Chapter 01: Introduction and Historical Overview

Multiple Choice

1. The textbook chapter opens with a clinical case study about Jack, a young man who had been diagnosed with schizophrenia. In the scenario, Jack applied to get an apartment and the landlord

a) accepted him as long as he was on his medication.

b) denied him the apartment because he thought Jack might be violent.

c) denied him the apartment because Jack would be unsupervised.

d) accepted him as long as he had a guardian to look after him.

Ans: b

Type: Applied

Page ref: 1

Section ref: Introduction

Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

2. The textbook chapter opens with a clinical case study about Felicia. In this scenario Felicia had very few friends and was often teased. What was it that eventually made her life easier?

a) Felicia was diagnosed as having ADHD and received effective treatment.

b) Felicia was taught to keep her mouth shut during class.

c) Felicia was diagnosed as having schizophrenia and was successfully treated and cured.

d) Felicia was transferred to a school for those with behavioral disorders.

Ans: a

Type: Applied

Page ref: 2

Section ref: Introduction

Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

3. The field concerned with the nature, development, and treatment of mental disorders is called

a) psychopathology

b) psychotherapy

c) psychoanalysis

d) all of the above

Ans: a

Type: Factual

Page ref: 2

Section ref: Introduction

Difficulty: Easy
Learning Objective: Compare different definitions of mental disorder.

4. Students often have \_\_\_\_\_\_\_\_\_\_, which makes it difficult to remain objective when learning about psychopathology.

a) diagnoses

b) fears

c) insecurities

d) preconceived notions

Ans: d

Type: Factual

Page ref: 2

Section ref: Introduction

Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

5. The destructive beliefs and attitudes held by a society that are ascribed to groups considered different in some manner, such as people with mental illness are called

a) disorders

b) stigmas.

c) preconceived notions.

d) discriminative categories.

Ans: b

Type: Factual

Page ref: 2

Section ref: Introduction

Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

6. Which of the following is NOT a characteristic of stigma?

a) A label applied to a group of people that distinguishes them from others.

b) A label applied to a group of people that breaks the law.

c) The label is linked to deviant or undesirable attributes by society.

d) People with the label face unfair discrimination.

Ans: b

Type: Factual

Page ref: 3

Section ref: Introduction

Difficulty: Easy
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

7. The 1996 \_\_\_\_\_\_\_\_\_\_ required that insurance companies cover mental illness at the same level as other illnesses.

a) Federal Mental Health Parity Act

b) Paul Wellstone Mental Health Parity Act

c) Addiction Equity Act

d) Americans with Disabilities Act

Ans: a

Type: Factual

Page ref: 4

Section ref: Fighting against Stigma: A Strategic Approach - Focus on Discovery 1.1

Difficulty: Hard
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

8. Which of the following acts is (are) the closest we have gotten to true parity?

a) Federal Mental Health Parity Act

b) Paul Wellstone Mental Health Parity Act

c) Addiction Equity Act

d) both b and c

Ans: d

Type: Factual

Page ref: 4

Section ref: Fighting against Stigma: A Strategic Approach - Focus on Discovery 1.1

Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

9. Which of the following is (are) our best hope for reducing the stigma against those diagnosed with a psychological disorder?

a) Increase contact

b) Increase education

c) Increase equality legislation

d) All of the above

Ans: d

Type: Factual

Page ref: 4

Section ref: Fighting against Stigma: A Strategic Approach - Focus on Discovery 1.1

Difficulty: Medium
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

10. Which of the following is NOT an organization established to educate and offer support to those diagnosed with a psychological disorder?

a) National Alliance on Mental Illness

b) BringChange2Mind

c) Patients Like Me

d) Mad4Life

Ans: d

Type: Factual

Page ref: 5

Section ref: Fighting against Stigma: A Strategic Approach - Focus on Discovery 1.1

Difficulty: Hard
Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

11. The best definition of mental disorder takes all of the following into account EXCEPT:

a) personal distress.

b) violation of social norms.

c) disability.

d) syndromes.

Ans: d

Type: Factual

Page ref: 4-5

Section ref: Defining Mental Disorder

Difficulty: Medium
Learning Objective: Compare different definitions of mental disorder.

12. Defining mental disorder on the basis of personal distress is problematic for which reason?

a) High levels of distress and suffering are normal in modern society.

b) Some mental disorders do not involve personal distress.

c) It ignores the suffering that family members of disturbed people experience.

d) It does not apply to physiological disorders.

Ans: b

Type: Factual

Page ref: 5-6

Section ref: Defining Mental Disorder

Difficulty: Medium
Learning Objective: Compare different definitions of mental disorder.

13. Which is a limitation of “harmful dysfunction” as a definition of mental disorder?

a) It ignores the personal suffering of disturbed individuals.

b) Many dysfunctional mechanisms are not harmful.

c) Harmful dysfunction also has an impact on others.

d) The dysfunctional mechanisms are largely unknown.

Ans: d

Type: Factual

Page ref: 7

Section ref: Defining Mental Disorder

Difficulty: Medium

Learning Objective: Compare different definitions of mental disorder.

14. The DSM-5’s definition of “mental disorder” involves all of the following criteria EXCEPT it:

a) occurs within multiple individuals.

b) involves dysfunction.

c) is not primarily a result of social deviance.

d) is not culturally specific reaction to an event.

Ans: a

Type: Factual

Page ref: 5

Section ref: Defining Mental Disorder

Difficulty: Hard

Learning Objective: Compare different definitions of mental disorder.

15. Cindy is an accomplished lawyer who sought psychological help in dealing with the stresses of balancing work and family responsibilities. Which definition of mental disorder applies to Cindy?

a) harmful dysfunction.

b) violation of social norms.

c) personal distress.

d) disability.

Ans: c

Type: Applied

Page ref: 5-6

Section ref: Defining Mental Disorder

Difficulty: Easy

Learning Objective: Compare different definitions of mental disorder.

16. After presenting characteristics of mental disorder, the text concludes that

a) research is needed to identify which characteristic is best.

b) different characteristics apply to various psychopathologies.

c) personal distress is the most useful characteristic.

d) together the characteristics give a comprehensive definition of abnormality.

Ans: d

Type: Factual

Page ref: 7

Section ref: Defining Mental Disorder

Difficulty: Medium

Learning Objective: Compare different definitions of mental disorder.

17. Demonology is the

a) practice of exorcism.

b) devil worship and satanic cults that some ascribed to causing mental illness.

c) idea that an evil being may live in a person and control his or her mind and body.

d) practice of drilling a hole in a person's head to allow evil spirits to escape.

Ans: c

Type: Factual

Page ref: 8

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

18. Hippocrates' early views on mental health contributed to an enduring emphasis on

a) natural causes.

b) spirituality.

c) humors.

d) classification.

Ans: a

Type: Factual

Page ref: 9

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

19. Hippocrates suggested which of the following treatments for mental illness?

a) application of leaches.

b) herbal remedies.

c) prayer and chants by faith healers.

d) care in choosing food and drink.

Ans: d

Type: Factual

Page ref: 9

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

20. Hippocrates influenced psychology by

a) distinguishing medicine from religion and magic.

b) debunking the notion that the four humors were related to disorders.

c) reforming mental hospitals.

d) suggesting mental illness was punishment from God.

Ans: a

Type: Factual

Page ref: 9

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

21. Which of the following best describes treatment of disordered people during the Dark Ages?

a) Monks in monasteries prayed over them.

b) They were chained in early asylums.

c) They were condemned as witches and tortured.

d) They were given bed rest, fed simple foods, and forced to subscribe to clean living.

Ans: a

Type: Factual

Page ref: 9-10

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

22. Edith was accused of being a witch in 1532. She most likely lived in

a) Russia.

b) China.

c) Europe.

d) Japan.

Ans: c

Type: Applied

Page ref: 9-10

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

23. The 'Malleus Maleficarum' was a

a) witch-hunt manual.

b) ceremonial guide used by witches.

c) treatment manual used in early mental hospitals.

d) Freudian perspective on mental illness.

Ans: a

Type: Factual

Page ref: 10

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

24. Which of the following suggests that many "witches" condemned during the Inquisition were, in fact, mentally disordered individuals?

a) The inquisitors themselves read letters from witches.

b) The witches were typically from lower social classes.

c) The witches "confessed" to delusions and hallucinations.

d) The witches were labeled insane by the courts of the times.

Ans: c

Type: Factual

Page ref: 10

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

25. A detailed re-examination of the witch hunts during the Middle Ages revealed that

a) Most of the accused were not mentally ill.

b) Mental illness was more common during that time period.

c) Most witches were psychotic.

d) Many more men than women were accused, tortured and put to death.

Ans: a

Type: Factual

Page ref: 10

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

26. The word ‘lunacy’ comes from a theory espoused by Paracelsus, who attributed odd behavior to

a) the effects of a full moon.

b) drinking witches brew.

c) a misalignment of the moon and stars.

d) witchcraft.

Ans: c

Type: Factual

Page ref: 10

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

27. Early asylums were developed

a) for the confinement and care of the mentally ill.

b) to protect people from witch hunts.

c) after the discovery of syphilis.

d) centuries before leprosy hospitals.

Ans: a

Type: Factual

Page ref: 11

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

28. Bedlam

a) originated from observations of ritualistic chantings of 'witches'.

b) was a common practice of witches that involved trances and casting spells.

c) is the term associated with the chaotic conditions at early asylums.

d) is the practice of prescribing total bed rest for mentally ill people.

Ans: c

Type: Applied

Page ref: 11

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

29. In 1791, John was committed to an asylum in the United States. Which treatment was he likely to experience there?

a) group therapy

b) bloodletting

c) moral treatment

d) hypnosis

Ans: b

Type: Factual

Page ref: 11

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

30. Who is associated with creating more humane environments at mental hospitals?

a) Emil Kraepelin

b) Joseph Breuer

c) Philippe Pinel

d) John Watson

Ans: c

Type: Factual

Page ref: 11-12

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

31. Treatment for the mentally ill became more humane when

a) patients were provided individual attention.

b) asylums were abolished.

c) abnormal behavior was seen as based upon medical problems.

d) specialty hospital wards were created for the mentally ill within general care facilities.

Ans: a

Type: Factual

Page ref: 12

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

32. Moral treatment involved

a) herbal remedies that may have been toxic.

b) fighting social inequities.

c) encouraging patients to engage in purposeful activities.

d) frightening the individual.

Ans: c

Type: Factual

Page ref: 12

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

33. Elizabeth was receiving moral treatment while in an early asylum. Which of the following treatments was she LEAST likely to receive?

a) medication

b) physical restraints

c) purposeful activities

d) work-related tasks

Ans: b

Type: Applied

Page ref: 12

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

34. “Moral treatment” was largely abandoned because of the development of

a) psychoanalysis.

b) improved medications.

c) large impersonal hospitals.

d) scandals at retreat centers.

Ans: c

Type: Factual

Page ref: 12

Section ref: History of Psychopathology

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

35. Dorothea Dix is famous for

a) greatly improving the standard of care for people with mental illness.

b) overseeing the creation of thirty-two state hospitals for the mentally ill.

c) providing moral treatment to many people with mental illness.

d) all of the above.

Ans: d

Type: Factual

Page ref: 12

Section ref: History of Psychopathology

Difficulty: Easy

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

36. In comparison to early asylums, present-day mental hospitals

a) provide a great deal of stimulation.

b) provide intensive individual therapy.

c) provide for just basic needs and medication.

d) are well-staffed with nurses and psychiatrists, but have few psychologists.

Ans: c

Type: Factual

Page ref: 13

Section ref: The Mental Hospital Today - Focus on Discovery 1.2

Difficulty: Medium

Learning Objective: Explain how the causes and treatments of mental disorders have changed over the course of history.

37. General paresis is best described as

a) an early term for schizophrenia.

b) hysterical paralysis with no medical cause.

c) a deterioration of mental and physical health associated with syphilis.

d) a bloodletting technique.

Ans: c

Type: Factual

Page ref: 14

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

38. The germ theory of disease, which states that disease is caused by infection of the body by tiny organisms, was put forth by

a) Emil Kraepelin.

b) Franz Anton Mesmer.

c) Jean Charcot.

d) Louis Pasteur.

Ans: d

Type: Factual

Page ref: 14

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

39. The discovery of the cause of syphilis was important to the field of mental illness for which reason?

a) Syphilis was widely feared and exacerbated mental illness.

b) It increased interest in determining biological causes for mental illness.

c) More asylum patients were diagnosed with syphilis.

d) It highlighted the need for valid diagnostic systems.

Ans: b

Type: Factual

Page ref: 14

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

40. The germ theory of disease

a) showed the link between syphilis and mental illness.

b) explained the cause of schizophrenia and depression.

c) disproved the biological hypotheses.

d) showed the link between influenza and adjustment disorder.

Ans: a

Type: Factual

Page ref: 14

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy
Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

41. An adherent for biological approaches would suggest which of the following treatments for depression?

a) antidepressant medication

b) psychotherapy

c) relaxation therapy

d) hypnosis

Ans: a

Type: Factual

Page ref: 15

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

42. The eugenics movement

a) was a direct result of the germ theory of disease.

b) sought to cleanse society of people with undesirable characteristics.

c) classified mental disorders according to their genesis.

d) sought to abolish ECT treatments.

Ans: b

Type: Factual

Page ref: 15

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

43. Early work in behavior genetics led to

a) electroconvulsive therapy.

b) the cure for general paresis.

c) reduced interest in psychoanalysis.

d) forced sterilization of mental patients.

Ans: d

Type: Factual

Page ref: 15

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

44. Which of the following is true about ECT?

a) It is used today to effectively treat patients with severe depression.

b) Today it is primarily used in the treatment of epilepsy.

c) It destroys the tracts connecting the frontal lobes to the lower centers of the brain.

d) ECT practices ceased to exist after the introduction of the lobotomy.

Ans: a

Type: Factual

Page ref: 15

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

45. Hypnosis, as originally used by Mesmer, was used for

a) mild exorcism.

b) uncovering early child abuse.

c) acting as an anesthetic.

d) treating hysteria.

Ans: d

Type: Factual

Page ref: 16

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

46. The reasoning behind hypnosis as developed by Mesmer was that

a) changing magnetic fluid in his patients would result in symptom reduction.

b) relaxation was a sufficient treatment for alleviating symptoms.

c) frightening patients would result in symptom reduction.

d) faith in the healer caused healing.

Ans: a

Type: Factual

Page ref: 16

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

47. Esther was a patient of Mesmer, who was treating her for blindness. What was the likely scenario when she entered his treatment room?

a) a quiet room, with a soft reclining chair

b) a 'bleeding device' used to drain blood believed to be in excess that resulted in psychogenic blindness

c) a stock of chemical-filled rods, with Mesmer presiding over the room

d) a sterile, well-lit room with several doctors in white laboratory coats

Ans: c

Type: Applied

Page ref: 16

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

48. Breuer observed an association between recalling past traumatic events and expression of the original emotion in hysterics. This resulted in

a) increased hysteria.

b) decreased hysteria.

c) the emergence of new symptoms.

d) the repression of emotions.

Ans: b

Type: Factual

Page ref: 16-17

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

49. Dr. Jones encourages her clients, under hypnosis, to recall childhood traumas and the emotions associated with them. This technique was developed by

a) Josef Breuer.

b) Carl Jung.

c) Fritz Perls.

d) Franz Mesmer.

Ans: a

Type: Applied

Page ref: 17

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

50. Which is TRUE regarding catharsis?

a) It is a moral therapy method.

b) It was initiated by Pinel.

c) It consists of drawing blood from a patient.

d) It encourages the release of emotional tension.

Ans: d

Type: Factual

Page ref: 17

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

51. If you went to Josef Breuer for treatment of hysterical paralysis, which treatment would you probably NOT receive?

a) hypnosis

b) free association

c) talk therapy

d) medication

Ans: d

Type: Applied

Page ref: 17

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

52. The cathartic method was created by

a) Sigmund Freud.

b) Josef Breuer.

c) Jean Martin Charcot.

d) Richard von Krafft-Ebing.

Ans: b

Type: Factual

Page ref: 17

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

53. The psychoanalytic theory rests upon the assumption that psychopathology is the result of

a) incomplete superego development.

b) unconscious conflicts.

c) ego defense mechanisms.

d) over control of the pleasure principle.

Ans: b

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

54. The id, ego, and superego are

a) structures of the mind.

b) orders in a developmental sequence.

c) biological drives.

d) brain structures.

Ans: a

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

55. The ego operates according to the \_\_\_\_\_\_\_\_\_\_ principle.

a) reality

b) Oedipal

c) Electra

d) pleasure

Ans: a

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

56. The basic energy source for the psyche is the

a) id.

b) ego.

c) superego.

d) Oedipus complex.

Ans: a

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

57. When you feel hungry and immediately seek out food, this is an example of the \_\_\_\_\_\_\_\_\_\_ acting.

a) superego

b) ego

c) id

d) projection

Ans: c

Type: Applied

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

58. According to Freud's theory, the superego develops from the

a) id.

b) ego.

c) emergence of defense mechanisms.

d) conflicts in the Oedipal stage.

Ans: b

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

59. Dealing with reality is the primary role of the

a) id.

b) ego.

c) superego.

d) preconscious.

Ans: b

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

60. Which structure involves activity of the unconscious?

a) id

b) ego

c) superego

d) all of the above

Ans: d

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

61. While studying for an exam, Greg worked for 15 minutes before becoming tired. He decided that it would be better to work for another 30 minutes before taking a break. His behavior is being guided by which part of his personality?

a) id

b) ego

c) superego

d) ego defense

Ans: b

Type: Applied

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

62. When one refers to their conscience, they are also describing their

a) id.

b) ego.

c) superego.

d) ego defenses.

Ans: c

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

63. The superego allows us to

a) be capable of rational thought.

b) know right from wrong.

c) act in line with reality.

d) be spontaneous.

Ans: b

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

64. Carol is trying to decide whether to drink alcohol, knowing that her parents are strongly opposed to drinking. According to Freudian theory, Carol's struggle is between her \_\_\_\_\_\_\_\_\_\_, which makes her want to drink, and her \_\_\_\_\_\_\_\_\_\_, which discourages her from drinking.

a) id; superego

b) ego; superego

c) id; ego

d) superego; ego

Ans: a

Type: Applied

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

65. According to Freud, what is the most important determinant of behavior?

a) conscious

b) pre-conscious

c) unconscious

d) all of the above are equally important

Ans: c

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

66. The ego uses \_\_\_\_\_\_\_\_\_\_ to protect itself from anxiety.

a) the libido.

b) defense mechanisms.

c) the superego.

d) the id.

Ans: b

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

67. Conflicts from a particular stage of development, according to Freud, will

a) be completely ignored.

b) be unimportant in later stages.

c) continue to affect development.

d) be important only when one is informed of the specific conflict.

Ans: c

Type: Factual

Page ref: 19

Section ref: Stages of Psychosexual Development - Focus on Discovery 1.3

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

68. Fixation at a particular stage, according to Freud, results in

a) difficulties in determining the nature of the conflicts when the person enters analysis.

b) a sexually unresponsive individual.

c) an inability to develop further.

d) regression to that stage when stressed later in life.

Ans: d

Type: Factual

Page ref: 19

Section ref: Stages of Psychosexual Development - Focus on Discovery 1.3

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

69. Which of the following is NOT a technique in psychoanalytic psychotherapy?

a) transference.

b) free association.

c) interpretation.

d) cognitive reappraisal.

Ans: d

Type: Factual

Page ref: 17-18

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

70. Dr. Smith argues that the desire to hunt is built into all men dating back to the times of cave men. Dr. Smith is relying on the concept of

a) positive reinforcement.

b) collective unconscious.

c) self-actualization.

d) sublimation.

Ans: b

Type: Applied

Page ref: 18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

71. Adler developed a theory of psychoanalytic thought oriented towards

a) psychoticism.

b) doing things for the social good.

c) overt behavior change.

d) all of the above.

Ans: b

Type: Factual

Page ref: 20

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

72. As part of therapy, you are asked to lie on a couch and say anything that comes to mind. This is called

a) interpretation.

b) transference.

c) real analysis.

d) free association.

Ans: d

Type: Factual

Page ref: 18

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

73. You begin to regard your therapist in a similar way to your sister so you begin to treat the therapist as you treat your sister. This is referred to as

A) countertransference.

B) identification.

C) transference.

D) projection.

Ans: c

Type: Factual

Page ref: 18

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

74. According to the \_\_\_\_\_\_\_\_\_\_ theory, at each developmental stage a different part of the body is most sensitive to sexual excitation and, therefore, the most capable of satisfying the id.

a) psychosexual

b) psychodynamic

c) sexualization

d) none of the above

Ans: a

Type: Factual

Page ref: 19

Section ref: Stages of Psychosocial Development - Focus on Discovery 1.3

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

75. The correct developmental order of Freud’s psychosexual stages is

a) anal, oral, latency, phallic, genital

b) oral, anal, phallic, latency, genital

c) latency, anal, oral, genital, phallic

d) phallic, oral, genital, anal, latency

Ans: b

Type: Factual

Page ref: 19

Section ref: Stages of Psychosocial Development - Focus on Discovery 1.3

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

76. The psychosexual stage in which the id does not play a major role is the \_\_\_\_\_\_\_\_\_\_ stage.

a) anal

b) phallic

c) latency

d) oral

Ans: c

Type: Factual

Page ref: 19

Section ref: Stages of Psychosocial Development - Focus on Discovery 1.3

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

77. Which of the following papers was drawn from Freud’s clinical observations of those suffering from depression?

a) Mourning and Melancholia

b) Repression and Depression

c) Frustration of the Id

d) Depression Manifesto

Ans: a

Type: Factual

Page ref: 20-21

Section ref: Freud’s Ideas on Depression - Focus on Discovery 1.4

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

78. During which psychosexual stage did Freud say the roots of depression were formed?

a) anal

b) latency

c) phallic

d) oral

Ans: d

Type: Factual

Page ref: 20-21

Section ref: Freud’s Ideas on Depression - Focus on Discovery 1.4

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

79. According to Freud, people who are fixated at the \_\_\_\_\_\_\_\_\_\_ stage are overly dependent upon others.

a) oral

b) anal

c) phallic

d) genital

Ans: a

Type: Factual

Page ref: 20-21

Section ref: Freud’s Ideas on Depression - Focus on Discovery 1.4

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

80. Which of the following psychodynamic assumptions is NOT considered true today?

a) Childhood experiences help shape adult personality.

b) There are unconscious influences on behavior.

c) The causes and purposes of human behavior are not always obvious.

d) Sexual drives are key in the development of the self.

Ans: d

Type: Factual

Page ref: 20

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

81. Behaviorists advocate that

a) abnormal behavior arises from discussions of abnormal behavior.

b) abnormal behavior is learned.

c) insight is important in changing behavior.

d) defenses are associated with resolving anxiety.

Ans: b

Type: Factual

Page ref: 22-24

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

82. The earliest experimental work on classical conditioning was conducted by

a) Bandura.

b) Tolman.

c) Skinner.

d) Pavlov.

Ans: d

Type: Factual

Page ref: 22-23

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

83. Anne experienced extreme pain at the dentist as a child. Now, she goes to a different dentist, but feels her heart race when she arrives, and goes down when she leaves. Her heart racing whenever she goes to the dentist is due to \_\_\_\_\_\_\_\_\_\_, and the calming feeling when she leaves is due to \_\_\_\_\_\_\_\_\_\_.

a) classical conditioning, operant conditioning.

b) operant conditioning, classical conditioning.

c) operant conditioning, meditational learning.

d) operant conditioning, modeling.

Ans: a

Type: Applied

Page ref: 22-23

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

Difficulty: Hard

84. Fiona faints when her doctor begins to draw blood. What is the unconditioned response?

a) the needle

b) blood

c) fainting

d) blood flow

Ans: c

Type: Applied

Page ref: 22-23

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

85. The following type of response to behavior results in an increased probability of the behavior occurring again.

a) positive reinforcement

b) negative reinforcement

c) extinction

d) both a and b

Ans: d

Type: Factual

Page ref: 23

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

86. A class conducted an experiment with their professor. The students only paid attention as a group when she was to the left of the blackboard. After this was established, they only paid attention when she was three feet from the blackboard, further to the left. Finally, they only paid attention when she was directly in the corner, to the left of the blackboard. This is an illustration of

a) shaping.

b) punishment.

c) habituation.

d) modeling.

Ans: a

Type: Applied

Page ref: 23

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

87. Mr. Smith is going to a therapist for help with a fear of heights. Over several sessions the therapist, Dr. Jones, provides deep muscle relaxation and gradual exposures to heights. Dr. Jones’s treatment approach is best identified as

a) free association.

b) systematic desensitization.

c) modeling.

d) positive reinforcement.

Ans: b

Type: Applied

Page ref: 23-24

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

88. Early behaviorist theories did not consider the critical role that \_\_\_\_\_\_\_\_\_\_ play in human behavior.

a) thoughts

b) emotions

c) memories

d) both a and b

Ans: d

Type: Factual

Page ref: 24-25

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

89. The study of cognition began to be prominent in the

a) 1950s

b) 1960s

c) 1970s

d) 1980s

Ans: b

Type: Factual

Page ref: 24

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

90. Which of the following theoretical approaches emphasizes the importance of how people construe themselves in the world?

a) Behaviorist

b) Psychodynamic

c) Humanistic

d) Cognitive

Ans: d

Type: Factual

Page ref: 24

Section ref: The Evolution of Contemporary Thought

Difficulty: Easy

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

91. Cognitive therapists believe that if clients change their \_\_\_\_\_\_\_\_\_\_ they will be able to change their feelings, behaviors, and symptoms.

a) conscience

b) reactions

c) thoughts

d) actions

Ans: c

Type: Factual

Page ref: 24-25

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

92. According to Albert Ellis, \_\_\_\_\_\_\_\_\_\_ are caused by internal sentences that people repeat to themselves.

a) emotional reactions

b) irrational thoughts

c) disturbed perceptions

d) angry obsessions

Ans: a

Type: Factual

Page ref: 24-25

Section ref: The Evolution of Contemporary Thought

Difficulty: Hard

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

93. Rational-emotive behavior therapy was proposed by

a) Freud

b) Skinner

c) Piaget

d) Ellis

Ans: d

Type: Factual

Page ref: 24-25

Section ref: The Evolution of Contemporary Thought

Difficulty: Medium

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

94. Psychiatrists differ from clinical psychologists in that psychiatrists

a) receive training in scientific bases of behavior.

b) receive training in diagnosis of psychopathology.

c) undergo personal analysis as part of their training.

d) prescribe medication.

Ans: d

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Medium

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

95. Which profession requires a research dissertation as a prerequisite for an advanced degree?

a) psychiatry

b) clinical psychology

c) psychiatric nursing

d) psychoanalysis

Ans: b

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Medium

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

96. Social workers primarily

a) perform psychological assessments.

b) conduct extensive research.

c) conduct psychotherapy.

d) prescribe medication.

Ans: c

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Easy

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

97. The doctor of psychology degree (Psy.D.) emphasizes

a) medication-based training.

b) psychodynamic training.

c) testing and measurement of mental illness.

d) clinical training more than research training.

Ans: d

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Medium

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

98. Clinical psychologists, counseling psychologists, and social workers are all likely to be involved in

a) conducting research.

b) providing psychotherapy.

c) teaching.

d) prescribing psychoactive medication.

Ans: b

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Easy

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

99. There has recently been a debate regarding whether clinical psychologists should be allowed to

a) focus on research rather than clinical practice.

b) study social factors influencing psychopathology.

c) admit patients to the hospital.

d) prescribe medication.

Ans: d

Type: Factual

Page ref: 25-27

Section ref: The Mental Health Professions

Difficulty: Medium

Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

Essay

100. What are some of the mental health professions discussed in Chapter 1? In what ways are they similar? In what ways do they differ?

Ans:

Section ref: The Mental Health Professions
Learning Objective: Describe the different mental health professions, including the training involved and the expertise developed.

101. Describe some problems with labeling. Discuss, in particular, difficulties with stigma. Do stigmas impact the way those with psychological disorders are viewed and treated? Give an example.

Ans:

Section ref: Introduction

Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

102. How can mental health professionals, politicians, patients and their families help to reduce the stigma surrounding mental disorders?

Ans:

Section ref: Introduction

Learning Objective: Explain the meaning of stigma as it applies to people with mental disorders.

103. Explain the historical progression of treatment. Describe the progression of different treatment approaches to mental illness through the centuries.

Ans:

Section ref: Introduction

Learning Objective: Compare different definitions of mental disorder.

104. List and explain Freud’s main defense mechanisms. Give an example of each.

Ans:

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

105. Describe the differences between operant and classical conditioning.

Ans:

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

106. Contrast psychoanalysis with behaviorism.

Ans:

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

107. Describe three defense mechanisms.

Ans:

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.

108. Describe the primary functions of the id, ego, and super ego.

Ans:

Section ref: The Evolution of Contemporary Thought

Learning Objective: Describe the historical forces that have helped to shape our current view of mental disorders, including biological, psychoanalytic, and behavioral, and cognitive views.