

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) All of the following drug categories are prescribed for treatment of psychological disorders, EXCEPT 1) _____
- A) stimulants.
 - B) hallucinogens.
 - C) antidepressants.
 - D) antipsychotics.

Answer: B
Explanation: A)
B)
C)
D)

- 2) People with acceptance usually 2) _____
- A) have a lower opinion of themselves than is healthy.
 - B) have big egos.
 - C) have a positive but realistic perception of themselves.
 - D) feel good about themselves but are not likely to live up to their positive self-image.

Answer: C
Explanation: A)
B)
C)
D)

- 3) Defense mechanisms like humor and substitution might best be described as 3) _____
- A) effective solutions to minor problems.
 - B) personality characteristics.
 - C) temporary means of coping.
 - D) age-specific responses to stress.

Answer: C
Explanation: A)
B)
C)
D)

- 4) Repetitive, hard-to-resist actions associated with obsessions are 4) _____
- A) hallucinations.
 - B) phobias.
 - C) compulsions.
 - D) delusions.

Answer: C
Explanation: A)
B)
C)
D)

- 5) Which statement is FALSE regarding the development of self-esteem? 5) _____
- A) Rejected children may not develop feelings of self-worth.
 - B) It is based on experiences that occur with family and friends.
 - C) Children knowingly build images of themselves based on the models of their parents.
 - D) It is influenced by personality.

Answer: C

- Explanation: A)
B)
C)
D)

- 6) Which of the following is NOT a myth about suicide? 6) _____
- A) Most people who eventually commit suicide have talked about doing it.
 - B) Suicide is proof of mental health problems.
 - C) People who succeeded in suicide really wanted to die.
 - D) All suicides are irrational.

Answer: A

- Explanation: A)
B)
C)
D)

- 7) All of the following are characteristic of the cognitive therapeutic approach, EXCEPT 7) _____
- A) showing there is enough evidence for the idea fueling the anxiety.
 - B) showing that no disaster is going to occur.
 - C) suggesting different ways of looking at the situation.
 - D) mentally rehearsing the situation in a positive way before you actually face it.

Answer: A

- Explanation: A)
B)
C)
D)

- 8) Psychological disorders may be a result of all of the following, EXCEPT 8) _____
- A) life experience.
 - B) poor communication skills.
 - C) genetic differences.
 - D) exposure to traumatic events.

Answer: B

- Explanation: A)
B)
C)
D)

9) Symptoms of post-traumatic stress disorder include 9) _____
A) aggressive attempts to relieve the stressful situation.
B) loss of memory.
C) re-experiencing of trauma in dreams.
D) uncontrollable fear of failure.

Answer: C
Explanation: A)
B)
C)
D)

10) A technique that may aid in fighting demoralization is 10) _____
A) keeping a journal of self-talk. B) giving up.
C) recognizing failure. D) use of defense mechanisms.

Answer: A
Explanation: A)
B)
C)
D)

11) What percentage of Canadian men experience depression at some point during their 11) _____
lifetime?
A) 14.1% B) 21.0% C) 4.9% D) 8.5%

Answer: D
Explanation: A)
B)
C)
D)

12) If you feel explosive anger coming on, you should 12) _____
A) go to the hospital.
B) reframe what you are thinking at the moment.
C) avoid the issue/person that is upsetting you.
D) replay scenes from the past to help act in the present.

Answer: B
Explanation: A)
B)
C)
D)

13) Which of the following is a characteristic of depression? 13) _____
A) loss of pleasure in doing formerly pleasurable things
B) increased social interaction
C) obsession with exercise
D) autonomy

Answer: A

Explanation: A)
B)
C)
D)

14) The model of human nature that emphasizes the effects of ideas on behaviours and feelings is the _____ model. 14) _____
A) behavioural B) cognitive
C) psychodynamic D) biological

Answer: B

Explanation: A)
B)
C)
D)

15) A person with panic disorder 15) _____
A) can function normally in feared situations as long as someone he trusts is with him.
B) will eventually have agoraphobia.
C) will develop the disorder in her early teenage years.
D) is not alone as approximately 2% of Canadians experience them.

Answer: A

Explanation: A)
B)
C)
D)

16) Which of the following statements describes people who are autonomous? 16) _____
A) They are inner-directed.
B) They respond only to what they feel as outside pressure.
C) They don't express their feelings because of fear of disapproval.
D) They act because they feel driven.

Answer: A

Explanation: A)
B)
C)
D)

- 17) What percentage of Canadians over the age of 15 have bipolar disorder? 17) _____
 A) 1.0% B) 2.5% C) 0.5% D) 2%
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 18) Which of the following is NOT a likely characteristic of a schizophrenic disorder? 18) _____
 A) compulsive organization B) auditory hallucinations
 C) deteriorating social functioning D) delusions
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 19) A defense mechanism in which hostility is expressed toward someone by being covertly uncooperative or passive is 19) _____
 A) projection. B) repression.
 C) passive-aggressive behaviour. D) displacement.
- Answer: C
 Explanation: A)
 B)
 C)
 D)
- 20) The technique of exposure is used to 20) _____
 A) discourage people from encountering their fears.
 B) introduce the patient to other frightening situations.
 C) encourage people to face their fears.
 D) promote avoidance of the feared situation.
- Answer: C
 Explanation: A)
 B)
 C)
 D)
- 21) Manic disorders are characterized by 21) _____
 A) the individual's limited vision of his or her potential.
 B) high energy levels.
 C) slow, slurred speech.
 D) very focused thinking.
- Answer: B
 Explanation: A)
 B)
 C)
 D)

22) Stability, as it relates to self-esteem, is best described as 22) _____
A) an integration of the self.
B) an unwavering positive self-image.
C) a necessary component for the establishment of a sense of love and belonging.
D) a complete absence of mixed messages about oneself from others.

Answer: A

Explanation: A)
B)
C)
D)

23) A condition that causes the sufferer to fear future threats, pushing out all other thoughts, is called 23) _____
A) obsessive compulsive disorder. B) panic disorder.
C) generalized anxiety disorder. D) simple phobia.

Answer: C

Explanation: A)
B)
C)
D)

24) Our early identity models are most likely to be 24) _____
A) celebrities. B) peers.
C) parents. D) political leaders.

Answer: C

Explanation: A)
B)
C)
D)

25) Which of the following phrases is the best description of normality? 25) _____
A) what most people should do B) what people think they should do
C) the right thing to do D) what most people do

Answer: D

Explanation: A)
B)
C)
D)

26) Which of the following is NOT a characteristic of depression? 26) _____

- A) thoughts of worthlessness or guilt
- B) overeating
- C) too much or disturbed sleep
- D) poor appetite and weight loss
- E) increased energy

Answer: E

Explanation: A)
B)
C)
D)
E)

27) To help reduce social anxiety, 27) _____

- A) get out of the situation if you feel stress.
- B) imagine that you are on a warm tropical island.
- C) realize your nervousness is not as visible as you think.
- D) avoid taking breaks during anxious situations whenever possible.

Answer: C

Explanation: A)
B)
C)
D)

28) According to Maslow, basic human needs are ranked in the following order as they 28) _____
DECREASE in urgency:

- A) safety, physiological needs, being loved, maintaining self-esteem, self-actualization.
- B) self-actualization, physiological needs, safety, maintaining self-esteem, being loved.
- C) safety, physiological needs, maintaining self-esteem, self-actualization.
- D) physiological needs, safety, being loved, maintaining self-esteem, self-actualization.

Answer: D

Explanation: A)
B)
C)
D)

29) According to the psychodynamic model, the basis of human behaviour is 29) _____

- A) generated from an innate desire to be mentally healthy.
- B) rooted in the unconscious mind.
- C) rooted in reasoned intellectual responses.
- D) established through imitation and practice of life experiences.

Answer: B

Explanation: A)
B)
C)
D)

30) Roger is a single father of two young daughters and has been dating Cheryl for the past 2 years. He recently learned that his company is going to be downsizing. Although Roger is financially stable, he is worried that his job is in jeopardy. He hasn't told anyone of the situation. Cheryl and his daughters have noticed that Roger is irritable and doesn't seem to be interested in doing anything. He is experiencing headaches, restlessness, and insomnia. Roger decides to seek professional help and starts seeing a cognitive therapist. 30) _____

Roger's symptoms are signs of

- A) personality disorder.
- B) depression.
- C) ineffective use of defense mechanisms.
- D) panic disorder.

Answer: B

Explanation: A)
B)
C)
D)

31) Post-traumatic stress disorder is most likely to occur after 31) _____

- A) rape.
- B) failure in school.
- C) prolonged compulsive behaviour.
- D) nightmares.

Answer: A

Explanation: A)
B)
C)
D)

32) The conflict of Erikson's first stage of development is between 32) _____

- A) freedom and responsibility.
- B) autonomy and shame/self-doubt.
- C) trust and mistrust.
- D) inner-directed and outer-directed behaviour.

Answer: C

Explanation: A)
B)
C)
D)

33) Though _____ attempt suicide more often, _____ succeed more often. 33) _____

- A) women; men
- B) blacks; whites
- C) Aboriginals; whites
- D) adults; teenagers

Answer: A

Explanation: A)
B)
C)
D)

34) What percentage of Canadian women experience depression at some point during their lifetime? 34) _____
A) 14.1% B) 5.9% C) 19.8% D) 12.3%

Answer: A
Explanation: A)
 B)
 C)
 D)

35) Which of the following is a risk factor that increases the likelihood of suicide? 35) _____
A) suicide of a family member or friend B) multiple minor health problems
C) increased social interactions D) obsession with social causes

Answer: A
Explanation: A)
 B)
 C)
 D)

36) People with established identities tend to do all the following, EXCEPT 36) _____
A) form intimate, lasting relationships. B) share open communication.
C) remain isolated. D) love and be loved.

Answer: C
Explanation: A)
 B)
 C)
 D)

37) The neurotransmitter that seems to be the most important in the treatment of depression is called 37) _____
A) lutein. B) dopamine. C) acetylcholine. D) serotonin.

Answer: D
Explanation: A)
 B)
 C)
 D)

38) Psychodynamic therapies allow the patient to 38) _____
A) consume prescription medications in a safe environment.
B) think cognitively about his or her problem.
C) receive reinforcement for inappropriate behaviour.
D) speak freely with a supportive but objective person.

Answer: D
Explanation: A)
 B)
 C)
 D)

- 39) Alex is a 28 year old who lives in a safe and friendly community, has a stable job, and is involved in a relationship with a loving and supportive person. According to Maslow, Alex has a chance of attaining _____ 39)
- A) autonomy.
 - B) mastery in life accomplishments.
 - C) psychological freedom.
 - D) self-actualization.

Answer: D

Explanation: A)
B)
C)
D)

- 40) Which of the following statements is most TRUE regarding psychological health? _____ 40)
- A) Being normal is the same as being psychologically healthy.
 - B) Psychological health is the absence of anxiety.
 - C) It is as difficult to define it as it is important to understand it.
 - D) Freedom from psychological disorders is a comprehensive definition of psychological health.

Answer: C

Explanation: A)
B)
C)
D)

- 41) Biological researchers have found genetic influences on _____ 41)
- A) simple phobia.
 - B) depression.
 - C) social phobia.
 - D) post-traumatic stress syndrome.

Answer: B

Explanation: A)
B)
C)
D)

- 42) All of the following terms are used in the behaviourist's analysis of behavioural dysfunction, EXCEPT _____ 42)
- A) intervention.
 - B) reinforcement.
 - C) response.
 - D) stimulus.

Answer: A

Explanation: A)
B)
C)
D)

- 43) Which of the following statements regarding psychological health is TRUE? 43) _____
- A) Psychological health is freedom from all disorders.
 - B) Psychological health and physical health are linked.
 - C) Psychological health is a myth.
 - D) Psychological health is independent of physical health.

Answer: B

- Explanation: A)
B)
C)
D)

- 44) A drug commonly used to prevent mood swings associated with bipolar disorder is 44) _____
- A) Haldol.
 - B) amphetamines.
 - C) lithium carbonate.
 - D) thorazine.

Answer: C

- Explanation: A)
B)
C)
D)

- 45) Roger is a single father of two young daughters and has been dating Cheryl for the past 2 years. He recently learned that his company is going to be downsizing. Although Roger is financially stable, he is worried that his job is in jeopardy. He hasn't told anyone of the situation. Cheryl and his daughters have noticed that Roger is irritable and doesn't seem to be interested in doing anything. He is experiencing headaches, restlessness, and insomnia. Roger decides to seek professional help and starts seeing a cognitive therapist. 45) _____

Which one of the following approaches is Roger's therapist LEAST likely to use?

- A) encouraging Roger to identify his fears and examine them logically
- B) telling Roger that there is absolutely nothing to worry about
- C) encouraging Roger to disclose his fears to Cheryl
- D) helping Roger accept that he isn't going to experience a financial disaster

Answer: B

- Explanation: A)
B)
C)
D)

- 46) Expressing wishes forcefully, but not necessarily hostilely, describes being 46) _____
- A) assertive.
 - B) overbearing.
 - C) passive.
 - D) aggressive.

Answer: A

- Explanation: A)
B)
C)
D)

- 47) Which of the following statements is TRUE about shyness? 47) _____
- A) Shyness is often hidden from others.
 - B) Shy people are prevented from fulfilling their desire for social interaction by the actions of others.
 - C) It is the same as being introverted.
 - D) It usually doesn't appear as part of a person's personality until adolescence.

Answer: A

- Explanation: A)
B)
C)
D)

- 48) Seasonal affective disorder 48) _____
- A) is more prevalent during seasons with more sunlight and snow.
 - B) has no effective treatment.
 - C) is more prevalent among people living at higher latitudes.
 - D) is more prevalent during the summer months.

Answer: C

- Explanation: A)
B)
C)
D)

- 49) An obsession is a _____ thought. 49) _____
- A) recurrent, unwanted
 - B) cultivated, irrational
 - C) rational, unwanted
 - D) cultivated, rational

Answer: A

- Explanation: A)
B)
C)
D)

- 50) Which of the following statements about fear is false? 50) _____
- A) It is a useful daily tool to cope with life.
 - B) It is considered to be a problem if it is out of proportion to real danger.
 - C) It is another word for anxiety.
 - D) It is a basic and useful emotion.

Answer: A

- Explanation: A)
B)
C)
D)

51) A part of assertiveness is characterized most by 51) _____
A) dominating others. B) aggressiveness.
C) honest communication. D) getting what you want.

Answer: C
Explanation: A)
B)
C)
D)

52) If you are dealing with anger in another person, you should NOT 52) _____
A) accept the verbal abuse, as it is usually a temporary display.
B) react in a calm manner.
C) disengage for the time being.
D) attempt to validate the other person.

Answer: A
Explanation: A)
B)
C)
D)

53) Auditory hallucinations are characteristic of which mental health disorder? 53) _____
A) bipolar disorder B) depression
C) suicide D) schizophrenia

Answer: D
Explanation: A)
B)
C)
D)

54) Other-directed decision making refers to 54) _____
A) intrinsic decision making. B) satisfying your own desires.
C) seeking the approval of others. D) value-based decision making.

Answer: C
Explanation: A)
B)
C)
D)

55) What is the defense mechanism that allows a false, acceptable reason to be given when 55) _____
the real reason is unacceptable?
A) repression B) rationalization
C) displacement D) projection

Answer: B
Explanation: A)
B)
C)
D)

56) An example of an obsession is 56) _____
A) constant hand washing.
B) concern of contracting syphilis from a handshake.
C) repeating someone's name five times every time you see her.
D) repeatedly checking to see if the stove is turned off.

Answer: B

Explanation: A)
B)
C)
D)

57) What percentage of Canadians aged 15 years and older experience Generalized Anxiety Disorder? 57) _____
A) 3.9% B) 1.2% C) 5.3% D) 2.6%

Answer: D

Explanation: A)
B)
C)
D)

58) Maslow would NOT have described a self-actualized person as 58) _____
A) not wasting energy trying to force people into the ideal picture of the way they should be.
B) willing to accept evidence that contradicts what one wants to believe.
C) knowing the difference between what is and what one wants.
D) remaining focused on the idea of the way things should be.

Answer: D

Explanation: A)
B)
C)
D)

59) Which of the following statements is TRUE of schizophrenia? 59) _____
A) Schizophrenics can be logical in their thinking.
B) An individual can manage schizophrenia without professional help.
C) Schizophrenia is another name for "split personality."
D) Medication is not effective in treating it.

Answer: A

Explanation: A)
B)
C)
D)

60) Which of the following is NOT a risk factor for suicide? 60) _____
A) addiction to alcohol or drugs B) a history of previous attempts
C) readily available means D) a high anxiety level

Answer: D

Explanation: A)
B)
C)
D)

61) A 10-year-old girl learning about her capabilities in the classroom and on the playground 61) _____
would be in Erikson's stage of
A) industry vs. inferiority. B) identity vs. role confusion.
C) integrity vs. despair. D) autonomy vs. shame and doubt.

Answer: A

Explanation: A)
B)
C)
D)

62) All of the following are characteristic of individuals experiencing an intermittent 62) _____
explosive disorder (IED), EXCEPT
A) expresses oneself constructively and assertively.
B) often accompanied by depression or another disorder.
C) may lash out uncontrollably, hurting someone else or destroying property.
D) may not think straight or act in their own best interest.

Answer: A

Explanation: A)
B)
C)
D)

63) A treatment used for severe depression when other approaches fail is 63) _____
A) electroconvulsive therapy. B) herbal therapy.
C) psychoanalysis. D) drug therapy.

Answer: A

Explanation: A)
B)
C)
D)

64) Which of the following is a social phobia? 64) _____
A) fear of embarrassment B) fear of animals
C) fear of seeing blood D) fear of high places

Answer: A

Explanation: A)
B)
C)
D)

65) Which of the following is NOT a recommended strategy for heading off explosive anger? 65) _____
A) having a drink B) distracting yourself
C) reframing your thoughts D) having a cooling off period

Answer: A

Explanation: A)
B)
C)
D)

66) People exposed to a higher number of traumatic life events than others typically 66) _____
A) develop strong communication skills.
B) have greater vulnerabilities to future traumas.
C) have a genetic predisposition to these events.
D) develop worse coping skills.

Answer: B

Explanation: A)
B)
C)
D)

67) Which of the following attributes best characterizes manic behaviour? 67) _____
A) increased energy B) lack of appetite
C) classical depression D) decreased sexual activity

Answer: A

Explanation: A)
B)
C)
D)

68) People usually develop panic disorder in their 68) _____
A) early twenties. B) early childhood.
C) teenage years. D) late adulthood.

Answer: A

Explanation: A)
B)
C)
D)

69) A delusion is 69) _____
A) a firmly held, false belief. B) a form of disorganized thought.
C) similar to an auditory hallucination. D) an obsession with a fantasy.

Answer: A

Explanation: A)
B)
C)
D)

- 70) What percentage of North Americans describe themselves as shy? 70) _____
 A) 20-30% B) 40-50% C) 30-40% D) 10-20%
- Answer: B
 Explanation: A)
 B)
 C)
 D)
- 71) Which of the following professionals requires the most formal education? 71) _____
 A) psychiatrist B) counselor
 C) nurse-practitioner D) social worker
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 72) A person tells a co-worker, with whom she competes for project assignments, that she'll help him with a report but then never follows through. This is an example of which defense mechanism? 72) _____
 A) projection B) Substitution
 C) passive-aggressive behaviour D) displacement
- Answer: C
 Explanation: A)
 B)
 C)
 D)
- 73) Agoraphobia is characterized by a fear of all of the following, EXCEPT 73) _____
 A) loss of control. B) leaving home (in extreme cases).
 C) being alone. D) away from help.
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 74) The development of trust begins 74) _____
 A) in adolescence. B) in early adulthood.
 C) in early childhood. D) in infancy.
- Answer: D
 Explanation: A)
 B)
 C)
 D)

75) To reduce anxiety in social situations, all of the following are appropriate strategies, EXCEPT 75) _____
A) practice realistic self-talk.
B) avoid frequent eye contact.
C) refocus your attention away from the stress reaction.
D) be an active listener.

Answer: B

Explanation: A)
B)
C)
D)

76) A person who expects failure and accepts it as deserved is called a(n) 76) _____
A) masochist. B) pessimist. C) realist. D) optimist.

Answer: B

Explanation: A)
B)
C)
D)

77) A demoralized person would do all of the following, EXCEPT 77) _____
A) minimize the success of others.
B) use all-or-nothing thinking.
C) take responsibility for poor outcomes.
D) engage in cognitive distortions.

Answer: A

Explanation: A)
B)
C)
D)

78) The model of human nature that proposes that the mind's activity depends on organic structure and genetics is the _____ model. 78) _____
A) cognitive B) psychodynamic
C) biological D) behavioural

Answer: C

Explanation: A)
B)
C)
D)

79) One's identity 79) _____
A) changes profoundly as an adult. B) rarely changes from year to year.
C) is established early in life. D) is a lifelong process.

Answer: D

Explanation: A)
B)
C)
D)

80) University students can typically find inexpensive mental health care through all of the 80) _____
following ways EXCEPT

- A) psychology or education departments.
- B) on-campus counseling centers.
- C) support groups.
- D) off-campus counseling centers.

Answer: D

Explanation: A)
B)
C)
D)

81) According to Erikson's stages of development, the conflict stage for a typical young adult 81) _____
involves

- A) integrity vs. despair. B) industry vs. inferiority.
- C) autonomy vs. shame and doubt. D) intimacy vs. isolation.

Answer: D

Explanation: A)
B)
C)
D)

82) Cognitive-behavioural therapies have been developed for all of the following, EXCEPT 82) _____

- A) seasonal affective disorder. B) panic disorder.
- C) general anxiety disorder. D) OCD.

Answer: A

Explanation: A)
B)
C)
D)

83) The neurotransmitters _____ and _____ are responsible for mood, attentiveness level, and other psychological states. 83) _____

- A) endorphins; serotonin
- B) serotonin; norepinephrine
- C) serotonin; estrogen
- D) estrogen; norepinephrine

Answer: B

- Explanation:
- A)
 - B)
 - C)
 - D)

84) Which of the following statements regarding professional help for psychological health is TRUE? 84) _____

- A) Seeking professional help for personal problems proves that you have a psychological illness.
- B) For some, professional help is a choice; for others, it is a necessity.
- C) Everyone will need professional help at some point in his or her life.
- D) Never seeking professional health for personal problems means you are psychologically healthy.

Answer: B

- Explanation:
- A)
 - B)
 - C)
 - D)

85) Being psychological normal is the same as 85) _____

- A) being psychologically unhealthy.
- B) being mentally normal.
- C) being psychologically healthy.
- D) mentally, being above average.

Answer: B

- Explanation:
- A)
 - B)
 - C)
 - D)

86) The model of human nature that emphasizes behaviour as a complex system hidden by active defenses is the _____ model. 86) _____

- A) behavioural
- B) psychodynamic
- C) biological
- D) cognitive

Answer: B

- Explanation:
- A)
 - B)
 - C)
 - D)

87) Which of the following does NOT play a major part in psychological disorders? 87) _____
A) biology B) genetics C) culture D) employment

Answer: D

Explanation: A)
B)
C)
D)

88) Which of the following statements is an example of negative self-talk? 88) _____

- A) "I wonder why my boss wants to see me? I guess I'll just have to wait and see."
- B) "I'll have to start working on that next paper earlier."
- C) "Too bad I missed the one problem through carelessness, but overall I did pretty well on this test."
- D) "I won the speech contest, but only because none of the other speakers was very good."

Answer: D

Explanation: A)
B)
C)
D)

89) Symptoms of post-traumatic stress disorder 89) _____

- A) include actively seeking out anything associated with the trauma.
- B) usually do not include symptoms of depression.
- C) will often decrease in intensity, but will never go away.
- D) include re-experiencing the trauma in dreams and intrusive memories.

Answer: D

Explanation: A)
B)
C)
D)

90) Living according to values does NOT mean doing the following: 90) _____

- A) standing up to outside pressures that oppose your values.
- B) making a choice and acting on it rather than doing nothing.
- C) considering your options carefully before making a choice.
- D) agreeing to do something simply because it will make someone happy.

Answer: D

Explanation: A)
B)
C)
D)

91) A defense mechanism by which unacceptable inner impulses are attributed to others is 91) _____
A) rationalization. B) displacement.
C) repression. D) projection.

Answer: D
Explanation: A)
B)
C)
D)

92) General characteristics of schizophrenia include all of the following EXCEPT 92) _____
A) disorganized thoughts B) enhanced social functioning
C) hallucinations D) delusions

Answer: B
Explanation: A)
B)
C)
D)

93) The model of human nature that focuses on what people do is the _____ 93) _____
model.
A) biological B) cognitive
C) psychodynamic D) behavioural

Answer: D
Explanation: A)
B)
C)
D)

94) Maggie, a third year university student, is changing her major for the fourth time. She 94) _____
expresses frustration about her attempt to choose a course of study that reflects who she
is and what her interests are rather than walking down the career path her family expects
of her. According to Erikson, Maggie is
A) afraid of making a commitment.
B) experiencing an identity crisis.
C) feeling overwhelmed by too many career options.
D) subconsciously rebelling against her parents.

Answer: B
Explanation: A)
B)
C)
D)

95) A defense mechanism in which an individual expels from awareness an unpleasant feeling, idea, or memory is 95) _____
A) displacement. B) repression.
C) passive-aggressive behaviour. D) projection.

Answer: B

Explanation: A)
B)
C)
D)

96) Which of the following is NOT true of depression in Canada? 96) _____
A) 16% of First Nations people have experienced major depression.
B) Women twice as likely as men to experience.
C) Affects 11% of Canadians.
D) 10% of Inuit have experienced major depression.

Answer: D

Explanation: A)
B)
C)
D)

97) The percentage of adult Canadians that suffer from a diagnosable psychological disorder is 97) _____
A) 20 percent. B) 25 percent. C) 5 percent. D) 10 percent.

Answer: A

Explanation: A)
B)
C)
D)

98) An example of a simple phobia is fear of 98) _____
A) dogs. B) interaction.
C) public speaking. D) embarrassment.

Answer: A

Explanation: A)
B)
C)
D)

99) Symptoms of panic disorder typically include 99) _____
A) a loss of physical equilibrium. B) a depressed heart rate.
C) a sudden drop in blood pressure. D) lethargy.

Answer: A

Explanation: A)
B)
C)
D)

- 100) What percentage of Canadians currently have an anxiety disorder? 100) _____
A) 18% B) 25% C) 12% D) 5%
Answer: C
Explanation: A)
B)
C)
D)
- 101) Being inner-directed is most closely associated with 101) _____
A) acceptance. B) capacity for intimacy.
C) creativity. D) autonomy.
Answer: D
Explanation: A)
B)
C)
D)
- 102) For some, self-help can be very useful. This includes 102) _____
A) becoming more passive.
B) avoiding objects and people that are feared.
C) raising self-esteem by counteracting negative thoughts and people.
D) ignoring self-defeating actions and ideas.
Answer: C
Explanation: A)
B)
C)
D)
- 103) All of the following may be associated with depression EXCEPT 103) _____
A) poor appetite and weight loss. B) thoughts of death or suicide.
C) pleasure in doing normal activities. D) insomnia or disturbed sleep.
Answer: C
Explanation: A)
B)
C)
D)
- 104) Which of the following is most likely to separate those individuals with psychological 104) _____
problems from those who enjoy good psychological health?
A) denying the reality of problems
B) conforming to social demands
C) always having a smile on their face
D) ideas and attitudes that vary from the norms
Answer: A
Explanation: A)
B)
C)
D)

105) Being self-actualized is characterized by 105) _____
A) realism. B) passivity.
C) good physical and mental health. D) strong work habits.

Answer: A

Explanation: A)
B)
C)
D)

106) Which of the following is the best initial treatment for a person with moderate to severe depression? 106) _____
A) drug therapy combined with psychotherapy
B) psychoanalysis and amphetamines
C) electroconvulsive therapy
D) drug therapy exclusively

Answer: A

Explanation: A)
B)
C)
D)

107) According to the cognitive model of therapeutic change, behaviour results from all of the following, EXCEPT 107) _____
A) expectations.
B) motives.
C) simple, immediate and repeated reinforcements.
D) attitudes.

Answer: C

Explanation: A)
B)
C)
D)

108) Which statement regarding schizophrenics is false? 108) _____
A) They may also have some form of depression.
B) They are not at risk for suicide.
C) They may require the help of a mental health professional.
D) They may act to obey inner voices.

Answer: B

Explanation: A)
B)
C)
D)

109) What percentage of Canadian children and youth are affected by mental illness at any given time? 109) _____
A) 15% B) 23% C) 5% D) 31%

Answer: B
Explanation: A)
B)
C)
D)

110) Which of the following statements describes a characteristic of self-actualized people? 110) _____
A) They are autocratic.
B) They are largely able to accept themselves and others.
C) They do not trust their own senses and feelings.
D) They are outer-directed.

Answer: B
Explanation: A)
B)
C)
D)

111) Panic disorder is 111) _____
A) a traumatic disorder. B) a characteristic of bipolar disorder.
C) a type of anxiety disorder. D) a form of depression.

Answer: C
Explanation: A)
B)
C)
D)

112) An example of a compulsion is 112) _____
A) uncontrollable worry about an accident.
B) constant and repetitive hand washing.
C) the impulse to hurt a family member.
D) anxiety about contracting HIV infection from a sneeze.

Answer: B
Explanation: A)
B)
C)
D)

113) People not afraid to be themselves and be "real" can be described as 113) _____
A) successful. B) extroverted. C) authentic. D) creative.

Answer: C
Explanation: A)
B)
C)
D)

114) An openness to new experiences is most closely associated with 114) _____
A) self-esteem. B) capacity for intimacy.
C) creativity. D) autonomy.

Answer: C

Explanation: A)
B)
C)
D)

115) Schizophrenic disorders are characterized by all of the following, EXCEPT 115) _____
A) extremely high energy levels. B) auditory hallucinations.
C) disorganized thoughts. D) inappropriate emotions.

Answer: A

Explanation: A)
B)
C)
D)

116) A defense mechanism by which unacceptable thoughts or wishes are excluded from 116) _____
consciousness is
A) displacement. B) projection.
C) repression. D) rationalization.

Answer: C

Explanation: A)
B)
C)
D)

117) Which of the following mental health professionals is a licensed physician? 117) _____
A) counselor B) social worker
C) psychiatrist D) clinical psychologist

Answer: C

Explanation: A)
B)
C)
D)

118) Religious belief 118) _____
A) promotes psychological health for some individuals.
B) is a substitute for a positive self-concept.
C) has little bearing on mental health.
D) undermines problem solving.

Answer: A

Explanation: A)
B)
C)
D)

119) All of the following are positive reasons to socialize, EXCEPT 119) _____
A) meeting new people.
B) fear of being alone.
C) enjoying the company of others.
D) improving your personal knowledge base.

Answer: B

Explanation: A)
B)
C)
D)

120) The preferred method of treatment for seasonal affective disorder is 120) _____
A) hypnosis. B) psychotherapy.
C) light therapy. D) electroconvulsive therapy.

Answer: C

Explanation: A)
B)
C)
D)

121) The ability to share feelings without fear of rejection from another is most closely 121) _____
associated with
A) acceptance. B) autonomy.
C) creativity. D) capacity for intimacy.

Answer: D

Explanation: A)
B)
C)
D)

122) The stages of Erik Erikson's model of psychological development are experienced 122) _____
A) sequentially. B) beginning in the teen years.
C) randomly. D) simultaneously.

Answer: A

Explanation: A)
B)
C)
D)

123) A psychological defense by which unacceptable feelings are transferred from one event 123) _____
or person to a less threatening one is
A) projection. B) displacement.
C) repression. D) rationalization

Answer: B

Explanation: A)
B)
C)
D)

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

124) Terry, a university student, just got a new job in a marketing firm and wants to do well. Her husband Bob has been talking about starting a family and her father has just been diagnosed with prostate cancer. Anxiety disorders have been diagnosed on both sides of her family. Identify and define an anxiety disorder that Terry may be at risk for. What are the symptoms of the disorder, and how might it be treated? 124) _____

Answer: Answers will vary

Explanation:

125) List five warning signs of severe depression and suicide, and describe what actions you could take to help a depressed or suicidal friend. 125) _____

Answer: Answers will vary

Explanation:

126) Think of the last time you were upset at receiving a poor test grade. Write down five positive, healthy self-talk statements that will help you through this problem. 126) _____

Answer: Answers will vary

Explanation:

127) For each of the following situations, give (1) an example of negative self-talk based on a cognitive distortion and (2) an example of realistic self-talk: 127) _____

- after a fight with a friend
- not receiving an invitation to an event that others you know are attending
- an average grade on a project
- receiving a surprise message asking you to meet with your academic advisor
- after drinking too much at a party

Answer: Answers will vary

Explanation:

128) List and describe three of the characteristics of a self-actualized person. 128) _____

Answer: Answers will vary

Explanation:

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

129) Physical intimacy, as it relates to psychological health, is the same as sexual intimacy. 129) _____

Answer: True False

Explanation:

130) The most contemporary definition of psychological health is the absence of psychological illness. 130) _____

Answer: True False

Explanation:

- 131) Without becoming self-actualized, we fail to become mentally healthy. 131) _____
Answer: True False
Explanation:
- 132) Schizophrenia is a rare mental disorder. 132) _____
Answer: True False
Explanation:
- 133) Bipolar disorder affects women and men equally. 133) _____
Answer: True False
Explanation:
- 134) Excessive worry about probable, ordinary concerns is a common manifestation of obsessive-compulsive disorder. 134) _____
Answer: True False
Explanation:
- 135) A thinking pattern common to demoralized individuals is an all-or-nothing view of events. 135) _____
Answer: True False
Explanation:
- 136) Negative beliefs can be so strong that they become self-fulfilling prophecies. 136) _____
Answer: True False
Explanation:
- 137) Shyness is often the basis for social phobias. 137) _____
Answer: True False
Explanation:
- 138) Fear of public speaking is categorized as a simple phobia. 138) _____
Answer: True False
Explanation:
- 139) Explosive anger and unexpressed anger are at opposite extremes on the anger continuum. 139) _____
Answer: True False
Explanation:
- 140) The cognitive model of human nature emphasizes the effect of ideas on behaviours and feelings. 140) _____
Answer: True False
Explanation:
- 141) Expecting the worst and expecting perfection are both examples of negative self-talk. 141) _____
Answer: True False
Explanation:

- 142) Cognitive distortions are patterns of thinking that make events seem better than they are. 142) _____
Answer: True False
Explanation:
- 143) Loneliness is an active feeling state. 143) _____
Answer: True False
Explanation:
- 144) The behavioural model of human nature focuses on what people do. 144) _____
Answer: True False
Explanation:
- 145) Identity is a way of viewing oneself and the world. 145) _____
Answer: True False
Explanation:
- 146) A person's earliest identity is most likely modeled after parents. 146) _____
Answer: True False
Explanation:
- 147) The end result of generalized anxiety disorder is the impairment of one's ability to enjoy life. 147) _____
Answer: True False
Explanation:
- 148) Identities are established early in adolescence and are usually permanent. 148) _____
Answer: True False
Explanation:
- 149) One of the characteristics of the self-actualized person is that she or he is self-accepting. 149) _____
Answer: True False
Explanation:
- 150) An optimist is one who expects failure and accepts it as deserved. 150) _____
Answer: True False
Explanation:
- 151) Self-harm is usually a simple act to get attention and is not serious. 151) _____
Answer: True False
Explanation:
- 152) An example of rationalization would be a shy person who uses boredom as an excuse not to attend a social function. 152) _____
Answer: True False
Explanation:

- 153) Treatment two weeks following a traumatic event is recommended for people with symptoms of post-traumatic stress disorder. 153) _____
Answer: True False
Explanation:
- 154) A primary developmental task of adolescence is the development of identity. 154) _____
Answer: True False
Explanation:
- 155) Inner-directed people make choices that satisfy themselves instead of making choices that satisfy others. 155) _____
Answer: True False
Explanation:
- 156) Being normal is an accurate definition of psychological health. 156) _____
Answer: True False
Explanation:
- 157) Using St. John's wort may interfere with depression medications. 157) _____
Answer: True False
Explanation:
- 158) It is easier to identify criteria for good psychological health than it is to identify criteria for poor psychological health. 158) _____
Answer: True False
Explanation:
- 159) Abraham Maslow arrived at his definition of self-actualized people by studying people of limited abilities. 159) _____
Answer: True False
Explanation:
- 160) The ability to express anger is healthy. 160) _____
Answer: True False
Explanation:
- 161) About 12% of Canadians currently have an anxiety disorder. 161) _____
Answer: True False
Explanation:
- 162) Defense mechanisms may be used positively as long as reality is kept in perspective. 162) _____
Answer: True False
Explanation:
- 163) Most people intent on committing suicide warn a friend or family member. 163) _____
Answer: True False
Explanation:

- 164) People who suffer from panic disorders usually experience them for the first time during childhood. 164) _____
Answer: True False
Explanation:
- 165) The only way to solve a mental health problem is to seek professional help. 165) _____
Answer: True False
Explanation:
- 166) It is important not to discuss suicide in front of someone you believe is contemplating suicide because you may give him or her ideas. 166) _____
Answer: True False
Explanation:
- 167) Individuals who do not establish a firm sense of identity may have difficulty establishing relationships. 167) _____
Answer: True False
Explanation:
- 168) Assertiveness is an expression that is confident and direct but not hostile. 168) _____
Answer: True False
Explanation:
- 169) For major depression, treatment should begin with antidepressants. 169) _____
Answer: True False
Explanation:
- 170) Agoraphobia may be caused by multiple panic attacks. 170) _____
Answer: True False
Explanation:
- 171) Realistic self-talk is based on substituting a positive thought for a negative one. 171) _____
Answer: True False
Explanation:
- 172) Medication is the main factor in treating schizophrenia. 172) _____
Answer: True False
Explanation:
- 173) A simple, but accurate, definition of normality is "what most people do." 173) _____
Answer: True False
Explanation:
- 174) Other-directed individuals are more likely to be influenced by external forces. 174) _____
Answer: True False
Explanation:

175) In Maslow's hierarchy of needs, safety and security are more basic needs than is being loved. 175) _____

Answer: True False

Explanation:

176) Suicide is the ultimate form of mental illness. 176) _____

Answer: True False

Explanation:

177) Being able to engage in open communication and risk having hurt feelings is necessary for developing a capacity for intimacy. 177) _____

Answer: True False

Explanation:

178) One's mental health is based on the presence or absence of symptoms. 178) _____

Answer: True False

Explanation:

Answer Key
Testname: C2

- 1) B
- 2) C
- 3) C
- 4) C
- 5) C
- 6) A
- 7) A
- 8) B
- 9) C
- 10) A
- 11) D
- 12) B
- 13) A
- 14) B
- 15) A
- 16) A
- 17) A
- 18) A
- 19) C
- 20) C
- 21) B
- 22) A
- 23) C
- 24) C
- 25) D
- 26) E
- 27) C
- 28) D
- 29) B
- 30) B
- 31) A
- 32) C
- 33) A
- 34) A
- 35) A
- 36) C
- 37) D
- 38) D
- 39) D
- 40) C
- 41) B
- 42) A
- 43) B
- 44) C
- 45) B
- 46) A
- 47) A
- 48) C
- 49) A
- 50) A

Answer Key
Testname: C2

- 51) C
- 52) A
- 53) D
- 54) C
- 55) B
- 56) B
- 57) D
- 58) D
- 59) A
- 60) D
- 61) A
- 62) A
- 63) A
- 64) A
- 65) A
- 66) B
- 67) A
- 68) A
- 69) A
- 70) B
- 71) A
- 72) C
- 73) A
- 74) D
- 75) B
- 76) B
- 77) A
- 78) C
- 79) D
- 80) D
- 81) D
- 82) A
- 83) B
- 84) B
- 85) B
- 86) B
- 87) D
- 88) D
- 89) D
- 90) D
- 91) D
- 92) B
- 93) D
- 94) B
- 95) B
- 96) D
- 97) A
- 98) A
- 99) A
- 100) C

Answer Key

Testname: C2

- 101) D
- 102) C
- 103) C
- 104) A
- 105) A
- 106) A
- 107) C
- 108) B
- 109) B
- 110) B
- 111) C
- 112) B
- 113) C
- 114) C
- 115) A
- 116) C
- 117) C
- 118) A
- 119) B
- 120) C
- 121) D
- 122) A
- 123) B
- 124) Answers will vary
- 125) Answers will vary
- 126) Answers will vary
- 127) Answers will vary
- 128) Answers will vary
- 129) FALSE
- 130) FALSE
- 131) FALSE
- 132) FALSE
- 133) FALSE
- 134) FALSE
- 135) TRUE
- 136) TRUE
- 137) TRUE
- 138) FALSE
- 139) TRUE
- 140) TRUE
- 141) TRUE
- 142) FALSE
- 143) FALSE
- 144) TRUE
- 145) TRUE
- 146) TRUE
- 147) TRUE
- 148) FALSE
- 149) TRUE

Answer Key
Testname: C2

- 150) FALSE
- 151) FALSE
- 152) TRUE
- 153) FALSE
- 154) TRUE
- 155) TRUE
- 156) FALSE
- 157) TRUE
- 158) FALSE
- 159) FALSE
- 160) TRUE
- 161) TRUE
- 162) TRUE
- 163) TRUE
- 164) FALSE
- 165) FALSE
- 166) FALSE
- 167) TRUE
- 168) TRUE
- 169) FALSE
- 170) TRUE
- 171) FALSE
- 172) TRUE
- 173) TRUE
- 174) TRUE
- 175) TRUE
- 176) FALSE
- 177) TRUE
- 178) FALSE