

1. In science, the perspectives used to explain phenomena are known as:
 - A) facts.
 - B) theories.
 - C) paradigms.
 - D) hypotheses.

2. The model or paradigm an investigator uses influences:
 - A) the symptoms of a particular disorder.
 - B) the treatment that is most effective for a disorder.
 - C) the questions and observations the investigator uses.
 - D) the culture in which the disorder is found.

3. The paradigm or model adopted by people in the Middle Ages to explain abnormal behavior would have been:
 - A) sociocultural.
 - B) biological.
 - C) cognitive.
 - D) demonological.

4. The model of abnormality that cites physical processes as being the key to behavior is the:
 - A) biological model.
 - B) sociocultural model.
 - C) psychodynamic model.
 - D) humanistic-existential model.

5. The model of abnormality that examines the effects of society and culture is the:
 - A) behavioral model.
 - B) sociocultural model.
 - C) psychodynamic model.
 - D) humanistic-existential model.

6. The model of abnormality that focuses on unconscious internal processes and conflicts in behavior is the:
 - A) cognitive model.
 - B) behavioral model.
 - C) sociocultural model.
 - D) psychodynamic model.

7. "Understanding a person's unconscious processes is critical in explaining abnormality." Which model of abnormality does this quote MOST closely represent?
- A) behavioral
 - B) psychodynamic
 - C) cognitive
 - D) humanistic-existential
8. The model of abnormality that focuses on learning is the:
- A) behavioral model.
 - B) sociocultural model.
 - C) psychodynamic model.
 - D) humanistic-existential model.
9. The model of abnormality that concentrates on thinking is the:
- A) cognitive model.
 - B) behavioral model.
 - C) sociocultural model.
 - D) psychodynamic model.
10. "Abnormal behaviors—indeed, all behaviors—are acquired through learning." Which model of abnormality does this quote MOST closely represent?
- A) behavioral
 - B) psychodynamic
 - C) cognitive
 - D) humanistic-existential
11. The model of abnormality that focuses on the role of values and choices in behavior is the:
- A) cognitive model.
 - B) sociocultural model.
 - C) psychodynamic model.
 - D) humanistic-existential model.
12. Imagine that you subscribe to the sociocultural model of abnormality. Which would be a part of your paradigm?
- A) the humanistic-existential model
 - B) the family-social perspective
 - C) the cognitive model
 - D) the psychodynamic model

13. One who believes that the multicultural perspective is the correct way to think about abnormality comes from which of the following paradigms?
- A) sociocultural
 - B) biocultural
 - C) psychocultural
 - D) cognitive-cultural
14. Huntington's disease, which has psychological as well as physical aspects, results from loss of cells in the:
- A) corpus callosum.
 - B) basal ganglia.
 - C) hippocampus.
 - D) amygdala.
15. Messages moving from neuron to neuron must cross tiny spaces called:
- A) dendrites.
 - B) axons.
 - C) neurotransmitters.
 - D) synapses.
16. Depression has been linked to which neurotransmitter abnormality?
- A) low activity of GABA
 - B) absence of dopamine
 - C) low activity of serotonin
 - D) excessive activity of norepinephrine
17. Abnormal chemical activity in the body's endocrine system relates to the release of:
- A) hormones.
 - B) neurotransmitters.
 - C) neurons.
 - D) genes.
18. Identifying which genes help cause various human disorders rests with the ability to:
- A) clone individuals.
 - B) map or sequence genes.
 - C) insert RNA into genes.
 - D) control mutations.

19. One who takes an evolutionary perspective on abnormal behavior would MOST likely agree that:
- A) genome mapping is a waste of time.
 - B) the evolution of adaptive and maladaptive behavior is fundamentally different.
 - C) at one time what is now often seen as abnormal helped us survive.
 - D) people can inherit physical but not mental capacities.
20. Critics of the evolutionary perspective of abnormal behavior cite all of the following EXCEPT:
- A) It is difficult to research this perspective.
 - B) The perspective is overly precise.
 - C) It requires leaps of faith to believe in this perspective.
 - D) The perspective rests on an interaction of genes and environment.
21. Current research suggests that schizophrenia may be related to:
- A) bacterial infections at the time of puberty.
 - B) a resistance to antibiotics.
 - C) viral infection in utero.
 - D) hormonal imbalances.
22. An important factor to consider in using drugs for the treatment of abnormality would be that:
- A) some people do not benefit from drug treatments.
 - B) drugs cannot be combined with other forms of treatment.
 - C) drugs are not very effective in the treatment of psychological disorders.
 - D) drugs should not be used unless surgery has been unsuccessful.
23. Electroconvulsive therapy (ECT) is used MOST often in the treatment of:
- A) schizophrenia.
 - B) anxiety disorders.
 - C) depression.
 - D) bipolar disorder.
24. Determinists assume that abnormal behaviors:
- A) are not related to past experiences.
 - B) are not accidental.
 - C) are solely the result of physiology.
 - D) are entirely due to unconscious conflicts.

25. According to psychoanalysis, which statement is true of psychological conflicts?
- A) They are always sexual in nature.
 - B) They are tied to experiences early in life.
 - C) They are only a problem when they reach consciousness.
 - D) They are unconscious, and therefore not a factor in conscious experience.
26. Freud believed that the three central forces that shape the personality were the:
- A) instincts, the ego, and the self.
 - B) biological forces, culture, and learning.
 - C) consciousness, unconsciousness, and instincts.
 - D) instinctual needs, rational thinking, and moral standards.
27. The _____ operates in accord with the pleasure principle.
- A) id
 - B) superego
 - C) erogenous zone
 - D) ego
28. Barney's mother is taking cookies out of the oven. Which statement would suggest most strongly that the id is firmly in control of Barney's behavior?
- A) Barney grabs some of the cookies and runs.
 - B) Barney wants the cookies desperately but asks his mother for a couple.
 - C) Barney waits for several hours until after dinner to ask his mother for a cookie.
 - D) Barney asks for some cookies in a whiney voice and, when he is denied, throws a tantrum.
29. Freud believed that the source of energy that fuels the id is:
- A) a defense mechanism.
 - B) the libido.
 - C) termed consciousness.
 - D) learned.
30. According to Freud, a woman's pleasure from nursing her baby is reflected in which part of the personality?
- A) id
 - B) ego
 - C) superego
 - D) ego ideal

31. Infants tend to do things that feel good. This is in accord with what Freud called:
- A) basic instincts.
 - B) the pleasure principle.
 - C) primary process thought.
 - D) secondary process thought.
32. What is libido?
- A) a primary defense mechanism
 - B) the source of pleasure
 - C) the sexual energy of the id
 - D) the sum of the id's instinctual needs
33. The part of the personality that guides us to know when we can and cannot express our impulses is the:
- A) id.
 - B) ego.
 - C) superego.
 - D) libido.
34. According to Freud's psychodynamic theory, the part of the personality that is the conscience is the:
- A) id.
 - B) ego.
 - C) superego.
 - D) ego ideal.
35. What we would call "conscience" is MOST like what Freud would call the:
- A) defense mechanism.
 - B) superego.
 - C) ego.
 - D) erogenous zone.
36. A man has cheated on his wife and he feels very guilty, but soon he begins to make excuses, saying how his wife has nagged him for years. The defense mechanism that BEST explains his behavior is:
- A) rationalization.
 - B) denial.
 - C) regression.
 - D) projection.

37. A patient's initial reaction to being told she has a sexually transmitted disease is to insist that the nurse made a mistake with the test. The defense mechanism that BEST explains this behavior is:
- A) regression.
 - B) sublimation.
 - C) denial.
 - D) rationalization.
38. You blame your poor performance on a test that you didn't study for on all the other work you had to do. The defense mechanism that BEST explains your behavior is:
- A) denial.
 - B) rationalization.
 - C) intellectualization.
 - D) sublimation.
39. According to Freud's psychodynamic theory, ineffective interaction of the id, ego, and superego can lead to entrapment at a developmental level. This is called:
- A) fixation.
 - B) neurosis.
 - C) repression.
 - D) displacement.
40. According to Freud's psychodynamic theory, at birth the child is in the:
- A) oral stage.
 - B) anal stage.
 - C) phallic stage.
 - D) latency stage.
41. A general term used for psychological theories such as Freud's and Jung's is:
- A) psychiatric.
 - B) biological.
 - C) psychodynamic.
 - D) psychophysical.
42. The motivation to form relationships with others is a central theme of:
- A) ego theory.
 - B) self theory.
 - C) psychoanalytic theory.
 - D) object relations theory.

43. The role of the unified personality is a central theme of:
- A) ego theory.
 - B) self theory.
 - C) psychoanalytic theory.
 - D) object relations theory.
44. Which model is MOST likely to suggest using free association to uncover unconscious processes?
- A) psychodynamic
 - B) cognitive
 - C) humanistic-existential
 - D) behavioral
45. Colin is asked to "free associate" about his mother's new husband, and he responds by changing the subject. A psychodynamic therapist would consider this an example of:
- A) catharsis.
 - B) resistance.
 - C) transference.
 - D) countertransference.
46. Which model is MOST likely to predict that transference will occur during therapy?
- A) psychodynamic
 - B) cognitive
 - C) humanistic-existential
 - D) behavioral
47. Which model is MOST likely to use terms such as *resistance* and *transference*?
- A) psychodynamic
 - B) behavioral
 - C) humanist-existential
 - D) sociocultural
48. According to psychoanalytic theory, which of the following is true about dreams?
- A) They are without real importance.
 - B) They reflect our unconscious desires and needs.
 - C) They are a means of reprocessing information necessary for survival.
 - D) They are the brain's attempts to understand abnormal electrical activity.

49. According to Freud, another term for the symbolic meaning of dreams is:
- A) positive transference.
 - B) negative transference.
 - C) manifest content.
 - D) latent content.
50. According to psychoanalysts, if a patient relives past repressed feelings, that patient is said to have experienced:
- A) repression.
 - B) transference.
 - C) resistance.
 - D) catharsis.
51. Teresa has been told that her course of therapy is likely to take a year or more because it involves the reshaping of her personality and that takes many sessions. Her therapy is MOST likely:
- A) client-centered therapy.
 - B) psychodynamic therapy.
 - C) cognitive-behavioral therapy.
 - D) existential-humanistic therapy.
52. A patient participates in weekly therapy for several years, gradually becoming aware of the impact of early life events on present functioning. The form of psychotherapy the patient is receiving is called:
- A) cognitive therapy.
 - B) drug therapy
 - C) psychodynamic therapy.
 - D) behavior therapy.
53. If a patient chooses a dynamic focus for therapy, the patient would MOST likely be receiving:
- A) relational psychoanalytic therapy.
 - B) traditional psychoanalysis.
 - C) extended psychoanalytic therapy.
 - D) short-term psychodynamic therapy.

54. Which of the following dreams is the MOST common?
- A) being a child again
 - B) flying in the air
 - C) being on the verge of falling
 - D) being chased or pursued
55. Evidence in support of the psychodynamic model has come primarily from:
- A) lab-based human experimentation.
 - B) experiments carried out in "real-world" settings.
 - C) surveys.
 - D) case studies.
56. Evidence of the effectiveness of psychodynamic therapy:
- A) is mostly based on the results of large-scale surveys.
 - B) comes from pharmaceutical companies.
 - C) comes from double-blind experiments.
 - D) is mostly limited to case studies.
57. Evidence that supports the effectiveness of psychodynamic therapies has come from:
- A) longitudinal experimental studies.
 - B) individual case studies.
 - C) controlled correlational studies.
 - D) double-blind controlled experiments.
58. Psychological theories focused on learned responses to the environment are usually described as:
- A) psychoanalytic.
 - B) behavioral.
 - C) sociocultural.
 - D) psychodynamic.
59. When a young child yells and throws toys ("temper tantrum"), the parents give the child a good deal of attention. As time goes on, the temper tantrums become more and more common. A behavioral psychologist would say that the temper tantrums result from:
- A) unresolved intrapsychic conflict.
 - B) operant conditioning.
 - C) unconditional positive regard.
 - D) neurotransmitter imbalances.

60. The only time that Timmy gets attention is when he misbehaves in a bizarre way. As a result, his abnormal behavior increases in frequency. This is an example of:
- A) systematic desensitization.
 - B) modeling.
 - C) operant conditioning.
 - D) classical conditioning.
61. Animals and humans learn without reinforcement. They learn just by observing others. This form of learning is called:
- A) shaping.
 - B) modeling.
 - C) operant conditioning.
 - D) classical conditioning.
62. Jamal observed his parents' generous behavior throughout his childhood. As a result, he developed a positive and generous attitude toward the world. According to the behavioral model, Jamal has acquired his lifestyle through the process of:
- A) modeling.
 - B) self-actualization.
 - C) operant conditioning.
 - D) classical conditioning.
63. Which model is MOST likely to emphasize the importance of one's history of conditioning as the source of depression?
- A) psychodynamic
 - B) behavioral
 - C) humanist-existential
 - D) sociocultural
64. Which model emphasizes the importance of conditioning in determining human actions?
- A) psychodynamic
 - B) cognitive
 - C) humanist-existential
 - D) behavioral

65. "When I was young, I met a large dog. I wasn't afraid of the dog, but as I tried to pet it, the dog snarled and jumped at me. I have been afraid of dogs ever since." A therapist who assumes that this sentence describes a phobia acquired from classical conditioning MOST likely favors which model of abnormality?
- A) humanistic-existential
 - B) behavioral
 - C) cognitive
 - D) psychodynamic
66. A child is bitten by a vicious dog in front of a park. The child is later very afraid of the park. According to classical conditioning, the park is a(n):
- A) conditioned stimulus.
 - B) unconditioned stimulus.
 - C) unconditioned response.
 - D) conditioned response.
67. A previously neutral environmental event that becomes associated with the unconditioned stimulus is called a(n):
- A) learned stimulus.
 - B) conditioned stimulus.
 - C) unconditioned stimulus.
 - D) discriminative stimulus.
68. If you imagine biting into a big, juicy, sour lemon, you are likely to salivate. The lemon is an example of a(n):
- A) conditioned stimulus.
 - B) conditioned response.
 - C) unconditioned stimulus.
 - D) unconditioned response.
69. If you close your eyes and imagine biting into a big, sour lemon, you are likely to salivate. Salivating to this imagery is an example of a(n):
- A) conditioned stimulus.
 - B) conditioned response.
 - C) unconditioned stimulus.
 - D) unconditioned response.

70. The first step in using the treatment called "systematic desensitization" is to:
- A) construct a fear hierarchy.
 - B) construct a list of useful reinforcers.
 - C) confront the client with the feared stimulus or thought.
 - D) teach the skill of relaxation over the course of several sessions.
71. Systematic desensitization has been shown to be especially effective in the treatment of:
- A) bipolar disorders.
 - B) schizophrenia.
 - C) phobias.
 - D) substance abuse disorders.
72. A client in a totally relaxed state vividly imagines formerly anxiety-arousing situations without feeling any lingering anxiety. MOST likely, that client has just completed what type of therapy?
- A) Freudian psychoanalysis
 - B) family systems
 - C) systematic desensitization
 - D) cognitive therapy
73. Behavior therapy:
- A) can be tested in the lab.
 - B) cannot explain the origin of abnormal behavior.
 - C) does not have associated therapeutic techniques.
 - D) is not based on research.
74. Today, _____ clinical psychology is the MOST popular theoretical orientation among professional psychologists.
- A) behavioral
 - B) psychodynamic
 - C) cognitive
 - D) interpersonal
75. If you believe that you can master and perform needed behaviors whenever necessary, Bandura would say that you had a positive sense of:
- A) overgeneralization.
 - B) classical conditioning.
 - C) self-efficacy.
 - D) modeling.

76. "Thoughts, as well as overt behaviors, are acquired and modified by various forms of conditioning." The orientation of the author of this quote is MOST likely:
- A) cognitive-behavioral.
 - B) humanistic-existential.
 - C) psychodynamic-Gestalt.
 - D) self-efficacious.
77. An athlete who is in fact well prepared nevertheless thinks just before a contest, "I can't do this! I need to be perfect, and I know I'm going to fail!" The theorist who would focus on the athlete's illogical thinking process as a key factor in his subsequent poor performance MOST likely would support which model of abnormality?
- A) psychodynamic
 - B) behavioral
 - C) existential
 - D) cognitive
78. Henry goes into a fit of depression and self-abuse when anyone criticizes or expresses disapproval. Much of what he does is for the purpose of getting people to like him. Cognitive theorists would say that Henry's depression results in large part from:
- A) modeling.
 - B) self-efficacy.
 - C) illogical thinking.
 - D) unconscious feelings of loss.
79. When José did not get a job for which he applied, he was sure that everything was going wrong, that his life was completely off track. This thought is an example of:
- A) depression.
 - B) selective perception.
 - C) overgeneralization.
 - D) unconditional negative regard.
80. The form of therapy that helps clients recognize errors in logic and to try out new interpretations of events is:
- A) psychodynamic.
 - B) behavioral.
 - C) cognitive.
 - D) humanistic.

81. If a patient is being guided to challenge irrational thinking and to try out new interpretations, the patient is MOST likely being treated by a follower of:
- A) Beck.
 - B) Freud.
 - C) Bandura.
 - D) Wolpe.
82. If you are being encouraged to see the link between the way you interpret your experiences and the way you feel and to question the accuracy of your interpretations, you are probably receiving:
- A) humanistic therapy.
 - B) behavioral therapy.
 - C) cognitive therapy.
 - D) psychoanalytic therapy.
83. The so-called new wave of cognitive therapy differs from traditional cognitive therapy in that it emphasizes:
- A) challenging irrational cognitions.
 - B) accepting problematic thoughts.
 - C) working to change unacceptable thoughts.
 - D) researching the effectiveness of the therapy.
84. In mindfulness-based therapy techniques, you would be MOST likely to find clients:
- A) focusing on setting goals for the future.
 - B) letting their thoughts flow, without judgment.
 - C) rejecting thoughts that are not rational.
 - D) trying to figure out the source of their troublesome thoughts.
85. The main concern with the various forms of cybertherapy that are currently being used is:
- A) high expense to clients.
 - B) the quality of the treatment.
 - C) technological issues with the use of computers.
 - D) the availability of the services.

86. Which one of the following forms of therapy would you NOT currently expect to find in cybertherapy?
- A) use of avatars
 - B) use of e-mail therapy
 - C) use of Skype therapy
 - D) use of tweet therapy
87. "When we try to establish how abnormality develops, we need to consider how individuals deal with the meaning of life and with the value they find in living." A psychologist from which background would agree MOST strongly with this statement?
- A) cognitive-behavioral
 - B) humanistic-existential
 - C) psychodynamic
 - D) cognitive
88. According to _____, the self-actualization motive plays an important part in human functioning.
- A) cognitive theorists
 - B) behaviorists
 - C) psychoanalysts
 - D) humanists
89. A therapist who believes people often hide from their responsibilities, and therefore often feel alienated, depressed, and inauthentic—empty—would MOST likely be:
- A) humanistic.
 - B) existential.
 - C) psychodynamic.
 - D) cognitive.
90. The model that proposes that humans strive to self-actualize is the _____ model.
- A) psychodynamic
 - B) cognitive
 - C) humanistic-existential
 - D) behavioral

91. Humanists would say that an individual who cares about others, is spontaneous, courageous, and independent is:
- A) authentic.
 - B) self-actualizing.
 - C) role-playing.
 - D) experiencing catharsis.
92. "Humans are born with freedom yet do not 'naturally' strive to reach their full growth potential." The psychologist who would MOST closely agree with this statement would be:
- A) behavioral.
 - B) humanistic.
 - C) existential.
 - D) psychodynamic.
93. In the 1960s and 1970s, the social upheaval and soul searching in Western society gave rise to which of the following approaches to therapy?
- A) psychodynamic
 - B) humanistic and existential
 - C) behavioral
 - D) cognitive
94. Which theory has its roots in the philosophical idea that people give meaning to their existence through their actions?
- A) humanistic
 - B) existential
 - C) cognitive
 - D) behavioral
95. If you recognize your worth as a person, Carl Rogers would say that you have developed:
- A) spontaneity.
 - B) unconditional self-regard.
 - C) unconditional positive regard.
 - D) conditions of worth.

96. The term for the form of psychotherapy pioneered by Carl Rogers is:
- A) client-centered.
 - B) insight.
 - C) gestalt.
 - D) existential.
97. A therapist listens carefully to a client's words and then attempts to show accurate empathy and genuineness. The hope is that the client will self-examine with acceptance and honesty. MOST likely, the therapist is:
- A) behavioral.
 - B) cognitive-behavioral.
 - C) psychodynamic.
 - D) humanistic.
98. If a client-centered therapist were treating a very anxious woman, the therapist would try to:
- A) point out her misconceptions.
 - B) give insightful interpretations of her statements.
 - C) identify the client's unreasonable ideas and feelings.
 - D) show unconditional positive regard for her statements.
99. "That's all right. You are doing your best, don't worry. I am here for you." A therapist who would say this as a primary part of the therapy process would MOST probably be following the _____ tradition.
- A) cognitive
 - B) humanistic
 - C) psychodynamic
 - D) rational emotive
100. Gestalt therapy is similar to mindfulness techniques in its emphasis on:
- A) using *I* language.
 - B) focusing on the here and now.
 - C) role-playing.
 - D) frustrating the client.
101. Which would be MOST likely to use skillful frustration as a part of therapy?
- A) Fritz Perls
 - B) Joseph Wolpe
 - C) Abraham Maslow
 - D) Karen Horney

102. Therapists who often deliberately frustrate and challenge their clients, and who often use role-playing and a "here and now" orientation, are:
- A) gestalt.
 - B) neo-Freudian.
 - C) cognitive-behavioral.
 - D) humanistic.
103. The view that religious views are defense mechanisms created by people to make life tolerable is MOST characteristic of:
- A) current thinking in the mental health profession.
 - B) classic Freudian psychotherapy.
 - C) conclusions drawn by research scientists.
 - D) the way in which the mental health profession is moving.
104. Research on the relationship between religious beliefs and psychological health shows that people:
- A) without any religious belief are the healthiest.
 - B) who are devout and see God as caring and helpful are the healthiest.
 - C) who are devout and see God as cold and unresponsive are the healthiest.
 - D) who are not religious cope better with life stressors like war and illness.
105. The proper conclusion from research studies that show a relationship between devout religious people who see God as warm and caring and psychological health is that:
- A) religion causes people to deal better with the challenges of life.
 - B) psychologically healthy people have more time and energy for religion.
 - C) people who have a religious community to support them are healthier.
 - D) people who are more devout are also psychologically healthier.
106. With its emphasis on abstract human values and responsibility, the humanistic-existential model does all of the following EXCEPT:
- A) resonate with many people who are eager to explore these issues.
 - B) support the ideas of positive psychology.
 - C) emphasize health.
 - D) lend itself easily to research.

107. The model of abnormality that pays particular attention to a client's family structure, societal norms, and a client's roles in society is:
- A) existential.
 - B) cognitive-behavioral.
 - C) sociocultural.
 - D) humanistic.
108. Which model of abnormality would focus on factors such as norms, family structure, and support systems, in particular?
- A) behavioral
 - B) cognitive-behavioral
 - C) gestalt
 - D) sociocultural
109. David Rosenhan sent "pseudopatients" to a mental hospital, where they pretended to be disturbed. The results led him to conclude that _____ greatly impacts mental illness.
- A) the symptoms being mimicked
 - B) the community mental health system
 - C) labeling persons as mentally ill
 - D) communication between patients and therapists
110. If someone is isolated and lacks social support or intimacy in his or her life, that person is more likely to _____ than someone who has social support and intimacy.
- A) become depressed when under stress
 - B) become depressed even when not under stress
 - C) become depressed but recover more quickly
 - D) be a carrier of depression to later generations
111. Research would lead you to believe that students who have the MOST Facebook friends have:
- A) an average number of real friends.
 - B) only surface relationships with their real friends.
 - C) many real friends and good relationships with them.
 - D) the fewest real friends, because it is easier for them to connect online.

112. According to family systems theory, families that show "disengagement" are characterized by:
- A) members who are overinvolved in one another's lives.
 - B) parents who have a laissez-faire parenting style.
 - C) children who very seldom fight.
 - D) rigid boundaries between family members.
113. If a mother seems excessively involved in her child's life such that the two do not seem to be independent people, their relationship is said to be:
- A) externalized.
 - B) dichotomous.
 - C) enmeshed.
 - D) engaged.
114. Which phrase would one be MOST likely to hear in a self-help group?
- A) "I don't have any idea what you should do."
 - B) "The therapist will tell us what to do."
 - C) "Try this. It worked for me."
 - D) "Let's talk about our dreams."
115. If a therapist advised you to pay attention to how you were communicating with family members and to change harmful patterns, the therapist would MOST likely to be practicing:
- A) structural family therapy.
 - B) conjoint family therapy.
 - C) feminist therapy.
 - D) self-help therapy.
116. Which statement about couple therapy is MOST accurate?
- A) Only about 10 percent of those who receive couple therapy eventually divorce.
 - B) Most people who receive couple therapy report no real improvement in their functioning.
 - C) There is a decreasing need for couple therapy based on current divorce rates.
 - D) There is no one theoretical approach used in couple therapy.
117. A primary focus of the community treatment approach to abnormality is:
- A) using drugs along with psychotherapy.
 - B) prevention.
 - C) homeostasis.
 - D) rejecting all conventional forms of explaining abnormality.

118. Providing treatment as soon as it is needed so problems that are moderate or worse do not become long-term is called:
- A) primary prevention.
 - B) secondary prevention.
 - C) tertiary prevention.
 - D) quaternary prevention.
119. That many people with severe disturbances are not being treated appropriately is MOST often a problem with which level of prevention?
- A) primary
 - B) secondary
 - C) tertiary
 - D) meta
120. Regarding the finding that there are more seriously disturbed people among those who are poor, a multicultural theorist would focus on the way in which:
- A) personal responsibility is related to dysfunction.
 - B) irrational thoughts contribute to one's feelings.
 - C) poverty is a stressor that contributes to dysfunction.
 - D) early life experiences shape one's later behavior.
121. Current multicultural perspectives are MOST likely to focus on:
- A) similarities among all cultures.
 - B) the cultural deprivation that is characteristic of some groups.
 - C) the limitations of a focus on ethnicity.
 - D) the special external pressures faced by members of a culture.
122. Multicultural theorists would explain the higher levels of mental illness among poor people as MOST likely due to:
- A) genetic make-up.
 - B) social factors leading to stress.
 - C) irrational patterns of thinking.
 - D) fixation at a lower level of ego functioning.

123. In explaining why women are diagnosed with anxiety disorders and depression twice as often as men, multicultural therapists would focus on:
- A) the biological differences between men and women.
 - B) the different patterns of communication displayed by men and women.
 - C) prejudice and discrimination faced by women.
 - D) the level of rationality in the thought patterns of women.
124. A feminist therapist would MOST likely focus on:
- A) a woman's personal responsibility for her own situation.
 - B) the role that biology plays in psychological functioning.
 - C) how prejudice and discrimination impact women.
 - D) the ways in which women express their femininity.
125. Which statement is NOT an appropriate criticism of the sociocultural model?
- A) Just because there is a relationship between culture and a particular disorder does not mean that culture causes the disorder.
 - B) It might be that the disorder causes dysfunction in the family rather than the dysfunctional family causing the disorder.
 - C) Cultural factors might create a climate favorable for the development of certain disorders.
 - D) It's hard to predict which people who share the same culture will develop a particular disorder.
126. Which statement is the BEST example of the biopsychosocial perspective?
- A) There is one legitimate approach to understanding mental disorders.
 - B) Abnormality is best explained by sociocultural stresses a person experiences.
 - C) Eclectic approaches fail to take interactions of various models into account.
 - D) Abnormality results from the interaction of genetic, emotional, and cultural influences.
127. The diathesis-stress model of abnormality emphasizes that:
- A) stress is the primary factor leading to abnormality.
 - B) a biological predisposition is the primary factor leading to abnormality.
 - C) abnormality arises from an interaction between predisposition and stress.
 - D) only one factor—stress or predisposition—is necessary for abnormality to occur.

128. Which is NOT an example of diathesis in the diathesis-stress explanation of abnormality?
- A) a genetic history of mental illness in one's family
 - B) growing up in an unhealthy, enmeshed family
 - C) experiencing a severe psychological trauma
 - D) living in a high-crime, impoverished area
129. Messages are transmitted through the neuron's _____ into the synapse and to the dendrites of the other neurons.
- A) glia
 - B) axon
 - C) nerve ending
 - D) dendrites
130. Professor Jenson is explaining to his class that mental disorders are sometimes related to abnormal hormonal activity in the _____ system of the body.
- A) endocrine
 - B) neurotransmission
 - C) chromosomal
 - D) central nervous
131. Abnormal levels of _____ have been related to anxiety as well as mood disorders.
- A) norepinephrine
 - B) serotonin
 - C) cortisol
 - D) hormones
132. This theoretical perspective is rather controversial in the study of abnormal psychology and has been rejected by many theorists because it is difficult to test.
- A) biological
 - B) behavioral
 - C) cognitive
 - D) evolutionary
133. Stacey suffers from schizophrenia and often times has hallucinations and delusions. Which of the following psychotropic drugs would likely help her?
- A) antianxiety drugs
 - B) antidepressant drugs
 - C) antibipolar drugs
 - D) antipsychotic drugs

134. Those with _____ are more likely to use nutraceuticals than those suffering from other psychological problems.
- A) depression
 - B) anxiety
 - C) phobias
 - D) schizophrenia
135. Which of the following is NOT a reason why a person suffering from depression would take nutraceuticals?
- A) They are not helped by conventional treatments.
 - B) They can easily afford conventional treatments.
 - C) They developed major side effects to antidepressant drugs.
 - D) They prefer more natural treatments.
136. Which of the following is NOT true regarding nutraceuticals?
- A) They are assumed to be safe unless the FDA can prove them harmful.
 - B) They can be potent and even interact dangerously with conventional medications.
 - C) Many patients are reluctant to discuss their use of supplements with their therapists or physicians.
 - D) They are bound by the same legal requirements as conventional medications.
137. Who is more likely to consume nutraceuticals?
- A) Abigail, a 62-year-old Hispanic woman with moderate income
 - B) Judith, a 60-year-old white woman with high income
 - C) Sean, a 40-year-old African American man with low income.
 - D) Justin, a 25-year-old African American man with moderate income.
138. Even though the psychodynamic theory was extremely popular in the time of Freud, today only _____ of clinical psychologists adhere to this theoretical perspective.
- A) 3%
 - B) 10%
 - C) 18%
 - D) 31%

139. According to this perspective, some people may make assumptions and adopt attitudes that are disturbing and inaccurate.
- A) psychodynamic
 - B) biological
 - C) behavioral
 - D) cognitive
140. Which of the following is NOT a recognized form of cybertherapy?
- A) computer software therapy programs
 - B) e-mail therapy
 - C) visual e-therapy
 - D) e-gaming therapy
141. This form of therapy has users interact with avatars.
- A) computer software therapy programs
 - B) e-mail therapy
 - C) visual e-therapy
 - D) digital therapy app
142. Dr. Cunningham has developed a Web site with helpful tips for how to assess and deal with depression and anxiety. The Web site has an option where visitors can electronically contact Dr. Cunningham specific questions related to their psychological problems. Dr. Cunningham makes sure to respond electronically within a 24-hour period and is as thorough as possible. What form of therapy is she implementing?
- A) computer software therapy programs
 - B) e-mail therapy
 - C) visual e-therapy
 - D) e-chat therapy
143. This form of therapy guides clients toward self-recognition and self-acceptance by challenging and sometimes frustrating their clients.
- A) acceptance and commitment
 - B) existential
 - C) cognitive
 - D) gestalt

144. Some techniques for challenging and frustrating clients used in _____ therapy include skillful frustration, role playing, and employing numerous rules and exercises.
- A) acceptance and commitment
 - B) existential
 - C) cognitive
 - D) gestalt
145. Dr. Stacey believes that all abnormal behavior cannot be understood without considering the broad forces that influence the individual. Which of the following views does she likely adhere to?
- A) psychodynamic
 - B) sociocultural
 - C) cognitive
 - D) behavioral
146. This model is composed of both the family-social perspective as well as the multicultural perspective.
- A) psychodynamic
 - B) sociocultural
 - C) cognitive
 - D) behavioral
147. These types of therapists try to help family members recognize and change harmful patterns of communication.
- A) structural family therapist
 - B) marital therapist
 - C) conjoint family therapist
 - D) client-centered therapist
148. _____ prevention consists of efforts to improve community attitudes and policies.
- A) Primary
 - B) Secondary
 - C) Tertiary
 - D) Two-fold

149. _____ prevention consists of identifying and treating psychological disorders in the early stages, before they become serious.
- A) Primary
 - B) Secondary
 - C) Tertiary
 - D) Two-fold

Answer Key

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

- 45. B
- 46. A
- 47. A
- 48. B
- 49. D
- 50. D
- 51. B
- 52. C
- 53. D
- 54. D
- 55. D
- 56. D
- 57. B
- 58. B
- 59. B
- 60. C
- 61. B
- 62. A
- 63. B
- 64. D
- 65. B
- 66. A
- 67. B
- 68. C
- 69. B
- 70. D
- 71. C
- 72. C
- 73. A
- 74. C
- 75. C
- 76. A
- 77. D
- 78. C
- 79. C
- 80. C
- 81. A
- 82. C
- 83. B
- 84. B
- 85. B
- 86. D
- 87. B
- 88. D
- 89. B
- 90. C

- 91. B
- 92. C
- 93. B
- 94. B
- 95. B
- 96. A
- 97. D
- 98. D
- 99. B
- 100. B
- 101. A
- 102. A
- 103. B
- 104. B
- 105. D
- 106. D
- 107. C
- 108. D
- 109. C
- 110. A
- 111. C
- 112. D
- 113. C
- 114. C
- 115. B
- 116. D
- 117. B
- 118. C
- 119. C
- 120. C
- 121. D
- 122. B
- 123. C
- 124. C
- 125. C
- 126. D
- 127. C
- 128. C
- 129. C
- 130. A
- 131. C
- 132. D
- 133. D
- 134. A
- 135. B
- 136. D

- 137. B
- 138. C
- 139. D
- 140. D
- 141. A
- 142. B
- 143. D
- 144. D
- 145. B
- 146. B
- 147. C
- 148. A
- 149. B