Multiple Choice

1) Society's main standard for judging abnormal behavior is
   A) the person's success in meeting societal expectations for performance in work, school, and in social relationships.
   B) an individual's personal sense of well-being.
   C) the person's experience of inner distress.
   D) whether behavior conforms to what is socially expected.

2) The individual's primary criterion for judging abnormal behavior is ________.
   A) personality characteristics
   B) his or her sense of personal well-being
   C) whether the behavior conforms to what is socially expected
   D) success in meeting societal expectations for performance in work, school, and in social relationships

3) Which of the following is NOT a criterion psychologists rely on to determine abnormality?
   A) conformity to what is socially expected
   B) personality characteristics
   C) serious personal discomfort
   D) life functioning

4) The psychoanalytic model holds that abnormal behavior is the result of ________.
   A) learning
   B) biochemical imbalances
   C) biology
   D) unconscious conflicts

5) Dave's mother suggests that he talk to a doctor because of his crippling feelings of inferiority. The doctor suggests that Dave's problem stems from internal processes such as self-defeating beliefs, unrealistic expectancies, and negative thinking. This view is typical of the ________ model of abnormality.
   A) cognitive–behavioral
   B) biological
   C) psychoanalytic
   D) humanistic

6) According to the diathesis–stress model, ________.
   A) genetic factors predispose some people to schizophrenia and stress activates the disorder
   B) schizophrenia results from the excess dilation of the blood vessels to the brain, resulting in stress to the neocortex
   C) people learn to be schizophrenic from observing schizophrenic parents
   D) schizophrenia results when children are taught to act in ways that contradict their perceptions of reality and their feelings

7) The biopsychosocial model is an example of a(n) ________ approach to mental illness.
   A) unimodal
   B) systems
   C) cognitive–behavioral
   D) psychoanalytic

8) Insanity is ________.
   A) a psychological term, not a legal one
   B) a legal term, not a psychological one
   C) both a legal term and a psychological one
   D) neither a legal term nor a psychological one

9) DSM–IV–TR defines mental disorders according to
   A) significant behavior patterns.
   B) causes of disruptive behavior patterns.
   C) various theoretical approaches.
   D) family histories.

10) Carl has been having problems lately. He feels that he is an utter failure and he blames himself totally for all of his problems. He has lost his appetite, suffers from racing thoughts, finds it hard to sleep, and takes no pleasure in activities he used to enjoy. He is probably suffering from
    A) conversion disorder.
    B) hysteria.
    C) bipolar disorder.
    D) depression.
11) A mood disorder involving mild to moderate, and highly persistent sadness (and related symptoms that may linger with little relief for up to two years) is called ________.
   A) major depressive episode
   B) dysthymia
   C) minor depressive episode
   D) cyclothymia

12) In school-age children, ________ may be manifested as antisocial behavior, excessive worrying, sleep disturbances, or unwarranted fatigue.
   A) schizophrenia
   B) personality disorder
   C) an adjustment disorder
   D) depression

13) People considering suicide are usually MOST overwhelmed with ________.
   A) bitterness
   B) apathy
   C) anger
   D) hopelessness

14) Charlie has had excessive mood swings since he was a child. At times, he hates himself and feels he is a failure. Other times, he is euphoric and feels he can do whatever he sets his mind to. This behavior is typical of a(n) ________ disorder.
   A) schizophrenic
   B) bipolar
   C) somatoform
   D) obsessive-compulsive

15) Persistent feelings of threat in facing everyday problems of living characterize ________.
   A) schizophrenia
   B) anxiety disorders
   C) somatoform disorders
   D) personality disorders

16) Which of the following is NOT an anxiety disorder?
   A) obsessive-compulsive disorder
   B) a phobia
   C) conversion disorder
   D) posttraumatic stress disorders

17) Fear of speaking or eating in public are both examples of ________ phobias, while ________ is an intense fear of crowds, public places, and other situations that require a separation from a source of security such as home.
   A) interactive; social phobia
   B) specific; an interactive phobia
   C) complex; a specific phobia
   D) social; agoraphobia

18) Darcy is sitting at her desk in her office one day when she is, without warning, overcome by feelings of intense fear that she may lose control of herself. Her terror is so great that all she can do is sit at her desk shaking and crying. Nothing she was doing at the time would seem to have caused such an episode. Her symptoms MOST resemble A) a panic attack.
   B) posttraumatic stress disorder.
   C) phobic disorder.
   D) diathesis-stress disorder.

19) Involuntary ideas that keep recurring despite the person's efforts to stop them are called ________.
   A) obsessions
   B) compulsions
   C) panic attacks
   D) impulses

20) A repetitive, ritualistic behavior that a person feels driven to perform is called a(n) ________.
   A) compulsion
   B) impulse
   C) delusion
   D) obsession

21) George worries about keeping his house secure while he is away. In fact, he worries so much that he's never sure whether he has locked his doors and windows so he has to go back and thoroughly check them or he is overwhelmed with anxiety. In addition, George is not satisfied checking the doors and windows just once. At last count, George had to complete his ritual check of the doors and windows exactly 37 times in a row to avoid a panic attack when he drives away. His problem is typical of a(n) ________ disorder.
   A) phobic
   B) obsessive-compulsive
   C) affective
   D) personality

22) A condition in which episodes of anxiety, sleeplessness, and nightmares combined with hyperarousal, avoidance of situations that recall a terrifying event, and reexperiencing the event in great detail is ________ disorder.
   A) obsessive-compulsive
   B) posttraumatic stress
   C) panic
   D) phobic
23) Disorders in which there is real physical illness that is largely caused by psychological factors such as stress or anxiety are called ________ disorders.
A) somatoform
B) psychosomatic
C) conversion
D) organic

24) Soon after Anne has her first child, she returns to work. Her mother objects, saying that putting a child in a day-care center is immoral. After two weeks at work, Anne develops tingling and numbness in her hands that, within days, progress to total anesthesia in both hands from the wrists down. Anne seems surprisingly unconcerned about the anesthesia and her physician cannot find a physical cause for her problem. He suggests that she is suffering from
A) body dysmorphic disorder.
B) conversion disorder.
C) somatization disorder.
D) hypochondriasis.

25) The most widely accepted explanation for dissociative identity disorder is that it is a response to ________.
A) childhood abuse
B) extreme loneliness
C) neurotransmitter imbalances
D) role diffusion

26) Ned seeks therapy after having recurrent episodes of feeling "outside himself" for several months. He reports chronically feeling groggy, dizzy, and preoccupied, and his friends have recently labeled him "space cadet, first class." He notes that his interactions with others seem mechanical and dreamlike. He is most likely suffering from ________.
A) dissociative fugue
B) depersonalization disorder
C) dissociative identity disorder
D) conversion disorder

27) Which one of the following is NOT a dissociative disorder?
A) amnesia
B) fugue
C) conversion disorder
D) depersonalization disorder

28) Which of the following are sexual dysfunctions?
A) erectile disorder and frigidity
B) male homosexuality and lesbianism
C) fetishism and pedophilia
D) voyeurism and habituation

29) Sexual disorders that involve unconventional sex objects or situations are called ________.
A) sexual dysfunctions
B) sexual desire disorders
C) paraphilias
D) sexual arousal disorders

30) Rejection of one's biological gender and persistently desiring to become a member of the opposite sex, usually beginning in early childhood, is known as ________.
A) gender-identity disorder
B) sexual orientation disorder
C) bisexuality
D) hermaphroditism

31) People with ________ disorders have inflexible and maladaptive ways of thinking and acting that cause serious distress and social problems.
A) affective
B) schizophrenic
C) personality
D) somatoform

32) The difference between people with schizoid personality disorder and people with avoidant personality disorder is that people with ________.
A) avoidant personality disorder want to have close relationships with others
B) schizoid personality disorder have lost contact with reality
C) schizoid personality disorder are not loners or isolated
D) avoidant personality disorder have bizarre thoughts and ideas

33) Marty's behavior is marked by impulsive and self-destructive behavior. He engages in drug use and promiscuous behavior, and threatens suicide when things do not go the way he wants in his relationships. His behavior is most suggestive of ________ personality disorder.
A) dependent
B) schizoid
C) antisocial
D) borderline

34) ________ disorders are marked by disordered communication and thoughts, inappropriate emotions, and bizarre behaviors.
A) Substance abuse
B) Somatoform
C) Schizophrenic
D) Psychosexual
35) Nick was admitted to a mental institution because he heard voices talking to him that no one else could hear, and he saw demons attacking him, though no one else could see anything near him. Nick's symptoms are known as ________.
A) obsessions
B) hallucinations
C) compulsions
D) delusions

36) Nick was admitted to a mental institution because he claimed to be the king of an alien race that would soon return to earth to dominate humankind. He claimed to be in constant communication with these aliens and helping to plan for their return. His symptoms are known as ________.
A) obsessions
B) delusions
C) hallucinations
D) compulsions

37) Jason is much more distractible, fidgety and impulsive than most other children his age, and is constantly in motion. While he has been this way since infancy, it is only now that he is in school that it has become a problem. Jason's behavior is typical of someone suffering from ________.
A) attention-deficit/hyperactivity disorder
B) childhood autism
C) reticular formation developmental disorder
D) dysmorphic disorder

38) Jason is a child who has always had trouble forming normal attachments to people. He never seemed to interact normally with his own parents and siblings. He cried when he was picked up, and as he grew older he did not develop normal speech. The only toy he ever played with was a truck with which he would sit for hours just holding it and spinning its wheels. Jason's behavior is typical of a child with ________.
A) autistic disorder
B) obsessive-compulsive personality disorder
C) attention-deficit hyperactivity disorder
D) schizotypal personality

39) High functioning children with Asperger syndrome typically have ________ with speech or intellectual development, and have ________ interacting with other people.
A) no difficulty; no difficulty
B) difficulty; no difficulty
C) difficulty; difficulty
D) no difficulty; difficulty

40) Which one of the following is NOT true?
A) During adulthood, divorced, widowed, and never married women all have lower rates of mental disorders than groups of comparable men.
B) There is evidence that women are genetically more susceptible to mental illness than men.
C) Women are more likely than men to seek treatment for mental illnesses.
D) Men and women are equally likely to develop mental illnesses that have a clearly demonstrated genetic basis.

Short Answer Questions:

41) What are three common myths about suicide and why are they wrong?

42) Name and describe three different types of dissociative disorders.

43) Name and describe four subtypes of schizophrenia.

44) Identify four differences between males and females in their susceptibility to psychological disorders.