

**TEST BANK**



**ABNORMAL** *Thirteenth Edition*  
**PSYCHOLOGY**



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# Test Bank

*for*

Butcher, Mineka, and Hooley

## Abnormal Psychology

Thirteenth Edition

*prepared by*

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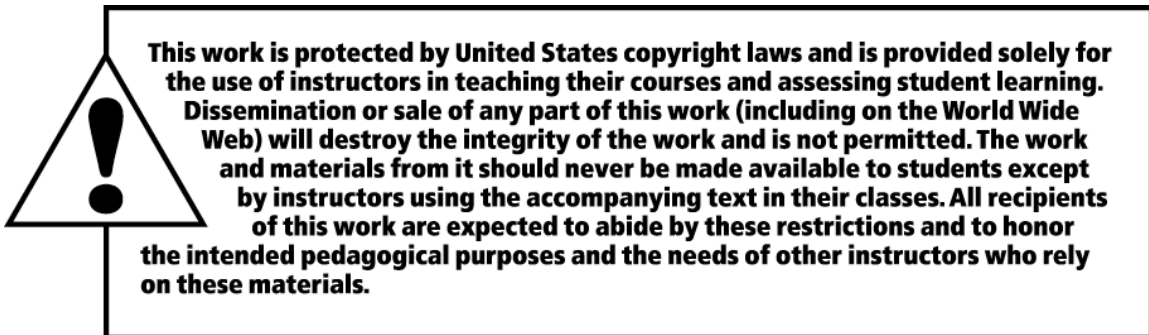
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# Chapter 1 Abnormal Psychology: an Overview

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## Multiple Choice Questions

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

Answer: C

Diff: 2 Page Ref: 3

Topic: Abnormal Psychology / An Overview

Skill: Applied

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

Answer: D

Diff: 1 Page Ref: 3

Topic: Abnormal Psychology / An Overview

Skill: Conceptual

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

Answer: B

Diff: 1 Page Ref: 3

Topic: Abnormal Psychology / An Overview

Skill: Conceptual

- 4) What makes defining abnormality difficult?
- A) There are so many types of abnormal behavior that they can't be accurately described.
  - B) There is not a clear dividing line that serves to distinguish different behavior from that which is abnormal.
  - C) Most of us are abnormal much of the time.
  - D) Criteria for abnormality have yet to be developed.

Answer: B

Diff: 2 Page Ref: 4

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

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

Answer: D

Diff: 2 Page Ref: 4

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

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

Answer: D

Diff: 2 Page Ref: 6

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

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

Answer: A

Diff: 1 Page Ref: 6

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

- 8) \_\_\_\_\_ is a necessary first step toward introducing order to any discussion of the cause or treatment of abnormal behavior.
- A) Epidemiology      B) Classification      C) Brain research      D) Labeling

Answer: B

Diff: 1      Page Ref: 6

Topic: *Classifying Abnormal Behavior*

Skill: *Conceptual*

- 9) Which of the following is a disadvantage of having a classification system for mental disorders?
- A) A classification system establishes the types of problems that mental professionals can treat.
- B) When a label is used to describe an individual's behavior information is lost.
- C) A classification system allows for research to advance.
- D) Identifying the disorder that an individual has guides treatment.

Answer: B

Diff: 1      Page Ref: 8

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

- 10) Which of the following statements is true concerning classification systems for mental disorders?
- A) It is far more important that they be reliable than it is for them to be valid.
- B) Classification systems make it more difficult to gather statistics on the incidence and prevalence of disorders.
- C) Classification systems meet the needs of medical insurance companies who need diagnoses in order to authorize payment of claims.
- D) Although they assist scientists who are researching disorders, they inhibit our ability to communicate about abnormal behavior in a precise way.

Answer: C

Diff: 2      Page Ref: 8

Topic: *Classifying Abnormal Behavior*

Skill: *Conceptual*

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

Answer: D

Diff: 1      Page Ref: 8

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

- 12) Stereotyping is an example of the stigma of mental illness. It means
- A) people are reluctant to discuss their psychological problems because they are afraid others won't like them.
  - B) people feel very sad and upset when they find out they have a mental illness.
  - C) the automatic and often incorrect beliefs people have about people with mental illness.
  - D) the problem of removing the diagnosis, even if people make a full recovery from mental illness.

Answer: C

Diff: 1 Page Ref: 8

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

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

Answer: D

Diff: 2 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

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

Answer: B

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*



- 15) Which of the following is included in the DSM?
- A) a discussion of the various causes of mental disorders
  - B) a means of identifying different mental disorders
  - C) a description of the necessary and sufficient conditions for mental illness
  - D) a description of all of the possible treatments for each disorder

Answer: B

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Applied*

- 16) In the United States, the standard for defining types of mental disorders is contained in the
- A) American Psychological Association's bylaws.
  - B) American Psychiatric Association's bylaws.
  - C) World Health Organization's classification code.
  - D) Diagnostic and Statistical Manual of Mental Disorders.

Answer: D

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

- 17) According to the DSM-IV's definition of mental disorder, impairment in one or more areas of functioning (disability)
- A) must be present in order to make a diagnosis.
  - B) may be present but is not a necessary condition for making a diagnosis.
  - C) is one of the less important features of a mental disorder.
  - D) must be present for at least six months to be considered a true disability.

Answer: B

Diff: 2 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

- 18) The Solarists are a cult whose members believe that they control the movements of the sun with special hand gestures. What would the DSM-IV say about this group?
- A) The group suffers from Shared Delusion Psychosis.
  - B) Because a group of persons share a belief, however strange, the group must be considered emotionally healthy.
  - C) While some of this group's individual members may meet criteria for a DSM-IV diagnosis, the DSM-IV does not diagnose groups.
  - D) The group is diagnoseable because they are a cult.

Answer: C

Diff: 2 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Applied*

- 19) Brett persistently injects himself with pain killers. This has greatly increased his chance of overdosing and dying. His behavior harms no one else. According to the DSM, is Brett's behavior consistent with the definition of a mental disorder?
- A) Yes, because very few people in society engage in this behavior.
  - B) Yes, because he is persistently acting in a way that harms him.
  - C) No, because his behavior must also harm the well-being of others in the community.
  - D) No, because there is no evidence that his actions are out of his own control.

Answer: B

Diff: 3 Page Ref: 9

Topic: *Abnormal Behavior Mental Disorder as Maladaptive Behavior*

Skill: *Applied*

- 20) A group of symptoms that co-occur, such as despair, low self-esteem, and hopelessness, is called a
- A) disorder.
  - B) syndrome.
  - C) dysfunction.
  - D) diagnostic category.

Answer: B

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

- 21) A racing heart, clammy skin, and nervousness are all indications of anxiety. Together they comprise a
- A) disorder.
  - B) syndrome.
  - C) diagnostic prototype.
  - D) symptom.

Answer: B

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Applied*

- 22) Jerome Wakefield's definition of "mental disorder" has three components. They are:
- A) statistical rarity, distress to others in society, and unexpected behavior.
  - B) distress, dangerousness, and mental dysfunction.
  - C) distress or disability, unexpected response to events, and mental dysfunction.
  - D) biological deficit or dysfunction, social condemnation, and statistical rarity.

Answer: C

Diff: 2 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

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

Answer: C

Diff: 1 Page Ref: 9

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

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

Answer: B

Diff: 2 Page Ref: 9

Topic: *Classifying Abnormal Behavior*

Skill: *Conceptual*

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

Answer: C

Diff: 3 Page Ref: 10

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

- 26) What does the case of JGH, a Native American elder, illustrate?
- A) Alcoholism has long lasting effects on mood and behavior, even when drinking has ceased.
  - B) Culture influences the presentation of psychological disorders.
  - C) Depression is universal.
  - D) The symptoms of some illnesses are not apparent until after lengthy psychological evaluation.

Answer: B

Diff: 1 Page Ref: 10

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Applied*

- 27) What is a culture-specific disorder?
- A) a disorder seen in all cultures
  - B) a disorder that is seen universally, but presents itself differently depending on cultural factors
  - C) a disorder that is a product of cultural stressors
  - D) a disorder seen only in certain cultures

Answer: D

Diff: 2 Page Ref: 11

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Factual*

- 28) Practically speaking, "abnormal" behavior means
- A) any behavior that is "away from the normal" and causes distress.
  - B) any behavior that causes the person distress.
  - C) any behavior that causes us to consider our values.
  - D) unusual behaviors that are not consistent with the norms of the society in which they are displayed.

Answer: D

Diff: 1 Page Ref: 11

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

- 29) Maria believes that her dead grandmother occasionally speaks to her. In deciding if Maria has a mental illness or not, which of the following is important?
- A) How old Maria is?
  - B) Is Maria's belief consistent with the beliefs of her culture?
  - C) Do people in general consider Maria's belief abnormal?
  - D) Does her belief match any of the symptoms in the disorders in the DSM?

Answer: B

Diff: 1 Page Ref: 11

Topic: *What Do We Mean by Abnormal Behavior?*

Skill: *Conceptual*

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

Answer: A

Diff: 1 Page Ref: 12

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

- 31) How should information about the frequency of mental disorders in different groups of people be used?
- A) Such information can greatly simplify the process of diagnosis as it can be assumed that certain people have certain disorders.
  - B) Such information can greatly simplify the process of diagnosis as it can be assumed that certain people are highly unlikely to have certain disorders.
  - C) Information about the incidence of disorders amongst certain groups of people may provide information as to what causes a particular disorder.
  - D) There is no use for or value in such dangerous stereotyping.

Answer: C

Diff: 2 Page Ref: 12

Topic: *The Extent of Abnormal Behavior*

Skill: *Conceptual*

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

Answer: D

Diff: 1 Page Ref: 12

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

- 33) Mental health epidemiology is
- A) the study of epidemics in mental disorders among the general population.
  - B) the study of organic brain diseases among different ethnic populations of a defined geographic region.
  - C) the study of the distribution of mental disorders in a given population.
  - D) a sociological study of psychological disorders.

Answer: C

Diff: 2 Page Ref: 12

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

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

Answer: A

Diff: 1 Page Ref: 12

Topic: *Abnormal Psychology / An Overview*

Skill: *Factual*

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

Answer: A

Diff: 1 Page Ref: 12

Topic: *Prevalence and Incidence*

Skill: *Factual*

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

Answer: A

Diff: 1 Page Ref: 12

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

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

Answer: C

Diff: 2 Page Ref: 12

Topic: *Prevalence and Incidence*

Skill: *Applied*

- 38) What type of prevalence data only counts active cases of a disorder?
- A) point prevalence
  - B) one-year prevalence
  - C) lifetime prevalence
  - D) All prevalence data count both those who have the disorder and those who have recovered.

Answer: A

Diff: 2 Page Ref: 12

Topic: *Prevalence and Incidence*

Skill: *Applied*

- 39) The mayor of a city wants to know the number of new cases of a disorder over the past year. The mayor should ask an epidemiologist for the \_\_\_\_\_ of the disorder.
- A) prevalence rate
  - B) incidence rate
  - C) point prevalence
  - D) acute occurrence

Answer: B

Diff: 2 Page Ref: 13

Topic: *The Extent of Abnormal Behavior*

Skill: *Applied*

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

Answer: C

Diff: 1 Page Ref: 13

Topic: Prevalence and Incidence

Skill: Factual

- 41) What term refers to the number of new cases of a disorder that occur over a given time period?
- A) point prevalence
  - B) one-year prevalence
  - C) incidence
  - D) valence

Answer: C

Diff: 1 Page Ref: 13

Topic: Prevalence and Incidence

Skill: Factual

- 42) Why is it believed that the surveys used to estimate the prevalence of mental illness underestimate that prevalence?
- A) Most problems are acute.
  - B) Few people report symptoms of mental illness when completing surveys.
  - C) The incidence of comorbidity is too high.
  - D) Measures of several types of disorders were not included.

Answer: D

Diff: 2 Page Ref: 13

Topic: Prevalence and Incidence

Skill: Factual

- 43) What is the most prevalent kind of psychological disorder?
- A) anxiety disorders
  - B) depressive disorders
  - C) substance abuse disorders
  - D) dissociative disorders

Answer: A

Diff: 1 Page Ref: 13

Topic: Prevalence and Incidence

Skill: Factual



- 44) What is important to remember about the apparent high lifetime rate of mental disorders?
- A) Many people were probably misdiagnosed.
  - B) So many people have disorders and have them seriously that this has become a major health issue.
  - C) Many people with disorders are not seriously affected by them or may have them for only a short time.
  - D) A large majority of people with disorders seek treatment, so the problem is not as bad as it seems.

Answer: C

Diff: 2 Page Ref: 13-14

Topic: Prevalence and Incidence

Skill: Conceptual

- 45) What can be said about individuals who have a history of at least one psychological disorder?
- A) Most are effectively treated and never experience mental illness again.
  - B) Over 50% have at least two or more other disorders.
  - C) Few have a comorbid disorder.
  - D) Individuals who have sought treatment for one illness are unlikely to ever experience another.

Answer: B

Diff: 2 Page Ref: 14

Topic: Prevalence and Incidence

Skill: Factual

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

Answer: B

Diff: 2 Page Ref: 14

Topic: Prevalence and Incidence

Skill: Factual

- 47) A major finding from the National Comorbidity Survey (NCS) was that
- A) those people who have three or more comorbid disorders have one or more mild and transitory disorders.
  - B) over half of the people with a history of one disorder had two or more comorbid disorders.
  - C) people who have one mental disorder are unlikely to have a second comorbid disorder.
  - D) as people grow older they are more likely to have multiple severe disorders.

Answer: B

Diff: 2 Page Ref: 14

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

- 48) Most mental health treatment
- A) occurs in an outpatient setting.
  - B) requires an overnight stay.
  - C) does not involve professionals.
  - D) occurs in psychiatric hospitals.

Answer: A

Diff: 2 Page Ref: 14

Topic: *Treatments and Outcomes*

Skill: *Applied*

- 49) Most people with psychological disorders
- A) seek treatment as soon as they realize there is a problem.
  - B) recover only if they seek treatment.
  - C) delay seeking treatment, sometimes for many years.
  - D) exaggerate their symptoms so it takes longer for them to recover.

Answer: C

Diff: 2 Page Ref: 14

Topic: *Treatments and Outcomes*

Skill: *Factual*

- 50) The trend toward deinstitutionalization in recent years means that
- A) inpatient hospitalization in public institutions has increased.
  - B) people with psychological problems more often receive inpatient treatment than outpatient treatment.
  - C) many people who need professional help do not receive any help at all.
  - D) the number of community services has skyrocketed.

Answer: C

Diff: 2 Page Ref: 14

Topic: *The Extent of Abnormal Behavior*

Skill: *Factual*

51) Which of the following mental health professionals has a doctoral degree in psychology with both research and clinical skill specialization?

- A) the clinical psychologist
- B) the occupational therapist
- C) the psychoanalyst
- D) the psychiatrist

Answer: A

Diff: 1 Page Ref: 15

Topic: *The Mental Health "Team"*

Skill: *Factual*

52) Which of the following mental health professionals has a medical degree?

- A) the clinical psychologist
- B) the psychiatrist
- C) the counseling psychologist
- D) the occupational therapist

Answer: B

Diff: 1 Page Ref: 15

Topic: *The Mental Health "Team"*

Skill: *Factual*

53) Describing a disorder as acute means that

- A) it causes very severe distress and impairment.
- B) it causes very mild distress and impairment.
- C) it is a very long-lasting disorder.
- D) it is a disorder that is short in duration.

Answer: D

Diff: 2 Page Ref: 15

Topic: *The Nature of Disorders*

Skill: *Factual*

54) Why is it important to have some understanding of what causes a psychological disorder?

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

Answer: D

Diff: 2 Page Ref: 15

Topic: *Treatments and Outcomes*

Skill: *Conceptual*

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

Answer: D

Diff: 2 Page Ref: 16

Topic: Research in Abnormal Psychology / Clinical Case Studies

Skill: Conceptual

- 56) Which of the following typically involves the use of trained observers?
- A) case study method
  - B) direct observation
  - C) self report data collection
  - D) psychophysiological data collection

Answer: B

Diff: 1 Page Ref: 16

Topic: Research in Abnormal Psychology / Observation of Behavior

Skill: Factual

- 57) A psychologist reports a single case of a disorder, detailing the person's feelings and responses. This research strategy is
- A) very strong and widely used in abnormal psychology.
  - B) rarely used in abnormal psychology because few people are willing to examine their own lives closely.
  - C) weak because it rarely provides information we can generalize to others with the disorder.
  - D) weak because it confuses correlational data with experimental data.

Answer: C

Diff: 3 Page Ref: 16

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Applied

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

Answer: A

Diff: 1 Page Ref: 16-17

Topic: Research in Abnormal Psychology / Sources of Information

Skill: Applied

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

- A) Observations      B) Hypotheses      C) Variables      D) Correlations

Answer: B

Diff: 1      Page Ref: 17

Topic: Research in Abnormal Psychology / Observation of Behavior

Skill: Factual

60) One strength of case studies is

- A) they can help prove causal relationships between variables.  
B) they can generate hypotheses.  
C) they do not involve bias.  
D) they are usually highly accurate.

Answer: B

Diff: 1      Page Ref: 17

Topic: Research in Abnormal Psychology / Forming Hypotheses

Skill: Factual

61) An important FIRST step in studying a particular disorder is

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

Answer: B

Diff: 2      Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Conceptual

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

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

Answer: A

Diff: 1      Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Factual

63) Ideally, a sample is described as what?

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

Answer: B

Diff: 1 Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Factual

64) Why is a representative sample desirable?

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

Answer: D

Diff: 1 Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Factual

65) Dr. Katz is researching the causes of phobias. He puts an ad in a newspaper asking for people who have an intense, distressing fear of snakes to come and participate in his study. The major problem with this is

- A) the people who come may not have a phobia.
- B) his sample will be too small.
- C) he is not getting a representative sample.
- D) he doesn't know if people are telling the truth about their fears or not.

Answer: C

Diff: 2 Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Applied

66) Why would a researcher want to insure that every person in the larger group of study has an equal chance of being included in the sample?

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

Answer: D

Diff: 2 Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Conceptual

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

Answer: D

Diff: 3 Page Ref: 18

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Applied

- 68) In Dr. Lu's study of eating disorders, she looked at the academic histories of girls with an eating disorder and girls who did not have such problem. In this example, the girls with eating disorders are the \_\_\_\_\_ group.
- A) comparison
  - B) control
  - C) criterion
  - D) treatment

Answer: C

Diff: 1 Page Ref: 19

Topic: Research in Abnormal Psychology / Criterion and Control Group

Skill: Applied

- 69) In Dr. Lu's study of eating disorders, she looked at the academic histories of girls with an eating disorder and girls who did not have such problem. In this example, the girls without eating disorders are the \_\_\_\_\_ group.
- A) conforming
  - B) control
  - C) criterion
  - D) treatment

Answer: B

Diff: 1 Page Ref: 19

Topic: Research in Abnormal Psychology / Criterion and Control Group

Skill: Applied

- 70) In what significant way do observational (correlational) research designs differ from experimental research designs?
- A) Observational research does not require the selection of a sample to study.
  - B) Observational research does not generate hypotheses.
  - C) There is no comparison group in observational research.
  - D) There is no manipulation of variables in observational research.

Answer: D

Diff: 1 Page Ref: 19

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Factual

- 71) To determine whether certain characteristics are true of people in general, and not just of people with mental disorders, it is important to use
- A) an experimental design.
  - B) a representative sample of individuals with the disorder.
  - C) a control group.
  - D) a criterion group.

Answer: C

Diff: 2 Page Ref: 19

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Conceptual

- 72) What is a good control group for a research study on people with eating disorders?
- A) People who have an eating disorder and a wide range of educational backgrounds.
  - B) A group that is comparable to those with eating disorders except they eat normally.
  - C) A group that is drawn from the sample of people with eating disorders.
  - D) People who used to have eating disorders but no longer say they do.

Answer: B

Diff: 1 Page Ref: 19

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Applied

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

Answer: D

Diff: 2 Page Ref: 19

Topic: Observational Research Designs

Skill: Conceptual

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

Answer: A

Diff: 1 Page Ref: 19

Topic: Observational Research Designs

Skill: Factual



- 75) Researchers have observed that women who wear bras for more than 16 hours a day are more likely to develop breast cancer than those who spend less time in a bra. In other words, there is a correlation between wearing a bra and breast cancer. Based on this finding, which of the following statements is true?
- A) Wearing a bra causes cancer.
  - B) All women should avoid wearing a bra for more than 16 hours a day.
  - C) There is no relationship between wearing a bra and breast cancer; these data are clearly flawed.
  - D) Some additional variable may serve to explain the relationship observed between wearing a bra and developing cancer.

Answer: D

Diff: 2 Page Ref: 19

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Conceptual

- 76) What research approach require subjects to recall the past?
- A) reconstructive
  - B) repressed
  - C) retroactive
  - D) retrospective

Answer: D

Diff: 1 Page Ref: 20

Topic: Research / Abnormal Psychology Retrospective / Prospective

Skill: Factual

- 77) A researcher says, "These studies make it too easy for investigators to find the background factors they expect to find. However, they are more valid if we find documents like school reports that show the background factor before the disorder emerges." What kind of research strategy is the researcher referring to?
- A) prospective strategies
  - B) N=1 strategies
  - C) retrospective strategies
  - D) analogue studies

Answer: C

Diff: 2 Page Ref: 20

Topic: Research / Abnormal Psychology Retrospective / Prospective

Skill: Conceptual

- 78) Which of the following may be safely inferred when a significant negative correlation is found between variables x and y?
- A) x causes y
  - B) y causes x
  - C) as x increases, y increases
  - D) as x increases, y decreases

Answer: D

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Conceptual

- 79) Dr. Gordon finds that heroin-addicted adults almost always smoked cigarettes and drank alcohol when they were young adolescents. Knowing this strong association we can conclude that
- A) cigarette smoking causes drinking which causes heroin addiction.
  - B) if cigarette smoking and drinking could be stopped in adolescence, heroin addiction would be stopped too.
  - C) heroin addiction is caused by the same factors that cause early smoking and drinking.
  - D) there is an association among the variables, but no causal inferences should be drawn.

Answer: D

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Sampling and Generalization

Skill: Applied

- 80) Individuals who have alcohol problems tend to come from families with other individuals who have alcohol problems. This would suggest that
- A) genetic factors cause an individual to have alcohol problems.
  - B) environmental factors cause an individual to have alcohol problems.
  - C) both genetic and environmental factors cause an individual to have problems.
  - D) although there is an association, no cause-effect relationship can be concluded.

Answer: D

Diff: 3 Page Ref: 20

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Conceptual

- 81) What type of research design begins with the identification of individuals who are likely to develop a particular disorder?
- A) correlational
  - B) experimental
  - C) prospective
  - D) retrospective

Answer: C

Diff: 1 Page Ref: 20

Topic: Research / Abnormal Psychology Retrospective / Prospective

Skill: Applied

- 82) Dr. Luigi has discovered that the more spaghetti people eat, the less likely they are to be diagnosed with depression. Based on this finding, what statement can be made about the relationship between spaghetti and depression?
- A) There is a positive correlation between spaghetti and depression.
  - B) There is a negative correlation between spaghetti and depression.
  - C) Spaghetti prevents depression.
  - D) Italians are happy.

Answer: B

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Applied

- 83) It has been demonstrated that those who were prenatally exposed to the influenza virus are more likely to develop schizophrenia. In other words, prenatal exposure to the influenza virus is \_\_\_\_\_ correlated with developing schizophrenia.
- A) not
  - B) randomly
  - C) negatively
  - D) positively

Answer: D

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Factual

- 84) A significant positive correlation is found between variables x and y. Which of the following may be safely inferred?
- A) x causes y
  - B) y causes x
  - C) as x increases, y increases
  - D) as x increases, y decreases

Answer: C

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Correlation and Causation

Skill: Conceptual

- 85) A researcher who provides a certain treatment for one group and withholds treatment from a completely comparable group is using the \_\_\_\_\_ research method.
- A) correlational
  - B) epidemiological
  - C) case study
  - D) experimental

Answer: D

Diff: 1 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Conceptual

- 86) A researcher who studies children who are home-schooled and compares them to children who attend school is using the \_\_\_\_\_ research method.
- A) correlational
  - B) epidemiological
  - C) case study
  - D) experimental

Answer: A

Diff: 3 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Applied

- 87) In most prospective studies,
- A) large samples of individuals are interviewed to see if there are any risk factors that differentiate those with the disorder of interest.
  - B) children who share a risk factor for a disorder are studied before signs of the disorder show up.
  - C) analogue research is used because of the ethical problems with other experimental research.
  - D) a representative sample of a general population of adults is used.

Answer: B

Diff: 2 Page Ref: 20

Topic: Research / Abnormal Psychology Retrospective / Prospective

Skill: Factual

- 88) Several studies have found that there is a correlation in children between amount of television watched and weight. What is one of the problems with using this finding to report that watching lots of television makes children obese?
- A) The data might be inaccurate.
  - B) It is just as possible that being obese causes children to watch more television.
  - C) There wasn't a control group that watched no television.
  - D) The sample was probably not representative.

Answer: B

Diff: 2 Page Ref: 20

Topic: Retrospective vs. Prospective Strategies

Skill: Applied

- 89) Which variable is manipulated in an experiment?
- A) comparison
  - B) criterion
  - C) dependent
  - D) independent

Answer: D

Diff: 1 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Factual

- 90) In a study of the effects of ice cream on mood, the ice cream can be described as what?
- A) the dependent variable
  - B) the independent variable
  - C) a correlational variable
  - D) a confounding variable

Answer: B

Diff: 1 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Applied

- 91) In a study of the effects of ice cream on mood, the mood after ice cream exposure can be described as what?
- A) the dependent variable
  - B) the independent variable
  - C) a correlational variable
  - D) a confounding variable

Answer: A

Diff: 1 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Applied

- 92) Which of the following would most likely be explored with an experiment?
- A) the possible causes of schizophrenia
  - B) the effect of the home environment on relapse to drug use
  - C) the effectiveness of a new treatment for depression
  - D) the relationships between early childhood trauma and substance abuse

Answer: C

Diff: 2 Page Ref: 20

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Conceptual

- 93) Which of the following is an example of an ABAB design?
- A) Half of the subjects receive one treatment and the other half are not treated.
  - B) All subjects received one of two treatments.
  - C) A subject is observed and treated.
  - D) A subject is observed both before and after two exposures to the treatment.

Answer: D

Diff: 2 Page Ref: 22

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Conceptual

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

Answer: C

Diff: 2 Page Ref: 22

Topic: Research in Abnormal Psychology/Experimental Strategies

Skill: Applied

- 95) What is the value of using an ABAB design?
- A) It permits the study of the effects of multiple forms of treatment on a single subject.
  - B) Subjects can be selected randomly.
  - C) The effects of a single form of treatment are studied twice in the same subject.
  - D) Generalizability is ensured.

Answer: C

Diff: 2 Page Ref: 22

Topic: Research in Abnormal Psychology/Experimental Strategies

Skill: Conceptual

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

Answer: C

Diff: 3 Page Ref: 23

Topic: Research in Abnormal Psychology/Experimental Strategies

Skill: Factual

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

Answer: B

Diff: 2 Page Ref: 23

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Applied

- 98) Dr. Brown wants to study social phobia. She induces temporary anxiety by having normal subjects believe they will be negatively evaluated by another person. This is an example of
- A) a path analysis.
  - B) an analogue study.
  - C) an experimental epidemiological study.
  - D) a correlational study.

Answer: B

Diff: 2 Page Ref: 23

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Conceptual

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

Answer: C

Diff: 2 Page Ref: 23-24

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Applied

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

Answer: D

Diff: 3 Page Ref: 24

Topic: Research in Abnormal Psychology / Experimental Strategies

Skill: Conceptual

### True/False Questions

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

Answer: FALSE

Diff: 1 Page Ref: 4

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

Answer: TRUE

Diff: 2 Page Ref: 8

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

Answer: TRUE

Diff: 2 Page Ref: 8

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

Answer: FALSE

Diff: 1 Page Ref: 9

- 5) The DSM is rarely used by clinicians today.

Answer: FALSE

Diff: 1 Page Ref: 9

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

Answer: FALSE

Diff: 2 Page Ref: 9



- 7) The DSM provides information as to the cause and treatment of all recognized mental disorders.  
Answer: FALSE  
*Diff: 1 Page Ref: 9*
- 8) The clinical presentation of depression may vary with culture.  
Answer: TRUE  
*Diff: 1 Page Ref: 10*
- 9) Epidemiology is the study of the cause of mental disorders.  
Answer: FALSE  
*Diff: 1 Page Ref: 12*
- 10) The number of people diagnosed with schizophrenia in a given year would be an example of point prevalence.  
Answer: FALSE  
*Diff: 2 Page Ref: 12*
- 11) The incidence of a disorder in a particular group of people may provide information about the cause of the disorder.  
Answer: TRUE  
*Diff: 2 Page Ref: 13*
- 12) Mental disorders are very common.  
Answer: TRUE  
*Diff: 1 Page Ref: 13*
- 13) It is rare for an individual with one mental disorder to also suffer from a second.  
Answer: FALSE  
*Diff: 1 Page Ref: 14*
- 14) Inpatient treatment is more common than outpatient.  
Answer: FALSE  
*Diff: 1 Page Ref: 14*
- 15) Acute disorders are those that are brief in duration.  
Answer: TRUE  
*Diff: 1 Page Ref: 15*
- 16) The case study method is a research method that is no longer used today.  
Answer: FALSE  
*Diff: 1 Page Ref: 16*

- 17) Information obtained in an interview with a research subject would be an example of self report data.  
Answer: TRUE  
*Diff: 1 Page Ref: 16*
- 18) A hypothesis is a question that researchers study.  
Answer: FALSE  
*Diff: 1 Page Ref: 17*
- 19) An ideal research sample would be one that accurately reflects the population of interest.  
Answer: TRUE  
*Diff: 1 Page Ref: 17*
- 20) Correlational studies give clear evidence of causation.  
Answer: FALSE  
*Diff: 1 Page Ref: 19*
- 21) Both a control group and a comparison group are needed in any study.  
Answer: FALSE  
*Diff: 3 Page Ref: 19*
- 22) A prospective research design attempts to collect information about the early lives of people with a disorder.  
Answer: FALSE  
*Diff: 1 Page Ref: 20*
- 23) Analogue studies, by definition, use animals.  
Answer: FALSE  
*Diff: 2 Page Ref: 23*

### Short Answer Questions

- 1) Why is it difficult to agree on a definition of abnormal behavior?  
Answer: There are no sufficient or necessary conditions. Also, what is abnormal at one point in time may no longer be considered abnormal at another time.  
*Diff: 1 Page Ref: 4-6*
- 2) What are the benefits of classifying mental disorders?  
Answer: Allows information to be organized, needed for research, most sciences do it, establishes the range of problems mental health professionals can address.  
*Diff: 2 Page Ref: 6 & 8*

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

Answer: Multiple possible answers: 1. There is a loss of information when a classification scheme is applied to behavior, as will happen when any single word is used to convey something as complex as a mental disorder. 2. In addition, there may be some stigma attached to receiving a psychiatric diagnosis. 3. Stereotyping may occur, leading to incorrect assumptions about and expectations of an individual who has received a psychiatric diagnosis.

*Diff: 2      Page Ref: 8*

4) What is epidemiology?

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

*Diff: 1      Page Ref: 12*

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

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

*Diff: 2      Page Ref: 11*

6) Discuss the difference between prevalence and incidence.

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

*Diff: 2      Page Ref: 12-13*

7) What is comorbidity?

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

*Diff: 2      Page Ref: 14*

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

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

*Diff: 2      Page Ref: 15*