

2

Contemporary Perspectives on Abnormal Behavior

Multiple-Choice Questions

1. In the case study of “Jessica’s Little Secret,” Jessica’s bulimia nervosa is maladaptive in the sense that it can lead to
 - a. extreme loss of weight.
 - b. social problems.
 - c. minor health problems.
 - d. unwanted social attention from others that is commonly associated with maintaining an ideal body type.

ANSWER: B

Diff: 2 Page: 36-37

Topic: Chapter Introduction

Textbook LO: Introduction

Skill: Applied

2. In contemporary times, the understanding of abnormal behavior has been largely approached from_____.
 - a. spiritual perspectives
 - b. mathematical models
 - c. natural and social science theoretical models
 - d. historical perspectives

ANSWER: C

Diff: 2 Page: 37

Topic: Chapter Introduction

Textbook LO: Introduction

Skill: Factual

3. Many scholars today believe that abnormal behavior patterns are_____.
 - a. best explained with biological models
 - b. complex phenomena that are best understood by taking into account multiple perspectives
 - c. adaptations to difficult-to-understand modern social structures
 - d. the result of the alienation associated with large, rapidly changing cultures

ANSWER: B

Diff: 2 Page: 37

Topic: Chapter Introduction

Textbook LO: Introduction

Skill: Factual

4. The medical model represents a _____ perspective on abnormal behavior.
- a. phenomenological
 - b. behavioral
 - c. biological
 - d. cognitive

ANSWER: C

Diff: 1

Page: 37

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Conceptual

5. Our understanding of the biological underpinnings of abnormal behavior has _____ in recent years.
- a. been eliminated
 - b. declined
 - c. remained unchanged
 - d. grown

ANSWER: D

Diff: 1

Page: 37

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

6. The nervous system is made up of cells called _____.
- a. somas
 - b. neurons
 - c. axons
 - d. synapses

ANSWER: B

Diff: 1

Page: 37

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

7. Neurons are _____ cells.
- a. glial
 - b. connective
 - c. adipose
 - d. nerve

ANSWER: D

Diff: 1

Page: 37

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

8. The part of the neuron that receives messages from other neurons is called the _____.
- a. nucleus
 - b. axon
 - c. dendrite
 - d. soma

ANSWER: C

Diff: 2

Page: 38

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

14. The junction between a transmitting neuron and a receiving neuron is called the _____.
- a. sheath
 - b. synapse
 - c. hillock
 - d. knob

ANSWER: B

Diff: 1

Page: 38

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

15. The proper sequence of structures a neural message passes through as it moves from one neuron to the next is _____.
- a. dendrite, cell body, axon
 - b. dendrite, axon, cell body
 - c. axon, cell body, dendrite
 - d. cell body, dendrite, axon

ANSWER: A

Diff: 2

Page: 38

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

16. Receptor sites are located on the _____.
- a. endocrine system
 - b. axons
 - c. dendrites
 - d. cell body

ANSWER: C

Diff: 2

Page: 38-39

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

17. The part of a dendrite on a receiving neuron that is structured to receive a neurotransmitter is the _____.
- a. terminal
 - b. receptor site
 - c. myelin sheath
 - d. hillock

ANSWER: B

Diff: 1

Page: 38

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

18. Each kind of neurotransmitter _____.
- a. is unique and will fit into only one type of receptor site
 - b. will fit into several types, but not most types of receptor sites
 - c. will fit into most, but not all types of receptor sites
 - d. will fit into every type of receptor site

ANSWER: A

Diff: 2

Page: 38

Topic: The Biological Perspective

Textbook LO: 2.1

Skill: Factual

ANSWER: D
Diff: 2 Page: 39
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

25. The two major parts of the nervous system are the _____.
- a. sympathetic and parasympathetic nervous systems
 - b. central and peripheral nervous systems
 - c. brain and spinal cord
 - d. autonomic and somatic nervous systems

ANSWER: B
Diff: 2 Page: 40
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

26. The brain and spinal cord make up the _____ nervous system.
- a. central
 - b. somatic
 - c. sympathetic
 - d. parasympathetic

ANSWER: A
Diff: 1 Page: 40
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

27. The _____ nervous system is made up of nerves that receive and transmit sensory messages to the brain.
- a. central
 - b. peripheral
 - c. reticular
 - d. limbic

ANSWER: B
Diff: 2 Page: 40
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

28. The hindbrain consists of _____.
- a. the pons, thalamus, and reticular activating system
 - b. the amygdala, hippocampus, and hypothalamus
 - c. the medulla, pons, and cerebellum
 - d. the cerebellum, reticular activating system, and hippocampus

ANSWER: C
Diff: 2 Page: 40-41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

29. The medulla, pons, and cerebellum are all parts of the _____.
- a. forebrain
 - b. prebrain
 - c. midbrain
 - d. hindbrain

ANSWER: D

Diff: 2 Page: 40-41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

30. The _____ plays a role in vital functions like heart rate, respiration, and blood pressure.
- a. pons
 - b. reticular activating system
 - c. medulla
 - d. cerebellum

ANSWER: C

Diff: 3 Page: 40
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

31. The _____ transmits information about body movement and is involved in functions related to attention, sleep, and respiration.
- a. pons
 - b. thalamus
 - c. medulla
 - d. cerebellum

ANSWER: A

Diff: 3 Page: 40-41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

32. The _____ is located behind the pons and is involved in balance and motor behavior.
- a. cerebrum
 - b. reticular activating system
 - c. medulla
 - d. cerebellum

ANSWER: D

Diff: 2 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

33. Celia is having difficulty maintaining her balance and coordinating her muscle movements. Assuming her problems result from a brain injury, one would first examine her _____.
- a. pons
 - b. thalamus
 - c. medulla
 - d. cerebellum

ANSWER: D

Diff: 3 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Applied

34. The _____ lies just above the hindbrain and contains neural pathways linking the hindbrain to the upper regions of the brain.
- a. forebrain
 - b. prebrain
 - c. midbrain
 - d. underbrain

ANSWER: C

Diff: 2 Page: 41
Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

35. The _____ extends from the hindbrain to the lower part of the forebrain and is involved in regulating states of arousal.
- a. pons
 - b. medulla
 - c. reticular activating system
 - d. cerebellum

ANSWER: C

Diff: 2 Page: 41

Topic: The Biological Perspective

Textbook LO: 1.1

Skill: Factual

36. The _____ plays vital roles in regulating sleep, attention, and arousal.
- a. limbic system
 - b. reticular activating system
 - c. medulla
 - d. cerebellum

ANSWER: B

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

37. Depressant drugs, such as alcohol, lower activity in the _____.
- a. reticular activating system
 - b. amygdala
 - c. cochlea
 - d. optic chiasm

ANSWER: A

Diff: 2 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

38. The reticular activating system is part of the _____.
- a. parietal region
 - b. prebrain
 - c. midbrain
 - d. occipital lobe

ANSWER: C

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

39. The part of the brain involved with states of arousal is
- a. cerebellum.
 - b. hippocampus.
 - c. reticular activating system.
 - d. basal ganglia.

ANSWER: C

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

40. The _____ relays sensory information from the sense organs (i.e., the eyes and ears) to higher regions of the brain.

- a. thalamus
- b. hypothalamus
- c. basal ganglia
- d. cerebellum

ANSWER: A

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

41. The _____, in coordination with the reticular activating system, is involved in such functions as sleep and attention.
- a. cingulate nucleus
 - b. thalamus
 - c. medulla
 - d. cerebellum

ANSWER: B

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

42. The _____ is a tiny structure located under the thalamus.
- a. cingulate gyrus
 - b. cerebellum
 - c. hippocampus
 - d. hypothalamus

ANSWER: D

Diff: 3 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

43. The _____ is vital in regulating body temperature, fluid concentrations, and motivation and emotional states.
- a. thalamus
 - b. hypothalamus
 - c. basal ganglia
 - d. cerebellum

ANSWER: B

Diff: 2 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

44. The _____ is involved in a range of motivational drives and behaviors, including hunger, thirst, sex, parenting behaviors, and aggression.
- a. thalamus
 - b. hypothalamus
 - c. basal ganglia
 - d. cerebellum

ANSWER: B

Diff: 2 Page: 41

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

45. The hypothalamus is part of the _____.
- a. limbic system
 - b. endocrine system
 - c. basal ganglia
 - d. hindbrain

ANSWER: A
Diff: 2 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

46. The _____ plays a role in emotional processing and memory and in regulating basic drives involving hunger, thirst, and aggression.
- a. basal ganglia
 - b. cerebellum
 - c. reticular activating system
 - d. limbic system

ANSWER: D
Diff: 3 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

47. The _____ regulate(s) postural movements and coordination.
- a. basal ganglia
 - b. thalamus
 - c. pons
 - d. limbic system

ANSWER: A
Diff: 3 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

48. The _____ is the brain's "crowning glory," and is responsible for most thinking processes.
- a. cerebellum
 - b. cerebrum
 - c. corpus callosum
 - d. limbic system

ANSWER: B
Diff: 3 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

49. The cerebral cortex makes up the surface of the _____.
- a. cerebrum
 - b. cerebellum
 - c. corpus callosum
 - d. limbic system

ANSWER: A
Diff: 1 Page: 41-42
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

50. The deterioration of the basal ganglia is associated with _____.
- a. Alzheimer's disease
 - b. Schizophrenia
 - c. Huntington's disease
 - d. Autism

ANSWER: C
Diff: 3 Page: 42
Topic: The Biological Perspective
Textbook LO: 2.2

Skill: Factual

51. The _____ has been implicated in certain types of sleep disorders.
- a. medulla
 - b. amygdala
 - c. hippocampus
 - d. hypothalamus

ANSWER: D

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

52. The two major divisions of the peripheral nervous system are the _____ nervous systems.
- a. sympathetic and somatic
 - b. sympathetic and central
 - c. autonomic and somatic
 - d. sympathetic and parasympathetic

ANSWER: C

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

53. The _____ nervous system transmits visual messages, auditory messages, and information such as body position and temperature to the brain.
- a. somatic
 - b. autonomic
 - c. sympathetic
 - d. parasympathetic

ANSWER: A

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

54. The somatic nervous system is associated with processing_____.
- a. emotions
 - b. complex thought
 - c. information from glands and involuntary bodily processes
 - d. messages from sense organs

ANSWER: D

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

55. Messages from the brain to the _____ nervous system regulate intentional body movements like raising an arm and walking.
- a. somatic
 - b. central
 - c. sympathetic
 - d. parasympathetic

ANSWER: A

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

56. The _____ nervous system regulates the glands and involuntary activities such as heart rate, digestion, and pupil dilation.
- a. somatic
 - b. autonomic
 - c. central
 - d. limbic

ANSWER: B

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Conceptual

57. The _____ nervous system is also known as the “automatic” nervous system.
- a. central
 - b. somatic
 - c. autonomic
 - d. endocrine

ANSWER: C

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

58. The sympathetic and parasympathetic divisions are part of the _____ nervous system.
- a. central
 - b. somatic
 - c. autonomic
 - d. endocrine

ANSWER: C

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

59. The autonomic nervous system has two branches, the _____.
- a. central and peripheral
 - b. somatic and peripheral
 - c. somatic and sympathetic
 - d. sympathetic and parasympathetic

ANSWER: D

Diff: 1

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

60. Allen is in his house alone late at night when he hears a loud, frightening noise. His heart begins pounding, his senses sharpen, and his muscles tense up. Allen's reaction is due to the activity of his _____ nervous system.
- a. sympathetic
 - b. parasympathetic
 - c. somatic
 - d. central

ANSWER: A

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

61. Len sits down to relax in his easy chair after a long, hard day at work. As he sits reading his paper, he grows more relaxed. His breathing and heart rate slow down, and his muscles

loosen. Len's relaxation is due to the activity of his _____ nervous system.

- a. sympathetic
- b. parasympathetic
- c. somatic
- d. central

ANSWER: B

Diff: 3 Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

62. When we relax, the _____ decelerates the heart rate.

- a. pons
- b. cerebellum
- c. parasympathetic nervous system
- d. right hemisphere

ANSWER: C

Diff: 2 Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

63. During processes that replenish energy reserves, such as digestion, _____.

- a. neither the sympathetic nor the parasympathetic divisions are active
- b. the sympathetic division is most active
- c. the parasympathetic division is most active
- d. both the sympathetic and parasympathetic divisions are equally active

ANSWER: C

Diff: 2 Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

64. When we are anxious or fearful, _____.

- a. neither the sympathetic nor the parasympathetic divisions are active
- b. the sympathetic division is most active
- c. the parasympathetic division is most active
- d. both the sympathetic and parasympathetic divisions are equally active

ANSWER: B

Diff: 2 Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

65. Each hemisphere of the cerebrum is divided into _____ lobes.

- a. two
- b. four
- c. six
- d. eight

ANSWER: B

Diff: 1 Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

66. The visual processing area of the cortex lies in the _____ lobe.

- a. frontal
- b. parietal
- c. temporal
- d. occipital

ANSWER: D

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

67. The occipital lobe is primarily involved in processing _____.
- a. sensations of touch and pain
 - b. muscle control
 - c. auditory stimuli
 - d. visual stimuli

ANSWER: D

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

68. Susan was in a serious car accident and lost her vision as a result of the injuries she sustained. Susan may have suffered damage to her _____.
- a. amygdala
 - b. prefrontal cortex
 - c. occipital lobe
 - d. temporal lobe

ANSWER: C

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

69. The auditory area of the cortex lies in the _____ lobe.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANSWER: C

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

70. Maria accidentally collided with a tree while she was skiing and subsequently lost some of her ability to hear. Maria's accident most likely resulted in damage to her _____.
- a. temporal lobe
 - b. occipital lobe
 - c. parietal lobe
 - d. frontal lobe

ANSWER: A

Diff: 3

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Applied

71. The area of the cortex involved in skin sensation is the _____ lobe.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANSWER: B

Skill: Factual

77. The _____ is involved in higher mental functions like use of language, problem solving, and thought.
- a. limbic system
 - b. parasympathetic nervous system
 - c. cerebellum
 - d. prefrontal cortex

ANSWER: D

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

78. The motor cortex is part of the _____ lobe.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANSWER: A

Diff: 2

Page: 42

Topic: The Biological Perspective

Textbook LO: 2.2

Skill: Factual

79. Unlike many psychological disorders, Alzheimer's disease _____.
- a. involves only one area of the brain
 - b. requires an interaction between biological processes and environment
 - c. does not involve personality changes
 - d. is caused chiefly by biological processes

ANSWER: D

Diff: 2

Page: 43

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Conceptual

80. The field of epigenetics focuses on how _____.
- a. environmental factors influence genetic expression
 - b. genetic factors influence unconscious motives
 - c. learning theories affect environmental factors
 - d. humanistic theories determine DNA

ANSWER: A

Diff: 2

Page: 45

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Factual

81. According to the principles of epigenetics, early life experiences, such as stress, diet, sexual or physical abuse, and exposure to toxic chemicals, may determine _____.
- a. whether new neurons develop in the brain
 - b. whether certain genes become switched on or remain dormant later in life
 - c. if repressed issues manifest themselves later in adulthood
 - d. if DNA is passed on to the next generation

ANSWER: B

Diff: 2

Page: 45

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Conceptual

82. Using their new genetic knowledge, scientists aspire to successfully treat mental disorders by _____.
- blocking the effects of harmful or defective genes
 - developing patches to deliver medication
 - cloning newborns
 - finding compatible tissue donors

ANSWER: A

Diff: 2

Page: 43

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Conceptual

83. As the debate on epigenetics continues, the authors of your textbook offer a few key points to consider. Which of the following is one of those key points?
- Genes dictate behavioral outcomes.
 - Genetic factors make it a certainty that certain behaviors or disorders will develop.
 - Multigenetic determinism affects psychological disorders.
 - Genetic factors and environmental influence do not interact with each other in determining our vulnerability to a range of psychological disorders.

ANSWER: C

Diff: 3

Page: 43-44

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Conceptual

84. The debate of heredity versus environment is also known as _____.
- | | |
|-------------------------|--------------------------|
| a. genes versus means | c. body versus soul |
| b. Mendel versus Darwin | d. nature versus nurture |

ANSWER: D

Diff: 1

Page: 43

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Factual

85. For monozygotic (identical) twins, if one twin develops schizophrenia, the odds that the other twin will also develop schizophrenia are about _____ percent.
- | | |
|-------|--------|
| a. 25 | c. 75 |
| b. 50 | d. 100 |

ANSWER: B

Diff: 3

Page: 43

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Factual

86. The contemporary view of the nature-nurture debate is best expressed in terms of _____.
- neither nature nor nurture

- b. nature, not nurture
- c. nurture, not nature
- d. nature and nurture acting together

ANSWER: D

Diff: 2

Page: 43

Topic: The Biological Perspective

Textbook LO: 2.3

Skill: Conceptual

87. According to Freud, unconscious motives and conflicts revolve around _____.
- a. a drive for self-actualization
 - b. primitive sexual and aggressive instincts
 - c. learned motives
 - d. irrational thinking

ANSWER: B

Diff: 1

Page: 44

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

88. According to Freud, abnormal behavior patterns represent symptoms_____.
- a. indicating that the individual is overwhelmed by negative environmental stimuli
 - b. resulting from a physiological breakdown in the neural pathways of the cerebral cortex
 - c. indicating that the sufferers consciously use illness to manipulate others into paying attention to them
 - d. of dynamic struggles taking place within the unconscious mind

ANSWER: D

Diff: 1

Page: 44

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

89. Which of the following is one of the three structures of the mind described by Freud?
- a. the conscious
 - b. the post conscious
 - c. the superego
 - d. the libido

ANSWER: A

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

90. A region of the mind that corresponds to one's present awareness is called _____.
- a. conscious
 - b. superconscious
 - c. superego
 - d. hypothalamus

ANSWER: A

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

91. Freud postulated that that awareness of our basic urges would result in _____.

- a. insight
- b. depression
- c. anxiety
- d. catharsis

ANSWER: C

Diff: 2

Page: 44

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

92. According to Freud, the part of the mind that is largely hidden and can only be brought into awareness with great difficulty, if at all, is the _____.
- a. conscious
 - b. superconscious
 - c. preconscious
 - d. unconscious

ANSWER: D

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

93. Freud's structural hypothesis proposes that the personality is divided into _____ mental entities.
- a. two
 - b. three
 - c. four
 - d. five

ANSWER: B

Diff: 2

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

94. Freudian theory states that the only psychic structure present at birth is the _____.
- a. id
 - b. superego
 - c. ego
 - d. persona

ANSWER: A

Diff: 2

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

95. According to Freud, the _____ follows the pleasure principle.
- a. id
 - b. superego
 - c. ego
 - d. persona

ANSWER: A

Diff: 2

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

96. An infant demands instant gratification of its needs without consideration of social customs or the needs of others. The infant is responding to the _____ principle.

- a. survival
- b. reality
- c. Oedipal
- d. pleasure

ANSWER: D

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

97. In Freudian terms, the _____ is the part of the mind where we can find memories that we are not aware of, but can be brought into our awareness by focusing on them.
- a. conscious
 - b. latent conscious
 - c. subconscious
 - d. unconscious

ANSWER: C

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

98. Moral standards and values of a child's parents and other important people in his or her life become internalized during _____.
- a. adolescence
 - b. late childhood
 - c. middle childhood
 - d. early childhood

ANSWER: C

Diff: 3

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

99. Freud proposed that a child's moral standards become internalized through the formation of the _____.
- a. id
 - b. ego
 - c. superego
 - d. alter-ego

ANSWER: C

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

100. Which Freudian construct endeavors to satisfy cravings without offending moral standards?
- a. ego
 - b. superego
 - c. id
 - d. fixation

ANSWER: A

Diff: 1

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

101. Rachel's boyfriend is pressing her to have sex; her parents have brought her up to believe that premarital sex is wrong. As she weighs out her decision, Rachel frequently thinks of what

her parents have taught her. Based on Rachel's thoughts, which Freudian psychic structure appears to be influencing her decision ?

- a. id
- b. ego
- c. superego
- d. persona

ANSWER: C

Diff: 3

Page: 46

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

102. Freud believed we protect ourselves from allowing socially unacceptable wishes or impulses that would be inconsistent with our moral values or social responsibilities from rising into conscious awareness through the use of _____.
- a. response sets
 - b. defense mechanisms
 - c. secondary process thinking
 - d. primary process thinking

ANSWER: B

Diff: 2

Page: 47

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

103. The ego uses defense mechanisms to _____.
- a. prevent socially unacceptable desires from reaching the unconscious parts of the mind
 - b. prevent socially unacceptable desires from rising into consciousness
 - c. mobilize the body to fight off or run away from an external threat
 - d. prevent the superego from thwarting id desires

ANSWER: B

Diff: 2

Page: 47

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

104. The most basic defense mechanism is _____.
- a. regression
 - b. repression
 - c. denial
 - d. rationalization

ANSWER: B

Diff: 2

Page: 47

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

105. Defense mechanisms involve a dynamic struggle between the _____.
- a. ego and the conscience
 - b. ego and the superego
 - c. id and the pleasure principle
 - d. id and the ego

ANSWER: D

Diff: 3 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

106. People can remain outwardly calm and controlled while they inwardly harbor murderous or lustful impulses of which they are unaware through Freudian defense mechanism known as _____.
a. regression c. identification
b. projection d. repression

ANSWER: D
Diff: 3 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

107. Freud noted that slips of the tongue and ordinary forgetfulness can represent hidden motives that are kept out of consciousness by _____.
a. repression c. denial
b. displacement d. sublimation

ANSWER: A
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

108. The use of justifications, or excuses, for unacceptable behavior is a form of self-deception that is called _____.
a. projection c. reaction formation
b. sublimation d. rationalization

ANSWER: D
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

109. A man explains his cheating on his income taxes by saying, "Everyone does it, and besides the government steals from me every week" is using the defense mechanism of _____.
a. rationalization c. reaction formation
b. projection d. identification

ANSWER: A
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

110. A woman who has been reprimanded at work by her boss and quietly accepts his criticism. She later yells at her children without provocation from them. The defense mechanism she is using is _____.
a. projection c. sublimation
b. displacement d. regression

ANSWER: B
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

111. The defense mechanism where one imposes one's own unacceptable impulses or wishes onto another person is _____.
- a. projection
 - b. displacement
 - c. sublimation
 - d. reaction formation

ANSWER: A
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

112. A sexually frustrated woman interprets innocent glances from others as sexual advances. Her defense mechanism is _____.
- a. rationalization
 - b. reaction formation
 - c. displacement
 - d. projection

ANSWER: D
Diff: 3 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

113. Adopting public behaviors that are the extreme opposite of one's genuine desires in order to keep those desires repressed is called _____.
- a. displacement
 - b. sublimation
 - c. reaction formation
 - d. denial

ANSWER: C
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

114. A conservative man who cannot accept his own sexual desires begins a highly publicized crusade to stamp out pornography. His defense mechanism is _____.
- a. repression
 - b. reaction formation
 - c. projection
 - d. displacement

ANSWER: B
Diff: 3 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

115. A college student with a "D-" average tells her parents that school is going well and refuses to admit to herself that she might fail. Her defense mechanism is _____.
- a. denial
 - b. repression
 - c. sublimation
 - d. reaction formation

ANSWER: A
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

116. The channeling of unacceptable impulses into positive, constructive pursuits is called _____.
a. sublimation c. reaction formation
b. displacement d. projection

ANSWER: A
Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

117. Freud argued that _____ are the dominant factors in the development of personality, even among children.
a. security needs c. sexual drives
b. self-actualizing tendencies d. cognitive styles

ANSWER: C
Diff: 1 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

118. The word _____ is probably closest in present-day meaning to what Freud meant by sexuality.
a. lust c. sensuality
b. infatuation d. stimulation

ANSWER: C
Diff: 1 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

119. According to Freud, the basic drive to preserve and perpetuate life is called _____.
a. libido c. thanatos
b. Eros d. self-actualization

ANSWER: B
Diff: 2 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

120. Freud believed that sexual energy is expressed through sexual pleasure in different body parts called _____ zones.
a. subduction c. Oedipal
b. transference d. erogenous

ANSWER: D

Diff: 2 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

121. Freud proposed several stages of _____ development.
- a. cognitive
 - b. moral
 - c. psychosexual
 - d. psychosocial

ANSWER: C

Diff: 1 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

122. For Freud, the stages of human development are _____ in nature.
- a. familial
 - b. psychosexual
 - c. regressive
 - d. creative

ANSWER: B

Diff: 2 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

123. The correct chronological order of Freud's stages of development is _____.
- a. anal, oral, phallic, latency, genital
 - b. anal, oral, latency, phallic, genital
 - c. oral, anal, genital, latency, phallic
 - d. oral, anal, phallic, latency, genital

ANSWER: D

Diff: 3 Page: 48-49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

124. The Freudian stages of human development correspond to the transfer of _____ from one _____ to another.
- a. libidinal energy; erogenous zone
 - b. eros; libido
 - c. anxiety; psychic structure
 - d. knowledge; area of the mind

ANSWER: A

Diff: 1 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

125. Mary is a baby and likes to put everything she touches into her mouth to suck on it or bite on it. According to Freud, she is in the _____ stage.
- a. anal
 - b. oral
 - c. latency
 - d. phallic

ANSWER: B

Diff: 1 Page: 48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

126. The phallic stage generally begins during the _____ year of life.
- a. second
 - b. third
 - c. fourth
 - d. fifth

ANSWER: B

Diff: 2

Page: 48

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

127. The conflict hypothesized by Freud in which little boys sexually desire their mothers and wish to eliminate their fathers is called the _____.
- a. Electra complex
 - b. Odysseus complex
 - c. Oedipus complex
 - d. Thanatos complex

ANSWER: C

Diff: 1

Page: 48

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

128. The conflict hypothesized by Freud in which little girls sexually desire their fathers and wish to eliminate their mothers is called the _____.
- a. Electra complex
 - b. Odysseus complex
 - c. Oedipus complex
 - d. Thanatos complex

ANSWER: A

Diff: 1

Page: 48

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

129. According to Freud, sexual drives diminish and children's interests become more directed toward school and play activities during the _____ stage.
- a. oral
 - b. latency
 - c. phallic
 - d. genital

ANSWER: B

Diff: 2

Page: 48

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

130. In Freud's theory, mature sexuality emerges only during the _____ stage.
- a. oral
 - b. latency
 - c. genital
 - d. phallic

ANSWER: C

Diff: 2

Page: 48

Textbook LO: 2.4
Skill: Conceptual

136. The idea of a “collective unconscious” is most closely linked to the thinking of _____.
a. Carl Jung
b. Erik Erikson
c. Alfred Adler
d. Karen Horney

ANSWER: A
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

137. According to Jung, the collective unconscious contains primitive images, or _____, reflects upon the history of our species.
a. ancestral schemas
b. personal constructs
c. archetypes
d. social constructs

ANSWER: C
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

138. Mythical images such as the all-powerful God, the young hero, the nurturing mother, the wise old man, and the evil demon are examples of what Jung called _____.
a. ancestral schemas
b. personal constructs
c. archetypes
d. social constructs

ANSWER: C
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

139. The theorist credited with developing analytical psychology was _____.
a. Eric Erikson
b. Alfred Adler
c. Karen Horney
d. Carl Jung

ANSWER: D
Diff: 3 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

140. Alfred Adler believed that people were basically driven by _____.
a. the sexual instinct
b. an inferiority complex
c. basic anxiety
d. psychosocial motives

ANSWER: B
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

141. According to Adler, feelings of inferiority due to physical deficits can lead to the development of a powerful _____.
a. need for security
b. set of defense mechanisms
c. identity crisis
d. drive for superiority

ANSWER: D
Diff: 1 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

142. According to Adler, the self-aware aspect of our personality that strives to overcome obstacles and develop our individual potential is called _____.
a. the self-actualizing tendency
b. the persona
c. the ego ideal
d. the creative self

ANSWER: D
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

143. Adler shifted the emphasis of psychodynamic theory from the _____.
a. ego to the id
b. ego to the superego
c. id to the superego
d. id to the ego

ANSWER: -D
Diff: 3 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

144. Adler's psychological theory has been termed _____.
a. analytical psychology
b. ego psychology
c. individual psychology
d. client-centered psychology

ANSWER: C
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

145. Which of the following terms is most closely associated with the thinking of Karen Horney?
a. the collective unconscious
b. basic anxiety
c. an inferiority complex
d. ego identity

ANSWER: B
Diff: 2 Page: 47
Topic: The Psychological Perspective

Textbook LO: 2.4.

Skill: Factual

146. Karen Horney stressed the importance of _____ in the development of emotional problems.
- a. psychosocial development
 - b. psychosexual development
 - c. parent-child relationships
 - d. an inferiority complex

ANSWER: C

Diff: 2 Page: 49-50

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

147. Heinz Hartmann was one of the originators of _____.
- a. analytical psychology
 - b. individual psychology
 - c. ego psychology
 - d. client-centered psychology

ANSWER: C

Diff: 2 Page: 50

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

148. Unlike Freud, Hartmann would not attribute a choice of a career in art to _____.
- a. sublimation
 - b. repression
 - c. reaction formation
 - d. displacement

ANSWER: A

Diff: 3 Page: 50

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

149. A noted psychologist argues that the ego is the dominant part of personality and its cognitive functions can be free of conflict. It is capable of making growth-oriented choices such as seeking an education, dedicating oneself to art or poetry, or furthering the good of humanity, and these choices are more than simply defensive forms of sublimation. This psychologist's views are MOST similar to those of _____.
- a. Heinz Hartmann
 - b. Carl Jung
 - c. Sigmund Freud
 - d. E. L. Thorndike

ANSWER: A

Diff: 3 Page: 50

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

150. Erik Erikson attributed more importance to children's _____ than to unconscious processes.
- a. social relationships
 - b. moral maturity
 - c. cognitive development
 - d. sexual maturity

ANSWER: A

Diff: 1 Page: 50

Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Conceptual

151. Erikson's theory of development differs from Freud's in that it claims that mental development _____.
- a. is complete by age six
 - b. is complete by puberty
 - c. is complete by young adulthood
 - d. continues throughout life

ANSWER: D
Diff: 1 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

152. According to Erikson, the goal of adolescence is the development of _____.
- a. physical maturity
 - b. genital sexuality
 - c. ego identity
 - d. self-actualization

ANSWER: C
Diff: 2 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

153. The psychodynamic theory which focuses on how children come to develop symbolic representations of important others in their lives, especially their parents, is called _____.
- a. psychoanalysis
 - b. object-relations theory
 - c. ego psychology
 - d. Gestalt theory

ANSWER: B
Diff: 2 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

154. For Margaret Mahler, the key to personality development is _____.
- a. social relationships with peers
 - b. cognitive development
 - c. separation from the mother
 - d. someone's style of coping with guilt

ANSWER: C
Diff: 3 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

155. Margaret Mahler is most closely associated with _____ theory.
- a. psychoanalysis
 - b. object-relations theory
 - c. individual psychology
 - d. Gestalt theory

ANSWER: B
Diff: 3 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

156. Which of the following theorists is most closely associated with object-relations theory?
- a. Heinz Hartman
 - b. Margaret Mahler
 - c. Harry Stack Sullivan
 - d. Karen Horney

ANSWER: B
Diff: 3 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

157. The process of introjection was most crucial to the theory of _____.
- a. Erik Erickson
 - b. Alfred Adler
 - c. Carl Jung
 - d. Margaret Mahler

ANSWER: D
Diff: 2 Page: 50-51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

158. Freud believed that the underlying conflicts in psychological disorders _____.
- a. had childhood origins
 - b. had adolescent origins
 - c. were learned in adulthood
 - d. disappeared by adulthood

ANSWER: A
Diff: 2 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

159. According to Freud, when the id breaks completely through to consciousness and the ego is no longer able to keep a lid on its urges, _____ results.
- a. compulsiveness
 - b. neurosis
 - c. psychosis
 - d. psychopathic behavior

ANSWER: C
Diff: 3 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

160. A severe form of disturbed behavior characterized by impaired ability to interpret reality and difficulty meeting the demands of daily life is _____.
- a. neurosis
 - b. symbiosis
 - c. catharsis
 - d. psychosis

ANSWER: D

Diff: 2 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

161. Harlan suffers from bizarre hallucinations and delusions of persecution in which he believes demons are tormenting him. He often babbles aimlessly and contorts his body into grotesque positions, claiming the demons are doing it to him. Freud would argue that Harlan has _____.
- a. a neurosis
 - b. a personality disorder
 - c. a psychosis
 - d. an excess of free association

ANSWER: C
Diff: 2 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

162. For Freud, psychological health was related to _____.
- a. the abilities to love and work
 - b. differentiation of the self
 - c. compensation for feelings of inferiority
 - d. positive outcomes of resolving life crises

ANSWER: A
Diff: 3 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

163. For both Jung and Adler, psychological health was related to _____.
- a. the abilities to love and work
 - b. differentiation of the self
 - c. compensation for feelings of inferiority
 - d. positive outcomes of resolving life crises

ANSWER: B
Diff: 3 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

164. Adler, but not Jung, felt that psychological health was related to _____.
- a. the abilities to love and work
 - b. differentiation of the self
 - c. compensation for feelings of inferiority
 - d. positive outcomes of resolving life crises

ANSWER: C
Diff: 3 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

165. Maureen is feeling increasingly anxious. Her therapist suggests to Maureen that she has not psychologically separated herself from her mother. Maureen's therapist most likely

agrees with the theories of _____.

- a. Erik Erickson
- b. Karen Horney
- c. Carl Jung
- d. Margaret Mahler

ANSWER: D

Diff: 3 Page: 51

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

166. Which of the following is true of psychodynamic theory?
- a. Psychodynamic theory fails to adequately account for the effects of sexual and aggressive impulses.
 - b. The impact of psychodynamic theory was limited to the late 19th century and contributed little to modern views of psychological disorders.
 - c. Freud's ideas of childhood sexuality were both illuminating and controversial.
 - d. Freud's theory increased awareness that people may be motivated by an innate drive for self-actualization.

ANSWER: C

Diff: 3 Page: 52

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

167. Which of the following is a criticism of Freud's theory?
- a. Many of Freud's concepts cannot be scientifically proved or disproved.
 - b. Freud underemphasized the importance of unconscious processes on behavior.
 - c. Freud overemphasized the role of social relationships in shaping personality.
 - d. Freud placed too much emphasis on early childhood experiences in the development of personality.

ANSWER: A

Diff: 3 Page: 52

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

168. The first major psychological theories of abnormal behavior were _____.
- a. phenomenological theories
 - b. behavioral theories
 - c. organic theories
 - d. psychodynamic theories

ANSWER: D

Diff: 1 Page: 52

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

169. The American psychologist who is known as the "father of behaviorism" is _____.
- a. John B. Watson
 - b. B. F. Skinner
 - c. William James
 - d. Carl Rogers

ANSWER: A

Diff: 2 Page: 53

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

170. The behavioral perspective views abnormal behavior as _____.
a. symptomatic of underlying psychological problems
b. symptomatic of underlying biological problems
c. the incurable result of a person's genetically inherited traits
d. learned in much the same way as normal behavior

ANSWER: D

Diff: 1

Page: 53

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

171. Which of the following would a behavior therapist attribute abnormal behavior to?
a. failure to resolve feelings of inferiority
b. failure to establish a distinctive and individual identity
c. neglectful or abusive parents
d. conflicts between the id and superego

ANSWER: C

Diff: 2

Page: 53

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

172. Which of the following scientists is associated with behaviorism?
a. John B. Watson
b. Abraham Maslow
c. Alfred Adler
d. Carl Rogers

ANSWER: A

Diff: 2

Page: 52-53

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

173. According to Freud, psychological health is equated with _____.
a. being able to obtain appropriate reinforcement from the environment
b. emotional differentiation from the mother
c. having the ability to love and work
d. being able to forgive and forget

ANSWER: B

Diff: 3

Page: 51

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

174. The learning perspective views abnormal behavior as _____.
a. being symptomatic of underlying biological problems
b. developing from unresolved unconscious conflict
c. the problem itself
d. stemming from societal problems

ANSWER: C

Diff: 2

Page: 53

Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Conceptual

175. In _____ conditioning, conditioned and unconditioned responses are elicited by stimuli.
- a. operant
 - b. classical
 - c. introjective
 - d. reactive

ANSWER: B
Diff: 2 Page: 53-54
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

176. A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the meat is the _____.
- a. unconditioned stimulus
 - b. unconditioned response
 - c. conditioned stimulus
 - d. conditioned response

ANSWER: A
Diff: 2 Page: 53-54
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

177. A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the bell is the _____.
- a. unconditioned stimulus
 - b. unconditioned response
 - c. conditioned stimulus
 - d. conditioned response

ANSWER: C
Diff: 2 Page: 53-54
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

178. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the scary noise is the _____.
- a. unconditioned stimulus
 - b. unconditioned response
 - c. conditioned stimulus
 - d. conditioned response

ANSWER: A
Diff: 3 Page: 54
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

179. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the boy's fear of the rat is the _____.

- a. unconditioned stimulus
- b. unconditioned response
- c. conditioned stimulus
- d. conditioned response

ANSWER: D

Diff: 3

Page:54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

180. Flinching at the sound of the dentist's drill as you are sitting in the dental office waiting room is an example of _____.
- a. classical conditioning
 - b. operant conditioning
 - c. cue-controlled desensitization
 - d. negative reinforcement

ANSWER: A

Diff: 2

Page: 53-54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

181. Ashley is riding on an elevator when the lights suddenly go off and the elevator stops, trapping her inside. After an hour, electricity is restored and Ashley is able to safely exit the elevator. Ashley subsequently refuses to ride on an elevator because she is "afraid." Ashley's fear is the result of _____.
- a. psychodynamic conditioning
 - b. negative reinforcement
 - c. classical conditioning
 - d. aversive conditioning

ANSWER: C

Diff: 2

Page: 53-54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

182. An example of a disorder that may be acquired through classical conditioning is _____.
- a. bipolar disorder
 - b. hysteria
 - c. obsessive compulsive anxiety disorder
 - d. phobia

ANSWER: D

Diff: 2

Page: 54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

183. The "Little Albert" study was important because it demonstrated that a fear response in _____.
- a. animals could be classically conditioned
 - b. animals could be operantly conditioned
 - c. humans could be classically conditioned
 - d. humans could be operantly conditioned

ANSWER: C

Diff: 2

Page: 54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

184. In the "Little Albert" study, an 11-month-old boy was taught to fear a rat through _____.

- a. observational learning
- b. classical conditioning
- c. cognitive retraining
- d. operant conditioning

ANSWER: B

Diff: 2

Page: 54

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

185. In _____ conditioning, organisms learn to emit behaviors because of the behavior's consequences.

- a. operant
- b. classical
- c. aversive
- d. reactive

ANSWER: A

Diff: 3

Page: 55

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

186. The person most closely associated with operant conditioning is _____.

- a. Watson
- b. Skinner
- c. Pavlov
- d. Bandura

ANSWER: B

Diff: 2

Page: 55

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

187. Changes in the environment that increase the frequency of the preceding behavior are called _____.

- a. operants
- b. stimuli
- c. reinforcers
- d. fixations

ANSWER: C

Diff: 2

Page: 55

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

188. A stimulus or event that increases the frequency of the response that it follows is called _____.

- a. an unconditioned response
- b. punishment
- c. an unconditioned stimulus
- d. positive reinforcement

ANSWER: D

Diff: 2

Page: 55

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

189. A scientist gives a rat a food pellet every time it presses a bar. This is an example of _____.

- a. positive reinforcement
- b. negative reinforcement
- c. classical conditioning
- d. aversive conditioning

ANSWER: A
Diff: 1 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

190. Reinforcers that, when introduced, increase the frequency of the preceding behavior, are called _____ reinforcers.
- a. manifest
 - b. positive
 - c. negative
 - d. latent

ANSWER: B
Diff: 2 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

191. A mother repeatedly comes to her son's room and nags him about cleaning his room. When the boy cleans his room, the mother stops nagging. This is an example of _____.
- a. positive reinforcement
 - b. negative reinforcement
 - c. punishment
 - d. aversive conditioning

ANSWER: B
Diff: 2 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

192. The terms "positive reinforcement" and _____ are used interchangeably.
- a. "response"
 - b. "negative reinforcement"
 - c. "reward"
 - d. "improvement"

ANSWER: C
Diff: 1 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

193. Stimuli that increase the frequency of a behavior when they are removed are called _____.
- a. positive reinforcers
 - b. negative reinforcers
 - c. punishers
 - d. aversive conditioners

ANSWER: B
Diff: 3 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

194. Fred sleeps soundly. His alarm makes a loud beeping noise every morning at 7:00AM. Fred's getting out of bed and turning off the alarm is an example of _____.
- a. positive reinforcement
 - b. negative reinforcement
 - c. punishment
 - d. aversive conditioning

ANSWER: B
Diff: 2 Page: 55

Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

195. Painful or aversive stimuli that decrease or suppress the frequency of the preceding behavior are known as _____.
- a. positive reinforcers
 - b. negative reinforcers
 - c. extinguishers
 - d. punishments

ANSWER: D
Diff: 2 Page: 55
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

196. According to your text, which of the following statements regarding punishment is true?
- a. Punishment encourages the individual to be more attentive in most learning situations.
 - b. Punishment may generate anger and hostility rather than constructive learning.
 - c. Punishment eliminates undesirable behavior rather than suppressing it.
 - d. Punishment reinforces the individual's ability to understand and willingness to engage in appropriate behavior.

ANSWER: B
Diff: 2 Page: 55-56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

197. According to the behaviorists, "normal" or adaptive behavior involves learning behaviors that allow us to _____ positive reinforcers and to _____ negative reinforcers.
- a. obtain; obtain
 - b. obtain ; avoid
 - c. seek out ; negotiate
 - d. value; disregard

ANSWER: B
Diff: 3 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

198. Which of the following persons has contributed to the development of social-cognitive theory?
- a. Albert Bandura
 - b. Carl Rogers
 - c. Heinz Hartmann
 - d. Harry Stack Sullivan

ANSWER: A
Diff: 3 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

199. Social-cognitive theorists expanded the traditional learning theory by introducing the concept of _____.
- a. negative reinforcement
 - b. modeling
 - c. attention
 - d. positive reinforcement

ANSWER: B
Diff: 2 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

200. Social-cognitive theorists emphasize the role of _____ and modeling in shaping personality.
- a. biological influences
 - b. self-actualization
 - c. classical conditioning
 - d. thinking

ANSWER: D
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

201. The process of acquiring new behaviors and knowledge by imitating others is called _____.
- a. conditioning
 - b. abreaction
 - c. modeling
 - d. implementing

ANSWER: C
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

202. A learning-based theory that emphasizes observational learning and incorporates roles for cognitive variables in determining behavior is _____.
- a. Gestalt theory
 - b. humanistic theory
 - c. social-cognitive theory
 - d. sociocultural theory

ANSWER: C
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

203. Which of the following concepts would be important to a social-cognitive theorist?
- a. self-actualization
 - b. unconscious conflicts
 - c. expectancies
 - d. inherited traits

ANSWER: C
Diff: 2 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

204. Personal beliefs about outcomes of engaging in particular behaviors are called _____.
- a. expectancies
 - b. competencies
 - c. encoding strategies
 - d. antecedents

ANSWER: A
Diff: 1 Page: 56
Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Factual

205. Frank's father was a criminal and spent considerable time showing Frank how to break into different kinds of locks and doors as a child. Later in life, Frank also becomes a criminal. Whose theory of learning would best explain Frank's behavior?
- a. Pavlov
 - b. Skinner
 - c. Watson
 - d. Bandura

ANSWER: D
Diff: 3 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

206. Gloria goes to a therapist for treatment of her test anxiety. Her therapist says that her test anxiety is a learned reaction to the extreme demands for achievement placed on her by her parents while she was growing up. The therapist says that Gloria can learn to correct her test anxiety by learning to relax in test-taking situations. Gloria's therapist is using the _____ model of treatment.
- a. psychoanalytic
 - b. humanistic
 - c. behavioral
 - d. sociocultural

ANSWER: C
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

207. Behavior therapy is also referred to as
- a. behavior modification.
 - b. expectancy awareness.
 - c. cognitive therapy.
 - d. classical conditioning.

ANSWER: A
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

208. Which if the following is a therapeutic approach that has evolved from the learning perspective?
- a. behavior modification
 - b. catharsis
 - c. active listening
 - d. learning styles teaching

ANSWER: A
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

209. Which of the following is a criticism of learning models of behavior?
- a. Learning models have not put enough emphasis on measuring observable behaviors.
 - b. Behaviorism cannot explain the richness of human experience.
 - c. Learning theorists do not apply scientific principles in their understanding of behavior.
 - d. Learning models do not pay adequate attention to the influence available reinforcement in the

individual's environment.

ANSWER: B

Diff: 2

Page: 56

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

210. Which model of psychology emphasizes the personal freedoms people have in making conscious choices?
- a. psychodynamic model
 - b. behavioral model
 - c. cognitive model
 - d. humanistic model

ANSWER: D

Diff: 1

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

211. Humanistic psychology emerged as a major force in psychology in the _____ century.
- a. late 19th
 - b. early 20th
 - c. mid-20th
 - d. late 20th

ANSWER: C

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

212. A leader of the humanistic movement in American psychology was _____.
- a. Albert Ellis
 - b. Carl Rogers
 - c. B. F. Skinner
 - d. Albert Bandura

ANSWER: B

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

213. According to the humanists, if an individual is able to recognize his feeling and needs while being true to himself, he is living _____.
- a. free of neuroses
 - b. a life rich with reinforcement
 - c. an ego-integrated life
 - d. authentically

ANSWER: D

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

214. According to humanistic psychologists, the tendency to strive to become all that we are capable of becoming is called _____.

- a. self-potentialization
- b. transcendental reformation
- c. self-actualization
- d. catharsis

ANSWER: C

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

215. Mary goes to a therapist for treatment of her test anxiety. The therapist helps Mary find her own explanation of her anxiety and focuses on how various events in her life, such as her test anxiety, have kept her from becoming self-actualized. Mary's therapist's approach to treatment is most likely to have been influenced by the theories of _____.
- a. Sigmund Freud
 - b. Albert Ellis
 - c. Harry Stack Sullivan
 - d. Abraham Maslow

ANSWER: D

Diff: 1

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

216. Humanistic psychologists attempt to understand abnormal behavior by _____.
- a. evaluating the positive reinforcement available to people in the world
 - b. attempting to understand the individual's subjective experience and his experiences of being "in the world"
 - c. analyses of unconscious drives and motives that people possess
 - d. evaluating the interaction of biological inheritance and environmental rewards

ANSWER: B

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

217. For Rogers, a child's distorted self-concept can come from parents' _____.
- a. unconditional positive regard
 - b. favoritism of one sibling over another
 - c. conditional positive regard
 - d. qualified negative regard

ANSWER: C

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

218. When parents only accept children if they behave in an approved manner, they are showing their children _____.
- a. unconditional positive regard
 - b. conditional positive regard
 - c. low self-esteem
 - d. unrealistic self-ideals

ANSWER: B

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

219. Children who see themselves as worthwhile only when they behave in certain approved ways have developed _____, according to Rogers.
- a. negative self-efficacy
 - b. reactive depression
 - c. unconditional positive regard
 - d. conditions of worth

ANSWER: D

Diff: 3

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

220. According to Rogers, parents help children develop self-esteem and self-actualize when they show them _____.
- a. unconditional positive regard
 - b. conditional positive regard
 - c. conditions of worth
 - d. strict rules and discipline

ANSWER: A

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

221. According to Rogers, when parents accept children as having intrinsic worth regardless of their behavior at a particular moment in time, they are showing them _____.
- a. unconditional positive regard
 - b. conditional positive regard
 - c. perceived self-efficacy
 - d. unrealistic self-ideals

ANSWER: A

Diff: 2

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

222. Paul visits a therapist for treatment of his depression. His therapist helps Paul recognize that his depression arises from his failure to meet various conditions of worth internalized from his interactions with his parents during childhood. Throughout the therapy process, Paul discovers and develops his own unique potential. Paul's therapist most resembles _____ in his therapeutic approach.
- a. Beck
 - b. Rogers
 - c. Hartmann
 - d. Horney

ANSWER: B

Diff: 3

Page: 57

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

223. Rogers's method of psychotherapy is called _____.
- a. person-centered therapy
 - b. logotherapy
 - c. rational-emotive behavior therapy
 - d. Gestalt therapy

ANSWER: A

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Factual

224. According to the text, the humanistic model's primary strength and possibly its primary weakness is its _____.
- a. naiveté
 - b. focus on conscious experience
 - c. ignoring of defense mechanisms
 - d. failure to develop a specific therapeutic methodology

ANSWER: B
Diff: 3 Page: 58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

225. Which of the following is a strength or contribution of humanistic psychology?
- a. Humanism developed evidence-based therapy methods to help people self-actualize.
 - b. Humanism focuses on unconscious repressed impulses.
 - c. Humanism brought the concepts of free choice, inherent goodness, responsibility, and authenticity to the attention of modern psychology.
 - d. The Humanist movement resulted in the formulation of valid and testable concepts and theories.

ANSWER: C
Diff: 2 Page: 58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

226. A cognition is most similar to _____.
- a. an emotion
 - b. a thought
 - c. an urge
 - d. an experience

ANSWER: B
Diff: 2 Page: 58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

227. Theorists who focus on abnormal thought patterns, attitudes, and expectations associated with abnormal behavior are _____ theorists.
- a. psychodynamic
 - b. humanistic
 - c. Gestalt
 - d. cognitive

ANSWER: D
Diff: 2 Page: 58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

228. Which scientific field do cognitive psychologists borrow concepts from in explaining how human process information and how the processes may break down?
- a. neurobiology
 - b. chemistry
 - c. computer science
 - d. physics

ANSWER: C

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

229. According to cognitive psychology, information _____ is based on the individual's sensory and perceptual processes.
- a. input
 - b. storage
 - c. manipulation
 - d. retrieval

ANSWER: A

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

230. According to cognitive psychology, "manipulation" refers to the way in which information is _____.
- a. perceived
 - b. stored
 - c. interpreted or processed
 - d. retrieved

ANSWER: C

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

231. According to cognitive psychology, the process by which information is interpreted or processed is referred to as _____.
- a. output
 - b. manipulation
 - c. storage
 - d. retrieval

ANSWER: B

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

232. Cognitive theory defines placing information in memory as _____.
- a. input
 - b. repression
 - c. storage
 - d. awareness

ANSWER: C

Diff: 1

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

233. Maggie suffers from depression. She appears to focus on things that are not going well and often cites how events in her life are proof that she is a failure. For example, she considered a "B" on a recent calculus exam to be a "failure" and feels the grade supports her belief that she will never be successful. Maggie's interpretation and manipulation of events would be described as a(n) _____ by a cognitive therapist.

- a. input error
- b. cognitive distortion
- c. condition of worth
- d. retrieval problem

ANSWER: B

Diff:2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

234. If a person has difficulty remembering information they once knew, a cognitive psychologist would say the difficulty was due to a problem with _____.
- a. retrieval
 - b. output
 - c. input
 - d. manipulation

ANSWER: A

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

235. Cognitive psychologists define accessing information from memory as _____.
- a. manipulation
 - b. storage
 - c. retrieval
 - d. input

ANSWER: C

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

236. Cognitive theory defines acting on information as _____.
- a. input
 - b. output
 - c. manipulation
 - d. retrieval

ANSWER: B

Diff: 2

Page: 58

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

237. Albert Ellis and Aaron Beck are most closely associated with _____ psychology.
- a. sociocultural
 - b. psychodynamic
 - c. humanistic
 - d. cognitive

ANSWER: D

Diff: 2

Page: 59-60

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

238. The view that abnormality results from faulty storage, input, or retrieval of information is central to _____ psychology.
- a. eclectic
 - b. cognitive
 - c. Skinnerian
 - d. humanistic

ANSWER: B

Diff: 2

Page: 58-59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

239. Cognitive psychologists view psychological disorders as disturbances in which of the following processes?
- interpreting or transforming information
 - repression of traumatic experiences
 - psychosexual development
 - neurotransmitter reuptake

ANSWER: A

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

240. According to cognitive therapists, errors in thinking are known as _____.
- cognitive manipulations
 - cognitive encoding
 - cognitive distortions
 - cognitive catharsis

ANSWER: C

Diff: 1

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

241. Social-cognitive theorists, who share many ideas with cognitive psychologists, focus on _____.
- behaviors in general
 - the ways in which social information is elicited
 - the ways in which social information is encoded
 - the ways in which behaviors are demonstrated

ANSWER: C

Diff: 3

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

242. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. According to Ellis' ABC approach, which of the following would be the "A" of Ellis' "A-B-C" paradigm?
- Jack being passed over for a promotion.
 - Jack's feeling that he is not appreciated at work.
 - Jack's late arrivals and early departures from work.
 - Jack's wife listening to his concerns.

ANSWER: A

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

243. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. According to Ellis' ABC approach, which of the following would be the "B" of Ellis' "A-B-C" paradigm?
- Jack being passed over for a promotion.
 - Jack's feeling that he is not appreciated at work.
 - Jack's late arrivals and early departures from work.
 - Jack's wife listening to his concerns.

ANSWER: B

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Conceptual

244. Albert Ellis uses a(n) _____ approach to explain abnormal behavior.
- personal construct
 - self-actualization
 - ABC approach
 - behavioral

ANSWER: C

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

245. In Ellis's ABC approach, A stands for _____.
- analyzing the relevant experience
 - acuteness of the situation
 - actuality of the circumstance
 - activating event

ANSWER: D

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

246. In Ellis's ABC approach, B stands for _____.
- beliefs
 - borrowed feelings
 - behavioral cues
 - blockages

ANSWER: A

Diff: 2

Page: 59

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

247. Jack was recently passed over for a promotion at work. He tells his wife that he is not appreciated at work and his hard work goes unnoticed. Several weeks later, Jack's boss notices that Jack has been coming to work late and leaving early. According to Ellis' ABC approach, which of the following would be the "C" of Ellis' "A-B-C" paradigm?
- Jack being passed over for a promotion.
 - Jack's wife listening to his concerns.
 - Jack's late arrivals and early departures from work.
 - Jack's feeling that he is not appreciated at work.

ANSWER: C

Diff: 2 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

248. For Ellis, the key factor in abnormal behavior is a person's _____.
- a. early childhood
 - b. conditions of worth
 - c. genetic history
 - d. beliefs

ANSWER: D
Diff: 1 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

249. Ellis believes that adoption of irrational beliefs can lead people to _____ their disappointments, which can then lead to profound distress and states of depression.
- a. sensitize
 - b. rationalize
 - c. catastrophize
 - d. introject

ANSWER: C
Diff: 2 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

250. _____ developed rational-emotive behavior therapy (REBT).
- a. Beck
 - b. Kelly
 - c. Ellis
 - d. Bandura

ANSWER: C
Diff: 2 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

251. Phil visits a therapist for treatment of his depression. The therapist tells him that his problems arise from a series of irrational beliefs about himself and about life which he has developed over the years. She says that to overcome the depression, Phil must replace his irrational beliefs with rational self-talk. Phil's therapist is most similar to _____ in the way she conceptualizes his problem.
- a. Ellis
 - b. Sullivan
 - c. Skinner
 - d. Kelly

ANSWER: A
Diff: 3 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

252. Rachel goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and judging herself entirely on the basis of her flaws rather than her strengths. Rachel's therapist is using the _____ treatment model.
- a. psychoanalytic
 - b. cognitive
 - c. humanistic
 - d. sociocultural

ANSWER: B

Diff: 1 Page: 58-60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

253. Monica goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and faulty cognitions. Monica's therapist has a treatment approach most like _____.
- a. Albert Ellis
 - b. Abraham Maslow
 - c. Carl Jung
 - d. Carl Rogers

ANSWER: A

Diff: 3 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

254. Which of the following theorists developed the concept of four basic cognitive distortions that create emotional distress ?
- a. Karen Horney
 - b. Albert Ellis
 - c. Aaron Beck
 - d. Alfred Adler

ANSWER: C

Diff: 2 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

255. Raul visits a therapist for treatment of his depression. The therapist tells him his problem stems from a series of cognitive errors and distortions in which he minimizes his successes and pessimistically assumes the worst about his future. Raul's therapist is most similar to _____ in the way she conceptualizes his problem.
- a. Skinner
 - b. Beck
 - c. Bandura
 - d. Maslow

ANSWER: B

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

256. According to Beck, an individual who views the world in black-and-white terms would be engaging in _____?
- a. selective abstraction
 - b. overgeneralization
 - c. magnification
 - d. absolutist thinking

ANSWER: D

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

257. Beck believes that depression may result from_____.
- a. neurotransmitter dysregulation
 - b. conditions of worth

- c. errors in thinking
- d. lack of positive reinforcement

ANSWER: C

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

258. If a student focuses on one mediocre grade and ignores all of her other grades which are higher, a cognitive therapist would assert that her emotional distress is due to _____.
- a. selective abstraction
 - b. overgeneralization
 - c. magnification
 - d. absolutist thinking

ANSWER: A

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

259. Mark is distressed because he received a “C” in his English class. Although he has “A’s” in all of his other subjects, Mark continues to focus on his one average grade and he is making himself miserable. According to Beck, Mark’s emotional distress is due to _____.
- a. overgeneralization
 - b. magnification
 - c. selective abstraction
 - d. absolutist thinking

ANSWER: C

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

260. Darnell is depressed. He sees his future as hopeless because he has been turned down for one job. Beck would suggest that Darnell’s emotional distress is due to _____.
- a. magnification
 - b. overgeneralization
 - c. selective abstraction
 - d. absolutist thinking

ANSWER: B

Diff: 3 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

261. If someone overemphasizes and exaggerates the importance of an unfortunate event, a cognitive psychologist would contribute their emotional distress to _____.
- a. absolutist thinking
 - b. overgeneralization
 - c. selective abstraction
 - d. magnification

ANSWER: D

Diff: 2 Page: 60
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

262. Michael views the world in clearly defined terms. For example, behaviors are either right or wrong, one wins or loses. He is unable to entertain a middle ground in any of his beliefs. Beck would consider

Michael to be engaging in the cognitive distortion of _____.

- a. absolutist thinking
- b. selective abstraction
- c. magnification
- d. overgeneralization

ANSWER: A

Diff: 1 Page: 60

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

263. Amy sees her rejection from one job interview as proof that she will never be successful. According to Beck, which cognitive error is Amy making?

- a. selective abstraction
- b. magnification
- c. absolutist thinking
- d. overgeneralization

ANSWER: D

Diff: 2 Page: 60

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Applied

264. A major issue in terms of the application of cognitive perspective is _____.

- a. the fact that because these therapy methods focus on thought processes, the treatment may worsen psychological disorders characterized by disordered thinking
- b. the treatment methods are time consuming and expensive
- c. the methods have so far been limited in the range of disorders that they have been used to treat
- d. training in using the methods effectively is difficult for therapists to obtain

ANSWER: C

Diff: 2 Page: 60

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

265. Cognitive therapists have largely focused on _____.

- a. treatment of depression and anxiety
- b. development of treatment approaches
- c. development of conceptual models
- d. treatment of schizophrenia

ANSWER: A

Diff: 2 Page: 60

Topic: The Psychological Perspective

Textbook LO: 2.4

Skill: Factual

266. Sociocultural theorists seek to understand causes of abnormal behavior that may be accounted for by factors such as _____.

- a. ethnicity, gender, and social class
- b. the limited reinforcement available for individuals in modern societies
- c. cognitive distortions
- d. psychosocial stages of development

ANSWER: A

Diff: 1 Page: 60

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Factual

267. According to radical psychosocial theorists like Thomas Szasz, _____.
- psychological disorders or mental illness do not exist
 - mental illness is a result of the hardships that people encounter in society
 - mental illness is due to the stress of living in a fast paced society
 - mental illness is purely a biological phenomenon

ANSWER: A

Diff: 2 Page: 60

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Factual

268. Why is it important to take income level or socioeconomic status into account when comparing differences in rates of particular disorders across ethnic groups?
- Ethnic minority groups tend to be disproportionately represented among lower socioeconomic status levels, and people with household incomes below the poverty line stand an increased risk of developing various psychological disorders.
 - Ethnic minority groups tend to have higher socioeconomic levels that are associated with higher risk of developing psychological disorders.
 - Only people from certain ethnic groups with a high level of socioeconomic status develop certain disorders, such as depression and anxiety.
 - Schizophrenia occurs only among certain ethnic groups who tend to have household incomes near the poverty line.

ANSWER: A

Diff: 3 Page: 61

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Conceptual

269. In the United States and Canada, the most impoverished ethnic group is _____.
- | | |
|----------------------|-----------------------|
| a. African Americans | c. Hispanic Americans |
| b. Native Americans | d. Asian Americans |

ANSWER: B

Diff: 2 Page: 61

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Factual

270. Compared to other ethnic groups in the United States, the suicide rate is about four times higher among _____.
- male African American adolescents and young adults
 - female Hispanic American adolescents
 - elderly Caucasian males
 - Native American adolescents and young adults

ANSWER: D

Diff: 2 Page: 62

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Factual

271. According to sociocultural theorists, the linkage between low socioeconomic status and severe behavior problems may be explained by the _____.
- a. diathesis-stress model
 - b. theory of self-actualization
 - c. downward drift hypothesis
 - d. selective abstraction theory

ANSWER: C

Diff: 1

Page: 62

Topic: The Sociocultural Perspective

Textbook LO: 2.5

Skill: Factual

272. The psychological model which argues that abnormal behaviors are often caused by a combination of genetically inherited vulnerabilities and various life stresses is the _____ model.
- a. diathesis-stress
 - b. perceived self-efficacy
 - c. downward drift hypothesis
 - d. stress amplification

ANSWER: A

Diff: 1

Page: 64

Topic: The Biopsychosocial Perspective

Textbook LO: 2.6

Skill: Factual

273. The diathesis-stress model was originally developed as an explanatory framework for understanding the development of _____.
- a. personality disorders
 - b. dissociative amnesia
 - c. paranoia
 - d. schizophrenia

ANSWER: D

Diff: 2

Page: 64

Topic: The Biopsychosocial Perspective

Textbook LO: 2.6

Skill: Factual

274. _____ are helping professionals who hold a doctoral degree and have completed graduate training that prepares them for careers in college counseling and mental health centers. They typically serve people with a milder range of psychological difficulties.
- a. Clinical psychologists
 - b. Psychiatrists
 - c. Clinical social workers
 - d. Counseling psychologists

ANSWER: D

Diff: 1

Page: 66

Topic: Types of Helping Professionals

Textbook LO: 2.7

Skill: Factual

275. Which of the following helping professionals has earned a medical degree?
- a. Clinical psychologist
 - b. Psychiatrist
 - c. Counselor
 - d. Clinical social worker

ANSWER: B

Diff: 1

Page: 66

Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Factual

276. Bonnie is seeing a therapist who, in addition to talking with her, writes a prescription for an antidepressant for Bonnie to use. Bonnie's therapist is a _____.
- Psychiatrist
 - Clinical psychologist
 - Counseling psychologist
 - Clinical social worker

ANSWER: D

Diff: 1 Page: 66

Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Applied

277. Patrick's therapist recently administered a series of psychological tests to Patrick as he feels it will help better identify Patrick's issues. What type of therapist is Patrick seeing?
- Clinical social worker
 - Counselor
 - Clinical psychologist
 - psychiatrist

ANSWER: C

Diff: 1 Page: 66

Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Factual

278. Psychoanalysts are typically _____ and _____.
- Psychiatric nurses; undergone psychoanalysis themselves
 - Clinical social workers or licensed professional counselors; have undergone psychoanalysis themselves
 - Psychiatrists or psychologists; have undergone psychoanalysis themselves
 - Psychiatric nurses; undergone psychoanalysis themselves

ANSWER: C

Diff: 2 Page: 66

Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Factual

279. The first model of psychotherapy, developed and named by Freud, was called _____.
- psychodynamic therapy
 - reality therapy
 - psychoanalysis
 - behavioral analysis

ANSWER: C

Diff: 2 Page: 66

Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Factual

280. _____ are registered nurses (R.N.s) who have completed a master's program in psychiatric nursing.
- Nurse practitioners

- b. Psychiatric nurses
- c. Mental health nurses
- d. Physician's associates

ANSWER: A

Diff: 2 Page: 66

Topic: Types of Helping Professionals

Textbook LO: 2.7

Skill: Factual

281. Shantel, a client of Dr. Smith, entered therapy to deal with the depression she experiences secondary to childhood abuse. After discussing the memories and pain associated with her abuse, Shantel, who is typically well-organized and punctual, recently "forgot" her therapy appointment. If Dr. Smith used a Freudian model in his treatment, he might assume that Shantel is exhibiting _____.
- a. resistance
 - b. catharsis
 - c. transference
 - d. unconscious dislike for her therapist

ANSWER: A

Diff: 2 Page: 67

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Applied

282. Psychodynamic therapy is a form of psychotherapy based on the Freudian tradition that seeks to help people gain insight into, and resolve:
- a. faulty thinking patterns.
 - b. irrational beliefs.
 - c. conflicts between forces within the unconscious mind.
 - d. problems with acquiring positive reinforcement from the environment.

ANSWER: C

Diff: 2 Page: 67

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

283. Freud felt that the use of the technique of _____ in therapy would allow the client to _____.
- a. catharsis; come to terms with psychosexual urges
 - b. free association; break down defenses that blocked awareness of unconscious processes
 - c. free association; recognize faulty thinking patterns
 - d. catharsis; break down defenses that blocked awareness of unconscious processes

ANSWER: B

Diff: 2 Page: 67

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

284. George has been seeing a Freudian therapist for his troubles with anxiety. He reports that his therapist begins each session by saying "Tell me whatever comes to mind." George's therapist is using the Freudian

technique of_____.

- a. dream analysis
- b. cognitive restructuring
- c. free association
- d. anxiety reduction

ANSWER: C

Diff: 2 Pages: 67-68

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

285. Freudian psychotherapists feel that _____, a situation where clients may react to the analyst with the same feelings of anger, love, or jealousy they felt toward their own parents, is essential to the therapeutic process.
- a. dream interpretation
 - b. transference
 - c. free association
 - d. countertransference

ANSWER: B

Diff: 2 Page: 68

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

286. Dr. Wong, a psychoanalyst, is troubled by his feelings toward his client, Trudy. Trudy is a reliable client and works hard in therapy. However, Dr. Wong feels intense rage when he meets with Trudy for her therapy session. Trudy reminds Dr. Wong of his mother, an individual that he harbors a lot of resentment toward. In Freudian analysis, the occurrence of Dr. Wong's feelings about Trudy are not considered unusual and are called _____.
- a. transference
 - b. countertransference
 - c. libidinal introjection
 - d. introspection

ANSWER: B

Diff: 2 Page: 68

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Applied

287. Unlike traditional psychoanalysis, modern psychodynamic therapies focus more on clients' _____.
- a. present relationships and less on sexual issues
 - b. dreams and past relationships with one's parents
 - c. outward appropriate expression of childhood longing
 - d. current sexual issues and past grief

ANSWER: A

Diff: 2 Page: 69

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

288. In modern psychodynamic therapy, therapist and client sit _____ and have more frequent _____.
- a. out of view of each other; periods of silence

- b. face-to-face; verbal give-and-take
- c. face-to-face; periods of silence
- d. out of view of each other; verbal give-and-take

ANSWER: B

Diff: 2 Page: 69

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

289. Some modern psychoanalysts, such as Margaret Mahler, _____ approaches to psychodynamic therapy.
- a. rely more on cognitive
 - b. are identified with object-relations
 - c. focus on the interpretation of dreams in their
 - d. place greater emphasis on the authenticity of the client in their

ANSWER: B

Diff: 2 Page: 70

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

290. A behavioral technique called _____ involves a therapeutic program of exposure of the client (in imagination or by means of pictures or slides) to progressively more fearful stimuli while he or she remains deeply relaxed.
- a. cognitive thought stopping
 - b. behavioral analysis
 - c. systematic desensitization
 - d. gradual exposure

ANSWER: B

Diff: 2 Page: 70

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

291. Jenny is working in therapy on her fear of flying. Jenny's therapist instructed Jenny to create a series of images about flying (pictures of planes, security check-in, ticket counter, etc.) and to rank them from least fear-producing to most fear-producing. The images Jenny has ranked are, in the parlance of Systematic desensitization, called _____.
- a. a hierarchy of needs
 - b. a controlled image hierarchy
 - c. a fear-stimulus hierarchy.
 - d. a fear image gallery

ANSWER: C

Diff: 2 Page: 70

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Applied

292. With _____ procedures, people seeking to overcome phobias put themselves in situations in which they engage fearful stimuli in real-life encounters.

- a. gradual exposure
- b. modeling
- c. systematic desensitization
- d. flooding

ANSWER: A

Diff: 2 Page: 70

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

293. At the Willow Ranch Treatment Center, therapists seek to increase adaptive behavior by rewarding residents with poker chips for performing appropriate behaviors such as self-grooming and making their beds. The residents are able to exchange the chips for various privileges ; for example, a trip to the movie theatre. In behavior therapy, this poker chip system would be called_____.
- a. a token economy
 - b. a task exchange
 - c. a behavioral hierarchy
 - d. a reinforcement economy

ANSWER: A

Diff: 2 Page: 71

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

294. _____ is a behavioral method used in the treatment of substance abuse problems such as smoking and alcoholism.
- a. Modeling
 - b. Aversive conditioning
 - c. Flooding
 - d. Graduated skills training

ANSWER: B

Diff: 2 Page: 71

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

295. During therapy, Humanistic therapists often use_____—the restating or paraphrasing of the client’s expressed feelings without interpreting them or passing judgment on them.
- a. interpretation
 - b. mirroring
 - c. cognitive restructuring
 - d. reflection

ANSWER: D

Diff: 1 Page: 71

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

296. Which of the following groups represents the four basic qualities or attributes that an effective person-centered therapist would possess?
- reflection, regard, empathy, and acceptance
 - integrity, regard, patience, and empathy
 - unconditional positive regard, empathy, genuineness, and congruence
 - unconditional positive regard, empathy, genuineness, and integrity.

ANSWER: C

Diff: 1 Page: 71

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

297. In Humanistic psychotherapy, congruence refers to_____.
- the ability of the therapist to track the client's conversation
 - how like-minded the therapist and client are in their belief systems
 - the honesty of the client
 - the coherence or fit among one's thoughts, feelings, and behaviors.

ANSWER: C

Diff: 2 Page: 72

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

298. _____ believed that negative emotions such as anxiety and depression are caused by the irrational ways in which we interpret or judge negative events, not by the negative events themselves.
- Carl Rogers
 - Abraham Maslow
 - Karen Horney
 - Albert Ellis

ANSWER: D

Diff: 1 Page: 72

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

299. In which of the following therapies does the therapists actively dispute the clients' irrational beliefs and the premises on which they are based in order to help clients develop alternative, adaptive beliefs in their place?
- rational emotive behavior therapy
 - client-centered therapy
 - psychodynamic therapy
 - mindfulness-based therapy

ANSWER: A

Diff: 1 Page: 72

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

300. Cognitive therapists label errors in thinking as_____.
- distorted interpretation

- b. cognitive distortions
- c. cognitive errors
- d. distorted reality

ANSWER: B

Diff: 1 Page: 72

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

301. Cognitive therapists frequently assign behavioral homework for their clients to do outside of the therapy session. One assignment, called reality testing, has the client_____.
- a. write a list of cognitive distortions that he or she is aware of using
 - b. interview various individuals about their personal cognitive distortions
 - c. to test their negative beliefs in light of reality.
 - d. write down a list of alternative thoughts to focus on instead of the negative beliefs

ANSWER: C

Diff: 1 Page: 73

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

302. Patricia is a depressed woman who feels unwanted by everyone. Her therapist has asked her to call two friends on the phone to gather data about the friends' reactions to the calls and to report on the assignment: "Did they immediately hang up the phone, or did they seem pleased you called? Does the evidence support the conclusion that no one has any interest in you?" This type of behavioral homework is called_____.
- a. behavioral contracting
 - b. reality testing
 - c. testing the distortion
 - d. playing the belief

ANSWER: B

Diff: 1 Page: 73

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

303. _____ are used by therapists to incorporate principles and techniques from different therapeutic orientations that they believe will produce the greatest benefit in treating a particular client.
- a. Biopsychosocial therapies
 - b. Eclectic therapies
 - c. Existential therapies
 - d. Cognitive therapies

ANSWER: B

Diff: 1 Page: 73

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

304. Therapists who practice _____ draw on techniques from different schools of therapy without necessarily adopting the theoretical positions that spawned those techniques.
- a. technical eclecticism
 - b. rational emotive behavior therapy

- c. integrative eclecticism.
- d. person-centered therapy

ANSWER: A

Diff: 1 Page: 74

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Factual

305. In family therapy, participants _____.
- a. learn ways in which a family can have fun together
 - b. resolve their conflicts and problems so the family functions better as a unit
 - c. identify the family member that is creating the most disruption to the family
 - d. practice social skills that can be transferred to interactions outside of the family

ANSWER: B

Diff: 1 Page: 75-76

Topic: Psychotherapy

Textbook LO: 2.8

Skill: Conceptual

306. Therapists evaluate the effectiveness of therapy by averaging the results of a large number of studies to determine an overall level of effectiveness. This method of investigating treatment effectiveness is called _____.
- a. naturalistic assessment
 - b. microanalysis
 - c. meta-analysis
 - d. quasi-experimental analysis

ANSWER: C

Diff: 1 Page: 76

Topic: Psychotherapy

Textbook LO: 2.9

Skill: Factual

307. A report of 375 controlled studies, each comparing psychotherapy (of different types, including psychodynamic, behavioral, and humanistic) against control groups revealed that _____.
- a. the average client receiving psychotherapy was no better off than 75% of clients who remained untreated
 - b. the average client receiving psychotherapy was better off than 75% of clients who remained untreated
 - c. clients receiving psychotherapy were not better off than 25% those not receiving therapy
 - d. the average client receiving psychotherapy was better off than 40% of clients who remained untreated

ANSWER: B

Diff: 1 Page: 76

Topic: Psychotherapy

Textbook LO: 2.9

Skill: Factual

308. _____ studies speak to the issue of whether particular treatments work better than control procedures under tightly controlled conditions in a research lab setting.

- a. Efficacy
- b. Effectiveness
- c. Response-rate
- d. Evidence-based

ANSWER: A

Diff: 1 Page: 78

Topic: Psychotherapy

Textbook LO: 2.9

Skill: Factual

309. Empirically supported treatments are also referred to as_____.
- a. efficacy studies
 - b. eclectic practice
 - c. evidence-based practices
 - d. efficiency practices

ANSWER: C

Diff: 1 Page: 79

Topic: Psychotherapy

Textbook LO: 2.9

Skill: Factual

310. Sue (2010) argues that subtle forms of discrimination can be even more damaging to minority clients because_____.
- a. these discriminations reinvigorate earlier experiences with discrimination and thus re-traumatize the client.
 - b. clients may fear confronting the discrimination out of fear of retribution from the offender
 - c. they leave the victim with a sense of uncertainty about how to respond
 - d. they leave the victim with a sense of powerlessness

ANSWER: C

Diff: 1 Page: 80

Topic: Psychotherapy

Textbook LO: 2.10

Skill: Conceptual

311. Asian cultures _____ which may _____Asian clients from expressing their feelings in therapy.
- a. value individual competence; inhibit
 - b. discourage public expression of emotion; inhibit
 - c. value authenticity and warmth; encourage
 - d. value emotional expression; encourage

ANSWER: B

Diff: 1 Page: 81

Topic: Psychotherapy

Textbook LO: 2.10

Skill: Conceptual

312. Clinicians note that Asian clients often express psychological complaints such as anxiety through_____.

- a. the development of physical symptoms such as tightness in the chest or a racing heart
- b. withdrawal and sullenness
- c. the development of headaches and fatigue
- d. overeating

ANSWER: A

Diff: 1 Page: 81

Topic: Psychotherapy

Textbook LO: 2.10

Skill: Conceptual

313. Most Hispanic American subcultures share certain cultural values and beliefs, such as _____.
- a. hard work and personal strength
 - b. family and kinship ties, as well as respect and dignity
 - c. independence and achievement
 - d. self-reliance and individualism

ANSWER: B

Diff: 1 Page: 81

Topic: Psychotherapy

Textbook LO: 2.10

Skill: Conceptual

314. Psychologists recognize the importance of _____ mental health programs for Native Americans.
- a. medical support for physical illnesses in
 - b. increasing client awareness of psychological disorders in
 - c. bringing elements of tribal culture into
 - d. excluding tribal and traditional beliefs from

ANSWER: C

Diff: 1 Page: 82

Topic: Methods of Treatment

Textbook LO: 2.10

Skill: Conceptual

315. Latinos may not make use of mental health services because they _____.
- a. lack knowledge of mental disorders and how to treat them
 - b. fear being stigmatized within their own culture
 - c. are better educated than most cultures on the management of psychological disorders
 - d. typically prefer to turn to religious beliefs and prayer for assistance with psychological difficulties

ANSWER: A

Diff: 1 Page: 83

Topic: Methods of Treatment

Textbook LO: 2.10

Skill: Factual

316. People who regularly use antianxiety drugs report that anxiety or insomnia returns in a more severe form once they discontinue the drugs. This phenomenon is called _____.
- a. reactive anxiety
 - b. central nervous system crossfire
 - c. rebound anxiety

d. nervous system overload

ANSWER: C

Diff: 1 Page: 84
Topic: Methods of Treatment
Textbook LO: 2.11
Skill: Factual

317. Selective serotonin-reuptake inhibitors impact serotonin levels in the brain by_____.
- a. stimulating the nucleus accumbens
 - b. mimicking serotonin molecules
 - c. causing synaptic vesicles in the axon to release large amount of serotonin
 - d. increasing the availability of serotonin by interfering with reuptake by transmitting neurons

ANSWER: D

Diff: 1 Page: 85
Topic: Methods of Treatment
Textbook LO: 2.11
Skill: Factual

318. Which of the following drugs helps treat manic symptoms and stabilize mood swings in people with bipolar disorder?
- a. Effexor
 - b. Lithium carbonate
 - c. Mellaril
 - d. Fluoxetine

ANSWER: B

Diff: 1 Page: 85
Topic: Methods of Treatment
Textbook LO: 2.11
Skill: Factual

319. Two concerns are presented in your text about the use of electroconvulsive therapy (ECT). These concerns are_____.
- a. patient memory loss following ECT and high patient symptom relapse
 - b. suicidal patient behavior following ECT; patient fear of ECT
 - c. risk of heart attack during ECT and patient memory loss following ECT
 - d. patient symptom relapse rate and risk of patient developing psychosis following treatment

ANSWER: A

Diff: 1 Page: 85
Topic: Methods of Treatment
Textbook LO: 2.12
Skill: Conceptual

320. _____ was a surgical procedure used to treat psychological disorders by surgically severing nerve pathways linking the thalamus to the prefrontal lobes of the brain.
- a. Prefrontal lobotomy
 - b. Cingulotomy
 - c. Electroconvulsive therapy
 - d. Capsulotomy

ANSWER: A

Diff: 1 Page: 85
Topic: Methods of Treatment
Textbook LO: 2.12
Skill: Factual

321. Which of the following psychological disorders has been successfully treated with Selective Serotonin-Reuptake Inhibitors (SSRIs)?
- Autism spectrum
 - Obsessive-compulsive disorder
 - Gender Dysphoria
 - Schizophrenia

ANSWER: B
Diff: 2 Page: 86
Topic: Methods of Treatment
Textbook LO: 2.13
Skill: Factual

True-False Questions

322. Every neuron has a cell body.

ANSWER: T
Diff: 1 Page: 38
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

323. Neural axons can extend several feet.

ANSWER: T
Diff: 1 Page: 38
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

324. “Loose” neurotransmitters may be broken down in the synapse by enzymes, or be reabsorbed by the axon terminal through a process termed reuptake.

ANSWER: T
Diff: 2 Page: 38
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

325. Psychiatric drugs, including drugs used to treat anxiety, depression, and schizophrenia, work by affecting the availability of hormones in the brain.

ANSWER: F
Diff: 2 Page: 38

Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

326. Neural messages electrically jump across the synaptic cleft like a spark.

ANSWER: F
Diff: 2 Page: 38-39
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

327. Alzheimer's disease is associated with reductions in the levels of the neurotransmitter serotonin in the brain.

ANSWER: F
Diff: 2 Page: 38
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

328. Acetylcholine is involved in the control of muscle contractions and formation of memories.

ANSWER: T
Diff: 2 Page: 39
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

329. The cerebellum contains the cerebral cortex.

ANSWER: F
Diff: 1 Page: 41
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

330. Auditory stimuli are processed in the temporal lobes.

ANSWER: T
Diff: 1 Page: 42
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

331. Genetic factors create a certainty that certain behaviors or disorders will develop.

ANSWER: F
Diff: 2 Page: 43-44
Topic: The Biological Perspective
Textbook LO: 2.3
Skill: Factual

332. Freud's psychoanalytic theory represents a cognitive model of mental functioning.

ANSWER: F

Diff: 2 Page: 44
Topic: Psychological Perspective
Textbook LO: 2.4
Skill: Factual

333. Freud likened the mind to an immense iceberg, with only the tip rising into conscious awareness.

ANSWER: T
Diff: 1 Page: 46
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

334. The ego is the only psychic structure at birth.

ANSWER: F
Diff: 1 Page: 46
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

335. The superego serves as the moral guardian of personality.

ANSWER: T
Diff: 1 Page: 46
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

336. Adler and Jung both believed that self-awareness plays a major role in the development of personality.

ANSWER: T
Diff: 2 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

337. Adler believed that we all encounter feelings of inferiority to some degree due to our small size during childhood.

ANSWER: T
Diff: 1 Page: 49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

338. Whereas Freud's stages of development end with early adolescence, Erikson's stages explain development throughout adulthood and old age.

ANSWER: T
Diff: 2 Page: 50
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

339. According to psychoanalytic theory, neuroses develop when the id breaks through into consciousness and takes over personality.

ANSWER: F
Diff: 2 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

340. Freud equated psychological health with abilities to love and work.

ANSWER: T
Diff: 1 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

341. Both Adler and Jung equated psychological health with successfully compensating for feelings of inferiority.

ANSWER: F
Diff: 2 Page: 51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

342. The learning perspectives of Watson and Skinner were the first major psychological theories of abnormal behavior.

ANSWER: F
Diff: 2 Page: 53
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

343. From the behavioral perspective, abnormal behavior is symptomatic of underlying biological or psychological problems.

ANSWER: F
Diff: 2 Page: 53
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

344. Behaviorists see us as products of environmental influences that shape and manipulate our behavior.

ANSWER: T
Diff: 2 Page: 53
Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Factual

345. Classical conditioning was discovered by accident.

ANSWER: T
Diff: 2 Page: 53
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

346. Punishment may suppress, but does not eliminate undesirable behavior.

ANSWER: T
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

347. Rewarding desirable behavior is generally preferable to punishing misbehavior.

ANSWER: T
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

348. Social-cognitive theory is an expansion of psychodynamic theory.

ANSWER: F
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

349. One of the principle contributions of learning models is their emphasis on observable behavior.

ANSWER: T
Diff: 1 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

350. The Humanists define self-actualization as the need for a person to strive to become all they are capable of being.

ANSWER: T
Diff: 1 Page: 57
Topic: The Psychological Perspective

Textbook LO: 2.4
Skill: Factual

351. Rogers believed that parents help children become more secure in their sense of self when they show them conditional positive regard.

ANSWER: F
Diff: 2 Page: 57
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

352. Unlike the behavioral perspective, the humanistic perspective emphasizes that people have little or no free will.

ANSWER: F
Diff: 2 Page: 57-58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

353. According to Rogers, children may acquire a distorted self-concept that mirrors what others expect them to be which, in turn, helps them to live authentically.

ANSWER: F
Diff: 2 Page: 57
Topic: Psychological Perspective
Textbook LO: 2.4
Skill: Factual

354. The strength of humanistic models lies in their focus on unconscious psychological material.

ANSWER: F
Diff: 2 Page: 58
Topic: Psychological Perspective
Textbook LO: 2.4
Skill: Factual

355. Many cognitive theorists are influenced by the concepts of computer science.

ANSWER: T
Diff: 1 Page: 58
Topic: Psychological Perspective
Textbook LO: 2.4
Skill: Factual

356. According to leading cognitive theorists, emotional distress is caused by the beliefs people hold about negative life experiences, not by the experiences themselves.
- ANSWER: T
Diff: 2 Page: 58-59
Topic: Psychological Perspective
Textbook LO: 2.4
Skill: Factual
357. “How do a person’s emotional problems reflect a distorted self-image?” is an example of the type of question a researcher who investigates the sociocultural perspective would ask.
- ANSWER: F
Diff: 3 Page: 63
Topic: Sociocultural Perspective
Textbook LO: 2.5
Skill: Factual
358. A diathesis or predisposition is usually genetic in nature, such as having a particular genetic variant that increases the risk of developing a particular disorder.
- ANSWER: T
Diff: 1 Page: 64
Topic: Biopsychosocial Perspective
Textbook LO: 2.6
Skill: Factual
359. Psychiatrists are medical doctors who specialize in the diagnosis and treatment of emotional disorders.
- ANSWER: T
Diff: 1 Page: 66
Topic: Types of Helping Professionals
Textbook LO: 2.7
Skill: Factual
360. In Freudian concepts, the manifest content of a dream is the unconscious material the dream symbolizes or represents.
- ANSWER: F
Diff: 2 Page: 68
Topic: Psychotherapy
Textbook LO: 2.8
Skill: Factual
361. With Object-Relations Therapy, the therapist focuses on helping people blend their own ideas and feelings with elements of significant others they have incorporated or introjected onto themselves.
- ANSWER: F
Diff: 2 Page: 70
Topic: Psychotherapy

Textbook LO: 2.8
Skill: Factual

362. The behavioral concept of modeling asserts that individuals learn desired behaviors by observing others performing them.

ANSWER: T
Diff: 1 Page: 70
Topic: Psychotherapy
Textbook LO: 2.8
Skill: Factual

363. Meta-analysis is a statistical technique which averages the results of a large number of studies to determine an overall level of effectiveness.

ANSWER: T
Diff: 3 Page: 76
Topic: Evaluating the Methods of Psychotherapy
Textbook LO: 2.9
Skill: Factual

364. Efficacy studies examine the effects of treatment when it is delivered by therapists in real-world practice settings with the kinds of clients therapists normally see in their practices.

ANSWER: F
Diff: 3 Page: 78
Topic: Evaluating the Methods of Psychotherapy
Textbook LO: 2.9
Skill: Factual

365. Mindfulness meditation is a widely practiced Buddhist form of meditation used with some therapies.

ANSWER: F
Diff: 2 Page: 81
Topic: Multicultural Issues in Psychotherapy
Textbook LO: 2.10
Skill: Factual

366. Although adequately funded by the Indian Health Service designated to serve their population, Native Americans remained underserved in regional mental health programs.

ANSWER: F
Diff: 1 Page: 83
Topic: Multicultural Issues in Psychotherapy
Textbook LO: 2.10
Skill: Factual

367. Financial burdens are often a major barrier to use of mental health services by ethnic minorities.

ANSWER: T
Diff: 1 Page: 83
Topic: Multicultural Issues in Psychotherapy

Textbook LO: 2.10
Skill: Factual

368. Antipsychotic drugs are often referred to as neuroleptics.

ANSWER: T
Diff: 1 Page: 84
Topic: Drug Therapy
Textbook LO: 2.11
Skill: Factual

369. Lithium carbonate has proven to be effective in managing the psychotic symptoms of schizophrenia.

ANSWER: T
Diff: 1 Page: 85
Topic: Drug Therapy
Textbook LO: 2.11
Skill: Factual

370. Although many new psychosurgery techniques appear promising, the safety and effectiveness of these procedures remains to be demonstrated. Therefore, it is best to classify them as experimental treatments

ANSWER: T
Diff: 2 Page: 87
Topic: Drug Therapy
Textbook LO: 2.11
Skill: Factual

Essay Questions

371. Describe the structure and functions of the neuron and explain how neurons communicate with each other.

Diff: 1 Page: 37-39
Topic: The Biological Perspective
Textbook LO: 2.1
Skill: Factual

372. Briefly describe the various parts of the nervous system, explaining what each does.

Diff: 2 Page: 40-42
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

373. Describe the structures of the brain and their functions.

Diff: 1 Page: 40-42
Topic: The Biological Perspective
Textbook LO: 2.2
Skill: Factual

374. Summarize research findings on the role of genetics and environment in the development of psychological disorders.
- Diff: 2 Page: 43-45
Topic: The Biological Perspective
Textbook LO: 2.3
Skill: Factual
375. Describe the basic tenets of Freud's psychodynamic theory.
- Diff: 2 Page: 44 and 46-48
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual
376. Describe Freud's views on the structure of personality and the functions of each of the structures he proposed.
- Diff: 1 Page: 46
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual
377. Explain what defense mechanisms are and for what they are used. Also, identify and give an example of at least five of the defense mechanisms proposed by Freud.
- Diff: 2 Page: 47
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual
378. Identify and briefly explain each of Freud's stages of psychosexual development.
- Diff: 1 Page: 48-49
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual
379. Describe psychodynamic theories of Erikson, Jung, and Mahler. How are these theorists similar to Freud and where do they depart from Freud's ideas?
- Diff: 3 Page: 49-51
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual
380. Evaluate the strengths and weaknesses of modern psychodynamic theory.
- Diff: 2 Page: 52
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual
381. Create a scenario using the elements of classical conditioning and discuss examples of classical conditioning in everyday life.

Page: 52-54
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

382. Explain the principles of operant conditioning, clarifying the differences among positive reinforcers, negative reinforcers, and punishments, and primary and secondary reinforcers.

Diff: 2 Page: 55-56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Factual

383. How does social-cognitive theory differ from the behavioral theories? What role do expectancies have on behavior?

Diff: 2 Page: 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

384. Review the pitfalls of the use of punishment in working with others. Why is reinforcement considered a better option for behavior change?

Diff: 2 Page: 55- 56
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

385. List and describe the major criticisms of learning models.

Diff: 1 Page: 57
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

386. Describe Rogers' perspective on how abnormal behavior develops. Summarize the strengths and weaknesses of the humanistic model.

Diff: 2 Page: 57-58
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Conceptual

387. Discuss the elements of Ellis' A-B-C approach to explaining psychological problems. Create an example to illustrate this concept using and identifying all three elements (A-B-C) in your illustration.

Diff: 2 Page: 59
Topic: The Psychological Perspective
Textbook LO: 2.4
Skill: Applied

388. Describe the diathesis-stress model. Discuss the role each plays in the development of a psychological disorder.

Diff: 2 Page: 63-64
Topic: The Biopsychosocial Perspective
Textbook LO: 2.6
Skill: Conceptual

389. Describe what is meant by the term “eclectic” therapy. What has been learned about this therapy and its use among therapists.

Diff: 3 Page: 73-74
Topic: Psychotherapy
Textbook LO: 2.8
Skill: Conceptual

390. Review studies evaluating the effectiveness of psychotherapy. Summarize the concept of meta-analysis.

Diff: 3 Page: 76-77
Topic: Psychotherapy
Textbook LO: 2.9
Skill: Conceptual

391. Discuss the need for clinicians to be sensitive to multicultural differences and identify issues specific to the following cultures: African American, Asian, Hispanic, and Native American.

Diff: 3 Page: 79-82
Topic: Psychotherapy
Textbook LO: 2.10
Skill: Conceptual

392. Discuss the six barriers to mental health treatment experienced by ethnic minorities.

Diff: 2 Page: 82-83
Topic: Psychotherapy
Textbook LO: 2.10
Skill: Factual