

## Practice Test – Disorders & Treatment

1. The basic purpose of the DSM-IV-TR is to
  - a. provide a set of diagnostic categories for classifying psychological disorders
  - b. provide a clear distinction between neurosis and psychosis
  - c. describe the psychoanalytic approach to psychological disorders
  - d. identify childhood experiences that contribute to disorders.
  
2. An individual survives a period of captivity and exhibits behaviors that include anxiety, inability to concentrate, depression, edginess, and the re-experience of stressful events. These symptoms illustrate which of the following disorders?
  - a. generalized anxiety disorder
  - b. major depression
  - c. hypochondriasis
  - d. posttraumatic stress disorder
  
3. Contemporary definitions of abnormality might include all of the following criteria EXCEPT
  - a. maladaptiveness
  - b. personal distress or discomfort
  - c. deviance from cultural norms
  - d. gender
  
4. Which of the following forms of therapy most likely involves a confrontational atmosphere between therapist and client?
  - a. rational-emotive therapy
  - b. psychoanalysis
  - c. aversive conditioning
  - d. person-centered therapy
  
5. The overall purpose of psychoanalytic therapy is to
  - a. change the behavior patterns of the client in therapy
  - b. help the client in therapy reach his or her full potential
  - c. alter the thought processes of the client in therapy
  - d. help the client in therapy gain new insight into himself or herself
  
6. An individual who sees and feels imaginary spiders crawling on his arms and legs is experiencing
  - a. a delusion
  - b. a hallucination
  - c. an eidetic image
  - d. a phobia
  
7. Which of the following is associated with schizophrenia?
  - a. enlarged, fluid-filled areas in the brain
  - b. damage to the medulla
  - c. malfunction of the endocrine system
  - d. an injury to the parasympathetic nervous system
  
8. According to the psychoanalytic view, depression is caused by
  - a. a neurotransmitter imbalance
  - b. self-defeating thoughts
  - c. unresolved experiences of loss from childhood
  - d. prolonged exposure to stressors over which the individual has no control
  
9. One perspective in clinical psychology proposes that adaptive normal behavior as well as maladaptive abnormal behavior can be developed through similar processes. Which of these best characterizes this approach to abnormal behavior?
  - a. biological
  - b. psychodynamic
  - c. behavioral
  - d. humanistic
  
10. Which of the following treatments is most frequently used to eliminate specific phobias?
  - a. antidepressant drugs
  - b. systematic desensitization
  - c. psychoanalysis
  - d. aversion therapy
  
11. A college student experiences a loss of sensation in her right arm before exams. Doctors can find no physiological basis for her condition. This student is most likely experiencing which of the following kinds of disorders?
  - a. somatoform
  - b. dissociative
  - c. anxiety
  - d. mood
  - e. personality
  
12. Prozac functions as an antidepressant medication because it
  - a. enhances production of acetylcholine
  - b. blocks the reuptake of serotonin
  - c. causes selective memory loss for depression-producing events
  - d. produces a steady, mild state of euphoria

13. A teacher taught her students to take turns by giving them stars to trade for snacks at the end of the day. This technique is called
- a. systematic desensitization      b. token economy      c. classical conditioning      d. rational-emotive therapy
14. Aaron Beck suggested that negative beliefs cause depression. To help change these negative beliefs, Beck used which of the following therapies?
- a. cognitive      b. psychopharmacological      c. behavioral      d. psychoanalytic
15. Which of the following is most descriptive of antisocial personality disorder?
- a. a pattern of limited social interaction and reluctance to enter into relationships  
b. a pattern of extreme dependence on other people and acute anxiety at being left alone  
c. a pattern of bizarre or unstable behavior characterized by dramatic mood shifts  
d. an inability to feel empathy for others and a lack of remorse for actions that harm others
16. Psychologists are most likely to define maladaptive behavior as disordered if it is
- a. unloving and prejudicial      b. biologically based and habitual  
c. unconsciously motivated      d. unusual and socially unacceptable
17. The conception of psychological disorders as biologically based sickness is known as the \_\_\_\_ model.
- a. psychoanalytic      b. humanistic      c. medical      d. bio-psycho-social
18. Panic attacks are most closely associated with
- a. schizophrenia      b. anxiety disorders      c. dissociative disorders      d. mood disorders
19. A psychotherapist is most likely to use the DSM-IV in order to \_\_\_\_ various psychological disorders
- a. cure      b. prevent      c. excuse      d. identify
20. Psychological disorders in which people lose contact with reality and experience irrational ideas and distorted perceptions are known as \_\_\_\_ disorders.
- a. panic      b. generalized anxiety      c. psychotic      d. dissociative
21. In a study by Rosenhan, researchers were admitted as patients into various mental hospitals after they claimed to be hearing voices. This study best illustrates the negative effects of
- a. the medical model      b. schizophrenia      c. delusions      d. diagnostic labels
22. Because it is so pervasive, \_\_\_\_ is often considered to be the common cold of psychological disorders.
- a. anxiety      b. agoraphobia      c. depression      d. low self-esteem
23. If people form their impressions of psychological disorders from television, they are most likely to overestimate the percentage of people suffering from disorders who are
- a. violent      b. depressed      c. shy      d. anxious
24. In which of the following disorders is a person continually tense, apprehensive, and in a state of autonomic arousal?
- a. generalized anxiety disorder      b. antisocial personality disorder  
c. dysthymic disorder      d. dissociative identity disorder
25. A post-traumatic stress disorder could best be described as a(n) \_\_\_\_ disorder.
- a. psychotic      b. dissociative      c. dysthymic      d. personality      e. anxiety
26. Miles claims that alcoholism is a disease that can be cured with proper treatment. His belief is most clearly consistent with
- a. the humanistic perspective      b. psychoanalytic theory      c. the medical model      d. the social-cognitive perspective

27. Phobias are most likely to be characterized by
- a persistent, irrational fear of a specific object or situation
  - offensive and unwanted thoughts that persistently preoccupy the person.
  - C. the misinterpretation of normal physical sensations as signs of disease
  - A continuous state of tension, apprehension, and autonomic nervous system arousal
28. Manuel is extremely shy and is so easily embarrassed in front of other people that he often misses his college classes so he can avoid social interactions. Manuel appears to suffer from a(n)
- dissociative disorder
  - dysthymic disorder
  - antisocial personality disorder
  - phobia
29. An anxiety disorder characterized by unwanted repetitive thoughts and actions is called a(n) \_\_\_ disorder.
- bipolar
  - obsessive-compulsive
  - dissociative
  - panic
30. After several weeks of feeling very apathetic and dissatisfied with his life, Mark has suddenly become so talkative that he can't be interrupted. He seems to need less sleep and becomes irritated when his friends tell him to slow down. Mark's behavior is indicative of
- obsessive-compulsive disorder
  - schizophrenia
  - dissociative disorder
  - bipolar disorder
31. Which of the following disorders is classified as a mood disorder?
- catatonia
  - bipolar disorder
  - generalized anxiety disorder
  - phobia
32. Two years after being brutally beaten and raped, Bree still experiences anxiety and has trouble sleeping. She frequently has vivid flashbacks of the assault. She is most clearly showing signs of
- a dissociative disorder
  - post-traumatic stress disorder
  - dysthymic disorder
  - bipolar disorder
33. A therapist suggests that Mr. Briggs continues to bite his fingernails because this behavior often reduced his feelings of anxiety in the past, therefore providing a reward for the behavior. This therapist's suggestion most clearly reflects a \_\_\_ perspective.
- humanistic
  - biological
  - psychoanalytic
  - behavioral
34. Nathan, an 18-year-old college freshman, has missed almost all of his classes during the past month. He spends most of his time in his room frequently not even getting out of bed, getting dressed, or eating meals. He thinks that his whole life has been a failure and blames himself for being an outcast. Nathan is most likely suffering from
- major depressive disorder
  - antisocial personality disorder
  - dissociative disorder
  - panic disorder
35. Kelly, a 3<sup>rd</sup> grade teacher, frequently suffers from dizziness, heart palpitations, muscular tension, and fatigue. She is also continually agitated and unable to relax outside the classroom, but she can't pinpoint a reason for her problems. Her behavior is most indicative of a(n)
- dysthymic disorder
  - phobia
  - obsessive-compulsive disorder
  - generalized anxiety disorder
36. Bipolar disorder is most likely to be characterized by
- a massive dissociation of self from ordinary consciousness
  - the simultaneous experience of delusions of grandeur and delusions of persecution
  - offensive and unwanted thoughts that persistently intrude into conscious awareness.
  - alternations between extreme hopelessness and unrealistic optimism
37. A rape victim may experience a panic attack when she sees anyone wearing a ski mask like the one worn by her attacker. This reaction is best explained from a \_\_\_ perspective.
- behavioral
  - psychoanalytic
  - cognitive
  - biological
38. Manic episodes are most likely to be associated with a(n)
- panic attack
  - phobia
  - bipolar disorder
  - generalized anxiety disorder
39. According to the psychoanalytic perspective, depression results from
- the internalization of anger
  - learned helplessness
  - self-defeating explanatory styles
  - a weak conscience

40. Raoul brushed his teeth 18 times a day. Each time, he uses exactly 83 strokes up and 83 strokes down. After dinner, he must brush twice with two different brands of toothpaste. Raoul suffers from a(n)
- a. dysthymic disorder                      b. obsessive-compulsive disorder                      c. phobia                      d. generalized anxiety disorder
41. Depression is associated with \_\_\_ norepinephrine levels and \_\_\_ serotonin levels
- a. high; low                      b. low; high                      c. high; high                      d. low; low
42. Severely depressed individuals are especially likely to show reduced brain activity in the
- a. right frontal lobe                      b. left frontal lobe                      c. right occipital lobe                      d. left occipital lobe
43. Failures are most likely to lead to depression if they are explained in terms that are
- a. internal, unstable, and specific                      b. external, unstable, and global  
c. internal, stable, and global                      d. external, unstable, and specific
44. A therapist believes that Chad is chronically depressed because he takes too little credit for his many achievements and assumes too much responsibility for his few failures. The therapist's interpretation reflects a \_\_\_ perspective.
- a. psychoanalytic                      b. social-cognitive                      c. humanistic                      d. behavioral
45. The vicious cycle of depression is often initiated by
- a. a breakdown in selective attention                      b. optimism about the future  
c. excessive levels of norepinephrine                      d. stressful life experiences                      e. all of the above
46. The major characteristic of dissociative disorders is a disturbance of
- a. sleep                      b. mood                      c. appetite                      d. memory                      e. perception
47. One way for people to break the cycle of depression is to
- a. accept more personal responsibility for their bad moods  
b. spend more time in seclusion  
c. frequently talk to their friends about their negative thoughts and depressed feelings  
d. participate more often in activities that they consider to be pleasant and rewarding  
e. all of these can break the cycle
48. Several weeks after being fired from a job he had held for more than 20 years, Landon awoke one morning in a state of bewildered confusion. He had little sense of who he was and even failed to recognize his wife. Landon's experience most clearly represents a
- a. dissociative disorder                      b. phobia                      c. generalized anxiety disorder                      d. panic disorder
49. Schizophrenia is most likely to be characterized by
- a. suicidal thoughts                      b. disorganized and fragmented thinking                      c. lack of guilt                      d. uncontrollable violence
50. Mr. Kay, a government employee, falsely believed that his supervisor was a communist agent who was putting poison in the employees' coffee. When Mr. Kay was referred to a psychiatrist, he claimed to be the grandson of Abraham Lincoln. Mr. Kay would most likely be diagnosed with
- a. dissociative identity disorder                      b. a phobia                      c. schizophrenia                      d. antisocial personality disorder
51. False beliefs of persecution that may accompany psychotic disorders are called
- a. obsessions                      b. compulsions                      c. delusions                      d. hallucinations
52. Learned helplessness is most closely associated with
- a. dissociative disorders                      b. depression                      c. schizophrenia                      d. phobias

53. 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. borderline personality disorder    e. none of these
54. Seeing one-eyed monsters would be a(n), while believing that you are Christopher Columbus would be a(n) \_\_\_\_\_.  
a. delusion; hallucination    b. obsession; delusion    c. compulsion; obsession    d. hallucination; delusion
55. A therapist suggests that Mr. Brown's fear of darkness can probably be traced back to his early childhood when he was occasionally beaten and locked up in a small, dark closet by an older brother. The therapist's suggestion most clearly reflects a \_\_\_\_ perspective.  
a. trait    b. psychoanalytic    c. behavioral    d. biological
56. One of the positive symptoms of schizophrenia includes  
a. an expressionless face    b. a lack of guilt    c. delusions of persecution    d. flat emotion(affect)
57. A tendency to remain motionless for long periods of time is most common among those with \_\_\_\_ schizophrenia.  
a. catatonic    b. disorganized    c. undifferentiated    d. paranoid
58. Michelle's therapist suggests that she developed a dissociative identity disorder as a way of protecting herself from an awareness of her own hatred for her abusive mother. The therapist's suggestion most directly reflects a \_\_\_\_ perspective.  
a. social-cognitive    b. humanistic    c. biological    d. psychoanalytic
59. "Gradually developing" is to "suddenly developing" as \_\_\_\_ schizophrenia is to \_\_\_\_ schizophrenia.  
a. reactive; process    b. chronic; acute    c. process; chronic    d. acute; reactive
60. The chances for recover from schizophrenia are considered to be greatest when the disorder develops  
a. rapidly in response to a stressful life situation    b. slowly over a period of years  
c. in reaction to abnormalities in brain chemistry    d. during adolescence or early adulthood.
61. Because cocaine may increase dopamine levels, the symptoms of schizophrenia would \_\_\_\_ if cocaine was used.  
a. get worse    b. get better    c. first get better, then get much worse    d. not be affected
62. Schizophrenia victims' difficulty with selective attention is probably related to the size of the  
a. thalamus    b. cerebellum    c. hypothalamus    d. pituitary gland
63. Evidence suggests that \_\_\_\_ may contribute to schizophrenia.  
a. internalization of anger    b. low serotonin levels    c. pessimistic explanatory style    d. prenatal viruses
64. If one identical twin is diagnosed as having schizophrenia, the probability that the other twin will at some point be similarly diagnosed is approximately \_\_\_\_ percent.  
a. 100    b. 90    c. 75    d. 50    e. none of these
65. Just as Austin began telling his therapist about a painful childhood experience, he complained of a headache and abruptly ended the session. A psychoanalyst would most likely suggest that Austin's behavior represented  
a. fixation    b. resistance    c. transference    d. counterconditioning
66. Those with a histrionic personality disorder are most likely to display  
a. lack of guilt feelings    b. delusions of grandeur    c. apathy and lack of energy    d. shallow emotions
67. A borderline personality disorder is most clearly characterized by a(n)  
a. insatiable desire for attention    b. irrational fear of people    c. lack of guilt    d. unstable sense of self
68. Shrinkage of cerebral tissue would be most associated with  
a. dissociative disorders    b. obsessive-compulsive disorder    c. dysthymic disorder    d. schizophrenia

69. A lack of a conscience is most characteristic of someone who has a(n) \_\_\_\_\_ disorder.  
a. dissociative                      b. antisocial personality                      c. dysthymic                      d. obsessive-compulsive
70. As a therapist, Dr. Clark often uses systematic desensitization. She also considers active listening to be critical in therapy, and she also makes use of free association. Further, she believes that her patients must analyze their patterns of thought. Her therapeutic approach would best be described as  
a. psychoanalytic                      b. client-centered                      c. behavioral                      d. eclectic                      e. social-cognitive
71. Shea's therapist tells him to relax, close his eyes, and state aloud whatever comes to mind no matter how trivial or absurd. The therapist is using a technique that is central to \_\_\_\_\_ therapy.  
a. psychoanalytic                      b. client-centered                      c. behavioral                      d. eclectic                      e. social-cognitive
72. According to Freud, a patient's hesitation to free associate is most likely a sign of  
a. transference                      b. the placebo effect                      c. resistance                      d. meta-analysis
73. A schizoid personality disorder is most likely to be characterized by  
a. detachment from social relationships                      b. shallow, attention-getting emotional displays  
c. an exaggerated sense of self-importance                      d. an insatiable desire for attention
74. Whenever 2-year-old Callie runs into the street in front of her house, her mother immediately spans her. The mother's technique most closely resembles the procedure known as  
a. systematic desensitization                      b. electroconvulsive therapy                      c. aversive conditioning                      d. transference
75. Carl Rogers is known for the development of  
a. therapeutic touch                      b. token economies                      c. cognitive therapy                      d. client-centered therapy
76. Which of the following therapeutic approaches would be LEAST concerned with gaining insight into the client's personality?  
a. eclectic therapy                      b. psychoanalysis                      c. behavior therapy                      d. client-centered therapy
77. In an effort to reduce his daughter's fear of the dark, Mr. Johnston would hug and gently rock her immediately after turning off the lights at bedtime. His strategy best illustrates the technique of  
a. transference                      b. unconditional positive regard                      c. aversive conditioning                      d. counterconditioning
78. Which of the following techniques is derived from classical conditioning principles?  
a. token economy                      b. light exposure therapy                      c. systematic desensitization                      d. transference
79. The repeated association of pleasant relaxing states with stimuli that evoke fear is central to  
a. humanistic therapy                      b. systematic desensitization                      c. cognitive therapy                      d. aversive conditioning
80. Aversive conditioning involves  
a. replacing a negative response to a harmless stimulus with a positive response  
b. identifying a hierarchy of anxiety-arousing experiences  
c. depriving a client of access to an addictive drug  
d. associating unwanted behaviors with unpleasant experiences
81. A lobotomy is to psychosurgery as aversive conditioning is to  
a. systematic desensitization                      b. active listening                      c. behavior therapy                      d. electroconvulsive therapy
82. Mr. Phillips has recently begun to express feelings of hostility and resentment toward his therapist, who is consistently friendly, caring, and helpful. A psychoanalyst would most likely consider the hostility to be  
a. fixation                      b. resistance                      c. transference                      d. counterconditioning
83. In which operant conditioning procedure are positive reinforcers given for desired behaviors?  
a. token economy                      b. spontaneous recovery                      c. aversive conditioning                      d. free association

84. Mr. Martin, a fifth-grade teacher, gives a star to each student who achieves an A on a math or spelling test. At the end of the semester, students can exchange stars for prizes. This strategy is an application of
- the placebo effect
  - transference
  - operant conditioning
  - counterconditioning
85. Which of the following is most often criticized for violating clients' rights to personal freedom and self-determination?
- psychoanalysis
  - cognitive therapy
  - client-centered therapy
  - behavior modification
86. Natasha claimed that her failure to get A's in her college courses meant she was incompetent. Her therapist calmly challenged this, saying, "By your calculations, well over 90% of all college students are incompetent!" The therapist's response was most typical of a(n) \_\_\_\_\_ therapist.
- cognitive
  - behavioral
  - eclectic
  - client-centered
  - psychoanalytic
87. Research on the effectiveness of psychotherapy indicates that
- clients are generally satisfied with the effectiveness of therapy
  - clients' perceptions tend to show that therapy typically serves no benefit
  - clients tend to underestimate how much they have improved as a result of therapy
  - none of these are true
88. Which phenomenon refers to the tendency for extraordinary or unusual events to be followed by more ordinary events?
- placebo effect
  - systematic desensitization
  - regression toward the mean
  - meta-analysis
89. Karen is a psychology graduate student who wants to determine whether electroconvulsive therapy is an effective treatment for schizophrenia. In assessing the results of numerous published studies on the issue, Karen should use a technique called
- eclectic therapy
  - a double-blind procedure
  - factor analysis
  - meta-analysis
90. Psychotherapy is most likely to be effective in freeing
- Sharon from her feeling that life is meaningless and worthless
  - Paula from her delusions of persecution and auditory hallucinations
  - Jim from an excessive fear of giving speeches in public
  - Luke from his antisocial personality disorder
91. The beneficial consequence of a person's expecting that a treatment will be therapeutic is known as
- systematic desensitization
  - the placebo effect
  - transference
  - behavior modification
92. Antipsychotic drugs such as Thorazine and Clozaril have been helpful in the treatment of
- dissociative disorders
  - schizophrenia
  - depression
  - anxiety disorders
93. Of the following individuals, who is most likely to benefit from drugs that are antagonists for dopamine?
- Al, who complains about feeling tense and fearful most of the time but doesn't know why
  - Matt, who feels hopeless after losing his job
  - Betsy, who hears voices telling her that she will soon be killed by Alexander the Great
  - Morgan, who is so obsessed with fear of a heart attack that she counts her heartbeats aloud
94. Prozac is to depression as \_\_\_\_\_ is to anxiety.
- Thorazine
  - lithium
  - Xanax
  - Clozaril
95. SSRIs such as Prozac work in what manner?
- they block the release of serotonin
  - they keep serotonin in the synapse longer by blocking its absorption
  - they work to prevent norepinephrine from reducing the effectiveness of serotonin in the synapse
  - all of these are part of the action of SSRIs
96. Alex feels extremely depressed and hopeless and has tried to take his own life. The drug that would most likely be prescribed is
- Valium
  - Prozac
  - Xanax
  - Thorazine

97. Jill's periods of helplessness are periodically interrupted by episodes in which he experiences extreme feelings of personal power and grandiose optimism about the future. Which drug would be most likely prescribed?

- a. Valium                                      b. Thorazine                                      c. Xanax                                      d. lithium

98. Which of the following individuals would most likely benefit from electroconvulsive shock therapy?

- a. Mark, who feels so dejected and discouraged that he constantly thinks about killing himself  
b. Mary, who suffers from amnesia and has lost her sense of identity  
c. Jim, who experiences hallucinations and believes that communist spies are after him  
d. Luke, who has to wash his hands every 15 minutes.

99. What psychosurgical procedure was designed to calm uncontrollably emotional or violent patients?

- a. electroconvulsive therapy                      b. aversive conditioning                      c. lobotomy                      d. systematic desensitization

100. Preventive mental health is based on the assumption that psychological disorders result from

- a. repressed impulses and conflicts                      b. stressful social situations  
c. abnormal personality traits                      d. regression toward the mean