning has most directly influenced the development of
   a. psychoanalysis.
b. behavior therapy.
c. humanistic therapy.
d. psychodynamic therapy.
e. cognitive therapy.

57. Benny's mother tries to reduce his fear of sailing by giving the 3-year-old his favorite candy as soon as they board the boat. The mother's strategy best illustrates
   a. counterconditioning.
b. cognitive therapy.
c. transference.
d. aversive conditioning.
e. the placebo effect.

58. In 1924, Mary Cover Jones reported that 3-year-old Peter lost his fear of rabbits when a rabbit was repeatedly presented while Peter was eating a tasty snack. This episode best illustrated the potential usefulness of
   a. stress inoculation training.
b. exposure therapies.
c. aversive conditioning.
d. free association.
e. the placebo effect.

59. The counterconditioning technique developed by Mary Cover Jones was refined by
   a. Sigmund Freud.
c. Aaron Beck.
d. Egas Moniz.
e. Carl Rogers.

60. Systematic desensitization is a form of _______, which is a type of ________.
   a. facilitated communication; interpersonal psychotherapy
   b. stress inoculation training; biomedical therapy
   c. free association; cognitive therapy
   d. counterconditioning; behavior therapy
   e. insight therapy; psychodynamic therapy

61. Which of the following exemplifies exposure therapy?
   a. therapeutic touch
   b. family therapy
   c. stress inoculation training
   d. systematic desensitization
62. A token economy is to operant conditioning as ________ is to classical conditioning.
   a. systematic desensitization
   b. group therapy
   c. electroconvulsive therapy
   d. free association
   e. drug therapy

63. Jonathan is afraid to ask a girl for a date, so his therapist instructs him to relax and simply imagine he is reaching for a telephone and then calling a potential date. The therapist's technique best illustrates the process of
   a. interpersonal therapy.
   b. free association.
   c. cognitive therapy.
   d. aversive conditioning.
   e. systematic desensitization.

64. The repeated association of pleasant relaxing states with stimuli that arouse fear is a central feature of
   a. humanistic therapy.
   b. systematic desensitization.
   c. cognitive therapy.
   d. aversive conditioning.
   e. stress inoculation training.

65. The construction of an anxiety hierarchy and training in relaxation are important aspects of
   a. biomedical therapy.
   b. aversive conditioning.
   c. systematic desensitization.
   d. interpersonal psychotherapy.
   e. stress inoculation training.

66. Gina is so fearful of taking tests for her AP courses that she experiences mild anxiety when registering for an AP course, intense anxiety when studying for a test, and extreme anxiety when answering actual test questions. Her greatest fear, however, is experienced while waiting for a teacher to hand out tests. During the process of systematically desensitizing her test anxiety, the therapist is likely to ask Gina first to imagine
   a. answering questions on a test.
   b. waiting for a teacher to hand out tests.
   c. studying for a test.
   d. registering for an AP course.
   e. receiving an A on a test.

67. Which of the following techniques have behavior therapists used to help people overcome a fear of flying?
   a. aversive conditioning
   b. eye movement desensitization and reprocessing
c. virtual reality exposure therapy  
d. the double-blind procedure  
e. a token economy

68. In which form of therapy is unwanted behavior systematically associated with unpleasant experiences?  
a. electroconvulsive therapy  
b. systematic desensitization  
c. eclectic therapy  
d. cognitive therapy  
e. aversive conditioning

69. Replacing a negative response with a positive response is to systematic desensitization as replacing a positive response with a negative response is to  
a. transference.  
b. operant conditioning.  
c. aversive conditioning.  
d. eclectic therapy.  
e. electroconvulsive therapy.

70. Praising socially withdrawn children when they have eye contact with others and ignoring them after a temper tantrum best illustrates an application of  
a. cognitive therapy.  
b. facilitated communication.  
c. operant conditioning.  
d. unconditional positive regard.  
e. active listening.

71. Systematic desensitization is to classical conditioning as ________ is to operant conditioning.  
a. aversive conditioning  
b. therapeutic touch  
c. a token economy  
d. psychosurgery  
e. EMDR

72. Proponents of behavior modification have suggested that institutionalized patients can be weaned from ________ by shifting them to other rewards common to life outside an institution.  
a. drug therapy  
b. a token economy  
c. the therapeutic alliance  
d. a 12-step approach  
e. exposure therapy

73. Proponents of ________ have argued that maintaining appropriate patient behaviors with positive rewards is more humane than relying on punishment.  
a. stress inoculation training  
b. light exposure therapy  
c. token economies
d. free association
e. aversive conditioning

74. Which therapeutic approach emphasizes that people are often disturbed because of their negative interpretations of events?
   a. drug therapy
   b. client-centered therapy
   c. systematic desensitization
   d. cognitive therapy
   e. light exposure therapy

75. Peter is depressed because he thinks his teacher's study suggestions mean he's going to fail her course. Peter would profit the most from
   a. psychoanalysis.
   b. systematic desensitization.
   c. cognitive therapy.
   d. EMDR.
   e. humanistic therapy.

76. Teaching people to stop blaming themselves for failures and negative circumstances beyond their control is of most direct concern to ________ therapists.
   a. psychoanalytic
   b. cognitive
   c. eclectic
   d. client-centered
   e. behavior

77. An integrated therapy that aims to modify both self-defeating thinking and maladaptive actions is known as
   a. light exposure therapy.
   b. meta-analysis.
   c. psychopharmacology.
   d. cognitive-behavioral therapy.
   e. biomedical therapy.

78. A useful feature of group therapy is that it
   a. ensures that therapists will become more emotionally involved in clients' real-life problems.
   b. eliminates the possibility that clients will experience anxiety during therapy.
   c. encourages clients to improve their communication skills.
   d. enables severely disturbed individuals to quickly regain normal social functioning.
   e. enhances the benefits of counterconditioning.

79. To help Mr. Eberstadt overcome his addiction to alcohol, his therapist first attempted to discover whether the substance dependency was somehow a reaction to his wife's behavior. The therapist's concern is most likely to be characteristic of a
   a. psychoanalyst.
   b. family therapist.
c. client-centered therapist.
d. biomedical therapist.
e. cognitive therapist.

80. People often enter psychotherapy during a period of crisis in their lives. This helps us understand why they
   a. prefer behavior therapies over other forms of treatment.
b. seldom block anxiety-laden thoughts from consciousness.
c. tend to overestimate the effectiveness of their psychotherapy.
d. claim to receive the most effective treatment from highly experienced clinicians.
e. experience resistance and transference during insight therapies.

81. Clients often stay in touch with their psychotherapists only if satisfied with the treatment they received. This helps us understand why therapists
   a. typically take an eclectic approach to therapy.
b. prefer client-centered therapy over other forms of treatment.
c. interpret patients' transference early in the course of therapy.
d. tend to overestimate the effectiveness of psychotherapy.
e. believe that biomedical therapies are more effective in the long run.

82. Meta-analysis refers to
   a. a procedure for statistically combining the results of many different studies.
b. the use of a variety of therapeutic techniques in the treatment of a single client.
c. counseling and treatment of troubled individuals by friends, family, and other nonprofessionals.
d. a procedure for identifying the common factors that underlie many different disorders.
e. the technique of simply rephrasing much of what a client says during the course of therapy.

83. Klaus is a psychology graduate student who wants to determine whether electroconvulsive therapy is an effective treatment for schizophrenia. To combine the results of numerous published studies on this issue, Klaus should use a technique called
   a. eclectic therapy.
b. the double-blind procedure.
c. factor analysis.
d. counterconditioning.
e. meta-analysis.

84. The most convincing evidence for the effectiveness of psychotherapy comes from
   a. studies of client satisfaction with the treatment received.
b. reports from therapists concerning their perceptions of client improvement.
c. meta-analyses of psychotherapeutic outcome studies.
d. the reactions of family and friends to those who have recently undergone psychotherapeutic treatment.
e. case-study evidence from Freud and other prominent psychotherapists.

85. Statistical summaries of psychotherapy outcome studies indicate that
a. psychotherapy is no more effective than talking to a friend.
b. no single form of therapy proves consistently superior to the others.
c. psychotherapy actually harms just as many people as it helps.
d. it is impossible to measure the effectiveness of psychotherapy.
e. cognitive therapies are incompatible with behavioral therapies.

86. Controlled research studies indicate that the value of EMDR is in part due to the effectiveness of
   a. free association.
b. active listening.
c. meta-analysis.
d. exposure therapy.
e. the double-blind procedure.

87. Three benefits attributed to all psychotherapies are
   a. an eclectic approach, nondirective treatment, and psychotherapy integration.
b. hope, a new perspective, and a caring relationship.
c. exposure, desensitization, and relaxation.
d. neurogenesis, transference, and spontaneous recovery.
e. transference, resilience, and resistance.

88. Dr. Genscher believes that most psychological disorders result from chemical abnormalities. In her
    work as a therapist, Dr. Genscher is most likely to make use of
   a. psychosurgery.
b. meta-analysis.
c. systematic desensitization.
d. drug therapies.
e. transference.

89. Double-blind studies enable researchers to assess the extent to which drug therapy outcomes are
    attributable to
   a. the therapeutic alliance.
b. the placebo effect.
c. progressive relaxation.
d. stress inoculation training.
e. meta-analysis.

90. One group of ocean voyagers is given a new but untested pill for seasickness and a second group is
    given an inactive pill. Neither the voyagers nor the experimental researchers know which group has
    received the new pill. In this experiment, the investigators are making use of
   a. systematic desensitization.
b. meta-analysis.
c. counterconditioning.
d. regression toward the mean.
e. the double-blind procedure.

91. Of the following individuals, who is most likely to benefit from therapeutic drugs that block receptor
    sites for dopamine?
a. Amir, who complains about feeling tense and fearful most of the time but doesn't know why
b. Matthew, who feels hopeless and lethargic after losing his job
c. Betsy, who hears imaginary voices telling her she will soon be killed
d. Marcella, who is so obsessed with fear of a heart attack that she frequently counts her heartbeats aloud
e. John Carl, who feels he has to wash his hands three times every hour

92. Prozac is an antidepressant drug that partially blocks the reabsorption and removal of ________ from synapses.
   a. serotonin
   b. dopamine
   c. acetylcholine
   d. chlorpromazine
   e. thorazine

93. Some antidepressants block the reuptake or breakdown of both serotonin and another neurotransmitter, norepinephrine. These antidepressants are called
   a. antipsychotic drugs.
   b. mood-stabilizing drugs.
   c. dual-action drugs.
   d. ECTs.
   e. rTMSs.

94. One good alternative to antidepressant drugs is
   a. aerobic exercise.
   b. psychosurgery.
   c. virtual reality exposure therapy.
   d. EMDR.
   e. DSM.

95. Which of the following individuals is most likely to benefit from electroconvulsive therapy?
   a. Mark, who feels so depressed that he recently tried to commit suicide
   b. Mary, who suffers from amnesia and has lost her sense of identity
   c. Jim, who experiences visual hallucinations and suffers from a delusion that enemy spies are following him
   d. Luke, who suffers from a compulsion to wash his hands at least once every 15 minutes
   e. Sarah, who always feels the need to be the center of attention in any group setting

96. Adelle's feelings of unhappiness, low self-esteem, and hopelessness have become so extreme that she has attempted suicide. Which of the following treatments is likely to provide her with the quickest relief from her misery?
   a. electroconvulsive therapy
   b. drug therapy
   c. psychoanalysis
   d. systematic desensitization
   e. cognitive therapy
97. Deep-brain stimulation involves the implantation of ________ into the cortex.
   a. DNA
   b. lithium
   c. electrodes
   d. stem cells
   e. rTMS

98. MRI-guided precision surgery is occasionally done to cut the brain circuits involved in severe cases of
   a. obsessive-compulsive disorder.
   b. bipolar disorder.
   c. schizophrenia.
   d. depression.
   e. post-traumatic stress disorder.

99. Preventive mental health attempts to reduce the incidence of psychological disorders by
   a. enabling more people to see professional psychotherapists.
   b. encouraging depressed people to take more personal responsibility for their own problems.
   c. establishing programs to alleviate poverty and other demoralizing situations.
   d. emphasizing the importance of using a wide variety of psychological theories and therapeutic methods.
   e. enhancing genetic predispositions toward mental health.

100. Bolstering parents' and teachers' skills at nurturing children's achievement and resulting self-esteem best illustrates
    a. virtual reality exposure therapy.
    b. meta-analysis.
    c. counterconditioning.
    d. preventive mental health.
    e. insight therapy.
## Unit 12 & 13 Study Guide
### Answer Section

### MULTIPLE CHOICE

1. **ANS:** C  **PTS:** 1  **DIF:** Easy  
   **REF:** Page 563 | Section- Abnormal Psychology  
   **OBJ:** 1  
   **TOP:** Defining psychological disorders  
   **MSC:** Factual | Definitional

2. **ANS:** C  **PTS:** 1  **DIF:** Medium  
   **REF:** Page 564 | Section- Abnormal Psychology  
   **OBJ:** 2  
   **TOP:** Understanding psychological disorders  
   **MSC:** Conceptual | Application

3. **ANS:** C  **PTS:** 1  **DIF:** Medium  
   **REF:** Page 564 | Section- Abnormal Psychology  
   **OBJ:** 2  
   **TOP:** Understanding psychological disorders  
   **MSC:** Factual | Definitional

4. **ANS:** C  **PTS:** 1  **DIF:** Medium  
   **REF:** Page 565 | Section- Abnormal Psychology  
   **OBJ:** 3  
   **TOP:** Classifying psychological disorders  
   **MSC:** Factual | Definitional

5. **ANS:** A  **PTS:** 1  **DIF:** Easy  
   **REF:** Page 567 | Section- Abnormal Psychology  
   **OBJ:** 3  
   **TOP:** The “un-DSM”: A diagnostic manual of human strengths (Close-Up)  
   **MSC:** Factual | Definitional

6. **ANS:** B  **PTS:** 1  **DIF:** Easy  
   **REF:** Page 568 | Section- Abnormal Psychology  
   **OBJ:** 3  
   **TOP:** Labeling psychological disorders  
   **MSC:** Factual | Definitional

7. **ANS:** D  **PTS:** 1  **DIF:** Medium  
   **REF:** Page 568 | Section- Abnormal Psychology  
   **OBJ:** 3  
   **TOP:** Labeling psychological disorders  
   **MSC:** Conceptual | Application

8. **ANS:** B  **PTS:** 1  **DIF:** Easy  
   **REF:** Page 569 | Section- Abnormal Psychology  
   **OBJ:** 3  
   **TOP:** Insanity and responsibility (Box)  
   **MSC:** Factual | Definitional

9. **ANS:** B  **PTS:** 1  **DIF:** Medium  
   **REF:** Page 570 | Section- Abnormal Psychology  
   **OBJ:** 4  
   **TOP:** Generalized anxiety disorder  
   **MSC:** Factual | Definitional

10. **ANS:** C  **PTS:** 1  **DIF:** Medium  
    **REF:** Page 570 | Section- Abnormal Psychology  
    **OBJ:** 4  
    **TOP:** Generalized anxiety disorder  
    **MSC:** Conceptual | Application

11. **ANS:** B  **PTS:** 1  **DIF:** Medium  
    **REF:** Page 571 | Section- Abnormal Psychology  
    **OBJ:** 5  
    **TOP:** Phobias  
    **MSC:** Factual | Definitional

12. **ANS:** B  **PTS:** 1  **DIF:** Difficult  
    **REF:** Page 571 | Section- Abnormal Psychology  
    **OBJ:** 5  
    **TOP:** Phobias  
    **MSC:** Conceptual | Application

13. **ANS:** B  **PTS:** 1  **DIF:** Easy  
    **REF:** Page 571 | Section- Abnormal Psychology  
    **OBJ:** 6  
    **TOP:** Obsessive-compulsive disorder  
    **MSC:** Factual | Definitional

14. **ANS:** E  **PTS:** 1  **DIF:** Easy  
    **REF:** Page 571 | Section- Abnormal Psychology  
    **OBJ:** 6  
    **TOP:** Obsessive-compulsive disorder  
    **MSC:** Factual | Definitional
15. **ANS:** D  **PTS:** 1  **DIF:** Easy  
**REF:** Page 573 | Section - Abnormal Psychology  **OBJ:** 7  
**TOP:** Post-traumatic stress disorder  **MSC:** Factual | Definitional

16. **ANS:** D  **PTS:** 1  **DIF:** Medium  
**REF:** Page 574 | Section - Abnormal Psychology  **OBJ:** 8  
**TOP:** Understanding anxiety disorders: the learning perspective  **MSC:** Factual | Definitional

17. **ANS:** C  **PTS:** 1  **DIF:** Medium  
**REF:** Page 574 | Section - Abnormal Psychology  **OBJ:** 8  
**TOP:** Understanding anxiety disorders: the learning perspective  **MSC:** Conceptual | Application

18. **ANS:** C  **PTS:** 1  **DIF:** Medium  
**REF:** Page 575 | Section - Abnormal Psychology  **OBJ:** 8  
**TOP:** Understanding anxiety disorders: the biological perspective  **MSC:** Factual | Definitional

19. **ANS:** C  **PTS:** 1  **DIF:** Difficult  
**REF:** Page 575 | Section - Abnormal Psychology  **OBJ:** 8  
**TOP:** Understanding anxiety disorders: the biological perspective  **MSC:** Factual | Definitional

20. **ANS:** D  **PTS:** 1  **DIF:** Easy  
**REF:** Page 577 | Section - Abnormal Psychology  **OBJ:** 9  
**TOP:** Somatoform disorders  **MSC:** Factual | Definitional

21. **ANS:** B  **PTS:** 1  **DIF:** Easy  
**REF:** Page 577 | Section - Abnormal Psychology  **OBJ:** 9  
**TOP:** Somatoform disorders  **MSC:** Factual | Definitional

22. **ANS:** B  **PTS:** 1  **DIF:** Difficult  
**REF:** Page 578 | Section - Abnormal Psychology  **OBJ:** 11  
**TOP:** Understanding dissociative identity disorder  **MSC:** Conceptual | Application

23. **ANS:** A  **PTS:** 1  **DIF:** Easy  
**REF:** Page 578 | Section - Abnormal Psychology  **OBJ:** 11  
**TOP:** Dissociative identity disorder  **MSC:** Factual | Definitional

24. **ANS:** E  **PTS:** 1  **DIF:** Medium  
**REF:** Page 578 | Section - Abnormal Psychology  **OBJ:** 11  
**TOP:** Understanding dissociative identity disorder  **MSC:** Factual | Definitional

25. **ANS:** B  **PTS:** 1  **DIF:** Medium  
**REF:** Page 580 | Section - Abnormal Psychology  **OBJ:** 12  
**TOP:** Major depressive disorder  **MSC:** Conceptual

26. **ANS:** C  **PTS:** 1  **DIF:** Easy  
**REF:** Page 581 | Section - Abnormal Psychology  **OBJ:** 12  
**TOP:** Bipolar disorder  **MSC:** Factual | Definitional

27. **ANS:** D  **PTS:** 1  **DIF:** Medium  
**REF:** Page 583 | Section - Abnormal Psychology  **OBJ:** 13  
**TOP:** Understanding mood disorders  **MSC:** Conceptual | Application

28. **ANS:** B  **PTS:** 1  **DIF:** Medium  
**REF:** Page 586 | Section - Abnormal Psychology  **OBJ:** 13  
**TOP:** Understanding mood disorders: the biological perspective  **MSC:** Factual | Definitional

29. **ANS:** C  **PTS:** 1  **DIF:** Medium  
**REF:** Page 586 | Section - Abnormal Psychology  **OBJ:** 13
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77. ANS: D  PTS: 1  DIF: Easy
REF: Page 616 | Section - Treatment of Psychological Disorders
OBJ: 7  TOP: Cognitive-behavioral therapy  MSC: Factual | Definitional

78. ANS: C  PTS: 1  DIF: Difficult
REF: Page 617 | Section - Treatment of Psychological Disorders
OBJ: 8  TOP: Group and family therapies  MSC: Conceptual

79. ANS: B  PTS: 1  DIF: Medium
REF: Page 617 | Section - Treatment of Psychological Disorders
OBJ: 8  TOP: Group and family therapies  MSC: Conceptual | Application

80. ANS: C  PTS: 1  DIF: Medium
REF: Page 619 | Section - Treatment of Psychological Disorders
OBJ: 9  TOP: Evaluating psychotherapies: clients' perceptions
MSC: Conceptual | Application

81. ANS: D  PTS: 1  DIF: Medium
REF: Page 620 | Section - Treatment of Psychological Disorders
OBJ: 9  TOP: Evaluating psychotherapies: clinicians' perceptions
MSC: Factual | Definitional

82. ANS: A  PTS: 1  DIF: Easy
REF: Page 621 | Section - Treatment of Psychological Disorders
OBJ: 10  TOP: Evaluating psychotherapies: outcome research
MSC: Factual | Definitional

83. ANS: E  PTS: 1  DIF: Medium
REF: Page 621 | Section - Treatment of Psychological Disorders
OBJ: 10  TOP: Evaluating psychotherapies: outcome research
MSC: Conceptual | Application

84. ANS: C  PTS: 1  DIF: Easy
REF: Page 621 | Section - Treatment of Psychological Disorders
OBJ: 10  TOP: Evaluating psychotherapies: outcome research
MSC: Factual | Definitional

85. ANS: B  PTS: 1  DIF: Medium
REF: Page 622 | Section - Treatment of Psychological Disorders
OBJ: 10  TOP: The relative effectiveness of different therapies
MSC: Factual | Definitional

86. ANS: D  PTS: 1  DIF: Difficult
REF: Page 624 | Section - Treatment of Psychological Disorders
OBJ: 11  TOP: Eye movement desensitization and reprocessing
MSC: Factual | Definitional

87. ANS: B  PTS: 1  DIF: Easy
REF: Page 625 | Section - Treatment of Psychological Disorders
OBJ: 12  TOP: Commonalities among psychotherapies
MSC: Factual | Definitional

88. ANS: D  PTS: 1  DIF: Easy
REF: Page 628 | Section - Treatment of Psychological Disorders
OBJ: 14  TOP: Drug therapies  MSC: Conceptual | Application

89. ANS: B  PTS: 1  DIF: Easy
REF: Page 629 | Section - Treatment of Psychological Disorders
OBJ: 14  TOP: Drug therapies  MSC: Factual | Definitional

90. ANS: E  PTS: 1  DIF: Medium
REF: Page 629 | Section - Treatment of Psychological Disorders
OBJ: 14  TOP: Drug therapies  MSC: Conceptual | Application
91. ANS: C  PTS: 1  DIF: Difficult
REF: Page 629 | Section: Treatment of Psychological Disorders
OBJ: 15  TOP: Antipsychotic drugs  MSC: Conceptual | Application

92. ANS: A  PTS: 1  DIF: Medium
REF: Page 630 | Section: Treatment of Psychological Disorders
OBJ: 15  TOP: Antidepressant drugs  MSC: Factual | Definitional

93. ANS: C  PTS: 1  DIF: Easy
REF: Page 630 | Section: Treatment of Psychological Disorders
OBJ: 15  TOP: Antidepressant drugs  MSC: Factual | Definitional

94. ANS: A  PTS: 1  DIF: Medium
REF: Page 631 | Section: Treatment of Psychological Disorders
OBJ: 15  TOP: Antidepressant drugs  MSC: Factual | Definitional

95. ANS: A  PTS: 1  DIF: Medium
REF: Page 633 | Section: Treatment of Psychological Disorders
OBJ: 16  TOP: Electroconvulsive therapy  MSC: Conceptual | Application

96. ANS: A  PTS: 1  DIF: Medium
REF: Page 633 | Section: Treatment of Psychological Disorders
OBJ: 16  TOP: Electroconvulsive therapy  MSC: Conceptual | Application

97. ANS: C  PTS: 1  DIF: Medium
REF: Page 635 | Section: Treatment of Psychological Disorders
OBJ: 16  TOP: Alternative neurostimulation therapies  MSC: Factual | Definitional

98. ANS: A  PTS: 1  DIF: Difficult
REF: Page 636 | Section: Treatment of Psychological Disorders
OBJ: 16  TOP: Psychosurgery  MSC: Factual | Definitional

99. ANS: C  PTS: 1  DIF: Medium
REF: Page 638 | Section: Treatment of Psychological Disorders
OBJ: 18  TOP: Preventing psychological disorders  MSC: Factual | Definitional

100. ANS: D  PTS: 1  DIF: Easy
REF: Page 638 | Section: Treatment of Psychological Disorders
OBJ: 18  TOP: Preventing psychological disorders  MSC: Factual | Definitional