



chapter 2

Settings

Questions

 Show Question Details**Question**

0 pts

Many clinicians describe their approach as "eclectic." What is an eclectic approach to abnormality? Describe an eclectic approach to explaining abnormal behavior utilizing two different models of abnormality.

Question

0 pts

Explain the biopsychosocial approach to understanding the causes of abnormality. Provide an example of how this approach might be applied to the causes of depression.

Question

0 pts

Choose three of the following models—psychodynamic, behavioral, cognitive, humanistic-existential, and sociocultural—and describe the model's view on the causes and treatment of abnormal behavior.

Question

0 pts

Culture-sensitive therapy arose from the concerns regarding minority clients. First, discuss these concerns and then describe four elements of culture-sensitive therapy that are essential to the therapeutic process.

Question

0 pts

One unique part of the sociocultural model is the "community treatment" aspect, a key component of which is prevention. First, define primary, secondary, and tertiary prevention and then show how community advocates use them. Provide an example of the use of each.

Question

0 pts

Group therapy, family therapy, and couple therapy were described in the Family-Social section of Chapter 2. However, these types of therapy often are used by therapists who follow other models. Describe how a therapist following either a behavioral or a humanistic model might conduct therapy, using one of these three forms of therapy.

Question

0 pts

If a friend of yours needed to be treated for depression, what would be advantages and disadvantages of your friend receiving either psychodynamic therapy or cognitive therapy? Which of these two alternatives would you recommend to your friend?

Question

0 pts

Choose any two of these models—psychodynamic, behavioral, sociocultural—and discuss how they would explain an abnormal fear of dogs.

Question

0 pts

What are some advantages and disadvantages of using drugs in psychotherapy?

Question

0 pts

Discuss how the humanistic-existential model and the biological model differ in their understanding of causes of abnormality.

Question

0 pts

Explain the reasons we use theoretical models that help explain abnormal behavior. How does utilizing a model influence our understanding and treatment of abnormal behavior?

Question

0 pts

Psychological abnormality may include deviance, distress, dysfunction, and danger. First explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.

Question

0 pts

The explicit set of basic assumptions that gives structure to the understanding and investigation of an area is called a(n) _____.

paradigm or model

Question

0 pts

The superego can also be called the _____.

conscience

Question

0 pts

According to psychoanalytic theory, the basic part of the personality focused on instinctual needs is the _____.

id

Question

0 pts

According to the _____ model, physical processes are the cause of all human behavior.

biological

Question

0 pts

The role of values and free choice is the central focus of the _____ model.

humanistic-existential

Question

0 pts

Albert Ellis believes that abnormal behavior stems from a set of _____ that some people hold.

assumptions and attitudes

Question

0 pts

Challenging a client's inaccurate assumption is a specific feature of _____ therapy.

cognitive

Question

0 pts

"People get depressed because they have depressing thoughts." This statement is consistent with the _____ model.

cognitive

Question

0 pts

The _____ model focuses on the processes and content of thinking.

cognitive

Question

0 pts

Self-confidence is similar to the concept of _____ in Bandura's behavioral approach.

self-efficacy

Question

0 pts

The MOST common technique used by behavioral therapists to treat phobias is _____.

systematic desensitization

Question

0 pts

If a friend bites into a grapefruit in front of you, you are likely to salivate. The sight of the grapefruit is a _____.

conditioned stimulus

Question

0 pts

Two-year-old Carol watches a cooking show on television and then goes into the kitchen to "bake a cake." This is an example of _____.

modeling

Question

0 pts

Learning without direct reinforcement but by watching others is part of the behavioral approach. It is called _____.

modeling

Question

0 pts

According to the behavioral model, learning through observation is called _____.

modeling

Question

0 pts

You have a slightly depressed child and decide to treat this condition by responding to the child only when he does or says "happy" things. Your response to the child is a(n) _____, according to the behavioral model.

reward

Question

0 pts

Learned behaviors are the focus of the _____ approach.

behavioral

Question

0 pts

When a person describes a dream, he or she is most likely describing the _____ content.

manifest

Question

0 pts

The underlying symbolic meaning of a dream is its _____ content.

latent

Question

0 pts

If a patient changes the subject during psychodynamic therapy, the therapist might interpret it as _____.

Question

0 pts

The patient says whatever comes into his or her mind in the psychodynamic technique called _____.

Question

0 pts

Relationships are the focus of the psychodynamic approach called _____ theory.

Question

0 pts

Adolescents are in the _____ stage, according to psychoanalytic theory.

Question

0 pts

Infants are in the _____ stage, according to psychoanalytic theory.

Question

0 pts

Ramon tries not to do bad things (he feels guilty when he does) and to live up to his parents' expectations. According to psychoanalytic theory, he has a well-developed _____.

Question

0 pts

According to Rogers' humanistic approach, children need _____ early in life in order for them to self-actualize later.

Question

0 pts

Living an authentic life is a goal of _____ therapy.

existential

Question

0 pts

Roger's humanistic approach to therapy involves the use of support and acceptance for everything that the client says. This is called _____.

unconditional positive regard

Question

0 pts

One who believes the multicultural perspective is the correct way to think about abnormality comes from which of the following paradigms?

Answer

sociocultural

biocultural

psychocultural

cognitive-cultural

Question

0 pts

"Abnormal behaviors—indeed, all behaviors—are acquired through learning." Which model of abnormality does this quote MOST closely represent?

Answer

behavioral

psychodynamic

cognitive

humanistic-existential

Question

0 pts

The model of abnormality that focuses on learning is the:

Answer

behavioral model.

sociocultural model.

psychodynamic model.

humanistic-existential model.

Question

0 pts

The model of abnormality that concentrates on thought processes is the:

Answer

cognitive model.

behavioral model.

sociocultural model.

psychodynamic model.

Question

0 pts

Huntington's disease, which has psychological as well as physical aspects, results from loss of cells in the:

corpus callosum.

basal ganglia.

hippocampus.

amygdala.

Answer

Question

0 pts

Messages moving from neuron to neuron must cross tiny spaces called:

dendrites.

axons.

neurotransmitters.

synapses.

Answer

Question

0 pts

Biological researchers focus primarily on _____ in understanding abnormal behavior.

neurotransmitters

dendrites

synapses

neurons

Answer

Question

0 pts

Depression has been linked to which neurotransmitter abnormality?

low activity of GABA

absence of dopamine

low activity of serotonin and norepinephrine

Answer

excessive activity of norepinephrine

Question

0 pts

Abnormal chemical activity in the body's endocrine system relates to the release of:

Answer

hormones.

neurotransmitter.

neurons.

genes.

Question

0 pts

Identifying which genes help cause various human disorders depends on the ability to:

Answer

clone individuals.

map or sequence genes.

insert RNA into genes.

control mutations.

Question

0 pts

One who takes an evolutionary perspective with respect to abnormal behavior would be MOST likely to agree that:

Answer

genome mapping is a waste of time.

the evolution of adaptive and maladaptive behavior is fundamentally different.

at one time what is now often seen as abnormal helped us survive.

people can inherit physical but not mental capacities.

Question

0 pts

The relationship between abnormal secretions of cortisol and the development of anxiety and mood disorders points to the importance of _____ in abnormal behavior.

Answer

the endocrine system

neurotransmitters

specific areas of the brain

genetics

Question

0 pts

"In the past, fear helped our ancestors escape danger and live long enough to reproduce." This statement points to the importance of _____ in understanding abnormal behavior.

genetic mapping

Answer

evolution

immune functioning

neurotransmitters

Question

0 pts

Critics of the evolutionary perspective of abnormal behavior cite all of the following EXCEPT:

it is difficult to research this perspective.

Answer

the perspective is overly precise.

it requires leaps of faith to believe in this perspective.

the perspective rests on an interaction of genes and environment.

Question

0 pts

Current research suggests that schizophrenia may be related to:

bacterial infections at the time of puberty.

a resistance to antibiotics.

Answer

viral infection in utero.

hormonal imbalances.

Question

0 pts

When a subject is participating in the final testing phase of a drug study, which of the following is taking place?

The drug is being tested on animals.

The subject is being asked about any unexpected long-term effects.

The safety of the drug is being assessed by the subject.

Answer

The subject is helping to determine the drug's efficacy and side effects.

Question

0 pts

During the preclinical phase of a drug study, researchers are:

figuring out safe dosages of the drug in people.

looking for long-term and unexpected side effects.

submitting the drug to the FDA for approval.

Answer

testing the drug on animals.

Question

0 pts

If you were receiving medications to control hallucinations and delusions, you would MOST likely be receiving:

antidepressants.

Answer

antipsychotics.

antibipolar drugs.

minor tranquilizers

Question

0 pts

Neurosurgery is believed to have its roots in:

the psychodynamic movement.

learning theory.

Answer

trephining from the demonological era.

the humanistic viewpoint.

Question

0 pts

Electroconvulsive therapy (ECT) is used MOST often in the treatment of:

schizophrenia.

anxiety disorders.

Answer

depression.

bipolar disorder.

Question

0 pts

The model of abnormality that focuses on the role of values and choices in behavior is the:

cognitive model.

sociocultural model.

psychodynamic model.

Answer

humanistic-existential model.

Question

0 pts

Imagine that you subscribe to the sociocultural model of abnormality. Which of the following would be a part of your paradigm?

the humanistic-existential model

Answer

the family-social perspective

the cognitive model

the psychodynamic model

Question

0 pts

In science, the perspectives used to explain phenomena are known as:

facts.

theories.

Answer

models.

hypotheses.

Question

0 pts

The models or paradigm an investigator uses influences:

the symptoms of a particular disorder.

the treatment that is most effective for a disorder.

Answer

the questions and observations the investigator uses.

the culture in which the disorder is found.

Question

0 pts

The paradigm or model adopted by people in the Middle Ages to explain abnormal behavior would have been:

sociocultural.

biological.

cognitive.

Answer

demonological.

Question

0 pts

The model of abnormality that cites physical processes as being the key to behavior is the:

Answer

biological model.

sociocultural model.

psychodynamic model.

humanistic-existential model.

Question

0 pts

The model of abnormality that examines the effects of society and culture is the:

Answer

behavioral model.

sociocultural model.

psychodynamic model.

humanistic-existential model.

Question

0 pts

The model of abnormality that focuses on unconscious internal processes and conflicts in behavior is the:

Answer

cognitive model.

behavioral model.

sociocultural model.

psychodynamic model.

Question

0 pts

"Understanding a person's unconscious processes is critical in explaining abnormality." Which model of abnormality does this quote MOST closely represent?

Answer

behavioral

psychodynamic

cognitive

humanistic-existential

Question

0 pts

What we call "conscience" is closest to what Freud called the:

defense mechanism.

superego.

ego.

erogenous zone.

Answer

Question

0 pts

Keeping one's id under control causes anxiety. How does one attempt to alleviate that anxiety, according to Freud?

by becoming fixated at an early stage of development

by ignoring the superego

by giving in to the id impulses

by using defense mechanisms

Answer

Question

0 pts

When you realize that the world is really not all about you, you can thank your _____, according to Freud.

superego

id

oral stage

ego

Answer

Question

0 pts

According to Freud's psychodynamic theory, the part of the personality that is the conscience is the:

id.

ego.

superego.

ego ideal.

Answer

Question

0 pts

The part of the personality that guides us to know when we can and cannot express our impulses is the:

id.

ego.

superego.

libido.

Answer**Question**

0 pts

What is libido?

the same as the id

the source of pleasure

the sexual energy of the id

the sum of the id's instinctual needs

Answer**Question**

0 pts

Infants tend to do things that feel good. This is in accord with what Freud called:

reflex.

the pleasure principle.

primary process thought.

secondary process thought.

Answer**Question**

0 pts

According to Freud, pleasure from nursing your baby is reflected in which part of the personality?

id

ego

superego

ego ideal

Answer**Question**

0 pts

Freud believed that the source(s) of energy that fuels the id:

are defense mechanisms.

Answer

is the libido.

is conscious.

is learned.

Question

0 pts

The _____ operates in accord with the pleasure principle.

Answer

id

superego

erogenous zone

ego

Question

0 pts

Critiques of biological treatments for abnormal behavior cite all of the following EXCEPT:

medications often have significant negative side effects.

not all human behavior can be explained in purely behavioral terms.

Answer

biological treatments are really not very effective in controlling symptoms.

it's important to consider nonbiological factors for a full understanding of human functioning.

Question

0 pts

An assumption of determinism is that abnormal behaviors:

are learned.

Answer

are not accidental.

have physiological bases.

are due to unconscious conflicts.

Question

0 pts

Barney's mother is taking cookies out of the oven. Which of the following would suggest MOST strongly that the id is firmly in control of Barney's behavior?

Answer

Barney grabs some of the cookies and runs.

Barney wants the cookies desperately but asks his mother for a couple.

Barney waits for his mother to leave the room, takes a few cookies, and runs away.

Barney asks for some cookies in a whiny voice and throws a tantrum when he is denied.

Question

0 pts

Freud believed that the three central forces that shape the personality were the:

instincts, the ego, and the self.

biological forces, culture, and learning.

consciousness, unconsciousness, and instincts.

instinctual needs, rational thinking, and moral standards.

Answer

Question

0 pts

Animals and humans learn without reinforcement. They learn just by watching. This form of learning is called:

shaping.

modeling.

operant conditioning.

classical conditioning.

Answer

Question

0 pts

The only time that Timmy gets attention is when he misbehaves in a bizarre way. This is an example of:

shaping.

modeling.

operant conditioning.

classical conditioning.

Answer

Question

0 pts

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:

unresolved intrapsychic conflict.

operant conditioning.

Answer

unconditional positive regard.

neurotransmitter imbalances.

Question

0 pts

Theories focused on learned responses to the environment are usually described as:

psychoanalytic.

behavioral.

sociocultural.

psychodynamic.

Answer

Question

0 pts

Evidence that supports the effectiveness of psychodynamic therapies has come MOSTLY from:

longitudinal experimental studies.

individual case studies.

controlled correlational studies.

carefully controlled experiments.

Answer

Question

0 pts

Evidence of the effectiveness of psychodynamic therapy:

is biologically based.

comes from pharmaceutical companies.

comes from double-blind studies.

comes mostly from case studies.

Answer

Question

0 pts

Evidence in support of the psychodynamic model has come primarily from:

lab-based human experimentation.

experiments carried out in "real-world" settings.

surveys.

case studies.

Answer

Question

0 pts

What is the main difference between traditional psychodynamic therapy and relational psychoanalytic therapy?

Relational therapy is practiced by therapists who are not physicians.

The relational therapist tries to establish an equal relationship with the patient.

Therapists maintain their distance and authority in relational therapy.

Relational therapy is designed to focus on specific problems and to take less time.

Answer

Question

0 pts

Which of the following dreams is the MOST common?

being a child again

flying in the air

being on the verge of falling

being chased or pursued

Answer

Question

0 pts

If a patient chose a dynamic focus for therapy, the patient would MOST likely be receiving:

relational psychoanalytic therapy.

psychoanalysis.

extended psychoanalytic therapy.

short-term psychodynamic therapy.

Answer

Question

0 pts

A patient participates in weekly therapy for several years, gradually becoming aware of the impact of early life events on present functioning. The technique the therapist is using with the patient is called:

catharsis.

free association.

Answer

working through.

fixation.

Question

0 pts

If a patient relives past repressed feelings, that patient is said to have experienced _____, according to psychoanalysts.

repression

transference

resistance

Answer

catharsis

Question

0 pts

According to Freud, another term for the symbolic meaning of dreams is:

positive transference.

negative transference.

manifest content.

Answer

latent content.

Question

0 pts

According to psychoanalytic theory, which of the following is true regarding dreams?

They are without real importance.

They reflect our unconscious desires and needs.

They are a means of reprocessing information necessary for survival.

They are the brain's attempts to understand abnormal electrical activity.

Answer

Question

0 pts

The model MOST likely to use terms such as "resistance" and "transference" is the:

psychodynamic model.

behavioral model.

Answer

humanist-existential model.

sociocultural model.

Question

0 pts

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:

catharsis.

resistance.

transference.

countertransference.

Answer

Question

0 pts

The model MOST likely to predict that transference will occur during therapy is the:

psychodynamic model.

cognitive model.

humanistic-existential model.

behavioral model.

Answer

Question

0 pts

The model MOST likely to suggest using free association to uncover unconscious processes is the _____ model.

psychodynamic

cognitive

humanistic-existential

behavioral

Answer

Question

0 pts

Which one of the following statements would a Freudian be MOST likely to agree with?

Parents are the key figures during childhood and are seen as the cause of improper development.

Regardless of each person's history, everyone is ultimately responsible for their own behavior.

What you have learned from your parents is how you behave as an adult.

Answer

Past history doesn't matter. It is what is happening here and now that is important.

Question

0 pts

The role of the unified personality is a central theme of:

ego theory.

self theory.

psychoanalytic theory.

object relations theory.

Answer

Question

0 pts

"The force that operates on the 'reality principle' is an independent, powerful force in human functioning." The kind of theorist who would agree MOST strongly with this statement would be a(n) _____ therapist.

classical Freudian

self

object relations

ego

Answer

Question

0 pts

The motivation to form relationships with others is a central theme of:

ego theory.

self theory.

psychoanalytic theory.

object relations theory.

Answer

Question

0 pts

A general term used for theories such as Freud's, Adler's, and Jung's is:

psychiatric.

biological.

psychodynamic.

psychophysical.

Answer

Question

0 pts

According to Freud's psychodynamic theory, at birth the child is in the:

Answer

oral stage.

anal stage.

phallic stage.

latency stage.

Question

0 pts

According to Freud, the healthy person:

Answer

has a balance of id, ego, and superego expression.

never expresses id impulses.

has a dominant superego.

becomes fixated at a functional stage.

Question

0 pts

You blame your poor performance on a test you didn't study for on all the other work you had to do. The defense mechanism that BEST explains your behavior is:

Answer

denial.

rationalization.

intellectualization.

sublimation.

Question

0 pts

A patient's initial reaction to being told she has an STI is to insist that the nurse made a mistake with the test. The defense mechanism that BEST explains this behavior is:

Answer

regression.

sublimation.

denial.

rationalization.

Question

0 pts

"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?

humanistic-existential

Answer

behavioral

cognitive

psychodynamic

Question

0 pts

Therapists who often deliberately frustrate and challenge their clients, and who often use role-playing and a "here and now" orientation, are:

Answer

gestalt.

neo-Freudian.

cognitive-behavioral.

humanistic.

Question

0 pts

Which of the following would be MOST likely to use skillful frustration as a part of therapy?

Answer

Fritz Perls

Joseph Wolpe

Abraham Maslow

Karen Horney

Question

0 pts

One of the MOST important contributions Rogers made to therapy was:

to develop a therapeutic approach that has been shown to be highly successful.

to persuade the majority of clinicians to practice his approach.

Answer

to open psychotherapy to psychologists as well as physicians.

to develop a new research methodology designed specifically for clinicians.

Question

0 pts

Gestalt therapy is similar to mindfulness techniques in its emphasis on:

using I language.

Answer

focusing on the here and now.

role-playing.

frustrating the client.

Question

0 pts

The model with its roots in the philosophical idea that people are dynamic beings, giving meaning to their existence through their actions, is the:

humanistic model.

Answer

existential model.

cognitive model.

behavioral model.

Question

0 pts

"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 likely follow the:

cognitive tradition.

Answer

humanistic tradition.

psychodynamic tradition.

rational-emotive tradition.

Question

0 pts

If a client-centered therapist were treating a very anxious woman, the therapist would try to:

point out her misconceptions.

give insightful interpretations of her statements.

identify her unreasonable ideas and feelings.

Answer

show unconditional positive regard for her statements.

Question

0 pts

A therapist listens carefully to a client's words, then attempts to show accurate empathy and genuineness. The hope is that the client will move toward greater self-awareness. MOST likely, the therapist is:

behavioral.

cognitive-behavioral.

psychodynamic.

Answer

humanistic.

Question

0 pts

The term for the form of psychotherapy pioneered by Carl Rogers is:

Answer

client-centered.

insight.

gestalt.

existential.

Question

0 pts

If you recognize your worth as a person, Carl Rogers would say that you have developed:

spontaneity.

Answer

unconditional self-regard.

unconditional positive regard.

conditions of worth.

Question

0 pts

The social upheaval and soul searching of the 1960s and 1970s in Western society gave rise to which of the following approaches to therapy?

psychodynamic

Answer

humanistic and existential

behavioral

cognitive

Question

0 pts

"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:

behavioral.

humanistic.

Answer

existential.

psychodynamic.

Question

0 pts

Humanists would say that an individual who cares about others, is spontaneous, courageous, and independent, is:

authentic.

Answer

self-actualizing.

role playing.

experiencing catharsis.

Question

0 pts

The model that proposes that humans strive to self-actualize is the:

psychodynamic model.

cognitive model.

Answer

humanistic-existential model.

behavioral model.

Question

0 pts

A therapist who believes people often hide from their responsibilities, and therefore often feel helpless, depressed, and inauthentic, would MOST likely be:

humanistic.

Answer

existential.

psychodynamic.

cognitive.

Question

0 pts

According to _____, the drive to self-actualize plays an important part in human functioning.

cognitive theorists

behaviorists

psychoanalysts

Answer

humanists

Question

0 pts

"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?

cognitive-behavioral

Answer

humanistic-existential

psychodynamic

cognitive

Question

0 pts

In mindfulness-based therapy techniques, you would be MOST likely to find clients:

focusing on setting goals for the future.

Answer

letting their thoughts flow, without judgment.

rejecting thoughts that are not rational.

trying to figure out the source of their troublesome thoughts.

Question

0 pts

So-called "new-wave cognitive therapy," differs from traditional cognitive therapy in that it emphasizes:

challenging irrational cognitions.

Answer

accepting problematic thoughts.

working to change unacceptable thoughts.

researching the effectiveness of the therapy.

Question

0 pts

Which one of the following forms of therapy would you NOT currently expect to find in cybertherapy?

use of avatars

use of e-mail therapy

use of Skype therapy

Answer

use of tweet therapy

Question

0 pts

The main concern with the various forms of cybertherapy that are currently being used is:

cybertherapy will replace traditional therapy.

the quality of the treatment.

technological issues with the use of computers.

the availability of the services.

Answer

Question

0 pts

Regarding attitudes toward therapy, people are MOST likely to agree with which of the following statements?

"I have negative feelings when I find out an acquaintance is seeing a therapist."

"I have particularly positive feelings when I find out an acquaintance is seeing a therapist."

"It's better to seek drug therapy than psychotherapy."

"It's a good idea to seek therapy for a problem before it gets out of hand."

Answer

Question

0 pts

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:

humanistic therapy.

existential therapy.

cognitive therapy.

psychoanalytic therapy.

Answer

Question

0 pts

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:

Beck.

Freud.

Bandura.

Wolpe.

Answer

Question

0 pts

When José did not get the job he thought he deserved, he was convinced that everything was going wrong and he would never find another job. This thought is an example of:

depression.

selective perception.

Answer

overgeneralization.

unconditional negative regard.

Question

0 pts

Henry goes into a fit of depression and self-abuse when anyone criticizes or expresses disapproval of him. 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:

modeling.

self-efficacy.

Answer

illogical thinking.

unconscious feelings of loss.

Question

0 pts

The form of therapy that helps clients recognize errors in logic, and try out new interpretations of events, is:

psychodynamic.

Gestalt.

cognitive.

humanistic.

Answer

Question

0 pts

An athlete who is actually 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 emphasize the illogical thinking process of this athlete as a source of poor performance MOST likely would support which model of abnormality?

psychodynamic

behavioral

existential

Answer

cognitive

Question

0 pts

Today, _____ clinical psychology is the MOST popular theoretical orientation among professional psychologists.

cognitive

psychodynamic

eclectic

interpersonal

Answer

Question

0 pts

Which of the following statements would a behavioral therapist be MOST justified in saying?

Our methods generalize very well from the laboratory to the real world.

Our methods deal well with the complexity of human behavior.

Our treatments work especially well with specific fears and social deficits.

We not only can treat behavior but explain its cause or causes as well.

Answer

Question

0 pts

Which of the following statements would a critic of the behavioral model be MOST likely to say?

There is little scientific evidence that behavioral treatments actually work.

Behavioral models are too simplistic; people are complicated.

It's hard to test the behavioral model using rigorous scientific methods.

Behavioral therapists don't really apply principles of behavior to their treatments.

Answer

Question

0 pts

"Thoughts, as well as overt actions, are acquired and modified by various forms of conditioning." The orientation of the author of this quote MOST likely would be:

cognitive-behavioral.

humanistic-existential.

psychodynamic-gestalt.

self-efficacious.

Answer

Question

0 pts

If you believe that you can master and perform needed behaviors whenever necessary, Bandura would say that you had a positive sense of:

overgeneralization.

classical conditioning.

Answer

self-efficacy.

modeling.

Question

0 pts

Behavior therapy:

Answer

can be tested in the lab.

cannot explain the origin of abnormal behavior.

does not have associated therapeutic techniques.

is not based on research.

Question

0 pts

Systematic desensitization has been shown to be especially effective in the treatment of:

bipolar disorders.

schizophrenia.

Answer

phobias.

substance abuse disorders.

Question

0 pts

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?

Freudian psychoanalysis

family systems

Answer

systematic desensitization

cognitive therapy

Question

0 pts

The first step in using the treatment called "systematic desensitization" is to:

construct a fear hierarchy.

construct a list of useful reinforcers.

confront the client with the feared stimulus or thought.

Answer

teach the skill of relaxation over the course of several sessions.

Question

0 pts

If you close your eyes and imagine biting into a big, sour lemon, you are likely to salivate. The salivation to this imagery is an example of a(n):

conditioned stimulus.

Answer

conditioned response.

unconditioned stimulus.

unconditioned response.

Question

0 pts

If you imagine biting into a big, juicy, sour lemon, you are likely to salivate. The lemon is an example of a(n):

conditioned stimulus.

conditioned response.

Answer

unconditioned stimulus.

unconditioned response.

Question

0 pts

A previously neutral environmental event that becomes associated with the unconditioned stimulus is called a(n):

learned stimulus.

Answer

conditioned stimulus.

unconditioned stimulus.

discriminative stimulus.

Question

0 pts

A child is bitten by a vicious dog in front of a park. The child is subsequently very afraid of the park. According to classical conditioning, the park is a(n):

conditioned stimulus.

Answer

unconditioned stimulus.

unconditioned response.

conditioned response.

Question

0 pts

The model emphasizing the importance of conditioning in determining human actions is the:

psychodynamic model.

cognitive model.

humanist-existential model.

behavioral model.

Answer

Question

0 pts

The model MOST likely to emphasize the importance of one's history of conditioning as the source of depression is the:

psychodynamic model.

behavioral model.

humanist-existential model.

sociocultural model.

Answer

Question

0 pts

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:

modeling.

self-actualization.

operant conditioning.

classical conditioning.

Answer

Question

0 pts

If, unfortunately, you have a history of schizophrenia in your family and you are exposed to severe environmental conditions, you may illustrate the _____ explanation of the cause of abnormal behavior.

biopsychosociocultural

multicultural

family-social

Answer

diathesis-stress

Question

0 pts

Skillful frustration is designed to help clients:

realize the extent to which they are expressing their id impulses.

recognize that past experiences control current behavior.

face their own manipulative behavior.

Answer

express frightening emotions.

Question

0 pts

The view that religious views are defense mechanisms created by people to make their helplessness tolerable is MOST characteristic of:

current thinking in the mental health profession.

Answer

classic Freudian psychotherapy.

conclusions drawn by research scientists.

the way in which the mental health profession is moving.

Question

0 pts

Correlational research on the relationship between religious beliefs and psychological health shows that people:

without any religious belief are the psychologically healthiest.

Answer

who are devout and see God as caring and helpful are the psychologically healthiest.

who are devout and see God as cold and unresponsive are the psychologically healthiest.

who are not religious cope better with life stressors like war and illness.

Question

0 pts

The proper conclusion from correlational research studies showing a relationship between devout religious people who see God as warm and caring and psychological health is that:

religion causes people to deal better with the challenges of life.

psychologically healthy people have more time and energy for religion.

people who have a religious community to support them are healthier.

Answer

people who are more devout are also psychologically healthier.

Question

0 pts

Which of the following is the MOST accurate conclusion from studies of the relationship between spiritual views and mental health?

The more devout people are, the healthier they are, regardless of what their views actually are.

People who are very devout are not mentally healthy as a rule.

People without any particular religious belief are the most mentally healthy.

Answer

People who devoutly believe that God is warm and caring are healthier than those who devoutly believe God is cold and unresponsive.

Question

0 pts

With its emphasis on abstract human values and responsibility, the humanistic-existential model does all of the following EXCEPT:

resonate with many people who are eager to explore these issues.

support the ideas of positive psychology.

emphasize health.

Answer

lend itself easily to research.

Question

0 pts

The model of abnormality that pays particular attention to a client's family structure, societal norms, and a client's roles in society is:

existential.

cognitive-behavioral.

Answer

sociocultural.

humanistic.

Question

0 pts

Which model of abnormality would MOST focus on factors such as norms, family structure, and support systems?

behavioral

cognitive-behavioral

gestalt

Answer

sociocultural

Question

0 pts

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.

an actual symptom

the community mental health system

Answer

social labeling

communication

Question

0 pts

Based on David Rosenhan's work, one would conclude that labeling people as mentally ill:

helps them deal with their problems more quickly.

ensures that they get high quality care from clinicians.

Answer

sets up harmful expectations.

has no effect, positive or negative, on people.

Question

0 pts

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.

become depressed when under stress

become depressed even when not under stress

become depressed, but recover more quickly

be a carrier of depression to later generations

Answer

Question

0 pts

Research would lead you to believe that students who have the most Facebook friends have:

an average number of real friends.

only surface relationships with their real friends.

Answer

many real friends and good relationships with them.

the fewest real friends, because it is easier for them to connect on line.

Question

0 pts

According to family systems theory, families that show "disengagement" are characterized by:

members who are overinvolved in one another's lives.

parents who have a "laissez-faire" parenting style.

children who very seldom fight.

Answer

rigid boundaries between family members.

Question

0 pts

If a mother seems excessively involved in her child's life such that the two of them do not seem to be independent people, their relationship is said to be:

externalized.

cultural.

Answer

enmeshed.

disengaged.

Question

0 pts

Which of the following statements would one be MOST likely to hear in a self-help group?

"I don't have any idea what you should do."

"The therapist will tell us what to do."

Answer

"Try this. It worked for me."

"Let's talk about our dreams."

Question

0 pts

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 be practicing:

structural family therapy.

conjoint family therapy.

feminist therapy.

self-help therapy.

Answer

Question

0 pts

Which of the following statements about couple therapy is MOST accurate?

Only about 10 percent of those who receive couple therapy eventually divorce.

Most people who receive couple therapy report no real improvement in their functioning.

There is a decreasing need for couple therapy based on current divorce rates.

There is no one theoretical approach used in couple therapy.

Answer

Question

0 pts

A primary focus of the community treatment approach to abnormality is:

using drugs along with psychotherapy.

prevention.

homeostasis.

rejecting all conventional forms of explaining abnormality.

Answer

Question

0 pts

Providing treatment as soon as it is needed, so that problems that are moderate or worse do not become long-term, is called:

primary prevention.

secondary prevention.

tertiary prevention.

quaternary prevention.

Answer

Question

0 pts

That many people with severe disturbances are not being treated appropriately is MOSTLY a problem with which level of prevention?

primary

secondary

tertiary

meta

Answer

Question

0 pts

Current multicultural perspectives are MOST likely to focus on:

the inferiority of particular cultural groups.

the cultural deprivation that is characteristic of some groups.

the limitations of a focus on ethnicity.

the special external pressures faced by members of a culture.

Answer

Question

0 pts

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:

personal responsibility is related to dysfunction.

irrational thoughts contribute to one's feelings.

poverty is a stressor that contributes to dysfunction.

early life experiences shape one's later behavior.

Answer

Question

0 pts

Multicultural theorists would explain the higher levels of mental illness among poor people as MOST likely due to:

genetic make-up.

social factors leading to stress.

irrational patterns of thinking.

fixation at a lower level of ego functioning.

Answer

Question

0 pts

In explaining why women are diagnosed with anxiety disorders and depression twice as often as men, multicultural therapists would focus on:

the biological differences between men and women.

the different patterns of communication displayed by men and women.

Answer

prejudice and discrimination faced by women.

the level of rationality in the thought patterns of women.

Question

0 pts

Culturally sensitive therapists would be expected to do all of the following EXCEPT:

recognize that children of immigrants have special challenges.

help clients express anger and pain related to their life situation.

Answer

encourage clients to become fully acculturated into the dominant culture.

focus on raising the client's self-esteem.

Question

0 pts

The MAJOR point of the multicultural approach to therapy is that:

cultural oppression is not an excuse for abnormal patterns of behavior.

members of the majority group cannot effectively treat minority group members.

prejudice and discrimination are not a partial cause of abnormal behavior in minority groups.

Answer

minority group members tend to show less improvement in clinical treatment.

Question

0 pts

A feminist therapist would MOST likely focus on:

a woman's personal responsibility for her own situation.

the role that biology plays in psychological functioning.

Answer

how prejudice and discrimination impact women.

the ways in which women express their femininity.

Question

0 pts

All of the following statements would be appropriate criticisms of the sociocultural model EXCEPT:

Just because there is a relationship between culture and a particular disorder does not mean that culture causes the disorder.

It might be that the disorder causes dysfunction in the family rather than the dysfunctional family causing the disorder.

Answer

Cultural factors might create a climate favorable for the development of certain disorders.

It's hard to predict which people who share the same culture will develop a particular disorder.

Question

0 pts

Which of the following statements is the BEST example of the biopsychosocial perspective?

There is one legitimate approach to understanding mental disorders.

Abnormality is best explained by sociocultural stresses a person experiences.

Eclectic approaches fail to take interactions of various models into account.

Answer

Abnormality results from the interaction of genetic, emotional, and cultural influences.

Question

0 pts

The diathesis-stress model of abnormality emphasizes that:

stress is the primary factor leading to abnormality.

a biological predisposition is the primary factor leading to abnormality.

Answer

abnormality arises from an interaction between stress and predisposition.

only one factor—stress or predisposition—is necessary for abnormality to occur.

Question

0 pts

Which of the following is NOT an example of diathesis in the diathesis-stress explanation of abnormality?

a genetic history of mental illness in one's family

growing up in an unhealthy, enmeshed family

Answer

experiencing a severe psychological trauma

living in a high-crime, impoverished area

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