Test Bank

for

Butcher, Mineka, and Hooley

Abnormal Psychology
Core Concepts

prepared by

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Chapter 1  Abnormal Psychology: An Overview

Multiple Choice Questions

1) Which of the following is an example of family aggregation?
   A) Both Jane and her husband are alcoholic.
   B) Jim and John, 21-year-old twins, are both schizophrenic.
   C) Karen, her mother, and her grandmother all have been diagnosed with generalized anxiety disorder.
   D) Kim’s suicide was apparently a reaction to her mother’s abuse.

Answer: C
Diff: 2    Page Ref: 2
Topic: Abnormal Psychology/An Overview
Skill: Applied

2) What do the cases of Monique and Donald best illustrate?
   A) Most individuals with mental disorders are violent.
   B) Women are more likely to commit suicide than men.
   C) Most individuals who experience a mental breakdown are clearly unwell long before treatment is sought.
   D) Mental illness can have a significant impact on one’s life.

Answer: D
Diff: 1    Page Ref: 2
Topic: Abnormal Psychology/An Overview
Skill: Conceptual

3) What do the cases of Monique and Donald best illustrate?
   A) Abnormal behavior usually produces more distress in others than the person who engages in the abnormal behavior.
   B) Abnormal behavior covers a wide range of behavioral disturbances.
   C) Most people who suffer from abnormal behavior are quickly identified as deviant by other people.
   D) When people suffer from mental disorders they are unable to work or live independently.

Answer: B
Diff: 1    Page Ref: 2
Topic: Abnormal Psychology/An Overview
Skill: Conceptual
4) What makes defining abnormality difficult?
   A) There are so many types of abnormal behavior that they can’t be accurately described.
   B) There is not a clear dividing line that serves to distinguish different behavior from that which is abnormal.
   C) Most of us are abnormal much of the time.
   D) Criteria for abnormality have yet to be developed.

Answer: B

Diff: 2  Page Ref: 3
Topic: What Do We Mean by Abnormal Behavior?
Skill: Factual

5) Which of the following is a sufficient element to determine abnormality?
   A) suffering  B) maladaptiveness
   C) deviancy  D) there is no sufficient element

Answer: D

Diff: 2  Page Ref: 3
Topic: What Do We Mean by Abnormal Behavior?
Skill: Factual

6) The fact that body piercings are commonplace today while they would once have been viewed as abnormal illustrates that
   A) modern society is always open to change.
   B) what is acceptable for men and women is no longer different.
   C) American culture values independence.
   D) the values of a society may change over time.

Answer: D

Diff: 2  Page Ref: 5
Topic: What Do We Mean by Abnormal Behavior?
Skill: Conceptual

7) What is a reason for classifying mental disorders?
   A) A classification system allows information to be organized.
   B) Then professionals won't need to look at as much information about a person.
   C) Then professionals can make assumptions about people based on their diagnosis.
   D) The diagnosis then often has an effect on peoples' behaviors.

Answer: A

Diff: 1  Page Ref: 5
Topic: What Do We Mean by Abnormal Behavior?
Skill: Factual
8) _______ is a necessary first step toward introducing order to any discussion of the cause or treatment of abnormal behavior.
   
   A) Epidemiology   B) Classification   C) Brain research   D) Labeling

   Answer: B

   Diff: 1   Page Ref: 5
   Topic: Classifying Abnormal Behavior
   Skill: Conceptual

9) Which of the following is a disadvantage of having a classification system for mental disorders?

   A) A classification system establishes the types of problems that mental professionals can treat.

   B) When a label is used to describe an individual’s behavior information is lost.

   C) A classification system allows for research to advance.

   D) Identifying the disorder that an individual has guides treatment.

   Answer: B

   Diff: 1   Page Ref: 5
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Conceptual

10) Which of the following statements is true concerning classification systems for mental disorders?

   A) It is far more important that they be reliable than it is for them to be valid.

   B) Classification systems make it more difficult to gather statistics on the incidence and prevalence of disorders.

   C) Classification systems meet the needs of medical insurance companies who need diagnoses in order to authorize payment of claims.

   D) Although they assist scientists who are researching disorders, they inhibit our ability to communicate about abnormal behavior in a precise way.

   Answer: C

   Diff: 2   Page Ref: 5
   Topic: Classifying Abnormal Behavior
   Skill: Conceptual
11) Stereotyping is an example of the stigma of mental illness. It means
   A) people are reluctant to discuss their psychological problems because they are afraid
      others won’t like them.
   B) people feel very sad and upset when they find out they have a mental illness.
   C) the automatic and often incorrect beliefs people have about people with mental illness.
   D) the problem of removing the diagnosis, even if people make a full recovery from mental
      illness.

   Answer: C
   Diff: 1   Page Ref: 5
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Factual

12) All of the following are disadvantages of classifying and diagnosing mental disorders EXCEPT
   A) stereotyping.
   B) labeling.
   C) the potential stigma.
   D) providing structure.

   Answer: D
   Diff: 1   Page Ref: 5-6
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Factual

13) What is wrong with describing someone as being "schizophrenic"?
   A) Nothing.
   B) Such a definitive diagnosis is rare.
   C) The behavior of the schizophrenic changes so rapidly that this is only true a small
      percentage of the time.
   D) Labels should be applied to disorders, not to people.

   Answer: D
   Diff: 2   Page Ref: 6
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Conceptual

14) What does DSM stand for?
   A) Disorders, Science, and Mental Illness
   B) Diagnostic and Statistical Manual of Mental Disorders
   C) Descriptors for the Science of Mental Illness
   D) Diagnostic Science of Mental Disorders

   Answer: B
   Diff: 1   Page Ref: 6
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Factual
15) Which of the following is included in the DSM?

A) a discussion of the various causes of mental disorders
B) a means of identifying different mental disorders
C) a description of the necessary and sufficient conditions for mental illness
D) a description of all of the possible treatments for each disorder

Answer: B
Diff: 1 Page Ref: 6
Topic: What Do We Mean by Abnormal Behavior?
Skill: Applied

16) In the United States, the standard for defining types of mental disorders is contained in the

A) American Psychological Association's bylaws.
B) American Psychiatric Association’s bylaws.
C) World Health Organization’s classification code.
D) Diagnostic and Statistical Manual of Mental Disorders.

Answer: D
Diff: 1 Page Ref: 6
Topic: What Do We Mean by Abnormal Behavior?
Skill: Factual

17) According to the DSM-IV’s definition of mental disorder, impairment in one or more areas of functioning (disability)

A) must be present in order to make a diagnosis.
B) may be present but is not a necessary condition for making a diagnosis.
C) is one of the less important features of a mental disorder.
D) must be present for at least six months to be considered a true disability.

Answer: B
Diff: 2 Page Ref: 6
Topic: What Do We Mean by Abnormal Behavior?
Skill: Conceptual
18) The Solarists are a cult whose members believe that they control the movements of the sun with special hand gestures. What would the DSM-IV say about this group?

A) The group suffers from Shared Delusion Psychosis.
B) Because a group of persons share a belief, however strange, the group must be considered emotionally healthy.
C) While some of this group’s individual members may meet criteria for a DSM-IV diagnosis, the DSM-IV does not diagnose groups.
D) The group is diagnoseable because they are a cult.

Answer: C

19) Brett persistently injects himself with painkillers. This has greatly increased his chance of overdosing and dying. His behavior harms no one else. According to the DSM, is Brett’s behavior consistent with the definition of a mental disorder?

A) Yes, because very few people in society engage in this behavior.
B) Yes, because he is persistently acting in a way that harms him.
C) No, because his behavior must also harm the well-being of others in the community.
D) No, because there is no evidence that his actions are out of his own control.

Answer: B

20) Jerome Wakefield’s definition of “mental disorder” has three components. They are:

A) statistical rarity, distress to others in society, and unexpected behavior.
B) distress, dangerousness, and mental dysfunction.
C) distress or disability, unexpected response to events, and mental dysfunction.
D) biological deficit or dysfunction, social condemnation, and statistical rarity.

Answer: C
21) According to the DSM, when is deviant behavior viewed as indicative of a mental disorder?
   
   A) always
   B) only when the behavior is inconsistent with cultural norms
   C) when it is a symptom of a dysfunction in the individual
   D) never

Answer: C  
Diff: 1  Page Ref: 6  
Topic: What Do We Mean by Abnormal Behavior?  
Skill: Factual

22) Which of the following best describes the DSM?
   
   A) a complete guide to the origin, diagnosis and treatment of mental disorders
   B) a work in progress that classifies mental disorders based on what is currently known
   C) a fundamentally flawed collection of unfounded assumptions about mental disorders
   D) an objective guide to diagnosing mental disorders

Answer: B  
Diff: 2  Page Ref: 6  
Topic: Classifying Abnormal Behavior  
Skill: Conceptual

23) What do the textbook authors identify as the most problematic element of Wakefield’s definition of mental disorder?
   
   A) He describes mental disorders as mental conditions.
   B) The role of biology is not recognized.
   C) We have yet to discover the dysfunction that underlies most mental disorders.
   D) Most mental disorders do not cause distress.

Answer: C  
Diff: 3  Page Ref: 7  
Topic: What Do We Mean by Abnormal Behavior?  
Skill: Conceptual
24) What does the case of JGH, a Native American elder, illustrate?

A) Alcoholism has long lasting effects on mood and behavior, even when drinking has ceased.

B) Culture influences the presentation of psychological disorders.

C) Depression is universal.

D) The symptoms of some illnesses are not apparent until after lengthy psychological evaluation.

Answer: B

Diff: 1     Page Ref: 7
Topic: What Do We Mean by Abnormal Behavior?
Skill: Applied

25) What is a culture–specific disorder?

A) a disorder seen in all cultures

B) a disorder that is seen universally, but presents itself differently depending on cultural factors

C) a disorder that is a product of cultural stressors

D) a disorder seen only in certain cultures

Answer: D

Diff: 2     Page Ref: 8
Topic: What Do We Mean by Abnormal Behavior?
Skill: Factual

26) Practically speaking, "abnormal" behavior means

A) any behavior that is "away from the normal" and causes distress.

B) any behavior that causes the person distress.

C) any behavior that causes us to consider our values.

D) unusual behaviors that are not consistent with the norms of the society in which they are displayed.

Answer: D

Diff: 1     Page Ref: 8
Topic: What Do We Mean by Abnormal Behavior?
Skill: Conceptual
27) Maria believes that her dead grandmother occasionally speaks to her. In deciding if Maria has a mental illness or not, which of the following is important?
   
   A) How old Maria is?
   B) Is Maria’s belief consistent with the beliefs of her culture?
   C) Do people in general consider Maria’s belief abnormal?
   D) Does her belief match any of the symptoms in the disorders in the DSM?

   Answer: B
   Diff: 1   Page Ref: 8
   Topic: What Do We Mean by Abnormal Behavior?
   Skill: Conceptual

28) Why is it important to know how many people have diagnoseable mental illnesss?
   
   A) Such information is needed to plan for the provision of adequate services.
   B) The number of people with mental illness and the level of crime are highly correlated.
   C) If the incidence of mental illness is rising there needs to be a corresponding increase in the level of funding for medical research.
   D) Pharmaceutical companies need such information to ensure the appropriate level of drug production.

   Answer: A
   Diff: 1   Page Ref: 8
   Topic: The Extent of Abnormal Behavior
   Skill: Factual

29) What is epidemiology?
   
   A) the exploration of what forms of treatment are most effective
   B) a form of psychotherapy
   C) the study of the role of genes in mental illness
   D) the study of the distribution of a disorder in a population

   Answer: D
   Diff: 1   Page Ref: 8
   Topic: The Extent of Abnormal Behavior
   Skill: Factual
30) Mental health epidemiology is
   A) the study of epidemics in mental disorders among the general population.
   B) the study of organic brain diseases among different ethnic populations of a defined geographic region.
   C) the study of the distribution of mental disorders in a given population.
   D) a sociological study of psychological disorders.

Answer: C

31) What does it mean if a disorder is said to be highly prevalent?
   A) It is common.     B) It is not curable.
   C) It is treatable.   D) It is contagious.

Answer: A

32) What type of prevalence estimate tends to be lowest?
   A) point prevalence    B) one-year prevalence
   C) lifetime prevalence  D) virtual prevalence

Answer: A

33) _______ rates may be reported in terms of the lifetime risk of contracting a particular disorder.
   A) Prevalence         B) Point prevalence
   C) Point incidence    D) Incidence

Answer: A
34) Which of the following is an example of point prevalence?

A) Forty people had a panic attack in the last year.
B) Seventy people in her graduating class had been diagnosed with anorexia at some time during the past four years.
C) 1% of the population is currently experiencing depressive symptoms.
D) 15% of women will suffer from an anxiety disorder before the age of thirty.

Answer: C
Diff: 2 Page Ref: 9
Topic: Prevalence and Incidence
Skill: Applied

35) What type of prevalence data only counts active cases of a disorder?

A) point prevalence
B) one-year prevalence
C) lifetime prevalence
D) All prevalence data count both those who have the disorder and those who have recovered.

Answer: A
Diff: 2 Page Ref: 9
Topic: Prevalence and Incidence
Skill: Applied

36) The mayor of a city wants to know the number of new cases of a disorder over the past year. The mayor should ask an epidemiologist for the ________ of the disorder.

A) prevalence rate
B) incidence rate
C) point prevalence
D) acute occurrence

Answer: B
Diff: 2 Page Ref: 9
Topic: The Extent of Abnormal Behavior
Skill: Applied

37) What type of prevalence estimate tends to be highest?

A) point prevalence
B) one-year prevalence
C) lifetime prevalence
D) virtual prevalence

Answer: C
Diff: 1 Page Ref: 9
Topic: Prevalence and Incidence
Skill: Factual
38) What term refers to the number of new cases of a disorder that occur over a given time period?

A) point prevalence  
B) one-year prevalence  
C) incidence  
D) valence  

Answer: C  
Diff: 1  
Page Ref: 9  
Topic: Prevalence and Incidence  
Skill: Factual

39) Why is it believed that the surveys used to estimate the prevalence of mental illness underestimate that prevalence?

A) Most problems are acute.  
B) Few people report symptoms of mental illness when completing surveys.  
C) The incidence of comorbidity is too high.  
D) Measures of several types of disorders were not included.  

Answer: D  
Diff: 2  
Page Ref: 9  
Topic: Prevalence and Incidence  
Skill: Factual

40) What is the most prevalent kind of psychological disorder?

A) anxiety disorders  
B) depressive disorders  
C) substance abuse disorders  
D) dissociative disorders  

Answer: A  
Diff: 1  
Page Ref: 9  
Topic: Prevalence and Incidence  
Skill: Factual

41) What is important to remember about the apparent high lifetime rate of mental disorders?

A) Many people were probably misdiagnosed.  
B) So many people have disorders and have them seriously that this has become a major health issue.  
C) Many people with disorders are not seriously affected by them or may have them for only a short time.  
D) A large majority of people with disorders seek treatment, so the problem is not as bad as it seems.  

Answer: C  
Diff: 2  
Page Ref: 9  
Topic: Prevalence and Incidence  
Skill: Conceptual
42) What can be said about individuals who have a history of at least one psychological disorder?

A) Most are effectively treated and never experience mental illness again.
B) Over 50% have at least two or more other disorders.
C) Few have a comorbid disorder.
D) Individuals who have sought treatment for one illness are unlikely to ever experience another.

Answer: B

43) Comorbidity means

A) that a disorder is often fatal.
B) that a person has two or more disorders.
C) that a person has a more severe form of a disorder.
D) that a person is unlikely to recover from the disorder.

Answer: B

44) A major finding from the National Comorbidity Survey (NCS) was that

A) those people who have three or more comorbid disorders have one or more mild and transitory disorders.
B) over half of the people with a history of one disorder had two or more comorbid disorders.
C) people who have one mental disorder are unlikely to have a second comorbid disorder.
D) as people grow older they are more likely to have multiple severe disorders.

Answer: B
45) In ancient societies, if a person's abnormal conduct consisted of speech that appeared to have a religious or mystical significance, then the person was

A) assumed to have willingly entered into a pact with the devil.
B) thought to be a witch.
C) thought to be possessed by a good spirit or god.
D) assumed to have something physically wrong with the heart.

Answer: C
Diff: 2 Page Ref: 10
Topic: Historical Views of Abnormal Behavior/Demonology
Skill: Factual

46) Prayer, incantations, and noise-making were all techniques for

A) altering a person's brain functioning.
B) improving a person's dreams.
C) helping a person become possessed by good spirits.
D) exorcising demons.

Answer: D
Diff: 1 Page Ref: 11
Topic: Historical Views of Abnormal Behavior/Demonology
Skill: Factual

47) Each of the following is one of the "four humors" EXCEPT

A) blood.  B) phlegm.  C) phrenitis.  D) bile.

Answer: C
Diff: 1 Page Ref: 11
Topic: Later Greek and Roman Thought
Skill: Factual

48) The belief in the four humors as a means of explaining temperament

A) is inconsistent with a biological explanation for mental illness.
B) has yet to be disproven.
C) proposed that mental disorders were the result of an imbalance.
D) provides that first indication that ancient people recognized the significance of the brain in determining behavior.

Answer: C
Diff: 2 Page Ref: 11
Topic: Later Greek and Roman Thought
Skill: Conceptual
49) The doctrine of the four humors

A) was an attempt to support moral management.
B) was an explanation for personality traits.
C) was an early suggested treatment for melancholy.
D) was the first psychological explanation of mental disorders.

Answer: B

50) According to early beliefs, what would characterize an individual with an excess of blood?

A) depression  B) schizophrenia  C) irritability  D) happiness

Answer: D

51) Hippocrates suggested marriage as a cure for

A) impotence.  B) hysteria in women.
C) phrenitis (brain fever) in men.  D) melancholia.

Answer: B

52) Cicero was feeling depressed. He sought help from Hippocrates. Hippocrates would probably have

A) prescribed the roots of certain plants and unusual elixirs.
B) utilized a talking cure.
C) prescribed exercise, tranquility, and celibacy.
D) performed an exorcism.

Answer: C
53) The physicians of Alexandria, Egypt in the era after Alexander the Great were most likely to treat mental patients by

A) putting them in prisons.
B) using brutal forms of exorcism.
C) having them make sacrifices to gods.
D) providing activities, massage, and education.

Answer: D
Diff: 2       Page Ref: 11-12
Topic: Later Greek and Roman Thought
Skill: Factual

54) What is Galen credited with?

A) providing the first biological explanation for mental disorders
B) performing the first human autopsies
C) demonstrating that the doctrine of the four humors was flawed
D) recognizing that psychological disorders could have both biological and psychological causes

Answer: D
Diff: 2       Page Ref: 12
Topic: Later Greek and Roman Thought
Skill: Conceptual

55) Which of the following would be characteristic of the treatment provided by the 1st mental hospitals in the Middle East?

A) the use of trephining and other biological approaches
B) psychodynamic therapy
C) exorcisms
D) warm baths and massages

Answer: D
Diff: 1       Page Ref: 12
Topic: Abnormality During the Middle Ages
Skill: Applied
56) Which statement about treatment of abnormal behavior in the Middle Ages is accurate?

A) Although the Hippocratic tradition was continued in most of Europe, Islamic countries emphasized demonology.
B) Scientific reasoning and humane treatments were valued in both European and Islamic societies.
C) Islamic forms of treatment were more humane than European approaches.
D) The Chinese emphasized prayer, the Europeans emphasized exercise, and the Islamic peoples emphasized balancing the four bodily humors.

Answer: C
Diff: 2 Page Ref: 12
Topic: Abnormality During the Middle Ages
Skill: Conceptual

57) The approaches to treatment of the mentally ill during the Middle Ages in Europe are best characterized as

A) superstitious. B) humane. C) medical. D) scientific.

Answer: A
Diff: 1 Page Ref: 12
Topic: Abnormality During the Middle Ages
Skill: Factual

58) What is "mass madness"?

A) an exhibition of disordered behavior by a group of people that appears to be caused by hysteria
B) a reaction to the harsh and inhumane treatment of the mentally ill during the Middle Ages
C) a reference to the increased incidence of schizophrenia seen 16 years after a flu epidemic
D) a reaction to hallucinogenic compounds taken as part of religious rituals in ancient Egypt

Answer: A
Diff: 2 Page Ref: 12
Topic: Abnormality During the Middle Ages
Skill: Factual

59) What is lycanthropy?

A) a form of mass hysteria characterized by wild dance-like movements
B) a condition in which people believe themselves to be possessed by wolves
C) a form of mass madness seen only in men
D) a form of mass hysteria now known to have been drug-induced

Answer: B
Diff: 2 Page Ref: 12
Topic: Abnormality During the Middle Ages
Skill: Factual
60) The fact that episodes of mass madness peaked at the time of the Black Death illustrates that
   A) mass hysteria usually has a biological basis.
   B) mental and physical illnesses commonly occur together.
   C) phenomena that impact the society and its structure may also affect mental health.
   D) mental illnesses really are caused by imbalances in the four bodily humors.

   Answer: C
   Diff: 2       Page Ref: 12
   Topic: Abnormality During the Middle Ages
   Skill: Conceptual

61) A common treatment for mental illness during the Middle Ages in Europe was
   A) exorcism.
   B) fresh air and supportive surroundings.
   C) banishment.
   D) an early form of psychoanalytic dream interpretation.

   Answer: A
   Diff: 1       Page Ref: 12
   Topic: Abnormality During the Middle Ages
   Skill: Factual

62) During the middle ages in Europe, which of the following was most likely to treat mental illness?
   A) a priest   B) a physician  C) a scientist  D) a surgeon

   Answer: A
   Diff: 2       Page Ref: 12
   Topic: Abnormality During the Middle Ages
   Skill: Applied

63) Recent historical reviews of the literature indicate that the typical accused witch in the Middle Ages in Europe was
   A) a person we would now consider to have a mental illness.
   B) a priest who was a rival of a more powerful priest.
   C) an ill-tempered, impoverished woman.
   D) a person we would now consider to have mental retardation.

   Answer: C
   Diff: 2       Page Ref: 13
   Topic: Historical Views of Abnormal Behavior/Demonology
   Skill: Factual
64) People in the Middle Ages
   A) believed that mentally ill people were witches.
   B) believed that witches were mentally ill.
   C) believed that mentally ill witches should be treated differently than other types of witches.
   D) believed that most witches and mentally ill people were possessed by demons, but in different ways.

   Answer: D

   Diff: 2   Page Ref: 13
   Topic: Abnormality During the Middle Ages
   Skill: Factual

65) What was the purpose of the early asylums?
   A) to remove those who could not care for themselves from society
   B) to provide exorcisms
   C) to offer humanitarian treatment to those afflicted with mental illnesses
   D) to offer biological approaches to the treatment of mental disorders

   Answer: A

   Diff: 2   Page Ref: 13
   Topic: Establishment of Early Asylums and Shrines
   Skill: Conceptual

66) Who was one of the first physicians to reject the idea that mental illness was due to demon possession (although he did believe the moon influenced the brain)?
   A) Paracelsus  B) Galen  C) Pinel  D) Hippocrates

   Answer: A

   Diff: 2   Page Ref: 13
   Topic: Establishment of Early Asylums and Shrines
   Skill: Factual

67) If you visited an asylum in the 16th Century in Europe you would likely find
   A) a place which mixed together the mentally ill, the poor, criminals, and the physically ill.
   B) exorcisms being done by priests.
   C) a place where people were given good food, work, and rest so they could recover.
   D) mentally ill people living in conditions of filth and cruelty.

   Answer: D

   Diff: 1   Page Ref: 13
   Topic: Establishment of Early Asylums and Shrines
   Skill: Applied
68) The early asylums
A) were primarily warehouses for the mentally ill.
B) were designed to be places of refuge for the mentally ill.
C) were designed to treat the mentally ill with physiological treatments, such as bloodletting.
D) were similar to the places the early Greeks used for people with mental illness.

Answer: A
Diff: 1    Page Ref: 14
Topic: Establishment of Early Asylums and Shrines
Skill: Factual

69) Shackling a patient to a wall with little food or heat would be most typical of
A) the hospitals run by Philippe Pinel.
B) the sanatoriums of Alexandria, Egypt.
C) the early asylums in Europe.
D) the treatment advocated by Hippocrates.

Answer: C
Diff: 1    Page Ref: 14
Topic: Establishment of Early Asylums and Shrines
Skill: Factual

70) Humanitarian treatment would be most typical of
A) the hospitals run by Philippe Pinel.  B) Bedlam.
C) the early asylums in Europe.  D) the early asylums in the United States.

Answer: A
Diff: 1    Page Ref: 14
Topic: Humanitarian Reform
Skill: Factual

71) Phillipe Pinel
A) believed that mental illness was due to possession by demons and exorcism was the only useful treatment.
B) believed that mental patients needed to choose rationality over insanity, so treatment was aimed at making their lives as patients uncomfortable.
C) believed that mental patients were ill and needed to be treated as such – with kindness and caring.
D) believed that mental illness was purely a physiological phenomena, and could only be treated by physical means such as bloodletting.

Answer: C
Diff: 1    Page Ref: 14
Topic: Humanitarian Reform
Skill: Factual
72) A contemporary of Pinel’s in England who started a Quaker religious retreat for the mentally ill was

A) John Wesley.  
B) Benjamin Rush.  
C) Dorothea Dix.  

Answer: D
Diff: 1  Page Ref: 14  
Topic: Humanitarian Reform  
Skill: Factual

73) Which of the following is credited with continuing the work of Pinel in the United States?

A) John Wesley  
B) Benjamin Rush  
C) John Connolly  
D) Samuel Hitch

Answer: B
Diff: 1  Page Ref: 14  
Topic: Humanitarian Reform  
Skill: Factual

74) Benjamin Rush is credited with all of the following EXCEPT

A) signing the declaration of independence.  
B) encouraging more humane treatment of the mentally ill.  
C) taking a scientific approach to the study and treatment of mental disorders.  
D) being the first American to organize a course in psychiatry.

Answer: C
Diff: 2  Page Ref: 14  
Topic: Humanitarian Reform  
Skill: Conceptual

75) Benjamin Rush, who encouraged more humane treatment of the mentally ill in the U.S., used as his principal remedies

A) rest and talk.  
B) bloodletting and the tranquilizer chair.  
C) exorcism and purging.  
D) the tranquilizer chair and relaxation.

Answer: B
Diff: 2  Page Ref: 14  
Topic: Humanitarian Reform  
Skill: Factual
76) Who is considered the founder of American psychiatry?

A) William Tuke  
B) Dorothea Dix 
C) Benjamin Rush  
D) Clifford Beers 

Answer: C  
Diff: 1  Page Ref: 14  
Topic: Humanitarian Reform  
Skill: Factual

77) The moral management treatment

A) focused on the physiological problems that mental patient's supposedly had rather than their mental state. 
B) focused on the symptoms that mental patient's had rather than on their moral character. 
C) focused on warehousing and punishing mental patients, so that they would choose to become well. 
D) focused on the moral and spiritual development of mental patient's rather than their disorder. 

Answer: D  
Diff: 2  Page Ref: 15  
Topic: Humanitarian Reform  
Skill: Factual

78) All of the following were likely to be part of moral treatment in the 1800's EXCEPT

A) manual labor.  
B) spiritual discussions. 
C) character development.  
D) antipsychotic medication. 

Answer: D  
Diff: 2  Page Ref: 15  
Topic: Humanitarian Reform  
Skill: Factual

79) The level of success achieved with the use of moral management is surprising because:

A) most mental illnesses are not treatable. 
B) the drugs used were usually inappropriate. 
C) the majority of those hospitalized for mental illness were schizophrenic. 
D) many patients suffered from a disease that was, at the time, incurable. 

Answer: D  
Diff: 2  Page Ref: 15  
Topic: Humanitarian Reform  
Skill: Conceptual
80) Which of the following was a form of treatment that addressed a patient’s social, individual, and occupational needs?

A) moral management
B) the treatments provided at the Geel Shrine
C) Anton Mesmer’s approach to treating the mentally ill
D) the treatment started by the Nancy School

Answer: A
Diff: 1 Page Ref: 15
Topic: Humanitarian Reform
Skill: Factual

81) Which of the following contributed to the virtual absence of moral management by the 19th Century?

A) the fact that it was rarely effective in treating the mentally ill
B) the shrinking of the size of most mental hospitals
C) society’s displeasure with the idea that mentally ill people were morally inferior
D) advances in biomedical science

Answer: D
Diff: 1 Page Ref: 15
Topic: Humanitarian Reform
Skill: Factual

82) Which of the following approaches to treatment focuses almost exclusively on physical well-being?

A) moral management
B) mental hygiene
C) humanitarian
D) deinstitutionalization

Answer: B
Diff: 2 Page Ref: 15
Topic: Humanitarian Reform
Skill: Factual

83) Which of the following was a consequence of the rise of the mental hygiene movement and the occurrence of biomedical advances?

A) The social and psychological environments of mental patients were ignored.
B) Biological causes for most mental disorders were identified.
C) Physical comfort was neglected.
D) Most humanitarian gains were lost.

Answer: A
Diff: 2 Page Ref: 15
Topic: Humanitarian Reform
Skill: Conceptual
84) The demise of moral management occurred for all of the following reasons EXCEPT

A) research showed that it had never been effective.
B) the rise of the moral hygiene movement put a focus on patient well-being.
C) the rise of biological explanations diminished the importance of the social environment.
D) hospital facilities got so large that it was difficult to maintain the staff-patient relationships necessary for moral management.

Answer: A

85) Dorothea Dix

A) urged that religious conversion was a primary means of treatment for the mentally disturbed.
B) was a major impediment to the mental hygiene movement in this country.
C) was a leading force in the emphasis on finding biological cures for mental disorders.
D) is credited with establishing numerous humane mental hospitals in many countries.

Answer: D

86) Which one of the following increased the availability of treatment for the mentally ill in the United States?

A) Dorothea Dix  B) Benjamin Rush  C) Emil Kraepelin  D) Phillipe Pinel

Answer: A

87) At the start of the twentieth century in America, public attitudes toward the mentally ill

A) had become enlightened and humane.
B) associated mental disorder with "tainted genes" and divine retribution.
C) had become a conviction that the mentally ill were incurable and should be executed or jailed for the rest of their lives.
D) were characterized by fear, horror, and ignorance.

Answer: D
88) During the early 20th Century,
   A) more asylums and mental hospitals were established.
   B) most of the institutionalized mentally ill received moral therapy.
   C) hospital stays tended to be brief.
   D) housed very few people.

Answer: A
Diff: 1       Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Factual

89) During the first half of the 20th Century, mental hospital care would best be characterized as
   A) effective.       B) humane.       C) moral.       D) punitive.

Answer: D
Diff: 1       Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Factual

90) The Hill–Burton Act
   A) ended the moral hygiene movement.
   B) contributed to the practice of warehousing the mentally ill.
   C) provided funding for mental health treatment in the community.
   D) legislated the creation of 50% more inpatient facilities for the mentally ill.

Answer: C
Diff: 2       Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Applied

91) Which of the following occurred in the late twentieth century?
   A) the establishment of large inpatient facilities for the mentally ill
   B) a movement of the mentally ill from institutions to the community
   C) dramatic increases in the cost of caring for the mentally ill
   D) the inpatient mentally ill population doubled

Answer: B
Diff: 1       Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Factual
92) The rationale behind deinstitutionalization was
   A) a belief that physicians could better medicate and give physical treatment to patients in their own homes.
   B) a concern that prolonged hospitalization could keep patients from being able to adjust to and function in the outside world.
   C) a belief that most mental patients were faking and would cease to do so if they weren't "rewarded" by allowing them to stay in the hospital.
   D) a concern that mental hospitals were such unpleasant places that for mental patients, living on their own could only be better.

Answer: B

Diff: 2  Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Conceptual

93) All of the following are reasons for the growth of the deinstitutionalization movement EXCEPT
   A) a desire to involve the family in the care of the mentally ill.
   B) it was thought to be more humane.
   C) the belief that new medications might allow patients to successfully return to their former lives.
   D) it was thought to be more cost effective.

Answer: A

Diff: 2  Page Ref: 16
Topic: Mental Hospital Care in the 20th Century
Skill: Applied

94) All of the following were effects of the deinstitutionalization movement EXCEPT that
   A) a large number of psychiatric hospitals were closed.
   B) mental hospital populations declined.
   C) most of the services once offered on an inpatient basis were available at community health centers.
   D) some of those released would have been better off remaining hospitalized.

Answer: C

Diff: 3  Page Ref: 16–17
Topic: Mental Hospital Care in the 20th Century
Skill: Applied
95) The insanity associated with general paresis
   A) has no known physical cause.
   B) is caused by excessive alcohol consumption.
   C) is seen only in the aging who have compromised health.
   D) results from an infection of the brain.

Answer: D
Diff: 2    Page Ref: 17
Topic: Perspectives on Mental Disorders/Biological Discoveries
Skill: Applied

96) Which of the following is recognized as a major biomedical breakthrough in psychopathology because it established the link between mental and physical illnesses?
   A) the discovery of the cause and later a cure for general paresis (syphilitic insanity)
   B) the discovery of penicillin as a cure for syphilis
   C) the development of electroshock therapy for general paresis (syphilitic insanity)
   D) the discovery that brain injuries could be associated with mental disorders

Answer: A
Diff: 1    Page Ref: 17
Topic: Perspectives on Mental Disorders/Biological Discoveries
Skill: Factual

97) The use of malarial fever to treat paresis
   A) is an example of the barbaric treatment that mental patients received at the beginning of the Twentieth Century.
   B) proved to be so ineffectual, many professionals abandoned the biological explanation of mental disorders.
   C) represented the first clear-cut defeat of a mental disorder by medicine.
   D) was the first time scientists used knowledge of brain chemistry to develop specific drugs for treating mental disorder.

Answer: C
Diff: 2    Page Ref: 17
Topic: Perspectives on Mental Disorders/Biological Discoveries
Skill: Conceptual

98) Which one of the following is credited with developing a classification system for mental disorders?
   A) Dix
   B) Pinel
   C) Alzheimer
   D) Kraepelin

Answer: D
Diff: 2    Page Ref: 18
Topic: Brain Pathology as a Causal Factor
Skill: Factual
99) Kraepelin is credited with

A) discovering that penicillin was an effective treatment for malaria.
B) determining the cause of senile dementia.
C) identifying different types of mental disorders.
D) writing the first edition of the DSM.

Answer: C

100) The first classification of mental disorders involved

A) identifying the biological causes of the disorders, so a person could be tested for them.
B) understanding the theoretical descriptions of different disorders.
C) recognizing symptoms that occurred together often enough to be regarded as a type of mental disorder.
D) identifying the types of thoughts that people with different mental illnesses tended to have.

Answer: C

101) The ancestral roots of what we now know as psychoanalysis can be traced back to

A) the study of hypnosis.
B) early beliefs in demonology and possession.
C) the discovery of the cause of general paresis.
D) Dorothea Dix.

Answer: A

102) Mesmer was a proponent of

A) humanitarianism.          B) community mental health clinics.
C) the mental hygiene movement. D) the power of animal magnetism.

Answer: D
103) "All people have a certain amount of magnetic fluid. When the fluid is poorly distributed in the body it causes illness. The planets and the magnetic forces in other people can redistribute magnetism and produce cures." Who was most likely to say something like this?

A) a young Sigmund Freud  
B) Emil Kraepelin  
C) Jean Charcot  
D) Franz Mesmer

Answer: D

Diff: 1  Page Ref: 19  
Topic: Establishing the Psychological Basis of Mental Disorder  
Skill: Applied

104) Who is credited with making the first major steps towards understanding the psychological factors involved in mental illness?

A) Alois Alzheimer  
B) Wilhelm Griesinger  
C) Clifford Beers  
D) Sigmund Freud

Answer: D

Diff: 1  Page Ref: 19  
Topic: Establishing the Psychological Basis of Mental Disorder  
Skill: Factual

105) The study of hypnosis and its relationship to hysteria was the starting point for

A) the medical model.  
B) the biological classification of mental disorders.  
C) psychoanalysis.  
D) the mental hygiene movement.

Answer: C

Diff: 1  Page Ref: 19  
Topic: Establishing the Psychological Basis of Mental Disorder  
Skill: Factual

106) The Nancy School

A) advanced the recognition that psychological factors were involved in the development of mental disorders.  
B) furthered our understanding of the role of biological factors in the development of mental illness.  
C) fell out of favor when the evidence supporting the views of Charcot accumulated.  
D) failed to recognize that most forms of psychopathology are incurable.

Answer: A

Diff: 1  Page Ref: 19  
Topic: Establishing the Psychological Basis of Mental Disorder  
Skill: Factual
107) The Nancy School/Charcot debate is best described as one that focuses on
   A) biology vs genes.       B) learning vs nurture.
   C) drugs vs surgery.       D) psychology vs biology.

Answer: D
Diff: 1   Page Ref: 19
Topic: Establishing the Psychological Basis of Mental Disorder
Skill: Applied

108) Freud is the first to describe the _______: that the mind could contain information of which it is unaware, but by which it is still affected.
   A) catharsis       B) unconscious
   C) hysteria        D) operant conditioning

Answer: B
Diff: 1   Page Ref: 19
Topic: Beginnings of Psychoanalysis
Skill: Factual

109) A catharsis is
   A) a type of hypnosis.
   B) an emotional release.
   C) the part of the brain where the unconscious exists.
   D) a type of hysteria.

Answer: B
Diff: 1   Page Ref: 19
Topic: Beginnings of Psychoanalysis
Skill: Factual

110) Free association and dream analysis
   A) are techniques typically used in hypnotized subjects.
   B) provide insight into the workings of the unconscious.
   C) were developed in the early 1800's.
   D) have been used extensively in behavioral therapy.

Answer: B
Diff: 1   Page Ref: 20
Topic: The Beginnings of Psychoanalysis
Skill: Applied
111) Who established the first experimental psychology laboratory?
   A) Wundt  B) Watson  C) Freud  D) Kraepelin
   Answer: A
   Diff: 1  Page Ref: 20
   Topic: The Evolution of the Psychological Research Tradition
   Skill: Factual

112) Witmer is credited with
   A) establishing psychology as a field in the United States.
   B) bringing psychoanalysis to the United States.
   C) writing the first psychology text.
   D) being the founder of clinical psychology.
   Answer: D
   Diff: 1  Page Ref: 20
   Topic: The Beginnings of Psychoanalysis
   Skill: Factual

113) Behaviorism was
   A) a reaction to what the behaviorists perceived as a lack of scientific rigor in psychoanalysis.
   B) a reaction to the lack of moral and spiritual factors in most theories at the time.
   C) an attempt to focus on the thinking styles of people with mental illness.
   D) a spin-off theory that elaborated on the psychoanalytic viewpoint.
   Answer: A
   Diff: 1  Page Ref: 21
   Topic: The Behavioral Perspective
   Skill: Applied

114) A behavioral psychologist would be most likely to use
   A) hypnotism.  B) observational techniques.
   C) free association.  D) dream analysis.
   Answer: B
   Diff: 1  Page Ref: 21
   Topic: The Behavioral Perspective
   Skill: Applied
115) A psychologist who takes a behavioral perspective would focus on

   A) learning.                     B) early experiences.
   C) unconscious conflicts.       D) the role of behavioral factors.

Answer: A

Diff: 1    Page Ref: 21
Topic: The Behavioral Perspective
Skill: Applied

116) Who is considered to be the "father" of behaviorism?

   A) Pavlov                     B) Freud                     C) Wundt                     D) Watson

Answer: D

Diff: 2    Page Ref: 21
Topic: The Behavioral Perspective
Skill: Factual

117) The central principle of classical conditioning is that

   A) after repeated pairings with a stimulus that naturally causes a response, a neutral
      stimulus will cause a similar response.
   B) we repeat those actions that we see others engage in.
   C) the consequences of behavior influence its likelihood of being repeated.
   D) the interaction of genetics and social factors best explains human behavior.

Answer: A

Diff: 2    Page Ref: 21
Topic: Evolution of the Psychological Research Tradition
Skill: Conceptual

118) The role of learning is the central theme in

   A) Breuer's approach to treating people with mental disorders.
   B) Wundt's approach to psychological research.
   C) the psychoanalytic approach.
   D) the behavioral perspective.

Answer: D

Diff: 1    Page Ref: 21
Topic: The Behavioral Perspective
Skill: Conceptual
119) Both _______ and _______ studied the effects of consequences on the occurrence of behaviors.

A) Skinner; Pavlov  
B) Pavlov; Thorndike  
C) Thorndike; Skinner  
D) Pavlov; Freud  

Answer: C  
Diff: 1  Page Ref: 22  
Topic: The Behavioral Perspective  
Skill: Factual

120) The central principle of operant conditioning is that

A) certain reflexes cause us to engage in habitual behavior.  
B) we repeat those actions that we see others engage in.  
C) the consequences of behavior influence its likelihood of being repeated.  
D) the interaction of genetics and social factors best explains human behavior.  

Answer: C  
Diff: 2  Page Ref: 22  
Topic: Evolution of the Psychological Research Tradition  
Skill: Conceptual

121) Why is it dangerous to make conclusions based on case studies?

A) Case studies can provide little information about a disorder.  
B) Few patients are willing to be used as case studies.  
C) It is unethical.  
D) Conclusions based on so little data are likely to be flawed.  

Answer: D  
Diff: 2  Page Ref: 23  
Topic: Research in Abnormal Psychology/Clinical Case Studies  
Skill: Conceptual

122) Which of the following typically involves the use of trained observers?

A) case study method  
B) direct observation  
C) self report data collection  
D) psychophysiological data collection  

Answer: B  
Diff: 1  Page Ref: 23  
Topic: Research in Abnormal Psychology/Observation of Behavior  
Skill: Factual
123) A psychologist reports a single case of a disorder, detailing the person’s feelings and responses. This research strategy is
   A) very strong and widely used in abnormal psychology.
   B) rarely used in abnormal psychology because few people are willing to examine their own lives closely.
   C) weak because it rarely provides information we can generalize to others with the disorder.
   D) weak because it confuses correlational data with experimental data.

Answer: C
Diff: 3 Page Ref: 23
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Applied

124) Carl is asked to provide information about his drinking. Despite the fact that he has had several arrests for driving while intoxicated, Carl reports that he has no problems with drinking. This is an example of
   A) the problems with self-report data.
   B) the problems with case studies.
   C) the problems of diagnosis.
   D) the problems of forming hypotheses.

Answer: A
Diff: 1 Page Ref: 23
Topic: Research in Abnormal Psychology/Sources of Information
Skill: Applied

125) One strength of case studies is
   A) they can help prove causal relationships between variables.
   B) they can generate hypotheses.
   C) they do not involve bias.
   D) they are usually highly accurate.

Answer: B
Diff: 1 Page Ref: 23
Topic: Research in Abnormal Psychology/Forming Hypotheses
Skill: Factual

126) ________ are more or less plausible ideas used to explain something (e.g., a behavior) and can be tested using research methods.
   A) Observations    B) Hypotheses    C) Variables    D) Correlations

Answer: B
Diff: 1 Page Ref: 24
Topic: Research in Abnormal Psychology/Observation of Behavior
Skill: Factual
127) An important FIRST step in studying a particular disorder is

A) selecting the best case study for analysis.
   B) determining the criteria for identifying people who have the disorder.
   C) deciding upon the appropriate statistical analyses to use on the data to be collected.
   D) selecting the appropriate subjects for study.

Answer: B
Diff: 2 Page Ref: 24
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Conceptual

128) Upon deciding to study individuals with a given disorder, what is the next step that should be taken?

A) Select criteria for identifying individuals with the disorder.
   B) Determine what treatment approach will be tested.
   C) Establish which subjects will be the control group and which will be in the experimental group.
   D) Gather survey data to determine where your subjects are most likely to reside.

Answer: A
Diff: 1 Page Ref: 24
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Factual

129) Ideally, a sample is described as what?

A) random                  B) representative
C) generalizable           D) demographically pure

Answer: B
Diff: 1 Page Ref: 24
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Factual

130) Why is a representative sample desirable?

A) Such samples are random.
   B) Hypotheses can only be tested on representative samples.
   C) Only representative samples yield meaningful results.
   D) The more representative a sample is, the more generalizable the data.

Answer: D
Diff: 1 Page Ref: 24–25
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Factual
131) Dr. Katz is researching the causes of phobias. He puts an ad in a newspaper asking for people who have an intense, distressing fear of snakes to come and participate in his study. The major problem with this is
   A) the people who come may not have a phobia.
   B) his sample will be too small.
   C) he is not getting a representative sample.
   D) he doesn't know if people are telling the truth about their fears or not.

   Answer: C
   Diff: 2        Page Ref: 24-25
   Topic: Research in Abnormal Psychology/Sampling and Generalization
   Skill: Applied

132) Why would a researcher want to insure that every person in the larger group of study has an equal chance of being included in the sample?
   A) This helps eliminate a correlational relationship.
   B) It increases the chances of finding a causal relationship.
   C) It provides important epidemiological information such as the prevalence and incidence of the disorder.
   D) It increases the researcher's ability to generalize findings to the larger group.

   Answer: D
   Diff: 2        Page Ref: 24-25
   Topic: Research in Abnormal Psychology/Sampling and Generalization
   Skill: Conceptual

133) A researcher interested in the health problems of people with schizophrenia interviews only those people diagnosed with the disorder who are in an inpatient facility. The most glaring weakness in this study is
   A) the absence of correlational statistics.
   B) the failure to use DSM-IV criteria for health problems.
   C) having an inappropriate control group.
   D) nonrepresentative sampling.

   Answer: D
   Diff: 3        Page Ref: 24-25
   Topic: Research in Abnormal Psychology/Sampling and Generalization
   Skill: Applied
134) In Dr. Lu's study of eating disorders, she looked at the academic histories of girls with an eating disorder and girls who did not have such problem. In this example, the girls with eating disorders are the _______ group.

A) comparison B) control C) criterion D) treatment

Answer: C
Diff: 1 Page Ref: 25
Topic: Research in Abnormal Psychology/Criterion and Control Group
Skill: Applied

135) In Dr. Lu's study of eating disorders, she looked at the academic histories of girls with an eating disorder and girls who did not have such problem. In this example, the girls without eating disorders are the _______ group.

A) conforming B) control C) criterion D) treatment

Answer: B
Diff: 1 Page Ref: 25
Topic: Research in Abnormal Psychology/Criterion and Control Group
Skill: Applied

136) In what significant way do observational (correlational) research designs differ from experimental research designs?

A) Observational research does not require the selection of a sample to study.
B) Observational research does not generate hypotheses.
C) There is no comparison group in observational research.
D) There is no manipulation of variables in observational research.

Answer: D
Diff: 1 Page Ref: 25
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Factual

137) To determine whether certain characteristics are true of people in general, and not just of people with mental disorders, it is important to use

A) an experimental design.
B) a representative sample of individuals with the disorder.
C) a control group.
D) a criterion group.

Answer: C
Diff: 2 Page Ref: 25
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Conceptual
138) What is a good control group for a research study on people with eating disorders?
   A) People who have an eating disorder and a wide range of educational backgrounds.
   B) A group that is comparable to those with eating disorders except they eat normally.
   C) A group that is drawn from the sample of people with eating disorders.
   D) People who used to have eating disorders but no longer say they do.

Answer: B
Diff: 1 Page Ref: 25
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Applied

139) Why are correlational (observational) research designs often used in abnormal psychology?
   A) They are best at determining cause and effect.
   B) They are the most useful for comparing groups.
   C) They give in-depth descriptions of the disorder being studied.
   D) It is often unethical or impossible to directly manipulate the variables involved in abnormal psychology.

Answer: D
Diff: 2 Page Ref: 25
Topic: Observational Research Designs
Skill: Conceptual

140) What is the most important limitation of correlational studies?
   A) They cannot determine cause and effect.
   B) They are very subject to bias.
   C) They rarely have representative samples.
   D) They are very difficult to do.

Answer: A
Diff: 1 Page Ref: 25
Topic: Observational Research Designs
Skill: Factual
141) Researchers have observed that women who wear bras for more than 16 hours a day are more likely to develop breast cancer than those who spend less time in a bra. In other words, there is a correlation between wearing a bra and breast cancer. Based on this finding, which of the following statements is true?

A) Wearing a bra causes cancer.
B) All women should avoid wearing a bra for more than 16 hours a day.
C) There is no relationship between wearing a bra and breast cancer; these data are clearly flawed.
D) Some additional variable may serve to explain the relationship observed between wearing a bra and developing cancer.

Answer: D
Diff: 2  Page Ref: 25
Topic: Research in Abnormal Psychology/Correlation and Causation
Skill: Conceptual

142) What research approach require subjects to recall the past?

A) reconstructive  B) repressed  C) retroactive  D) retrospective

Answer: D
Diff: 1  Page Ref: 25
Topic: Research/Abnormal Psychology Retrospective/Prospective
Skill: Factual

143) A researcher says, "These studies make it too easy for investigators to find the background factors they expect to find. However, they are more valid if we find documents like school reports that show the background factor before the disorder emerges." What kind of research strategy is the researcher referring to?

A) prospective strategies  B) N=1 strategies
C) retrospective strategies  D) analogue studies

Answer: C
Diff: 2  Page Ref: 25
Topic: Research/Abnormal Psychology Retrospective/Prospective
Skill: Conceptual

144) Which of the following may be safely inferred when a significant negative correlation is found between variables x and y?

A) x causes y  B) y causes x
C) as x increases, y increases  D) as x increases, y decreases

Answer: D
Diff: 2  Page Ref: 25
Topic: Research in Abnormal Psychology/Correlation and Causation
Skill: Conceptual
145) Dr. Gordon finds that heroin-addicted adults almost always smoked cigarettes and drank alcohol when they were young adolescents. Knowing this strong association we can conclude that

A) cigarette smoking causes drinking which causes heroin addiction.

B) if cigarette smoking and drinking could be stopped in adolescence, heroin addiction would be stopped too.

C) heroin addiction is caused by the same factors that cause early smoking and drinking.

D) there is an association among the variables, but no causal inferences should be drawn.

Answer: D

Diff: 2 Page Ref: 25
Topic: Research in Abnormal Psychology/Sampling and Generalization
Skill: Applied

146) Individuals who have alcohol problems tend to come from families with other individuals who have alcohol problems. This would suggest that

A) genetic factors cause an individual to have alcohol problems.

B) environmental factors cause an individual to have alcohol problems.

C) both genetic and environmental factors cause an individual to have problems.

D) although there is an association, no cause-effect relationship can be concluded.

Answer: D

Diff: 3 Page Ref: 25
Topic: Research in Abnormal Psychology/Correlation and Causation
Skill: Conceptual

147) What type of research design begins with the identification of individuals who are likely to develop a particular disorder?

A) correlational  B) experimental  C) prospective  D) retrospective

Answer: C

Diff: 1 Page Ref: 26
Topic: Research/Abnormal Psychology Retrospective/Prospective
Skill: Applied

148) Dr. Luigi has discovered that the more spaghetti people eat, the less likely they are to be diagnosed with depression. Based on this finding, what statement can be made about the relationship between spaghetti and depression?

A) There is a positive correlation between spaghetti and depression.

B) There is a negative correlation between spaghetti and depression.

C) Spaghetti prevents depression.

D) Italians are happy.

Answer: B

Diff: 2 Page Ref: 26
Topic: Research in Abnormal Psychology/Correlation and Causation
Skill: Applied
It has been demonstrated that those who were prenatally exposed to the influenza virus are more likely to develop schizophrenia. In other words, prenatal exposure to the influenza virus is _______ correlated with developing schizophrenia.

A) not B) randomly C) negatively D) positively

Answer: D

A significant positive correlation is found between variables x and y. Which of the following may be safely inferred?

A) x causes y B) y causes x
C) as x increases, y increases D) as x increases, y decreases

Answer: C

A researcher who provides a certain treatment for one group and withholds treatment from a completely comparable group is using the _______ research method.

A) correlational B) epidemiological C) case study D) experimental

Answer: D

A researcher who studies children who are home-schooled and compares them to children who attend school is using the _______ research method.

A) correlational B) epidemiological C) case study D) experimental

Answer: A
153) In most prospective studies,
   A) large samples of individuals are interviewed to see if there are any risk factors that
differentiate those with the disorder of interest.
   B) children who share a risk factor for a disorder are studied before signs of the disorder
show up.
   C) analogue research is used because of the ethical problems with other experimental
research.
   D) a representative sample of a general population of adults is used.
Answer: B
Diff: 2  Page Ref: 26
Topic: Research/Abnormal Psychology Retrospective/Prospective
Skill: Factual

154) Several studies have found that there is a correlation in children between amount of television
watched and weight. What is one of the problems with using this finding to report that
watching lots of television makes children obese?
   A) The data might be inaccurate.
   B) It is just as possible that being obese causes children to watch more television.
   C) There wasn’t a control group that watched no television.
   D) The sample was probably not representative.
Answer: B
Diff: 2  Page Ref: 26
Topic: Retrospective vs. Prospective Strategies
Skill: Applied

155) Which variable is manipulated in an experiment?
   A) comparison       B) criterion       C) dependent       D) independent
Answer: D
Diff: 1  Page Ref: 26
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Factual

156) In a study of the effects of ice cream on mood, the ice cream can be described as what?
   A) the dependent variable       B) the independent variable
   C) a correlational variable     D) a confounding variable
Answer: B
Diff: 1  Page Ref: 26
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Applied
157) In a study of the effects of ice cream on mood, the mood after ice cream exposure can be described as what?

A) the dependent variable  B) the independent variable
C) a correlational variable  D) a confounding variable

Answer: A
Diff: 1  Page Ref: 26
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Applied

158) Which of the following would most likely be explored with an experiment?

A) the possible causes of schizophrenia
B) the effect of the home environment on relapse to drug use
C) the effectiveness of a new treatment for depression
D) the relationships between early childhood trauma and substance abuse

Answer: C
Diff: 2  Page Ref: 26
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Conceptual

159) Which of the following is an example of an ABAB design?

A) Half of the subjects receive one treatment and the other half are not treated.
B) All subjects received one of two treatments.
C) A subject is observed and treated.
D) A subject is observed both before and after two exposures to the treatment.

Answer: D
Diff: 2  Page Ref: 28
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Conceptual

160) Fred refuses to speak at school, although he speaks normally at home. His therapist plans out a treatment where Fred is given a gold star every time he answers his teacher, and can then trade in his stars for prizes. Fred begins speaking in class. The therapist then tells the teacher to stop the program for a couple of weeks. Fred stopped talking during that time. The teacher then starting giving Fred stars again, and Fred again began to talk. This is an example of

A) a case study.  B) a correlational study.
C) an ABAB experimental design study.  D) a self-report study.

Answer: C
Diff: 2  Page Ref: 28
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Applied
161) What is the value of using an ABAB design?

A) It permits the study of the effects of multiple forms of treatment on a single subject.
B) Subjects can be selected randomly.
C) The effects of a single form of treatment are studied twice in the same subject.
D) Generalizability is ensured.

Answer: C

162) A psychologist wishes to test the hypothesis that the experience of chronic physical pain can cause clinical depression, but the Ethics Committee of his university won't allow him to conduct a study in which he inflicts pain on the subjects. What kind of research design might best allow the psychologist to test this hypothesis while circumventing the committee's objection?

A) experimental  
B) prospective  
C) analogue  
D) longitudinal

Answer: C

163) Which of the following is an example of an analogue study?

A) Families with a history of schizophrenia are compared to families with no family history of mental illness.
B) Rats prenatally exposed to alcohol are studied to further our understanding of Fetal Alcohol Syndrome.
C) Blood is taken from a group of individuals with panic disorder both before and after viewing a disturbing film.
D) Survey data is examined to determine the prevalence of mental illness.

Answer: B

164) Dr. Brown wants to study social phobia. She induces temporary anxiety by having normal subjects believe they will be negatively evaluated by another person. This is an example of

A) a path analysis.  
B) an analogue study.  
C) an experimental epidemiological study.  
D) a correlational study.

Answer: B
165) What did Seligman find by studying dogs exposed to uncontrollable shock?

A) Seligman demonstrated that dogs can get depressed.
B) Seligman found that the dogs became aggressive.
C) Seligman found that uncontrollable shock led the dogs to behave much like depressed humans.
D) Seligman found that the exposure to the shock altered the level of brain chemicals known to be involved in depression.

Answer: C

Diff: 2 Page Ref: 28-29
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Applied

166) A major scientific problem with analogue studies is

A) the difficulty of disentangling intercorrelated factors.
B) the difficulty of manipulating variables in a laboratory.
C) the inability to draw causal inferences from such studies.
D) establishing a convincing connection between the experimentally contrived behavior and the naturally occurring phenomenon.

Answer: D

Diff: 3 Page Ref: 29
Topic: Research in Abnormal Psychology/Experimental Strategies
Skill: Conceptual

True/False Questions

1) There is one agreed upon and universally accepted definition of "abnormality".

Answer: FALSE
Diff: 1 Page Ref: 3

2) A classification system for mental disorders is needed so that those treating mental disorders can be paid.

Answer: TRUE
Diff: 2 Page Ref: 5

3) Classification systems can lead to a loss of information about a person.

Answer: TRUE
Diff: 2 Page Ref: 5

4) An individual who has been diagnosed with schizophrenia should always be referred to as a "schizophrenic".

Answer: FALSE
Diff: 1 Page Ref: 6
5) The DSM is rarely used by clinicians today.

   Answer: FALSE
   Diff: 1      Page Ref: 6

6) According to the DSM, deviant behavior is indicative of a mental disorder.

   Answer: FALSE
   Diff: 2      Page Ref: 6

7) The DSM provides information as to the cause and treatment of all recognized mental disorders.

   Answer: FALSE
   Diff: 1      Page Ref: 6

8) The clinical presentation of depression may vary with culture.

   Answer: TRUE
   Diff: 1      Page Ref: 7

9) Epidemiology is the study of the cause of mental disorders.

   Answer: FALSE
   Diff: 1      Page Ref: 8

10) The number of people diagnosed with schizophrenia in a given year would be an example of point prevalence.

    Answer: FALSE
    Diff: 2      Page Ref: 9

11) The incidence of a disorder in a particular group of people may provide information about the cause of the disorder.

    Answer: TRUE
    Diff: 2      Page Ref: 9

12) Mental disorders are very common.

    Answer: TRUE
    Diff: 1      Page Ref: 9

13) It is rare for an individual with one mental disorder to also suffer from a second.

    Answer: FALSE
    Diff: 1      Page Ref: 10

14) Early peoples believed that "possession" by both good and evil spirits was possible.

    Answer: TRUE
    Diff: 1      Page Ref: 10
15) Hippocrates recognized that genetics played a role in the development of mental disorders.
   Answer: TRUE
   Diff: 1      Page Ref: 11

16) An individual with a sanguine temperament is one who is anxious and fearful.
   Answer: FALSE
   Diff: 2      Page Ref: 11

17) During the Middle Ages, treatment of the mentally ill in Islamic countries was harsh and inhumane.
   Answer: FALSE
   Diff: 2      Page Ref: 12

18) During the Middle Ages in Europe, the treatment of the mentally ill reflected the scientific gains of the Greeks and Romans.
   Answer: FALSE
   Diff: 2      Page Ref: 12

19) Lycanthropy, a mental illness seen in the Middle Ages, was typically treated with dancing.
   Answer: FALSE
   Diff: 1      Page Ref: 12

20) There is reason to believe that the periodic occurrence of mass madness during the fourteenth and fifteenth centuries was related to the social oppression and tragedies that occurred in Europe during this time period.
   Answer: TRUE
   Diff: 1      Page Ref: 12

21) It has been well-documented that most of those accused of being witches during the Middle Ages were mentally ill.
   Answer: FALSE
   Diff: 2      Page Ref: 13

22) Treatment of and attitudes toward the mentally ill began to change in the 1500’s, as various people began to argue that problems like possession were actually diseases.
   Answer: TRUE
   Diff: 2      Page Ref: 13

23) The first asylums were established to remove those with offensive physical ailments from the rest of society.
   Answer: FALSE
   Diff: 1      Page Ref: 13
24) The typical early asylums were, essentially, prisons.
   Answer: TRUE
   Diff: 1   Page Ref: 14

25) While the early asylums of Europe provided little or no treatment for the mentally disturbed, the treatment of mental patients in the United States was characterized by aggressive treatments intended to restore “balance”.
   Answer: TRUE
   Diff: 1   Page Ref: 14

26) Pinel advocated the use of restraint, bloodletting, and purgatives.
   Answer: FALSE
   Diff: 1   Page Ref: 14

27) Both Pinel and Tuke are credited with initiating movements that led to the humanitarian treatment of the mentally ill.
   Answer: TRUE
   Diff: 1   Page Ref: 14

28) Moral management focused almost exclusively on the physical well-being of hospitalized mental patients.
   Answer: FALSE
   Diff: 1   Page Ref: 15

29) Moral management was surprisingly effective in its time.
   Answer: TRUE
   Diff: 1   Page Ref: 15

30) Dorothea Dix is credited with improving the treatment and living conditions of the mentally ill.
   Answer: TRUE
   Diff: 1   Page Ref: 15

31) Emil Kraepelin is known as the father of the mental hygiene movement.
   Answer: FALSE
   Diff: 1   Page Ref: 15

32) Deinstitutionalization of the mentally ill is only occurring in the United States.
   Answer: FALSE
   Diff: 1   Page Ref: 16
33) The problems caused by deinstitutionalization appear to be due to the failure of society to effectively provide for the mentally ill in a community setting.

Answer: TRUE
Diff: 1 Page Ref: 17

34) Currently, deinstitutionalization is criticized because many former patients have not adjusted well outside of the institution.

Answer: TRUE
Diff: 1 Page Ref: 17

35) The debate between the Nancy School and Charcot led to the first modern day recognition that a mental disorder could be psychologically caused.

Answer: TRUE
Diff: 2 Page Ref: 19

36) Freud thought that catharsis occurs when patients talked freely about their problems and felt significant emotional release.

Answer: TRUE
Diff: 2 Page Ref: 19

37) Psychoanalysis emerged as a reaction to the unwillingness of the behaviorists to consider internal, psychological factors that could not be easily observed.

Answer: FALSE
Diff: 1 Page Ref: 19

38) Wilhelm Wundt was the first to establish an experimental psychology laboratory.

Answer: TRUE
Diff: 1 Page Ref: 20

39) The case study method is a research method that is no longer used today.

Answer: FALSE
Diff: 1 Page Ref: 22-23

40) Information obtained in an interview with a research subject would be an example of self-report data.

Answer: TRUE
Diff: 1 Page Ref: 23

41) A hypothesis is a question that researchers study.

Answer: FALSE
Diff: 1 Page Ref: 24
42) An ideal research sample would be one that accurately reflects the population of interest.

Answer: TRUE
Diff: 1 Page Ref: 24

43) Correlational studies give clear evidence of causation.

Answer: FALSE
Diff: 1 Page Ref: 25

44) Both a control group and a comparison group are needed in any study.

Answer: FALSE
Diff: 3 Page Ref: 25

45) A prospective research design attempts to collect information about the early lives of people with a disorder.

Answer: FALSE
Diff: 1 Page Ref: 26

46) Analogue studies, by definition, use animals.

Answer: FALSE
Diff: 2 Page Ref: 28

Short Answer Questions

1) Why is it difficult to agree on a definition of abnormal behavior?

Answer: There are no sufficient or necessary conditions. Also, what is abnormal at one point in time may no longer be considered abnormal at another time.
Diff: 1 Page Ref: 3-5

2) What are the benefits of classifying mental disorders?

Answer: Allows information to be organized, needed for research, most sciences do it, establishes the range of problems mental health professionals can address.
Diff: 2 Page Ref: 5-6

3) Discuss one disadvantage of developing a classification system for mental disorders.

Answer: Multiple possible answers:
1. There is a loss of information when a classification scheme is applied to behavior, as will happen when any single word is used to convey something as complex as a mental disorder.
2. In addition, there may be some stigma attached to receiving a psychiatric diagnosis.
3. Stereotyping may occur, leading to incorrect assumptions about and expectations of an individual who has received a psychiatric diagnosis.
Diff: 2 Page Ref: 5-6
4) Explain what a culture-specific syndrome is and provide an example of one.

Answer: A culture-specific syndrome is a disorder that occurs most commonly in or exclusively in a specific culture. While many disorders may present themselves differently in different cultures, these are disorders that are unique to a particular culture. Koro, a disorder seen most commonly in young Asian males, is one example. This anxiety disorder is characterized by an extreme fear that a body part is shrinking.

Diff: 2 Page Ref: 8

5) What is epidemiology?

Answer: Epidemiology is the study of the distribution of a health-related problem within a population. An important element of mental health epidemiology is the frequency of mental disorders.

Diff: 1 Page Ref: 8

6) Discuss the difference between prevalence and incidence.

Answer: Prevalence is the number of active cases of a disorder in a given population during a given period of time. Incidence is the number of new cases that occur over a given period of time.

Diff: 2 Page Ref: 8–9

7) What is comorbidity?

Answer: The presence of two or more disorders in the same person. This is common in serious mental disorders, rarer for mild disorders.

Diff: 2 Page Ref: 10

8) What was the most common explanation for abnormal behavior among many ancient peoples including the Chinese, Egyptians, Hebrews, and Greeks?

Answer: The most common explanation was possession by a demon or a god.

Diff: 1 Page Ref: 10

9) What is tarantism?

Answer: Tarantism is a form of "mass madness" characterized by wild dancing. The behavior seen was similar to early orgiastic rites, but came to be viewed as a consequence of having been bitten by a tarantula.

Diff: 1 Page Ref: 12

10) How did people in the Middle Ages think that possession and mental illness were related?

Answer: People who experienced physical possession were mentally ill, those who experienced spiritual possession were witches.

Diff: 2 Page Ref: 12
11) What was Bedlam?

Answer: Bedlam was an asylum in London that became well known for its deplorable conditions and practices. It was typical of many asylums of the sixteenth century that served primarily as storage facilities for the mentally ill.

Diff: 1  Page Ref: 14

12) Who was Benjamin Rush?

Answer: Benjamin Rush is credited with encouraging the use of more humane treatment of the mentally ill in the United States. He was the first American to organize a course in Psychiatry, and, although some of his practices may have been less than humane, he is recognized as a transitional figure between the poor treatment of the old era and the humane approaches of the new.

Diff: 1  Page Ref: 14

13) What was moral management?

Answer: Moral management was an approach to the care of the mentally ill that emerged in the early part of the period of humanitarian reform. It focused on addressing the patient’s social, individual, and occupational needs.

Diff: 1  Page Ref: 15

14) What contributions did Dorothea Dix make to the treatment of the mentally ill?

Answer: Between 1841 and 1881 Dorothea Dix brought to light the inhuman treatment the mentally ill usually received and persuaded legislatures to fund the building of many mental hospitals. She is credited with improving conditions in American hospitals, establishing 32 mental hospitals, and fostering the growth of the mental hygiene movement in America.

Diff: 1  Page Ref: 15–16

15) What is the current attitude about hospitalization of the mentally ill?

Answer: It is preferable to treat people in the community and treatment should be deinstitutionalized, although it is not the perfect solution it was once thought to be.

Diff: 2  Page Ref: 16

16) Why was the discovery of the malarial treatment for general paresis important?

Answer: It was the first scientifically demonstrated connection between a mental illness and brain pathology.

Diff: 2  Page Ref: 17

17) Who was Emil Kraepelin?

Answer: The first to recognized that certain symptoms occurred regularly together and to begin the classification of mental disorders.

Diff: 2  Page Ref: 18
18) What contribution to our thinking about abnormal behavior did Freud and Breuer make?

Answer: They made the discovery of the unconscious and argued that processes outside the person’s awareness could help determine behavior. They showed that emotional tensions that patients were not aware of could cause hysteria.

Diff: 1 Page Ref: 19

19) Who was Wilhelm Wundt?

Answer: The man who established the first experimental psychology laboratory.

Diff: 1 Page Ref: 20

20) What is the central theme of the behavioral perspective?

Answer: The role of learning in human behavior.

Diff: 2 Page Ref: 21

21) Briefly discuss why research in abnormal psychology is important.

Answer: Through the use of research, the characteristics of disorders can be studied and our understanding of the etiology of disorders is furthered. In addition, research must be used to determine the effectiveness of treatment.

Diff: 2 Page Ref: 22

22) What is a case study and what are its benefits and drawbacks?

Answer: An in-depth, detailed account of a single case. They are good sources of research ideas and hypotheses. However, information from then does not generalize. They are uncontrolled and often impressionistic, so any conclusions drawn may be incorrect.

Diff: 2 Page Ref: 22-23

23) Discuss the limitations of self-report data.

Answer: Can be misleading – sometimes deliberately lie, misinterpret questions or try to present themselves more favorably or less favorably than is true.

Diff: 2 Page Ref: 23

24) What is sampling and why is it important?

Answer: Sampling is the procedure used to select subjects to study. As it is not possible to study all of the population of interest, a subset of the population is selected. The sample studied needs to resemble the larger population on all relevant variables so that findings made when studying the sample can be generalized to the population. In other words, results obtained with a sample should provide accurate information about the larger population.

Diff: 2 Page Ref: 24
25) What is an analogue study?
Answer: A study of an approximation of the real thing in which the researcher is interested. Often done if studying the real thing is difficult or it would be unethical to manipulate the variables of interest.

Diff: 2 Page Ref: 28

Essay Questions

1) Discuss some of the difficulties involved in attempting to define abnormal behavior.
Answer: "Abnormal" presupposes some norm from which behavior deviates, but there is no definition of "normal" about which people can all agree. Abnormal is also related to behavior that is deemed undesirable by society. Value issues therefore always complicate the objective definition of disorders. What, exactly, comprises distress, disability, or dysfunction is also difficult to define. In addition, definitions of abnormality vary not only with culture, but over time.

GRADING RUBRIC: 6 point s total, 2 points for each difficulty discussed.

Diff: 1 Page Ref: 3-5

2) What is the DSM and how does it define "mental disorder"?
Answer: The DSM is the Diagnostic and Statistical Manual of Mental Disorders. The DSM is published by the American Psychiatric Association and provides information to be used in identifying mental disorders. The DSM does not provide information as to the cause of mental disorders. A mental disorder, according to the DSM, is a psychological problem that is not the result of some culturally accepted response to a live event but that causes one or more of the following: present distress (a painful symptom); disability (impairment in one or more areas of functioning); increased risk of suffering death, pain, or disability; and an important loss of freedom. A mental disorder is not simply deviant or unacceptable behavior and is believed to be the product of some sort of dysfunction within the individual.

GRADING RUBRIC: 8 points total, 2 points for what DSM stands for, 2 points for explaining what it is, 4 points for correct definition of "mental disorder".

Diff: 1 Page Ref: 6
3) Abnormal behavior often has been attributed to the influence of supernatural forces. Describe how these forces were used to explain abnormal behavior during various time periods, and the treatments that resulted.

Answer: Early writings of the Egyptians, Chinese, Hebrews, and Greeks show they attributed such behavior to possession by a demon or god. This was treated by exorcism. In the Middle Ages, the clergy were largely responsible for treatment because possession was considered causal. In fifteenth and sixteenth century Europe, witchcraft became another related explanation for which torture, burning, and other such methods were used. Recent historical analyses, however, suggest that the mentally ill may not have been taken to be witches, as was often once thought. Even in contemporary culture, one can find those who believe that supernatural forces cause psychological problems. Exorcisms are still occasionally practiced.

GRADING RUBRIC: 10 points total, 5 points each for a discussion of the use of supernatural explanations during 2 different time periods.

Diff: 2  Page Ref: 10–14

4) What was moral management? What caused its near abandonment in the second part of the nineteenth century?

Answer: Moral management was a broad treatment that included a patient’s social, individual and occupational needs. The moral and spiritual development of patients was a focus. More emphasis was placed on a patient’s character than on their disorder. Typical treatments were spiritual discussion and manual labor. It was surprisingly effective. It was abandoned because of changing attitudes toward the mentally ill and the increasing size of hospitals. The mental hygiene movement and advances in biomedical science also contributed to its decrease in popularity. The focus on physical and biological explanations and care meant that other factors in a patient’s life were considered irrelevant.

GRADING RUBRIC: 10 points total, 5 for each part of the question.

Diff: 2  Page Ref: 15

5) Explain how the link between the brain and mental disorders was first established.

Answer: While Hippocrates and others had long proposed that mental disorders had some physical cause, it was not until the 1800’s that a clear link between a physical disease process and mental illness was established. This finding then paved the way for further exploration of how brain malfunctions could result in mental illness. General paresis was an illness that produced paralysis, insanity, and, typically, death within two to five years. This mental illness was recognized as a specific type of mental disorder in 1825. Thus, it was recognized as a unique disorder and attempts could then be made to treat it. It was eventually recognized that this illness was caused by syphilis. This is the first documented link between an identifiable brain infection and mental illness. With this finding, and the rising influence of modern experimental science, the investigation of brain pathology as the cause of mental illness began in earnest.

GRADING RUBRIC: 8 points total, 4 for the historical events leading up to the categorization of general paresis as a type of mental disorder, 4 for a discussion of syphilis as a cause of the disease and a brain infection producing a mental illness.

Diff: 2  Page Ref: 17–18
6) What was the dispute between Charcot and the Nancy School? Why is this significant?

Answer: The Nancy School, named for the town of Nancy in France, refers to a group of physicians who believed that hysteria was a form of self-hypnosis. In other words, they believed that hysteria had a psychological cause. They came to this conclusion as it was observed that the symptoms of hysteria could be both produced and removed by means of hypnosis. Charcot, a neurologist, had not been able to replicate the findings of the Nancy School and argued that degenerative brain changes led to hysteria. The dispute between Charcot and the Nancy School was a debate about what the nature of the cause of hysteria was, biological or psychological. In the end, the view of the Nancy School was accepted. This is said to represent the first recognition of a psychologically caused mental disorder.

GRADING RUBRIC: 10 points total, 4 points for stating the dispute, 2 points for explaining why it developed, 4 points for explaining its significance.

Diff: 2  Page Ref: 19

7) Describe the retrospective and prospective research designs. What are the benefits and problems of these designs?

Answer: Retrospective - study people with a disorder by collecting information about their lives before they became sick. Problem is faulty and selective memory, bias on the part of the person and the researcher. Prospective - find people with high risk of developing a disorder before they have it, measure variables ahead of time and track the person to see who develops the disorder. Problem - can’t know how may will develop the disorder - small sample size.

GRADING RUBRIC: 10 points, 5 points each.

Diff: 2  Page Ref: 25-26

8) What is an observational research design and how can such an approach further our understanding of abnormal behavior. What limitations are there of such designs and how can these be overcome?

Answer: When an observational research design is employed, no manipulation is made and data is merely gathered on the subject or subjects of interest. A group who is at risk for some disorder or one that has a particular disorder may be studied in order to gather information as to the factors that might influence the development of the disorder or the progression of the disorder. Just as a control group is used in an experiment, a control group must be used when conducting observational research. It is important, however, to recognize that no conclusions can be made about cause and effect. Correlational data, observing that two factors are related, does not permit such conclusions to be made as other factors may be the true cause for the observed relationship. For example, if a researcher observes a correlation between obesity and depression, it can’t be concluded that depression causes obesity or that obesity causes depression. While either may be true, it can not be determined that from such data. In addition to these obvious causal connections, there could be additional factors that are causing both problems. Thus, while observational research designs provide information as to how things are related, no conclusions can be made as to cause and effect.

GRADING RUBRIC: 10 points total, 2 points for explaining observational research design, 2 points for how it can be used, 3 points for limitations, 3 points for how limitations can be overcome.

Diff: 2  Page Ref: 25-26
9) Describe the ABAB research design and give an example.

Answer: A type of single case research design. A way of using case study to develop and test therapy techniques within a scientific framework. The same subject is studied over time. Phase A – collect information about the subject but don’t intervene. Phase B – intervention. Repeating the phases tells whether it is what was done in the B phase that produced any changes. Many possible examples.

GRADING RUBRIC: 10 points – 5 for description, 5 for example.