
Ch. 15 Abnormal Psychology/Psychopathology

Take Home Test

Human Behavior

Mr. Minervini

Name: _____ Period #: _____

If you are taking this class as a Level 1 this test IS NOT optional. If you are taking it as a Level 2 then you can choose to complete and hand in or choose not to complete. This grade will not count against/impact your average if you do not complete, but if you do take the test your score will count regardless of your performance.

You must fill out the answers, with a # 2 pencil, on a scantron sheet AND hand in a hard copy of this test (no need to re-mark answers on this test). Mark only one answer per question and erase any mistakes or changes completely.

MULTIPLE CHOICE worth 3 points each for a total of 195 points.

What Is Abnormality?

Learning Objective 12.1 - How has mental illness been explained in the past, how is abnormal behavior defined today, and what is the impact of cultural differences in defining abnormality?

1. Yung has just given birth to a healthy baby girl. Within weeks of the delivery, however, Yung begins to have unusual beliefs about her daughter, including the belief that the baby may be the child of Satan. From which of the following conditions might Yung be suffering?

- a) postpartum psychosis
- b) schizophrenia
- c) postpartum depression
- d) transference disorder

2. Ellie is a graduate student in psychology at the local university. She is interested in one day specializing in the study of abnormal behavior. What area of psychology should she focus on in school?

- a) health psychology
- b) psychopathology
- c) psychobiology
- d) developmental psychology

3. Archaeologists have found skulls from as long ago as 3000 B.C. that bear evidence of an ancient surgical technique, whereby holes were cut into the skulls of live individuals in an attempt to release demons from the possessed victim. This process is called _____.

- a) trepanning
- b) drilling
- c) humors
- d) exorcism

4. Today, trepanning is done to _____.

- a) relieve pressure in the lower back
- b) release demons from the possessed victim
- c) relieve pressure from fluids on the brain
- d) facilitate exorcisms

5. You are a contestant on *Jeopardy!* and it is your turn. You say to Alex, "I'll take Ancient Explanations of Mental Illness for \$100." The answer is, "His was the first recorded attempt to explain abnormal behavior as due to some biological process." The smile on your face reveals the confidence you have as you say _____.

- a) "Who is Sigmund Freud?"
- b) "Who is Hippocrates?"
- c) "Who is Carl Rogers?"
- d) "Who is John Watson?"

6. Which of the following was not one of the four humors studied by Hippocrates?
- blood
 - phlegm
 - pus
 - yellow bile
7. Which criterion would designate a person who never talks to anyone as abnormal?
- dysfunctional
 - statistical definition
 - subjective discomfort
 - malnutritious
8. Which term refers to a way to define abnormality by comparing an individual's behavior to the norms or standards of the society in which an individual lives?
- social discomfort
 - social mores
 - social context
 - social norm deviance
9. Nicholas is a man who the local college students all think of as eccentric. Each day he stands on campus, smiling at people as they walk by, and he is known for his ever-present greeting of "Good Luck!" In fact, the students at this campus have come to refer to him as "Good Luck Nick." Nobody knows if he has a home or if he is destitute, but Nicholas never asks for anything. Which of the four criteria of mental illness might Nicholas satisfy?
- inability to function normally
 - social norm deviance
 - subjective discomfort
 - all of the above
10. What is the primary difficulty with applying the criterion of "social norm deviance" to define abnormal behavior?
- Norms are difficult to enumerate.
 - Cultures accept and view all behaviors as normal.
 - Behavior that is considered disordered in one culture may be acceptable in another.
 - Norms do not guide behavior except in rare instances.
11. The social or environmental setting of a person's behavior is referred to as _____.
- the situational context
 - historical context
 - cohort effect
 - societal norms
12. Maria is a retired factory worker who lives with anxiety. Due to the fear of having anxiety attacks, she does not leave her house. This makes her feel trapped in her home, which creates distress. Which criterion would be most appropriate in deciding whether Maria's case represents an example of abnormality?
- statistical rarity
 - subjective discomfort
 - situational context
 - social norm deviance
13. One sign of abnormality is when a person engages in behavior that creates a great deal of emotional distress or _____.
- subjective discomfort
 - social deviance
 - statistical rarity
 - situational context

14. Which of the following is one definition of abnormal behavior?
- a) behavior that is rare
 - b) behavior that is consistent with the norms of society
 - c) behavior that does not create distress
 - d) behavior that is adaptive
15. You are a psychologist who is evaluating the behavior of a new client. The client tells you that he does not like to wear clothing and that he walks around nude most of the time. In addition, he tells you that he lives in a society in which clothing is required and nudity is seen as abnormal. Which of the following is NOT a criterion by which you evaluate your client's behavior as abnormal?
- a) statistical definition
 - b) maladaptive
 - c) subjective discomfort
 - d) social norm deviance
16. Any behavior that does not allow a person to function within or adapt to the stresses and everyday demands of life is considered_____.
- a) deviant
 - b) uncomfortable
 - c) rare
 - d) maladaptive
17. Any pattern of behavior that causes people significant distress, causes harm to others, or harms their ability to function in daily life is called_____.
- a) a psychological disorder
 - b) humors
 - c) stress syndrome
 - d) adaptive behavior
18. _____ is a term that refers to the need to consider the unique characteristics of the culture in which a person's behavior takes place.
- a) Cultural relativity
 - b) Social context
 - c) Situational context
 - d) Situational relativity
19. What do psychologists call disorders that are found only in particular cultures?
- a) restricted syndromes
 - b) naturalistic syndromes
 - c) sociocultural disorders.
 - d) culture-bound syndromes
20. Disorders such as koro, susto, and anorexia are considered _____.
- a) restricted syndromes
 - b) naturalistic syndromes
 - c) sociocultural disorders
 - d) culture-bound syndromes
21. The disorder or culture-bound syndrome in which men fear that their penis is shrinking is primarily found in which country?
- a) Subarctic Eskimo communities
 - b) Great Britain
 - c) Sri Lanka
 - d) China

22. Which of the following culture-bound syndromes is found mostly in Western cultures?
- a. anorexia nervosa
 - b. amok
 - c. susto
 - d. koro

Models of Abnormality

Learning Objective 12.2 - How can psychological disorders be explained within the biological and psychological models?

23. The _____ model of mental illness explains that disorders such as anxiety, depression, and schizophrenia are caused by chemical imbalances, genetic problems, brain damage or dysfunction, or some combination of those causes.

- a) biological
- b) psychodynamic
- c) naturalistic
- d) cognitive-behavioral

24. The psychoanalytic model of abnormal behavior is based on the work of _____.

- a) Freud
- b) Perls
- c) Rogers
- d) Skinner

25. The psychoanalytic model holds that abnormal behavior is the result of _____.

- a) learning
- b) repressed thoughts, memories, and concerns
- c) biology
- d) biochemical imbalances

26. According to the behaviorists, disordered behavior is a result of _____.

- a) repressed thoughts and memories that try to resurface
- b) a set of learned responses
- c) illogical thinking patterns
- d) chemical imbalances and brain damage

27. Linda is afraid of cats because when she was a little girl a cat scared her by jumping out of her closet and onto her face. As a result of this experience, Linda learned to be afraid of cats. Which model of abnormality offers the best explanation of Linda's fear?

- a) cognitive
- b) behavioral
- c) sociocultural
- d) psychoanalytic

28. According to the cognitive perspective, disordered behavior is the result of _____.

- a) repressed thoughts and memories that try to resurface
- b) a set of learned responses
- c) illogical thinking patterns
- d) chemical imbalances and brain damage

29. Which model of abnormality holds that physical, mental, and cultural factors are intertwined and that they must all be considered when dealing with psychology disorders?

- a) the eclectic model
- b) the biopsychosocial model
- c) the psychophysiological model

d) the Gestalt model

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)

Learning Objective 12.3 - What are the different types of psychological disorders and how common are they?

30. _____ is used to help psychological professionals diagnose psychological disorders.
- a) The *Diagnostic and Statistical Manual of Mental Disorders (DSM)*
 - b) The *Physician's Desk Reference*
 - c) The *Textbook of Psychological Disorders*
 - d) The *Textbook of Physiological Disorders*
31. How many axes of data are considered in a full DSM-based diagnosis?
- a) 3
 - b) 5
 - c) 6
 - d) 10
32. Which of the following is NOT an Axis I disorder of the DSM-IV-TR?
- a) sexual and gender identity disorders
 - b) factitious disorders
 - c) personality disorders
 - d) substance-related disorders
33. Axis III of the *DSM-IV-TR* includes _____.
- a) physical disorders that affect a person's psychological adjustment
 - b) all psychological disorders except personality disorders
 - c) information about problems in the person's life that might affect adjustment, such as death of a loved one
 - d) an overall judgment made by the psychological professional of the person's mental health and adjustment based on a scale from 0 to 100
34. Dr. Ting is working with a 16-year-old client who presents with the symptoms of a moderate case of depression. As part of his intake session, Dr. Ting learns that his client, Geoff, has suffered from very serious cystic acne for 4 years and is constantly teased by his peers for having such bad skin. On which of the axes would Dr. Ting chart this information?
- a) Axis I
 - b) Axis III
 - c) Axis V
 - d) This information should not be charted because it is a medical, not a psychological issue.
35. Which axis of the *DSM-IV-TR* contains an overall judgment made by the psychological professional of the person's mental health and adjustment based on a scale from 0 to 100?
- a) Axis II
 - b) Axis III
 - c) Axis IV
 - d) Axis V
36. In any given year, about _____ percent of adults over the age of 18 suffer from a mental disorder.
- a) 22
 - b) 12
 - c) 33
 - d) 43
37. What of the following is the most commonly diagnosed psychological disorder in the United States?
- a) generalized anxiety disorder
 - b) dysthymic disorder
 - c) substance-abuse disorder

d) schizophrenia

38. What is the most frequently diagnosed anxiety disorder in the United States?

- a) specific phobia
- b) social phobia
- c) post-traumatic stress disorder
- d) obsessive-compulsive disorder

39. The tendency of those studying psychopathology to start seeing themselves as suffering from the illnesses being discussed is known as _____.

- a) accurate self-assessment
- b) unnecessary worrying
- c) psychopathological transference
- d) psychology student's syndrome

Anxiety Disorders: What, Me Worry?

Learning Objective 12.4 - What are the different types of anxiety disorders, their symptoms, and causes?

40. Excessive or unrealistic fearfulness and worry are characteristic of _____.

- a) mood disorders
- b) dissociative neurosis
- c) anxiety disorders
- d) amnesia

41. Which of the following is an anxiety disorder?

- a) bipolar disorder
- b) conversion disorder
- c) phobic disorder
- d) schizophrenia

42. Miguel has a great job, is well educated, and has a loving family. Despite these positive aspects of his life, he experiences anxiety every day. When asked by his therapist the reason for his anxiety, he says, "I don't know why. I don't have any reason to feel anxious, yet I worry all the time." The therapist describes Miguel as having _____ anxiety.

- a) free-floating
- b) normal
- c) healthy
- d) restricted

43. Manny has such an intense, irrational, and persistent fear of flying insects that he hardly ever goes outside his house during the summer months. He is probably suffering from a _____.

- a) somatoform disorder
- b) conversion reaction
- c) personality disorder
- d) phobic disorder

44. An anxiety disorder that involves a fear of interacting with others or being in a social situation is called _____.

- a) agoraphobia
- b) a social phobia
- c) a specific phobia
- d) generalized anxiety disorder

45. Which of the following types of anxiety disorders is related to a history of shyness in childhood?

- a) generalized anxiety disorder
- b) panic disorder
- c) social phobia
- d) obsessive-compulsive disorder

46. Fears of snakes, thunderstorms, darkness, and water are classified as _____ phobias.
- specific
 - social
 - primary
 - innate
47. Ted runs from the biology laboratory straight to his therapist's office. He is sweating and fear is etched on his face. He asks the therapist to apologize to his teacher and says he hopes she will understand that his arachnophobia made it difficult for him to _____.
- speak in class
 - dissect a cat
 - look at a spider
 - take a blood sample
48. What is the main difference between generalized anxiety disorder and phobic disorder?
- Phobic disorder is linked to specific triggers while generalized anxiety disorder is not linked to a specific trigger.
 - Generalized anxiety disorder is linked to a specific trigger while phobic disorder is not linked to a specific trigger.
 - Generalized anxiety disorder is more common in women and phobic disorder is more common in men.
 - Generalized anxiety disorder is more common in adults while phobic disorder is more common in children.
49. Which occupation would be especially difficult for a person who suffers from acrophobia?
- cashier
 - baseball umpire
 - window washer
 - emergency room nurse
50. Fear of being in a place or situation from which escape is difficult or impossible if something should go wrong is called _____.
- agoraphobia
 - a social phobia
 - a specific phobia
 - trypanophobia
51. Darcy is sitting at her desk in her office one day when, without warning, her heart begins racing rapidly, she has a sensation of being "out of her body," and she experiences dulled vision and hearing, rapid breathing, and sweating. She thinks she is having a heart attack. Nothing she is doing seems to have caused such an episode. Her symptoms MOST resemble _____.
- a phobic disorder
 - a panic attack
 - post-traumatic stress
 - an affective disorder
52. Rey always has panic attacks when he is in crowds. Lately, they occur so frequently and unexpectedly that he avoids any place or situation where he expects to be among large groups of people. Rey is most likely to be diagnosed with _____.
- panic disorder with agoraphobia
 - obsessive-compulsive disorder
 - generalized anxiety disorder
 - phobic disorder
53. While each panic attack is different, the average duration of a panic attack is approximately how long?
- 3-5 minutes
 - 10-15 minutes

- c) 30 minutes
 - d) 60-90 minutes
54. A disorder in which intruding thoughts that occur again and again are followed by repetitive, ritualistic behavior meant to lower the anxiety caused by the thoughts is called _____ disorder.
- a) obsessive-compulsive
 - b) delusional
 - c) post-traumatic stress
 - d) passive-aggressive
55. Intruding thoughts that occur again and again are called _____. Repetitive, ritualistic behaviors are called_____.
- a) intrusions; impulses
 - b) obsessions; compulsions
 - c) impulses; intrusions
 - d) compulsions; obsessions
56. George is suffering from an obsessive-compulsive disorder. If he tries to stop his compulsive behaviors, he is likely to experience _____.
- a) severe depression
 - b) severe anxiety
 - c) amnesia
 - d) hypochondriasis
57. Leo worries all of the time. He worries about his money, his children, and his dog. His muscles are always tense and sore, he has trouble sleeping, is often irritable, and has difficulty concentrating. Leo's symptoms sound most like _____.
- a) panic disorder
 - b) conversion disorder
 - c) generalized anxiety disorder
 - d) a dissociative disorder
58. The psychodynamic model views anxiety as _____.
- a) a danger signal that repressed conflicts are threatening to surface
 - b) a learned reaction
 - c) the result of illogical, irrational, thought processes
 - d) linked to an imbalance in several neurotransmitters in the nervous system
59. The behavioral perspective views anxiety as _____.
- a) a danger signal that repressed conflicts are threatening to surface
 - b) a learned reaction
 - c) the result of illogical, irrational thought processes
 - d) linked to an imbalance in several neurotransmitters in the nervous system
60. Liza has an anxiety disorder. She is currently seeing a therapist who believes that anxiety disorders are a result of illogical, irrational thought processes. Liza is probably seeking treatment from a_____.
- a) behaviorial psychologist
 - b) cognitive psychologist
 - c) psychoanalyst
 - d) psychologist with a biological perspective
61. According to the biological perspective, generalized anxiety disorder is_____.
- a) a danger signal that repressed conflicts are threatening to surface
 - b) a learned reaction
 - c) the result of illogical, irrational thought processes
 - d) linked to an imbalance in several neurotransmitters in the nervous system

Personality Disorders

Learning Objective 12.7 - How do the various personality disorders differ, and what is thought to be the cause of personality disorders?

62. John has made a career of stealing older people's retirement money by taking advantage of their trust and selling them phony retirement investments. John explains that he has done nothing wrong—if these people were not so greedy, they would not be so eager to invest in his phony schemes. In his mind, his victims got exactly what they deserved. John's behavior and attitude are typical of someone with _____ personality disorder.

- a) schizoid
- b) schizotypal
- c) passive-aggressive
- d) antisocial

63. Marty is moody, manipulative, unstable, lacks a clear sense of identity, and often clings to others. He wants to have close relationships but is unable to do so because he is untrusting of others. Marty is suffering from _____ personality disorder.

- a) antisocial
- b) avoidant
- c) dependent
- d) borderline

64. Which of the following statements represents the cognitive-learning theorist's view of personality disorders?

- a) They are due to an inadequate resolution of the Oedipus complex.
- b) They are a type of learned behavior.
- c) They have physiological causes.
- d) They are due to disturbances in family relationships.

65. Which of the following is FALSE regarding the causes of antisocial personality disorder?

- a) Close biological relatives of people with this disorder are more likely to be diagnosed than those who are not related.
- b) Lower than normal levels of stress hormones are linked to emotional unresponsiveness to stressful or threatening situations.
- c) People with antisocial personality disorder are more likely to have experienced disturbances in family relationships and communication.
- d) There is a greater risk of antisocial personality disorder in relatives of people with schizotypal personality disorder.