

Chapter 1: Abnormal Psychology: An Overview

Multiple-Choice Questions

1.1-1. 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.

Difficulty: 2

Question ID: 1.1-1

Page Ref: 3

Topic: Abnormal Psychology/An Overview

Skill: Applied

Answer: c. Karen, her mother, and her grandmother all have been diagnosed with generalized anxiety disorder.

1.1-2. 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.

Difficulty: 1

Question ID: 1.1-2

Page Ref: 2-3

Topic: Abnormal Psychology/An Overview

Skill: Conceptual

Answer: d. Mental illness can have a significant impact on one's life.

1.1-3. 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.

Difficulty: 1

Question ID: 1.1-3

Page Ref: 3

Topic: Abnormal Psychology/An Overview

Skill: Conceptual

Answer: b. Abnormal behavior covers a wide range of behavioral disturbances.

1.1-4. What makes defining abnormality difficult?

- a. There are so many types of abnormal behavior that they can't be accurately described.
- b. There is no one behavior that serves to make someone abnormal.
- c. Most of us are abnormal much of the time so that we cannot tell what is normal.
- d. Criteria for abnormality have yet to be developed.

Difficulty: 2

Question ID: 1.1-4

Page Ref: 3-4

Topic: What Do We Mean by Abnormality?

Skill: Factual

Answer: b. There is no one behavior that serves to make someone abnormal.

1.1-5. Which of the following is a sufficient element to determine abnormality?

- a. Suffering
- b. Maladaptiveness
- c. Deviancy
- d. There is no sufficient element.

Difficulty: 2

Question ID: 1.1-5

Page Ref: 4

Topic: What Do We Mean by Abnormality?

Skill: Factual

Answer: d. There is no sufficient element.

1.1-6. 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.

Difficulty: 2

Question ID: 1.1-6

Page Ref: 5

Topic: What Do We Mean by Abnormality?

Skill: Conceptual

Answer: d. the values of a society may change over time.

1.1-7. 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.

Difficulty: 1

Question ID: 1.1-7

Page Ref: 7

Topic: Why Do We Need to Classify Mental Disorders?

Skill: Factual

Answer: a. A classification system allows information to be organized.

1.1-8. _____ 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

Difficulty: 1

Question ID: 1.1-8

Page Ref: 7

Topic: Why Do We Need to Classify Mental Disorders?

Skill: Conceptual

Answer: b. Classification

1.1-9. 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 about the person is lost.
- c. A classification system allows for research to advance.
- d. Identifying the disorder that an individual has guides treatment.

Difficulty: 1

Question ID: 1.1-9

Page Ref: 8

Topic: What are the Disadvantages of Classification?

Skill: Conceptual

Answer: b. When a label is used to describe an individual's behavior, information about the person is lost.

1.1-10. 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 consistent way.

Difficulty: 2

Question ID: 1.1-10

Page Ref: 7

Topic: Why Do We Need to Classify Mental Disorders?

Skill: Conceptual

Answer: c. Classification systems meet the needs of medical insurance companies who need diagnoses in order to authorize payment of claims.

1.1-11. All of the following are disadvantages of classifying and diagnosing mental disorders EXCEPT

- a. stereotyping.
- b. labeling.
- c. the potential stigma.
- d. providing structure.

Difficulty: 1

Question ID: 1.1-11

Page Ref: 8

Topic: Why Do We Need to Classify Mental Disorders?

Skill: Factual

Answer: d. providing structure.

1.1-12. 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.

Difficulty: 1

Question ID: 1.1-12

Page Ref: 8

Topic: What Are the Disadvantages of Classification?

Skill: Factual

Answer: c. the automatic and often incorrect beliefs people have about people with mental illness.

1.1-13. **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.

Difficulty: 2

Question ID: 1.1-13

Page Ref: 8-9

Topic: What Are the Disadvantages of Classification?

Skill: Conceptual

Answer: d. Labels should be applied to disorders, not to people.

1.1-14. **In the field of abnormal psychology, what does DSM stand for?**

- a. Disorders, Science, and the Mind
- b. Diagnostic and Statistical Manual
- c. Descriptors for the Science of the Mind
- d. Diagnostic Science of the Mind

Difficulty: 1

Question ID: 1.1-14

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

Answer: b. Diagnostic and Statistical Manual

1.1-15. **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

Difficulty: 1

Question ID: 1.1-15

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Applied

Answer: b. A means of identifying different mental disorders

1.1-16. **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.

Difficulty: 1

Question ID: 1.1-16

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

Answer: d. Diagnostic and Statistical Manual of Mental Disorders.

1.1-17. **According to the DSM-IV's definition of mental disorder, impairment in one or more areas of functioning (disability)**

- a. must not 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 only important features of a mental disorder.
- d. must be present for at least six months to be considered a true disability.

Difficulty: 2

Question ID: 1.1-17

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Conceptual

Answer: b. may be present but is not a necessary condition for making a diagnosis.

1.1-18. **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 diagnosable because it is a cult.

Difficulty: 2

Question ID: 1.1-18

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Applied

Answer: c. While some of this group's individual members may meet criteria for a DSM-IV diagnosis, the DSM-IV does not diagnose groups.

1.1-19. **Brett persistently injects himself with pain killers. 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?**

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

Difficulty: 3

Question ID: 1.1-19

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Applied

Answer: b. Yes, because he is persistently acting in a way that harms him.

1.1-20. **The current DSM is**

- atheoretical.
- focused upon etiology.
- focused upon theory.
- not generally accepted by practitioners.

Difficulty: 1

Question ID: 1.1-20

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

Answer: a. atheoretical.

1.1-21. **Wakefield's conception of "mental disorder" included the idea of _____ as most central to diagnosis.**

- religious persecution
- dangerous malfunction
- harmful dysfunction
- familial mental disorder

Difficulty: 2

Question ID: 1.1-21

Page Ref: 6

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

Answer: c. harmful dysfunction

1.1-22. **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

Difficulty: 1

Question ID: 1.1-22

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

Answer: c. When it is a symptom of a dysfunction in the individual

1.1-23. **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

Difficulty: 2

Question ID: 1.1-23

Page Ref: 6

Topic: The DSM-IV Definition of Mental Disorder

Skill: Conceptual

Answer: b. A work in progress that classifies mental disorders based on what is currently known

1.1-24. **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.

Difficulty: 3

Question ID: 1.1-24

Page Ref: 6

Topic: The DSM-IV Definition of Mental Disorder

Skill: Conceptual

Answer: c. We have yet to discover the dysfunction that underlies most mental disorders.

1.1-25. **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. A person may focus on somatic symptoms, rather than mood, when depressed.
- c. Depression is not universal.
- d. The symptoms of some illnesses are not apparent until after lengthy psychological evaluation.

Difficulty: 1**Question ID:** 1.1-25**Page Ref:** 9-10**Topic:** How Does Culture Affect What Is Considered Abnormal?**Skill:** Applied**Answer:** b. A person may focus on somatic symptoms, rather than mood, when depressed.1.1-26. **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

Difficulty: 2**Question ID:** 1.1-26**Page Ref:** 10**Topic:** Culture-Specific Disorders**Skill:** Factual**Answer:** d. A disorder seen only in certain cultures1.1-27. **Practically speaking, “abnormal” behavior means**

- a. any behavior that is "away from the normal" and causes any 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.

Difficulty: 1**Question ID:** 1.1-27**Page Ref:** 10**Topic:** Culture-Specific Disorders**Skill:** Conceptual**Answer:** d. unusual behaviors that are not consistent with the norms of the society in which they are displayed.

1.1-28. **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 is Maria?
- 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?

Difficulty: 1

Question ID: 1.1-28

Page Ref: 10

Topic: Culture-Specific Disorders

Skill: Conceptual

Answer: b. Is Maria's belief consistent with the beliefs of her culture?

1.1-29. **Why is it important to know how many people have diagnosable mental illnesses?**

- 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.

Difficulty: 1

Question ID: 1.1-29

Page Ref: 11

Topic: How Common Are Mental Disorders?

Skill: Factual

Answer: a. Such information is needed to plan for the provision of adequate services.

1.1-30. **How should information about the frequency of mental disorders in different groups of people be used?**

- a. Such information can greatly simplify the process of diagnosis as it can be assumed that certain people have certain disorders.
- b. Such information can greatly simplify the process of diagnosis as it can be assumed that certain people are highly unlikely to have certain disorders.
- c. Information about the incidence of disorders among certain groups of people may provide information as to what causes a particular disorder.
- d. There is no use for or value in such dangerous stereotyping.

Difficulty: 2

Question ID: 1.1-30

Page Ref: 11

Topic: How Common Are Mental Disorders?

Skill: Conceptual

Answer: c. Information about the incidence of disorders among certain groups of people may provide information as to what causes a particular disorder.

1.1-31. **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

Difficulty: 1**Question ID:** 1.1-31**Page Ref:** 11**Topic:** How Common Are Mental Disorders?/Prevalence and Incidence**Skill:** Factual**Answer:** d. The study of the distribution of a disorder in a population1.1-32. **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.

Difficulty: 2**Question ID:** 1.1-32**Page Ref:** 11**Topic:** How Common Are Mental Disorders?/Prevalence and Incidence**Skill:** Factual**Answer:** c. the study of the distribution of mental disorders in a given population.1.1-33. **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.

Difficulty: 1**Question ID:** 1.1-33**Page Ref:** 11**Topic:** How Common Are Mental Disorders?/Prevalence and Incidence**Skill:** Factual**Answer:** a. It is common.

1.1-34. **What type of prevalence estimate tends to be lowest?**

- a. Point prevalence
- b. One-year prevalence
- c. Lifetime prevalence
- d. Virtual prevalence

Difficulty: 1

Question ID: 1.1-34

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Factual

Answer: a. Point prevalence

1.1-35. _____ 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

Difficulty: 1

Question ID: 1.1-35

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Factual

Answer: a. Prevalence

1.1-36. **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 30.

Difficulty: 2

Question ID: 1.1-36

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Applied

Answer: c. 1% of the population is currently experiencing depressive symptoms.

1.1-37. **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.

Difficulty: 2

Question ID: 1.1-37

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Applied

Answer: a. Point prevalence

1.1-38. **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

Difficulty: 2

Question ID: 1.1-38

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Applied

Answer: b. incidence rate

1.1-39. **What type of prevalence estimate tends to be highest?**

- a. Point prevalence
- b. One-year prevalence
- c. Lifetime prevalence
- d. Virtual prevalence

Difficulty: 1

Question ID: 1.1-39

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Factual

Answer: c. Lifetime prevalence

1.1-40. **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

Difficulty: 1

Question ID: 1.1-40

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Factual

Answer: c. Incidence

1.1-41. **Why is it believed that the NCS survey used to estimate the prevalence of mental illness underestimated 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.

Difficulty: 2

Question ID: 1.1-41

Page Ref: 12

Topic: How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders

Skill: Factual

Answer: d. Measures of several types of disorders were not included.

1.1-42. **What is the most prevalent grouping of psychological disorder?**

- a. Anxiety disorders
- b. Depressive disorders
- c. Substance abuse disorders
- d. Dissociative disorders

Difficulty: 1

Question ID: 1.1-42

Page Ref: 12

Topic: How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders

Skill: Factual

Answer: a. Anxiety disorders

1.1-43. **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.

Difficulty: 2

Question ID: 1.1-43

Page Ref: 12

Topic: How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders

Skill: Conceptual

Answer: c. Many people with disorders are not seriously affected by them or may have them for only a short time.

1.1-44. **What can be said about individuals who have a history of at least one serious 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.

Difficulty: 2

Question ID: 1.1-44

Page Ref: 12

Topic: How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders

Skill: Factual

Answer: b. Over 50% have at least two or more other disorders.

1.1-45. **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.

Difficulty: 2**Question ID:** 1.1-45**Page Ref:** 12**Topic:** How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders**Skill:** Factual**Answer:** b. that a person has two or more disorders.1.1-46. **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 serious 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.

Difficulty: 2**Question ID:** 1.1-46**Page Ref:** 12**Topic:** How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders**Skill:** Factual**Answer:** b. over half of the people with a history of one serious disorder had two or more comorbid disorders.1.1-47. **Most mental health treatment**

- a. occurs in an outpatient setting.
- b. requires an overnight stay.
- c. does not involve professionals.
- d. occurs in psychiatric hospitals.

Difficulty: 2**Question ID:** 1.1-47**Page Ref:** 13**Topic:** How Common Are Mental Disorders?/Treatment**Skill:** Applied**Answer:** a. occurs in an outpatient setting.

1.1-48. Most people with psychological disorders

- a. seek treatment as soon as they realize there is a problem.
- b. recover only if they seek treatment.
- c. delay seeking treatment, sometimes for many years.
- d. exaggerate their symptoms so it takes longer for them to recover.

Difficulty: 2

Question ID: 1.1-48

Page Ref: 13

Topic: How Common Are Mental Disorders?/Treatment

Skill: Factual

Answer: c. delay seeking treatment, sometimes for many years.

1.1-49. The trend toward deinstitutionalization in recent years means that

- a. inpatient hospitalization in public institutions has increased.
- b. people with psychological problems more often receive inpatient treatment than outpatient treatment.
- c. people are hospitalized more briefly and then treated on an outpatient basis.
- d. the number of community services has skyrocketed.

Difficulty: 2

Question ID: 1.1-49

Page Ref: 13

Topic: How Common Are Mental Disorders?/Treatment

Skill: Factual

Answer: c. people are hospitalized more briefly and then treated on an outpatient basis.

1.1-50. Which of the following mental health professionals has a doctoral degree in psychology with both research and clinical skill specialization?

- a. the clinical psychologist
- b. the occupational therapist
- c. the psychoanalyst
- d. the psychiatrist

Difficulty: 1

Question ID: 1.1-50

Page Ref: 14

Topic: How Common Are Mental Disorders?/Mental Health Professionals

Skill: Factual

Answer: a. the clinical psychologist

1.1-51. **Which of the following mental health professionals has a medical degree?**

- a. The clinical psychologist
- b. The psychiatrist
- c. The counseling psychologist
- d. The occupational therapist

Difficulty: 1

Question ID: 1.1-51

Page Ref: 14

Topic: How Common Are Mental Disorders?/Mental Health Professionals

Skill: Factual

Answer: b. The psychiatrist

1.1-52. **A clinical psychologist is**

- a. a Ph.D. in psychology with experience in mental health.
- b. a person with doctoral training and experience in academic and learning problems.
- c. an M.D. or Ph.D. with intensive experience in psychoanalysis.
- d. a Ph.D. in social work.

Difficulty: 2

Question ID: 1-1.52

Page Ref: 14

Topic: How Common Are Mental Disorders?/Mental Health Professionals

Skill: Factual

Answer: a. a Ph.D. in psychology with experience in mental health.

1.1-53. **Describing a disorder as acute means that**

- a. it causes very severe distress and impairment.
- b. it causes very mild distress and impairment.
- c. it is a very long-lasting disorder.
- d. it is a disorder that is short in duration.

Difficulty: 1

Question ID: 1.1-53

Page Ref: 14

Topic: Research Approaches In Abnormal Psychology

Skill: Factual

Answer: d. it is a disorder that is short in duration.

1.1-54. **Why is it important to have some understanding of what causes a psychological disorder?**

- a. A disorder can not be identified unless there is an understanding of where it came from.
- b. All recognized disorders have known causes.
- c. Biological treatments only work when a disorder has a biological cause.
- d. The selection of a treatment approach is largely determined by assumptions about causality.

Difficulty: 2

Question ID: 1.1-54

Page Ref: 14

Topic: Research Approaches In Abnormal Psychology

Skill: Conceptual

Answer: d. The selection of a treatment approach is largely determined by assumptions about causality.

1.1-55. 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.

Difficulty: 2

Question ID: 1.1-55

Page Ref: 15

Topic: Sources of Information/Case Studies

Skill: Conceptual

Answer: d. Conclusions based on so little data are likely to be flawed.

1.1-56. 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

Difficulty: 1

Question ID: 1.1-56

Page Ref: 16

Topic: Sources of Information/Observational Approaches

Skill: Factual

Answer: b. Direct observation

1.1-57. 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.

Difficulty: 3

Question ID: 1.1-57

Page Ref: 15

Topic: Sources of Information/Case Studies

Skill: Applied

Answer: c. weak because it rarely provides information we can generalize to others with the disorder.

- 1.1-58. **Carl is asked to provide information about his drinking. Despite the fact that he has had several arrests for driving will intoxicated, Carl reports that he has no problems with drinking. This is an example of**
- the problems with self-report data.
 - the problems with case studies.
 - the problems of diagnosis.
 - the problems of forming hypotheses.

Difficulty: 1

Question ID: 1.1-58

Page Ref: 15

Topic: Sources of Information/Self-Report Data

Skill: Applied

Answer: a. the problems with self-report data.

- 1.1-59. _____ **are more or less plausible ideas used to explain something (e.g., a behavior) and can be tested using research methods.**

- Observations
- Hypotheses
- Variables
- Correlations

Difficulty: 1

Question ID: 1.1-59

Page Ref: 17

Topic: Forming and Testing Hypotheses

Skill: Factual

Answer: b. Hypotheses

- 1.1-60. **One strength of case studies is**

- they can help prove causal relationships between variables.
- they can generate new ideas to explore.
- they do not involve bias.
- they are usually highly accurate.

Difficulty: 1

Question ID: 1.1-60

Page Ref: 15

Topic: Sources of Information/Case Studies

Skill: Factual

Answer: b. they can generate new ideas to explore.

- 1.1-61. **An important FIRST step in studying a particular disorder is**

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

Difficulty: 2

Question ID: 1.1-61

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Conceptual

Answer: b. determining the criteria for identifying people who have the disorder.

1.1-62. **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.

Difficulty: 1

Question ID: 1.1-62

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Factual

Answer: a. Select criteria for identifying individuals with the disorder.

1.1-63. **Ideally, a sample is described as what?**

- a. Random
- b. Representative
- c. Generalizable
- d. Demographically pure

Difficulty: 1

Question ID: 1.1-63

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Factual

Answer: b. Representative

1.1-64. **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.

Difficulty: 1

Question ID: 1.1-64

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Factual

Answer: d. The more representative a sample is, the more generalizable the data.

1.1-65. **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.

Difficulty: 2

Question ID: 1.1-65

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Applied

Answer: c. he is not getting a representative sample.

1.1-66. **Why would a researcher want to ensure that every person in the larger group of study has an equal chance of being included in the sample?**

- This helps eliminate a correlational relationship.
- It increases the chances of finding a causal relationship.
- It provides important epidemiological information such as the prevalence and incidence of the disorder.
- It increases the researcher's ability to generalize findings to the larger group.

Difficulty: 2

Question ID: 1.1-66

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Conceptual

Answer: d. It increases the researcher's ability to generalize findings to the larger group.

1.1-67. **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**

- the absence of correlational statistics.
- the failure to use DSM-IV criteria for health problems.
- having an inappropriate control group.
- nonrepresentative sampling.

Difficulty: 3

Question ID: 1.1-67

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Applied

Answer: d. nonrepresentative sampling.

1.1-68. **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.**

- comparison
- control
- criterion
- treatment

Difficulty: 1

Question ID: 1.1-68

Page Ref: 18-19

Topic: Forming and Testing Hypotheses/Criterion and Comparison Groups

Skill: Applied

Answer: c. criterion

1.1-69. **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

Difficulty: 1

Question ID: 1.1-69

Page Ref: 18-19

Topic: Forming and Testing Hypotheses/Criterion and Comparison Groups

Skill: Applied

Answer: b. control

1.1-70. **In what significant ways 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.

Difficulty: 1

Question ID: 1.1-70

Page Ref: 22

Topic: Research Designs/Studying the World as It Is: Observational Research Designs

Skill: Factual

Answer: d. There is no manipulation of variables in observational research.

1.1-71. **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.

Difficulty: 2

Question ID: 1.1-71

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Conceptual

Answer: c. a control group.

1.1-72. **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.

Difficulty: 1

Question ID: 1.1-72

Page Ref: 18-19

Topic: Forming and Testing Hypotheses/Criterion and Comparison Groups

Skill: Applied

Answer: b. A group that is comparable to those with eating disorders except they eat normally.

1.1-73. **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.

Difficulty: 2

Question ID: 1.1-73

Page Ref: 19

Topic: Research Designs/Studying the World as It Is: Observational Research Designs

Skill: Conceptual

Answer: d. It is often unethical or impossible to directly manipulate the variables involved in abnormal psychology.

1.1-74. **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.

Difficulty: 1

Question ID: 1.1-74

Page Ref: 20

Topic: Research Designs/Studying the World as It Is: Observational Research Designs

Skill: Factual

Answer: a. They cannot determine cause and effect.

- 1.1-75. **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.

Difficulty: 2

Question ID: 1.1-75

Page Ref: 20

Topic: Research Designs/Correlation and Causality

Skill: Conceptual

Answer: d. Some additional variable may serve to explain the relationship observed between wearing a bra and developing cancer.

- 1.1-76. **What research approach require subjects to recall the past?**

- a. Reconstructive
- b. Repressed
- c. Retroactive
- d. Retrospective

Difficulty: 1

Question ID: 1.1-76

Page Ref: 21

Topic: Research Designs/Retrospective Versus Prospective Strategies

Skill: Factual

Answer: d. Retrospective

- 1.1-77. **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

Difficulty: 2

Question ID: 1.1-77

Page Ref: 21

Topic: Retrospective Versus Prospective Strategies

Skill: Conceptual

Answer: c. Retrospective strategies

1.1-78. **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

Difficulty: 2

Question ID: 1.1-78

Page Ref: 20-21

Topic: Research Designs/Correlation and Causality

Skill: Conceptual

Answer: d. as x increases, y decreases

1.1-79. **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.

Difficulty: 2

Question ID: 1.1-79

Page Ref: 20-21

Topic: Research Designs/Correlation and Causality

Skill: Applied

Answer: d. there is an association among the variables, but no causal inferences should be drawn.

1.1-80. **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.

Difficulty: 3

Question ID: 1.1-80

Page Ref: 20-21

Topic: Research Designs/Correlation and Causality

Skill: Conceptual

Answer: d. although there is an association, no cause-effect relationship can be concluded.

1.1-81. **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

Difficulty: 1

Question ID: 1.1-81

Page Ref: 21

Topic: Research Designs/Retrospective Versus Prospective Strategies

Skill: Applied

Answer: c. Prospective

1.1-82. **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 eating and depression.
- b. There is a negative correlation between spaghetti eating and depression.
- c. Spaghetti prevents depression.
- d. Italians are happy.

Difficulty: 2

Question ID: 1.1-82

Page Ref: 20

Topic: Research Designs/Correlation and Causality

Skill: Applied

Answer: b. There is a negative correlation between spaghetti eating and depression.

1.1-83. **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

Difficulty: 2

Question ID: 1.1-83

Page Ref: 20-21

Topic: Research Designs/Correlation and Causality

Skill: Factual

Answer: d. positively

1.1-84. **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

Difficulty: 2

Question ID: 1.1-84

Page Ref: 20

Topic: Research Designs/Correlation versus Causality

Skill: Conceptual

Answer: c. as x increases, y increases

1.1-85. **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

Difficulty: 1

Question ID: 1.1-85

Page Ref: 21-22

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Conceptual

Answer: d. experimental

1.1-86. **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

Difficulty: 3

Question ID: 1.1-86

Page Ref: 21-22

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Applied

Answer: a. correlational

1.1-87. **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.

Difficulty: 2

Question ID: 1.1-87

Page Ref: 21

Topic: Research Designs/Retrospective Versus Prospective Strategies

Skill: Factual

Answer: b. children who share a risk factor for a disorder are studied before signs of the disorder show up.

1.1-88. **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.

Difficulty: 2

Question ID: 1.1-88

Page Ref: 20

Topic: Research Designs/Correlations and Causality

Skill: Applied

Answer: b. It is just as possible that being obese causes children to watch more television.

1.1-89. **Which variable is manipulated in an experiment?**

- a. Comparison
- b. Criterion
- c. Dependent
- d. Independent

Difficulty: 1

Question ID: 1.1-89

Page Ref: 21

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Factual

Answer: d. Independent

1.1-90. **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

Difficulty: 1

Question ID: 1.1-90

Page Ref: 21

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Applied

Answer: b. The independent variable

1.1-91. **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

Difficulty: 1

Question ID: 1.1-91

Page Ref: 21

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Applied

Answer: a. The dependent variable

1.1-92. **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

Difficulty: 2

Question ID: 1.1-92

Page Ref: 21-22

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Conceptual

Answer: c. The effectiveness of a new treatment for depression

1.1-93. **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.

Difficulty: 2

Question ID: 1.1-93

Page Ref: 24

Topic: Research Designs/Single-Case Experimental Designs

Skill: Conceptual

Answer: d. A subject is observed both before and after two exposures to the treatment.

1.1-94. **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 he 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.

Difficulty: 2

Question ID: 1.1-94

Page Ref: 24

Topic: Research Designs/Single-Case Experimental Designs

Skill: Applied

Answer: c. an ABAB experimental design study.

1.1-95. **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.

Difficulty: 2

Question ID: 1.1-95

Page Ref: 24

Topic: Research Designs/Single-Case Experimental Designs

Skill: Conceptual

Answer: c. The effects of a single form of treatment are studied twice in the same subject.

1.1-96. **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

Difficulty: 3

Question ID: 1.1-96

Page Ref: 25

Topic: Research Designs/Animal Research

Skill: Factual

Answer: c. Analogue

1.1-97. **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.

Difficulty: 2

Question ID: 1.1-97

Page Ref: 25

Topic: Research Designs/Animal Research

Skill: Applied

Answer: b. Rats prenatally exposed to alcohol are studied to further our understanding of Fetal Alcohol Syndrome.

1.1-98. **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.

Difficulty: 2

Question ID: 1.1-98

Page Ref: 21

Topic: Research Designs/Manipulating Variables: The Experimental Method in Abnormal Psychology

Skill: Conceptual

Answer: b. an analogue study.

1.1-99. **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.

Difficulty: 2

Question ID: 1.1-99

Page Ref: 25

Topic: Research Designs/Animal Research

Skill: Applied

Answer: c. Seligman found that uncontrollable shock led the dogs to behave much like depressed humans.

1.1-100. **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. the difficulty of generalizing to the naturally occurring phenomenon.

Difficulty: 3

Question ID: 1.1-100

Page Ref: 25

Topic: Research Design/Animal Research

Skill: Conceptual

Answer: d. the difficulty of generalizing to the naturally occurring phenomenon.

Fill-in-the-Blank Questions

1.2-1. _____ are automatic beliefs concerning other people based on little information.

Difficulty: 1

Question ID: 1.2-1

Page Ref: 8

Topic: What Are the Disadvantages of Classification?

Skill: Factual

Answer: Stereotypes

1.2-2. **The number of people who have suffered from a particular disorder at any time in their lives is _____ .**

Difficulty: 1

Question ID: 1.2-2

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Conceptual

Answer: lifetime prevalence

- 1.2-3. **When mental disorders are short in duration, they are known as acute. When they are long in duration, they are _____ .**

Difficulty: 1
Question ID: 1.2-3
Page Ref: 14
Topic: Research Approaches in Abnormal Psychology
Skill: Conceptual
Answer: chronic

- 1.2-4. **If the score on one variable is high and the score on another variable is low, this is known as a _____ correlation.**

Difficulty: 1
Question ID: 1.2-4
Page Ref: 19
Topic: Research Designs/Measuring Correlation
Skill: Factual
Answer: negative

- 1.2-5. _____ is used to study questions that would not be possible to study with human subjects.

Difficulty: 1
Question ID: 1.2-5
Page Ref: 25
Topic: Research Designs/Animal Research
Skill: Factual
Answer: Analogue research

Short Answer Questions

- 1.3-1. **Why is it difficult to agree on a definition of abnormal behavior?**

Difficulty: 1
Question ID: 1.3-1
Page Ref: 3-5
Topic: What Do We Mean by Abnormality?
Skill: Conceptual
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.

1.3-2. **What are the benefits of classifying mental disorders?**

Difficulty: 2

Question ID: 1.3-2

Page Ref: 7

Topic: Why Do We Need to Classify Mental Disorders?

Skill: Factual

Answer: Allows information to be organized, needed for research, most sciences do it, establishes the range of problems mental health professionals can address.

1.3-3. **Discuss one disadvantage of developing a classification system for mental disorders.**

Difficulty: 2

Question ID: 1.3-3

Page Ref: 8

Topic: What Are the Disadvantages of Classification?

Skill: Applied

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.

1.3-4. **What is mental health epidemiology? How is it studied?**

Difficulty: 1

Question ID: 1.3-4

Page Ref: 11

Topic: How Common Are Mental Disorders?/Prevalence and Incidence

Skill: Factual

Answer: Epidemiology is the study of the distribution of a health-related problem within a population. Mental health epidemiology is the distribution and frequency of mental disorders. A key element in studying this is the frequency of mental disorder, which includes prevalence rates.

1.3-5. **Explain what a culture-specific syndrome is and provide an example of one.**

Difficulty: 2

Question ID: 1.3-5

Page Ref: 10

Topic: What Do We Mean By Abnormality?/Culture-Specific Disorders

Skill: Applied

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.

1.3-6. **Discuss the difference between prevalence and incidence.**

Difficulty: 2
Question ID: 1.3-6
Page Ref: 11
Topic: How Common Are Mental Disorders?/Prevalence and Incidence
Skill: Conceptual
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.

1.3-7. **What is comorbidity?**

Difficulty: 2
Question ID: 1.3-7
Page Ref: 12
Topic: How Common Are Mental Disorders?/Prevalence Estimates for Mental Disorders
Skill: Factual
Answer: The presence of two or more disorders in the same person. This is common in serious mental disorders, rarer for mild disorders.

1.3-8. **Briefly discuss why research in abnormal psychology is important.**

Difficulty: 2
Question ID: 1.3-8
Page Ref: 14-15
Topic: Research Approaches in Abnormal Psychology
Skill: Conceptual
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.

1.3-9. **What is a case study and what are its benefits and drawbacks?**

Difficulty: 2
Question ID: 1.3-9
Page Ref: 16
Topic: Sources of Information/Case Studies
Skill: Applied
Answer: An in-depth, detailed account of a single case. They are good sources of research ideas and hypotheses. However, information from them does not generalize. They are uncontrolled and often impressionistic, so any conclusions drawn may be incorrect.

1.3-10. **What is sampling and why is it important?**

Difficulty: 2

Question ID: 1.3-10

Page Ref: 18

Topic: Forming and Testing Hypotheses/Sampling and Generalization

Skill: Applied

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.

1.3-11. **Discuss the limitations of self-report data.**

Difficulty: 2

Question ID: 1.3-11

Page Ref: 15

Topic: Sources of Information/Self-Report Data

Skill: Factual

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

1.3-12. **What is an analogue study?**

Difficulty: 2

Question ID: 1.3-12

Page Ref: 25

Topic: Research Designs/Animal Research

Skill: Factual

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.

Essay Questions

1.4-1. **Discuss some of the difficulties involved in attempting to define abnormal behavior.**

Difficulty: 1

Question ID: 1.4-1

Page Ref: 3-5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Conceptual

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 points total, 2 points for each difficulty discussed.

1.4-2. **What is the DSM and how does it define mental disorder?**

Difficulty: 1

Question ID: 1.4-2

Page Ref: 5

Topic: The DSM-IV Definition of Mental Disorder

Skill: Factual

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."

1.4-3. **Describe the retrospective and prospective research designs. What are the benefits and problems of these designs?**

Difficulty: 2

Question ID: 1.4-3

Page Ref: 21

Topic: Research Designs/Retrospective Versus Prospective Strategies

Skill: Applied

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.

1.4-4. 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?

Difficulty: 2

Question ID: 1.4-4

Page Ref: 19

Topic: Research Designs/Correlations and Causality

Skill: Applied

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 cannot be determined 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.

1.4-5. Describe the ABAB research design and give an example.

Difficulty: 3

Question ID: 1.4-5

Page Ref: 24-25

Topic: Research Designs/Single-Case Experimental Designs

Skill: Factual

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.

Chapter 2: Historical and Contemporary Views of Abnormal Behavior

Multiple-Choice Questions

2.1-1. **When comparing modern concepts of abnormal behavior with those of ancient civilizations, we find**

- a. that our beliefs are the opposite of theirs.
- b. some striking similarities.
- c. almost no similarity.
- d. a greater emphasis on supernatural and spiritual causes today.

Difficulty: 2

Question ID: 2.1-1

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Factual

Answer: b. some striking similarities.

2.1-2. **What is trephining?**

- a. A form of treatment for schizophrenia.
- b. The ancient study of the bumps on the skull.
- c. A method for assessing the severity of a mental disorder.
- d. An ancient practice in which a hole was drilled in the skull to release evil spirits.

Difficulty: 1

Question ID: 2.1-2

Page Ref: 30

Topic: Historical Views of Abnormal Behavior

Skill: Factual

Answer: d. An ancient practice in which a hole was drilled in the skull to release evil spirits.

2.1-3. **Archaeology and early writing indicate that the first people to think that the brain was the site of mental functions were the**

- a. ancient Egyptians.
- b. ancient Greeks.
- c. Chinese.
- d. Hebrews.

Difficulty: 2

Question ID: 2.1-3

Page Ref: 30

Topic: Historical Views of Abnormal Behavior

Skill: Factual

Answer: a. ancient Egyptians.

- 2.1-4. **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**
- assumed to have willingly entered into a pact with the devil.
 - thought to be a witch.
 - thought to be possessed by a good spirit or god.
 - assumed to have something physically wrong with the heart.

Difficulty: 2

Question ID: 2.1-4

Page Ref: 30

Topic: Demonology, Gods, and Magic

Skill: Factual

Answer: c. thought to be possessed by a good spirit or god.

- 2.1-5. **Prayer, incantations, and noise-making were all techniques for**

- altering a person's brain functioning.
- improving a person's dreams.
- helping a person become possessed by good spirits.
- exorcising demons.

Difficulty: 1

Question ID: 2.1-5

Page Ref: 30

Topic: Demonology, Gods, and Magic

Skill: Factual

Answer: d. exorcising demons.

- 2.1-6. **Each of the following is one of the "four humors" EXCEPT**

- blood.
- phlegm.
- phrenitis.
- bile.

Difficulty: 1

Question ID: 2.1-6

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Factual

Answer: c. phrenitis.

2.1-7. 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.

Difficulty: 2

Question ID: 2.1-7

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Conceptual

Answer: c. proposed that mental disorders were the result of an imbalance.

2.1-8. 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.

Difficulty: 2

Question ID: 2.1-8

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Factual

Answer: b. was an explanation for personality traits.

2.1-9. According to early beliefs, what would characterize an individual with an excess of blood?

- a. Depression
- b. Schizophrenia
- c. Irritability
- d. Cheerfulness

Difficulty: 2

Question ID: 2.1-9

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Applied

Answer: d. Cheerfulness

2.1-10. Hippocrates suggested marriage as a cure for

- a. impotence.
- b. hysteria in women.
- c. phrenitis (brain fever) in men.
- d. melancholia.

Difficulty: 1

Question ID: 2.1-10

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Factual

Answer: b. hysteria in women.

2.1-11. 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.

Difficulty: 2

Question ID: 2.1-11

Page Ref: 31

Topic: Hippocrates' Early Medical Concepts

Skill: Applied

Answer: c. prescribed exercise, tranquility, and celibacy.

2.1-12. Who studied how to deal with mentally ill criminals and concluded that such individuals were not responsible for their actions?

- a. Aristotle
- b. Freud
- c. Galen
- d. Plato

Difficulty: 2

Question ID: 2.1-12

Page Ref: 32

Topic: Early Philosophical Conceptions of Consciousness

Skill: Factual

Answer: d. Plato

2.1-13. Plato was one of the first to argue for

- a. medical treatment of mental illness.
- b. demonic possession in mental illness.
- c. an insanity defense.
- d. the use of bleeding as a treatment for mental illness.

Difficulty: 2

Question ID: 2.1-13

Page Ref: 32

Topic: Early Philosophical Conceptions of Consciousness

Skill: Applied

Answer: c. an insanity defense.

2.1-14. Aristotle believed that

- a. mental disorders could be caused by psychological factors.
- b. mental disorders could not be caused by psychological factors.
- c. bodily fluids had nothing to do with mental illness.
- d. mental illness was due to demon possession.

Difficulty: 2

Question ID: 2.1-14

Page Ref: 32

Topic: Early Philosophical Conceptions of Consciousness

Skill: Factual

Answer: b. mental disorders could not be caused by psychological factors.

2.1-15. One of Aristotle's most major contributions to psychology was

- a. his belief that dreams explained most mental disorders.
- b. his theory that psychological disorders were due to psychological rather than physical factors.
- c. his description of personality traits.
- d. his description of consciousness.

Difficulty: 2

Question ID: 2.1-15

Page Ref: 32

Topic: Early Philosophical Conceptions of Consciousness

Skill: Factual

Answer: d. his description of consciousness.

2.1-16. 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.

Difficulty: 2

Question ID: 2.1-16

Page Ref: 32-33

Topic: Later Greek and Roman Thought

Skill: Factual

Answer: d. providing activities, massage, and education.

2.1-17. 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

Difficulty: 2

Question ID: 2.1-17

Page Ref: 33

Topic: Later Greek and Roman Thought

Skill: Conceptual

Answer: d. Recognizing that psychological disorders could have both biological and psychological causes

2.1-18. Which of the following would be characteristic of the treatment provided by the first mental hospitals or sanatoria used by the Romans and Greeks?

- a. The use of trephining and other biological approaches
- b. Psychodynamic therapy
- c. Exorcisms
- d. Warm baths and massages

Difficulty: 1

Question ID: 2.1-18

Page Ref: 33

Topic: Views of Abnormality During the Middle Ages

Skill: Applied

Answer: d. Warm baths and massages

2.1-19. 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.

Difficulty: 2

Question ID: 2.1-19

Page Ref: 33-34

Topic: Views of Abnormality During the Middle Ages

Skill: Conceptual

Answer: c. Islamic forms of treatment were more humane than European approaches.

2.1-20. **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.

Difficulty: 1

Question ID: 2.1-20

Page Ref: 34

Topic: Views of Abnormality During the Middle Ages

Skill: Factual

Answer: a. superstitious.

2.1-21. **What trend was observed during the Middle Ages in Europe?**

- a. Belief in theology was declining.
- b. Approaches to mental disorders were becoming increasingly scientific.
- c. Supernatural explanations for mental disorders grew in popularity.
- d. Humane treatments were developed.

Difficulty: 2

Question ID: 2.1-21

Page Ref: 34

Topic: Views of Abnormality During the Middle Ages

Skill: Conceptual

Answer: c. Supernatural explanations for mental disorders grew in popularity.

2.1-22. **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

Difficulty: 2

Question ID: 2.1-22

Page Ref: 34

Topic: Views of Abnormality During the Middle Ages

Skill: Factual

Answer: a. An exhibition of disordered behavior by a group of people that appears to be caused by hysteria

2.1-23. Compared to the West, in the Chinese "Dark Ages," views of mental illness

- a. began at a more sophisticated level but regressed, like the West, to belief in the supernatural forces, although not for as long or with as negative a reaction to patients.
- b. began at a less sophisticated level but regressed, like the West, to belief in the supernatural forces, although they regressed earlier and with a more negative reaction to patients.
- c. always believed that mental illness was due to supernatural forces. This belief is still prevalent in China.
- d. were always more sophisticated than the West; the focus was always on medical causes and humane treatment.

Difficulty: 2

Question ID: 2.1-23

Page Ref: 33

Topic: Early Views of Mental Disorders in China

Skill: Conceptual

Answer: a. began at a more sophisticated level but regressed, like the West, to belief in the supernatural forces, although not for as long or with as negative a reaction to patients.

2.1-24. 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

Difficulty: 2

Question ID: 2.1-24

Page Ref: 34

Topic: Views of Abnormality During the Middle Ages

Skill: Factual

Answer: b. A condition in which people believe themselves to be possessed by wolves

2.1-25. 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.

Difficulty: 2

Question ID: 2.1-25

Page Ref: 34-35

Topic: Views of Abnormality During the Middle Ages

Skill: Conceptual

Answer: c. phenomena that impact the society and its structure may also affect mental health.