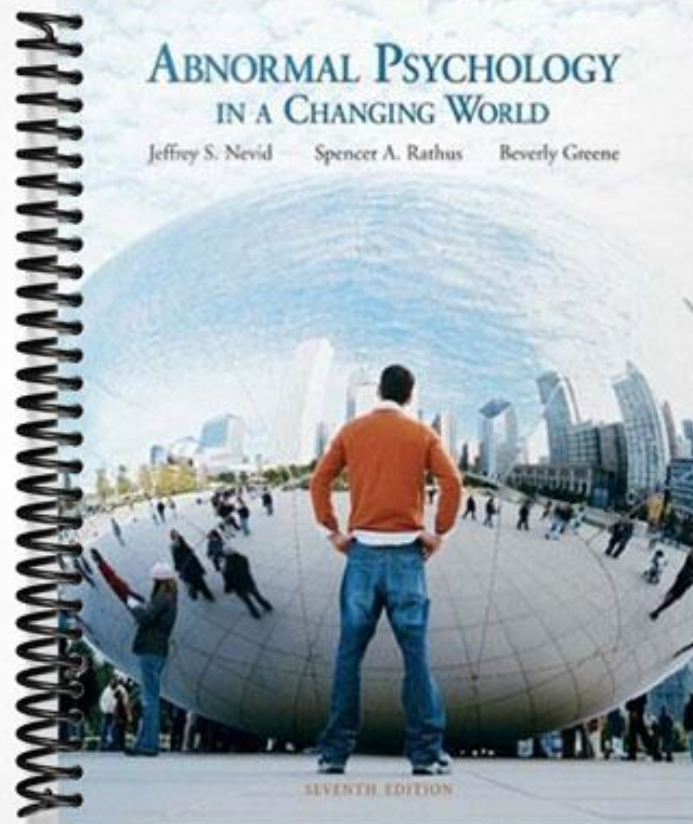


TEST BANK

**ABNORMAL PSYCHOLOGY
IN A CHANGING WORLD**

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SEVENTH EDITION

2

Contemporary Perspectives on Abnormal Behavior

Multiple-Choice Questions

Chapter Introduction

1. In the case study of “Jessica’s Little Secret,” Jessica’s bulimia is maladaptive in the sense that it can lead to all of the following consequences EXCEPT _____.
a. extreme loss of weight c. social problems
b. serious medical problems d. decaying teeth
37
M,A,O
a
2. In the case of “Jessica’s Little Secret,” Jessica wanted to stop her bulimic symptoms before _____.
a. she entered college c. she got married
b. she obtained a job d. she had to go into a hospital
37
M,F,O
c
3. In contemporary times, the understanding of abnormal behavior has been largely approached from each of the following perspectives EXCEPT the _____.
a. biological perspective c. sociocultural perspective
b. psychological perspective d. demonological perspective
37
E,F,O
d
4. Some scholars first began looking for natural causes to abnormal behavior in _____.
a. prehistoric times c. the Dark Ages
b. ancient times d. the Renaissance
37
M,F,N
b

The Biological Perspective

5. The medical model represents a _____ perspective on abnormal behavior.
a. phenomenological c. biological
b. behavioral d. cognitive
38
E,F,O
c
6. Our understanding of the biological underpinnings of abnormal behavior has _____ in recent years.
a. been eliminated c. remained unchanged
b. declined d. grown
38
E,F,N
d
7. The nervous system is made up of cells called _____.
a. somas c. axons
b. neurons d. synapses
38
E,F,O
b

8. Neurons are _____ cells. 38
 a. glial c. adipose E,C,N
 b. connective d. nerve b
9. The part of the neuron that receives messages from other neurons is called the _____. 38
 a. nucleus c. dendrite M,C,O
 b. axon d. soma c
10. The part of the neuron that transmits messages to other neurons is called the _____. 38
 a. nucleus c. dendrite M,C,O
 b. axon d. soma b
11. Terminals are located in the _____. 38
 a. nucleus c. dendrite M,F,O
 b. axon d. soma b
12. Neurons transmit messages to other neurons by means of chemical substances known as _____. 38
 a. precursors c. neurotransmitters E,F,O
 b. hormones d. peptides c
13. Neurotransmitters induce _____ in receiving neurons. 38
 a. dendrites c. chemical changes E,F,O
 b. somas d. structural changes c
14. The junction between a transmitting neuron and a receiving neuron is called the _____. 38
 a. sheath c. hillock E,C,O
 b. synapse d. knob b
15. The proper sequence of structures a neural message passes through as it moves from one neuron to the next is _____. 38
 a. dendrite, cell body, axon c. axon, cell body, dendrite M,F,N
 b. dendrite, axon, cell body d. cell body, dendrite, axon a
16. A receptor site is part of the _____. 40
 a. endocrine system c. dendrite M,F,N
 b. axon d. cell body c
17. The part of a dendrite on a receiving neuron that is structured to receive a neurotransmitter is the _____. 40
 a. terminal c. myelin sheath E,C,N
 b. receptor site d. hillock b
18. A neuron receiving a message from another neuron is called _____. 40
 a. presynaptic c. synaptic M,C,O
 b. quasisynaptic d. postsynaptic d
19. Each kind of neurotransmitter _____. 40
 a. is unique and will fit into only one type of receptor site M,F,O
 b. will fit into several types, but not most types of receptor sites a
 c. will fit into most, but not all types of receptor sites
 d. will fit into every type of receptor site
20. The process of neurotransmitters being reabsorbed by the axon terminal is called _____. 40
 a. diffusion c. reuptake M,C,O
 b. recycling d. regurgitation c

21. Depression and eating disorders have been linked to imbalances of _____.
 a. acetylcholine c. serotonin
 b. dopamine d. epinephrine
 40
 D,F,O
 c
22. Two popular antidepressants, Prozac and Zoloft, increase the availability to the brain of _____.
 a. acetylcholine c. serotonin
 b. dopamine d. cortisol
 40
 D,F,O
 c
23. Alzheimer's disease has been associated with deficiencies of _____.
 a. acetylcholine c. norepinephrine
 b. dopamine d. serotonin
 40
 D,F,O
 a
24. Schizophrenia has been linked to increased utilization of _____.
 a. acetylcholine c. norepinephrine
 b. dopamine d. serotonin
 40
 D,F,O
 b
25. A neurotransmitter linked to anxiety disorders and depression is _____.
 a. thyroxin c. dopamine
 b. acetylcholine d. serotonin
 40
 D,F,O
 d
26. The two major parts that comprise 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
 40
 M,F,O
 b
27. The brain and spinal cord make up the _____ nervous system.
 a. central c. sympathetic
 b. somatic d. parasympathetic
 40
 E,F,O
 a
28. The _____ nervous system is made up of nerves that receive and transmit sensory messages to the brain.
 a. central c. reticular
 b. peripheral d. limbic
 40
 M,F,O
 b
29. Each of the following is a part of the hindbrain EXCEPT _____.
 a. the pons c. the medulla
 b. the thalamus d. the cerebellum
 41
 M,F,O
 b
30. The medulla, pons, and cerebellum are all parts of the _____.
 a. forebrain c. midbrain
 b. prebrain d. hindbrain
 41
 M,C,N
 d
31. The _____ plays a role in vital functions like heart rate, respiration, and blood pressure.
 a. pons c. medulla
 b. reticular activating system d. cerebellum
 41
 D,F,O
 c
32. The _____ transmits information about body movement and is involved in functions related to attention, sleep, and respiration.
 a. pons c. medulla
 b. thalamus d. cerebellum
 41
 D,F,O
 a
33. The _____ is located behind the pons and is involved in balance and motor behavior.
 a. cerebrum c. medulla
 b. reticular activating system d. cerebellum
 41
 M,F,O
 d

34. 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 _____. 41
 D,A,O
 d
 a. pons c. medulla
 b. thalamus d. cerebellum
35. The _____ lies just above the hindbrain and contains neural pathways linking the hindbrain to the upper regions of the brain. 41
 M,F,N
 c
 a. forebrain c. midbrain
 b. prebrain d. underbrain
36. The _____ extends from the hindbrain to the forebrain. 41
 M,F,O
 c
 a. pons c. reticular activating system
 b. medulla d. cerebellum
37. The _____ plays vital roles in sleep, attention, and arousal. 41
 D,F,O
 b
 a. limbic system c. medulla
 b. reticular activating system d. cerebellum
38. The _____ relays messages to the cortex that heighten alertness. 41
 M,F,O
 c
 a. thalamus c. reticular activating system
 b. hypothalamus d. limbic system
39. Depressant drugs, such as alcohol, lower activity in the _____. 41
 D,F,O
 a
 a. reticular activating system c. cochlea
 b. amygdala d. optic chiasm
40. The reticular activating system is NOT part of the _____. 41
 M,C,N
 b
 a. forebrain c. midbrain
 b. prebrain d. hindbrain
41. Each of the following is in the forebrain EXCEPT the _____. 42
 D,F,O
 a
 a. cerebellum c. limbic system
 b. cerebrum d. basal ganglia
42. The _____ relays sensory information from the sense organs (i.e., the eyes and ears) to the cortex. 42
 D,F,O
 a
 a. thalamus c. basal ganglia
 b. hypothalamus d. cerebellum
43. The _____ is involved in such functions as sleep and attention. 42
 D,F,R
 b
 a. cingulate nucleus c. medulla
 b. thalamus d. cerebellum
44. The _____ is a tiny structure located between the thalamus and the pituitary gland. 42
 D,F,O
 d
 a. cingulate gyrus c. hippocampus
 b. cerebellum d. hypothalamus
45. The _____ is vital in regulating body temperature, storage of nutrients, fluid concentrations, and motivation and emotion. 42
 D,F,O
 b
 a. thalamus c. basal ganglia
 b. hypothalamus d. cerebellum
46. The _____ is involved in a range of motivational drives and behaviors, including hunger, thirst, sex, parenting behaviors, and aggression. 42
 M,F,O
 b
 a. thalamus c. basal ganglia
 b. hypothalamus d. cerebellum

60. The _____ nervous system is also known as the “automatic” nervous system. 43
 a. central c. autonomic M,C,N
 b. somatic d. endocrine c
61. The sympathetic and parasympathetic divisions are part of the _____ nervous system. 43
 a. central c. autonomic M,C,N
 b. somatic d. endocrine c
62. The autonomic nervous system has two branches, the _____. 43
 a. central and peripheral c. somatic and sympathetic E,C,O
 b. somatic and peripheral d. sympathetic and parasympathetic d
63. 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. 43
 a. sympathetic c. somatic D,A,O
 b. parasympathetic d. central a
64. 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. 43
 a. sympathetic c. somatic D,A,O
 b. parasympathetic d. central b
65. When we relax, the _____ decelerates the heart rate. 43
 a. pons c. parasympathetic nervous system M,F,O
 b. cerebellum d. right hemisphere c
66. During processes that replenish energy reserves, such as digestion, _____. 43
 a. neither the sympathetic nor the parasympathetic divisions are active M,F,N
 b. the sympathetic division is most active c
 c. the parasympathetic division is most active
 d. both the sympathetic and parasympathetic divisions are equally active
67. When we are anxious or fearful, _____. 43
 a. neither the sympathetic nor the parasympathetic divisions are active M,F,N
 b. the sympathetic division is most active b
 c. the parasympathetic division is most active
 d. both the sympathetic and parasympathetic divisions are equally active
68. Each hemisphere of the cerebrum is divided into _____ lobes. 43
 a. two c. six E,F,O
 b. four d. eight b
69. The visual processing area of the cortex lies in the _____ lobe. 43
 a. frontal c. temporal M,C,O
 b. parietal d. occipital d
70. The occipital lobe is primarily involved in processing _____. 43
 a. sensations of touch and pain c. auditory stimuli M,C,O
 b. muscle control d. visual stimuli d
71. Susan was in a serious car accident and lost her vision as a result of the injuries she sustained. Susan apparently suffered damage to her _____. 43
 a. amygdala c. occipital lobe D,A,O
 b. prefrontal cortex d. temporal lobe c

72. The auditory area of the cortex lies in the _____ lobe. 43
 a. frontal c. temporal M,C,O
 b. parietal d. occipital c
73. Maria accidentally collided with a tree while she was skiing and subsequently lost some 43
 of her ability to hear. Maria's accident most likely resulted in damage to her _____. D,A,O
 a. temporal lobe c. parietal lobe a
 b. occipital lobe d. frontal lobe
74. The area of the cortex involved in the skin senses is the _____ lobe. 43
 a. frontal c. temporal M,C,O
 b. parietal d. occipital b
75. The parietal lobe is involved in processing _____. 43
 a. visual stimuli c. muscle control M,C,O
 b. auditory stimuli d. sensations of touch, temperature and pain d
76. The sensory area of the _____ lobe receives messages from skin sensors all over the body. 43
 a. parietal c. frontal M,F,O
 b. temporal d. occipital a
77. Ever since John had a stroke, he must be careful when cooking on the stove because he 43
 cannot feel hot temperatures and he could burn himself. Most likely John has suffered D,A,O
 damage to his _____. c
 a. prefrontal cortex c. parietal lobe
 b. frontal lobe d. temporal lobe
78. The area of the cortex most involved in memory, speech, language, and the controlling of 43
 voluntary muscle response is the _____ lobe. M,C,O
 a. frontal c. temporal a
 b. parietal d. occipital
79. The prefrontal cortex lies in front of the _____. 43
 a. occipital lobe c. motor cortex D,F,O
 b. parietal lobe d. cerebellum c
80. The _____ is involved in higher mental functions like use of language and thought. 43
 a. limbic system c. cerebellum M,C,O
 b. parasympathetic nervous system d. prefrontal cortex d
81. The motor cortex is part of the _____ lobe. 43
 a. frontal c. temporal M,F,N
 b. parietal d. occipital a
82. The _____ is involved in higher mental functions such as thinking, problem solving, 43
 and use of language. M,C,O
 a. frontal lobe c. amygdala b
 b. prefrontal cortex d. occipital lobe
83. Genetic influences are thought to be implicated in all of the following disorders 43
 EXCEPT _____. M,F,O
 a. major depression c. anxiety disorders b
 b. narcissistic personality disorder d. autism

84. Unlike most 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

43
 M,F,O
 d

The Psychological Perspective – Psychodynamic Models

85. Biological models of abnormality became prominent in the late _____ century.
 a. 17th
 b. 18th
 c. 19th
 d. 20th
86. Psychodynamic theory is based upon the contributions of _____.
 a. Sigmund Freud
 b. Carl Rogers
 c. Ivan Pavlov
 d. Freidrich Mesmer
87. Freud developed the belief that hysteria and other psychological problems are derived from _____.
 a. genetic predispositions
 b. environmental learning
 c. brain abnormalities
 d. unconscious conflicts
88. 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
89. Freud's theory asserts that our awareness of our basic urges would cause us _____.
 a. insight
 b. depression
 c. anxiety
 d. catharsis
90. According to Freud, in a disorder such as hysteria, _____.
 a. the sufferer is overwhelmed by negative environmental stimuli
 b. the symptoms result from a physiological breakdown in the neural pathways of the cerebral cortex
 c. sufferers consciously uses illness to manipulate others into paying attention to them
 d. the "symptom" represents the conversion of an unconscious psychological conflict into a physical symptom.
91. According to Freud, the mind can be likened to a(n) _____.
 a. forest
 b. iceberg
 c. winding river
 d. lunar eclipse
92. According to Freud, the largest part of the mind is the _____.
 a. conscious
 b. superconscious
 c. preconscious
 d. unconscious
93. Which of the following is NOT one of the three regions of the mind described by Freud?
 a. the conscious
 b. the superconscious
 c. the preconscious
 d. the unconscious
94. A region of the mind that corresponds to one's present awareness is called _____.
 a. conscious
 b. superconscious
 c. superego
 d. hypothalamus

45
 M,F,N
 c

45
 E,F,O
 a

45
 E,F,O
 d

45
 E,F,N
 b

45
 M,F,O
 c

45
 E,C,N
 d

45
 E,F,O
 b

45
 M,F,O
 d

45
 E,F,O
 b

45
 E,F,O
 a

95. According to Freud, the _____ is the part of the mind where we can find memories that we are not aware of, but we can bring these memories into our awareness by focusing on them. 45
 a. conscious c. preconscious E,C,O
 b. subconscious d. unconscious c
96. According to Freud, the part of the mind that is largely hidden and can only be brought into awareness with great difficulty is the _____. 45
 a. conscious c. preconscious E,C,O
 b. superconscious d. unconscious d
97. Freud believed that the _____ is the repository of biological drives, or instincts, such as sex and aggression. 45
 a. conscious c. preconscious M,F,O
 b. superconscious d. unconscious d
98. According to Freud, the personality is divided into _____ psychic structures. 46
 a. two c. four M,F,N
 b. three d. five b
99. Which of the following is NOT one of the psychic structures that comprise personality, according to Freud? 46
 a. the id c. the superego M,F,N
 b. the persona d. the ego b
100. According to Freud, the only psychic structure present at birth is the _____. 46
 a. id c. ego M,F,R
 b. superego d. persona a
101. According to Freud, the id follows the _____ principle. 46
 a. moral c. pleasure M,F,O
 b. rational d. reality c
102. According to Freud, the _____ follows the pleasure principle. 46
 a. id c. ego M,F,N
 b. superego d. persona a
103. 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. 46
 a. survival c. Peter E,C,O
 b. reality d. pleasure d
104. Freud asserts that the _____ is the repository of our baser drives and instinctual impulses. 46
 a. id c. superego M,C,N
 b. persona d. ego a
105. According to Freud, during the first year of life, the _____ develops to organize reasonable ways to deal with frustration. 46
 a. id c. ego M,C,R
 b. persona d. superego c
106. According to Freud, the ego _____. 46
 a. is present at birth c. develops in the second year of life M,F,O
 b. develops during the first year of life d. develops in late childhood b

107. According to Freud, the ego is governed by the _____ principle. 46
 a. economic c. moral E,F,O
 b. reality d. pleasure b
108. According to Freud, the _____ is governed by the reality principle. 46
 a. id c. ego E,F,O
 b. persona d. superego c
109. The psychic principle that operates by balancing fantasies with what is practical and possible is the _____ principle. 46
 a. pleasure c. moral E,C,O
 b. reality d. reciprocity b
110. According to Freud, the psychic structure that stands for “reason and good sense” is the _____. 46
 a. id c. ego M,C,N
 b. superego d. persona c
111. Greg has always been taught that stealing was wrong. However, there is a rock video that he wants very badly. He sits down and plans a way to earn some money by getting a job so that he won't have to steal the video. Greg's planning most likely arises from his _____. 46
 a. id c. superego M,A,O
 b. ego d. collective unconscious b
112. According to Freud, the superego develops during _____. 46
 a. infancy c. middle childhood M,F,O
 b. early childhood d. adolescence c
113. Moral standards and values of a child's parents and other important people in his or her life become internalized during _____. 46
 a. adolescence c. middle childhood D,F,O
 b. late childhood d. early childhood c
114. According to Freud, a child's moral standards become internalized through the formation of the _____. 46
 a. id c. superego E,C,O
 b. ego d. alter-ego c
115. The superego serves as the _____. 46
 a. rational adult in you c. primitive beast inside you M,F,O
 b. emotional child in you d. moral conscience in you d
116. The conscience is most associated with the _____. 46
 a. ego c. animus E,F,O
 b. superego d. pleasure principle b
117. Which Freudian construct endeavors to satisfy cravings without offending moral standards? 46
 a. ego c. id E,F,O
 b. superego d. fixation a
118. Chandler has always been taught that stealing was wrong. However, while shopping at the video store, he sees a video that he wants so badly that, on an impulse, he steals it. Later on he feels guilty about what he has done. Chandler's guilt arises from his _____. 46
 a. id c. superego M,A,O
 b. ego d. alter-ego c

119. Rachel's boyfriend is pressing her to have sex, but her parents have brought her up to believe that premarital sex is wrong. She is very tempted. Which Freudian psychic structure would determine Rachel's method of handling this situation?
 a. id c. superego
 b. ego d. persona 46
 M,A,R
 b
120. 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 c. secondary process thinking
 b. defense mechanisms d. primary process thinking 46
 M,F,O
 b
121. 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 46
 M,C,O
 b
122. The most basic defense mechanism is _____.
 a. regression c. denial
 b. repression d. rationalization 46
 M,F,O
 b
123. Defense mechanisms involve a dynamic struggle between the _____.
 a. ego and the conscience c. id and the pleasure principle
 b. ego and the superego d. id and the ego 46
 D,C,O
 d
124. According to Freud, repression involves _____.
 a. motivated forgetting
 b. blaming others for our behavior which is really our own fault
 c. making "logical" excuses for our behavior, after the fact
 d. reverting to childish coping strategies when our adult strategies fail 46
 M,C,O
 a
125. When conflicts between the id and the ego are not resolved smoothly, a person could become _____.
 a. too generous c. phobic
 b. miserly d. brain damaged 46
 D,F,O
 c
126. People can remain outwardly calm and controlled while they inwardly harbor murderous or lustful impulses of which they are unaware through the process of _____.
 a. regression c. identification
 b. projection d. repression 47
 D,C,O
 d
127. A man who has hurt some of his closest friends suddenly develops amnesia. His defense mechanism is _____.
 a. regression c. denial
 b. repression d. displacement 47
 D,A,O
 b
128. The unconscious ejection of anxiety-evoking ideas from awareness is called _____.
 a. repression c. denial
 b. regression d. displacement 47
 M,C,O
 a
129. The return, when under stress, to behavior patterns characteristic of an earlier age is called _____.
 a. displacement c. repression
 b. reaction formation d. regression 47
 M,C,O
 d

141. 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
 47
 M,A,O
 a
142. The channeling of unacceptable impulses into positive, constructive pursuits is called _____.
 a. sublimation
 b. displacement
 c. reaction formation
 d. projection
 47
 M,C,O
 a
143. A normal, healthy person paints nudes for the sake of "beauty" and "art." His or her defense mechanism is _____.
 a. displacement
 b. sublimation
 c. reaction formation
 d. denial
 47
 D,A,O
 b
144. Freud's approach to the treatment of abnormal behavior is called _____.
 a. ego psychology
 b. psychoanalysis
 c. analytical psychology
 d. individual psychology
 47
 E,C,O
 b
145. Freud noted that slips of the tongue and ordinary forgetfulness can represent hidden motives that are kept out of consciousness by _____.
 a. repression
 b. displacement
 c. denial
 d. sublimation
 46
 M,F,O
 a
146. Freud argued that _____ are the dominant factors in the development of personality, even among children.
 a. security needs
 b. self-actualizing tendencies
 c. sexual drives
 d. cognitive styles
 47
 E,F,O
 c
147. Freud believed that the child's basic relationship to the world in its first several years of life is organized around obtaining _____.
 a. emotional security
 b. intellectual growth
 c. a sense of superiority
 d. sexual pleasures
 47
 M,F,O
 d
148. For Freud, a child's experiences of eating and of moving bowels are _____.
 a. anxiety provoking
 b. aimed at parental attention
 c. sexual
 d. expressions of love to the mother
 47
 M,F,O
 c
149. The word _____ is probably closest in present-day meaning to what Freud meant by sexuality.
 a. lust
 b. infatuation
 c. sensuality
 d. stimulation
 47
 E,C,O
 c
150. According to Freud, the basic drive to preserve and perpetuate life is called _____.
 a. libido
 b. eros
 c. thanatos
 d. self-actualization
 47
 M,C,O
 b
151. According to Freud, the sexual energy necessary for all expressions of the major life instinct is called _____.
 a. libido
 b. eros
 c. thanatos
 d. animal magnetism
 47
 M,C,O
 a
152. Freud believed that sexual energy is expressed through sexual pleasure in different body parts called _____ zones.
 a. subduction
 b. transference
 c. Oedipal
 d. erogenous
 47
 M,C,O
 d

153. Freud proposed several stages of _____ development. 47
 a. cognitive c. psychosexual E,F,O
 b. moral d. psychosocial c
154. Freud proposed _____ stages of development. 47
 a. two c. four M,F,O
 b. three d. five d
155. For Freud, the stages of human development are _____ in nature. 47
 a. familial c. regressive M,F,O
 b. psychosexual d. creative b
156. The correct chronological order of Freud's stages of development is _____. 48
 a. anal, oral, phallic, latency, genital c. oral, anal, genital, latency, phallic D,F,O
 b. anal, oral, latency, phallic, genital d. oral, anal, phallic, latency, genital d
157. The Freudian stages of human development correspond to the transfer of _____ from one _____ to another. 47
 a. libidinal energy, erogenous zone c. anxiety, psychic structure E,F,O
 b. eros, libido d. knowledge, area of the mind a
158. Mary is one year old. She 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. 48
 a. anal c. latency E,A,O
 b. oral d. phallic b
159. Billy is three years old. He experiences sexual gratification through contracting and relaxing the sphincter muscles that control the elimination of bodily waste. According to Freud, he is in the _____ stage. 48
 a. anal c. latency E,A,O
 b. oral d. phallic a
160. According to Freud, conflict between the parent and child over masturbation would be most likely to occur during the _____ stage. 48
 a. oral c. genital D,A,O
 b. anal d. phallic d
161. The phallic stage generally begins during the _____ year of life. 48
 a. second c. fourth M,F,O
 b. third d. fifth b
162. The conflict hypothesized by Freud in which little boys sexually desire their mothers and wish to eliminate their fathers is called the _____. 48
 a. Electra complex c. Oedipus complex E,C,O
 b. Odyssey complex d. Thanatos complex c
163. The conflict hypothesized by Freud in which little girls sexually desire their fathers and eliminate their mothers is called the _____. 48
 a. Electra complex c. Oedipus complex E,C,O
 b. Iliad complex d. Thanatos complex a
164. According to Freud, sexual drives diminish and children's interests become more directed toward school and play activities during the _____ stage. 48
 a. oral c. phallic M,C,O
 b. latency d. genital b

165. According to Greek Legend, Electra killed her _____.
 a. father c. mother
 b. sister d. husband
 48
 D,F,O
 c
166. According to Freud, mature sexuality emerges only during the _____ stage.
 a. oral c. genital
 b. latency d. phallic
 48
 M,F,O
 c
167. According to Freud, too little or too much gratification at any stage can lead to _____.
 a. resistance c. catharsis
 b. fixation d. transference
 48
 M,F,O
 b
168. According to Freud, smoking, alcohol abuse, overeating, and nail biting are all examples of oral stage _____.
 a. reaction formation c. fixation
 b. abreaction d. sublimation
 48
 M,C,O
 c
169. Sean is a 38-year-old alcoholic who smokes, overeats, and bites his nails. Freud would most likely say that Sean is fixated in the _____ stage of development.
 a. anal c. latency
 b. oral d. phallic
 48
 E,A,O
 b
170. Freud believed that a lesbian sexual orientation in women could be traced to unresolved conflicts during the _____ stage of development.
 a. anal c. genital
 b. oral d. phallic
 48
 M,C,O
 d
171. According to Freud, homosexual activity can be considered a failure to successfully resolve the conflicts of the _____ stage.
 a. phallic c. oral
 b. genital d. anal
 48
 D,C,O
 a
172. Orally fixated adults, according to Freud, may tend to become socially _____.
 a. isolated c. gregarious
 b. dependent d. angry
 48
 M,F,O
 b
173. In general, contemporary psychodynamic theorists believe that one's behavior is a reflection of all of the following EXCEPT _____.
 a. unconscious motivation c. inner conflict
 b. defensive responses to anxiety d. basic instincts such as sex and aggression
 49
 M,C,O
 d
174. Marta goes to a therapist for treatment of numbness in her arms that appears to have no physical cause. Her therapist tells her that her symptoms result from repressed emotions dating back to subconscious conflicts during her early childhood. The therapist uses hypnosis and free association to help her "discharge" her pent-up emotions. Her therapist is following the _____ treatment model.
 a. psychodynamic c. social learning
 b. humanistic d. medical
 48-49
 E,A,O
 a
175. The psychodynamic model of treatment emphasizes the role of _____ in successfully correcting abnormal behavior patterns.
 a. reinforcements and punishments c. correcting biological imbalances
 b. moving toward self-actualization d. resolving unconscious inner conflicts
 49
 E,C,O
 d

176. Carl Jung was _____.
 a. German
 b. Russian
 c. Swiss
 d. Dutch
 49
 D,F,O
 c
177. To Jung, the accumulated experiences of humankind are passed down genetically through the generations in the _____.
 a. personal unconscious
 b. anima
 c. animus
 d. collective unconscious
 49
 M,C,O
 d
178. 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
 49
 M,F,N
 a
179. According to Jung, the collective unconscious contains primitive images, or _____, which reflect upon the history of our species.
 a. ancestral schemas
 b. personal constructs
 c. archetypes
 d. social constructs
 49
 M,C,O
 c
180. 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
 49
 M,C,O
 c
181. The developer of analytical psychology was _____.
 a. Eric Erikson
 b. Alfred Adler
 c. Karen Horney
 d. Carl Jung
 49
 D,F,N
 d
182. Carl Jung developed _____.
 a. analytical psychology
 b. humanistic psychology
 c. Gestalt psychology
 d. individual psychology
 49
 M,F,N
 a
183. Alfred Adler believed that people were basically driven by _____.
 a. the sexual instinct
 b. an inferiority complex
 c. basic anxiety
 d. psychosocial motives
 49
 M,F,O
 b
184. 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
 49
 E,F,O
 d
185. The concept of an “inferiority complex” is most closely linked to the thinking of _____.
 a. Carl Jung
 b. Erik Erikson
 c. Alfred Adler
 d. Karen Horney
 49
 M,F,N
 c
186. 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
 49
 M,F,O
 d
187. 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
 49
 D,F,O
 d
188. Adler's psychological theory has been termed _____.
 a. analytical psychology
 b. ego psychology
 c. individual psychology
 d. client-centered psychology
 49
 M,F,O
 c

189. Which of the following terms is most closely associated with the thinking of Karen Horney? 49
 a. the collective unconscious c. an inferiority complex M,F,N
 b. basic anxiety d. ego identity b
190. Karen Horney stressed the importance of _____ in the development of emotional problems. 49
 a. psychosocial development c. parent-child relationships M,F,N
 b. psychosexual development d. an inferiority complex c
191. Recent psychodynamic models of personality place more emphasis on the power of the _____ than Freud. 49
 a. id c. superego E,F,O
 b. ego d. death instinct b
192. Heinz Hartmann was one of the originators of _____. 49
 a. analytical psychology c. ego psychology M,F,O
 b. individual psychology d. client-centered psychology c
193. Hartmann argued that motives of the ego could be _____. 49
 a. controlled by the id c. fully developed by age six M,F,O
 b. in conflict with the superego d. free of conflict with the id d
194. Unlike Freud, Hartmann would not attribute a choice of a career in art to _____. 49
 a. sublimation c. reaction formation D,A,O
 b. repression d. displacement a
195. 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 _____. 49
 a. Heinz Hartmann c. Sigmund Freud D,A,O
 b. Carl Jung d. E. L. Thorndike a
196. Erik Erikson attributed more importance to children's _____ than to unconscious processes. 49-50
 a. social relationships c. cognitive development E,F,O
 b. moral maturity d. sexual maturity a
197. Erikson's theory of development differs from Freud's in that it claims that mental development _____. 50
 a. is complete by age six c. is complete by young adulthood E,C,O
 b. is complete by puberty d. continues throughout life d
198. Erik Erickson is most closely associated with _____. 50
 a. individual psychology c. cognitive psychology D,F,O
 b. ego psychology d. humanistic psychology b
199. According to Erikson, the goal of adolescence is the development of _____. 50
 a. physical maturity c. ego identity M,F,O
 b. genital sexuality d. self-actualization c
200. The psychodynamic theory which focuses on how children come to develop symbolic representations of important others in their lives, especially their parents, is called _____. 50
 a. psychoanalysis c. ego psychology M,C,O
 b. object-relations theory d. Gestalt theory b

201. For Margaret Mahler, the key to personality development is _____.
 a. social relationships with peers c. separation from the mother
 b. cognitive development d. someone's style of coping with guilt
202. Margaret Mahler is most closely associated with _____ theory.
 a. psychoanalysis c. individual psychology
 b. object-relations theory d. Gestalt theory
203. Which of the following theorists is most closely associated with object-relations theory?
 a. Heinz Hartman c. Harry Stack Sullivan
 b. Margaret Mahler d. Karen Horney
204. The process of introjection was most crucial to the theory of _____.
 a. Erik Erickson c. Carl Jung
 b. Alfred Adler d. Margaret Mahler
205. According to Freud, maladaptive behaviors such as hysteria or phobias are expressions of _____.
 a. psychosis c. catharsis
 b. neurosis d. transference
206. Freud believed that the underlying conflicts in psychological disorders _____.
 a. had childhood origins c. were learned in adulthood
 b. had adolescent origins d. disappeared by adulthood
207. 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 c. psychosis
 b. neurosis d. psychopathic behavior
208. A severe form of disturbed behavior characterized by impaired ability to interpret reality and difficulty meeting the demands of daily life is _____.
 a. neurosis c. catharsis
 b. symbiosis d. psychosis
209. Harlen suffers from bizarre hallucinations and delusions of persecution in which he believes that 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 Harlen has _____.
 a. a neurosis c. a psychosis
 b. a personality disorder d. an excess of free association
210. 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
211. 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

212. 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
213. 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
214. Each of the following is true of psychodynamic theory EXCEPT _____.
 a. it fails to adequately account for the effects of sexual and aggressive impulses
 b. it has pervaded the general culture
 c. Freud's ideas of childhood sexuality were both illuminating and controversial
 d. it increased awareness that people may be motivated by hidden drives of a sexual or aggressive nature
215. Each of the following is a criticism of Freud's theory EXCEPT _____.
 a. many of his concepts cannot be scientifically proved or disproved
 b. he underemphasized the importance of unconscious processes on behavior
 c. he underemphasized the role of social relationships in shaping personality
 d. he placed too much emphasis on sexual and aggressive impulses

The Psychological Perspective -- Learning Models

216. The first major psychological theories of abnormal behavior were _____.
 a. phenomenological theories
 b. behavioral theories
 c. organic theories
 d. psychodynamic theories
217. 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
218. Who discovered the conditioned reflex?
 a. John B. Watson
 b. B. F. Skinner
 c. Ivan Pavlov
 d. Albert Bandura
219. 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
220. A behavior therapist would attribute abnormal behavior to each of the following EXCEPT _____.
 a. a learning history that is different from the learning histories of most people
 b. inconsistent discipline
 c. neglectful or abusive parents
 d. conflicts between the id and superego
221. Each of the following scientists is associated with the psychological theory of behaviorism EXCEPT _____.
 a. John B. Watson
 b. Abraham Maslow
 c. B. F. Skinner
 d. Ivan Pavlov

222. Each of the following rejected concepts of personal freedom, free choice, and self-direction EXCEPT _____.
 a. Freud
 b. Adler
 c. Watson
 d. Skinner
 52
 D,F,O
 b
223. Classical conditioning was discovered by _____.
 a. Bandura
 b. Watson
 c. Skinner
 d. Pavlov
 53
 E,F,O
 d
224. According to classical conditioning, learning occurs when stimuli are _____.
 a. associated
 b. reinforced
 c. generalized
 d. discriminated
 53
 M,C,O
 a
225. To a behaviorist, a change in the environment, like putting meat on a dog's tongue or tapping beneath the knee, is referred to as a(n) _____.
 a. reflex
 b. parameter
 c. stimulus
 d. antecedent
 53
 E,C,O
 c
226. To a behaviorist, a reflex, such as a knee-jerk when your knee is tapped by a physician's rubber mallet, is called a(n) _____.
 a. stimulus
 b. antecedent
 c. parameter
 d. response
 53
 E,C,O
 d
227. In _____ conditioning, responses are elicited by stimuli.
 a. operant
 b. classical
 c. introjective
 d. reactive
 53
 M,C,O
 b
228. 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
 53
 M,A,O
 a
229. 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
 53
 M,A,O
 c
230. 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, salivation to the meat is the _____.
 a. unconditioned stimulus
 b. unconditioned response
 c. conditioned stimulus
 d. conditioned response
 53
 M,A,O
 b
231. 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, salivation to the bell is the _____.
 a. unconditioned stimulus
 b. unconditioned response
 c. conditioned stimulus
 d. conditioned response
 53
 M,A,O
 d
232. 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. This experiment utilizes _____.
 a. classical conditioning
 b. operant conditioning
 c. aversive conditioning
 d. systematic desensitization
 53
 E,A,O
 a

242. The “Little Albert” study was important because it proved that _____.
 a. animals could be classically conditioned
 b. animals could be operantly conditioned
 c. humans could be classically conditioned
 d. humans could be operantly conditioned 54
 M,F,N
 c
243. 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 54
 M,F,N
 b
244. In the “Little Albert” study, an 11-month-old boy was conditioned to fear a _____.
 a. bell
 b. piece of meat
 c. psychologist
 d. rat 54
 E,F,N
 d
245. In _____ conditioning, organisms learn to emit behaviors because of the behavior's consequences.
 a. operant
 b. classical
 c. aversive
 d. reactive 54
 D,A,O
 a
246. The person most closely associated with operant conditioning is _____.
 a. Watson
 b. Skinner
 c. Pavlov
 d. Bandura 54
 M,F,O
 b
247. Changes in the environment that increase the frequency of the preceding behavior are called _____.
 a. operants
 b. stimuli
 c. reinforcers
 d. fixations 54
 M,C,O
 c
248. A stimulus or event that increases the frequency of the response that it follows is called _____.
 a. an unconditioned response
 b. a punishment
 c. an unconditioned stimulus
 d. a reinforcement 54
 M,F,R
 d
249. 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 54
 E,C,O
 a
250. Reinforcers that, when introduced, increase the frequency of the preceding behavior, are called _____ reinforcers.
 a. manifest
 b. positive
 c. negative
 d. latent 54
 M,C,N
 b
251. A parent promises to stop criticizing her son when he behaves in the "correct" manner. This is an example of _____.
 a. positive reinforcement
 b. negative reinforcement
 c. punishment
 d. aversive conditioning 54
 M,A,O
 b
252. The terms “positive reinforcement” and _____ are used interchangeably.
 a. “response”
 b. “negative reinforcement”
 c. “reward”
 d. “improvement” 54
 E,F,R
 c
253. 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 54
 D,C,O
 b

265. 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. 55
E,A,O
c
- a. psychoanalytic c. behavioral
b. humanistic d. sociocultural
266. Frank's father was a criminal and Frank becomes a criminal. Whose theory of learning would best explain Frank's behavior? 55
D,A,O
d
- a. Pavlov c. Watson
b. Skinner d. Bandura
267. Social-cognitive theorists would attribute a phobia of spiders to _____. 55
D,C,O
c
- a. being stung by a spider as a baby
b. oedipal rejection by the mother
c. a mother's fear of spiders
d. parental punishment for playing with insects
268. The learning perspective has spawned _____ therapy. 55
E,F,O
a
- a. behavior c. classical conditioning
b. reinforcement d. vicarious
269. Which of the following is NOT a criticism of learning models of behavior? 56
M,F,O
a
- a. They have not put enough emphasis on measuring observable behaviors.
b. They cannot explain the richness of human experience.
c. They ignore the fact that humans experience thoughts and dreams and formulate goals and aspirations.
d. They do not pay adequate attention to the influence of genetic factors.
270. Learning models of behavior, in contrast to psychodynamic approaches, _____. 55-56
M,C,O
b
- a. focus on the importance of self-direction
b. emphasize observable behaviors
c. focus on the experiences of dreams, goals and aspirations
b. emphasize the genetic contributions to behavior
271. The "third force" in modern psychology that emerged during the mid-20th century is _____ psychology. 56
M,F,O
d
- a. psychodynamic c. cognitive
b. behavioral d. humanistic
272. Humanistic psychology emerged as a major force in psychology in the _____ century. 56
M,F,O
c
- a. late 19th c. mid-20th
b. early 20th d. late 20th
273. A leader of the humanistic movement in American psychology was _____. 56
M,F,O
b
- a. Albert Ellis c. B. F. Skinner
b. Carl Rogers d. Albert Bandura
274. A leader of the humanistic movement in American psychology was _____. 56
M,F,O
d
- a. Aaron Beck c. Fritz Perls
b. John B. Watson d. Abraham Maslow

285. 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 he internalized as a child. Throughout the therapy process, Paul discovers and develops his own unique potential. Paul's therapist most resembles _____.
 a. Beck
 b. Rogers
 c. Hartmann
 d. Horney
286. Rogers's method of psychotherapy is called _____.
 a. person-centered therapy
 b. logotherapy
 c. rational-emotive behavior therapy
 d. Gestalt therapy
287. 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 narrow therapy style
288. Each of the following is a strength or contribution of humanistic psychology EXCEPT _____.
 a. the innovation of therapy methods to help people along the pathways to self-acceptance and self-discovery
 b. a focus on conscious experience
 c. bringing the concepts of free choice, inherent goodness, responsibility, and authenticity to modern psychology
 d. the formulation of valid and testable concepts and theories
289. A cognition is most similar to _____.
 a. an emotion
 b. a thought
 c. an urge
 d. an experience
290. Theorists who focus on abnormal thought patterns, attitudes, and expectations associated with abnormal behavior are _____ theorists.
 a. psychodynamic
 b. humanistic
 c. Gestalt
 d. cognitive
291. Cognitive psychologists conceptualize human behavior in terms of _____.
 a. existentialist models
 b. organic models
 c. information-processing models
 d. sociocultural models
292. Albert Ellis and Aaron Beck are most closely associated with _____ psychology.
 a. social learning
 b. psychodynamic
 c. humanistic
 d. cognitive
293. 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
294. Cognitive psychologists view psychological disorders as disturbances in all of the following processes EXCEPT _____.
 a. interpreting or transforming information
 b. accessing ideas from memory
 c. psychosexual development
 d. acting on information

295. According to cognitive psychology, “input” is _____. 58
 a. accessing information from memory M,F,O
 b. interpreting or storing information d
 c. acting on information
 b. based on perception
296. According to cognitive psychology, information _____ is based on perception. 58
 a. input c. manipulation M,F,O
 b. storage d. retrieval a
297. According to cognitive psychology, “manipulation” refers to _____. 58
 a. the way in which information is perceived M,C,O
 b. the way in which information is stored c
 c. the way in which information is interpreted or transformed
 d. the way in which information is retrieved
298. According to cognitive psychology, the process by which information is interpreted or transformed is referred to as _____. 58
 a. output c. storage M,C,O
 b. manipulation d. retrieval b
299. Placing information in memory is known as _____, according to cognitive theory. 58
 a. input c. storage E,C,O
 b. repression d. awareness c
300. Donald is struggling with his studies. It appears that no matter how hard he tries to remember certain facts, he is unable to do so. A cognitive psychologist would say that Donald is having difficulty with _____. 58
 a. input c. effort M,A,O
 b. output d. storage d
301. If a person has difficulty remembering information they once knew, a cognitive psychologist would say the difficulty was due to a problem with _____. 58
 a. retrieval c. input M,A,O
 b. output d. manipulation a
302. Accessing information from memory is known as _____. 58
 a. manipulation c. retrieval E,C,O
 b. storage d. input c
303. According to cognitive theory, acting on information is known as _____. 58
 a. input c. manipulation M,C,O
 b. output d. retrieval b
304. According to cognitive therapists, errors in thinking are known as _____. 58
 a. cognitive manipulations c. cognitive distortions E,C,O
 b. cognitive encoding d. cognitive catharsis c
305. Social-cognitive theorists focus on _____. 58
 a. behaviors in general D,F,O
 b. the ways in which behaviors are elicited c
 c. the ways in which behaviors are encoded
 d. the ways in which behaviors are demonstrated

306. Albert Ellis is a _____.
 a. psychologist
 b. psychiatrist
 c. social worker
 d. philosopher
307. A leader in the field of cognitive theory is _____.
 a. L. Ron Hubbard
 b. Abraham Maslow
 c. Fritz Perls
 d. Albert Ellis
308. Albert Ellis uses a(n) _____ approach to explain abnormal behavior.
 a. personal construct
 b. self-actualization
 c. A-B-C approach
 d. behavioral
309. In Ellis's A-B-C approach, A stands for _____.
 a. analyzing the relevant experience
 b. acuteness of the situation
 c. actuality of the circumstance
 d. activating event
310. In Ellis's A-B-C approach, B stands for _____.
 a. beliefs
 b. borrowed feelings
 c. behavioral cues
 d. blockages
311. In Ellis's A-B-C approach, C stands for _____.
 a. control
 b. consequences
 c. cognitive distortions
 d. contentedness
312. For Ellis, the key factor in abnormal behavior is a person's _____.
 a. early childhood
 b. conditions of worth
 c. genetic history
 d. beliefs
313. For Ellis, irrational beliefs lead to distress through a process called _____.
 a. sensitization
 b. self-efficacy
 c. catastrophizing
 d. introjection
314. The creator of rational-emotive behavior therapy is _____.
 a. Beck
 b. Kelly
 c. Ellis
 d. Bandura
315. 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
316. 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
317. 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 is most like _____.
 a. Albert Ellis
 b. Abraham Maslow
 c. Carl Jung
 d. Carl Rogers

329. Cognitive therapists have largely focused on _____. 60
 a. treatment of depression and anxiety M,F,O
 b. development of treatment approaches a
 c. development of conceptual models
 d. treatment of schizophrenia

The Sociocultural Perspective

330. Sociocultural theorists seek causes of behavior that may reside in all but which of the following? 60
 a. ethnicity, gender, and social class E,F,O
 b. roles of social and cultural factors d
 c. failures of society
 d. psychosocial stages of development
331. According to radical psychosocial theorists like Thomas Szasz, _____. 60
 a. there is no such thing as a psychological disorder or mental illness M,F,O
 b. mental illness is a result of the hardships that people encounter in society a
 c. mental illness is due to the stress of living in a fast paced society
 d. mental illness is purely a biological phenomenon
332. The largest non-White population group in the United States for 2007 is _____. 60
 a. Hispanic Americans M,F,O
 b. Asian Americans a
 c. African Americans
 d. Native Americans
333. In the most recent population census, nearly _____ U.S. residents described themselves as multiracial. 61
 a. one million D,F,O
 b. three million c
 c. seven million
 d. twelve million
334. In the United States and Canada, the most impoverished ethnic group is _____. 62
 a. African Americans M,F,O
 b. Native Americans b
 c. Hispanic Americans
 d. Asian Americans
335. The highest suicide rate in the United States is among _____. 62
 a. male African American adolescents and young adults D,F,O
 b. female Hispanic American adolescents d
 c. elderly Caucasian males
 d. Native American adolescents and young adults
336. The depression that is so common among native peoples in America appears to reflect the loss of a relationship with the world based on _____. 62
 a. maintaining harmony with nature E,F,O
 b. cultural isolation from European whites a
 c. spiritual and demonological rituals
 d. maintaining intertribal unity
337. According to the sociocultural perspective, which of the following statements is NOT true? 61-63
 a. People from lower socioeconomic groups are more likely to be institutionalized for psychiatric problems. E,F,O
 b. Because mental illness is biological in nature, social stressors are not as significant as once thought. b
 c. Living in poverty subjects people to greater social stress, thus creating a greater risk to develop severe behavior problems.
 d. Problem behaviors such as alcoholism may lead people to drift downward in social status.

338. According to sociocultural theorists, the linkage between low socioeconomic status and severe behavior problems may be explained by the _____. 63
 E,F,O
 a. diathesis-stress model c. downward drift hypothesis c
 b. theory of self-actualization d. selective abstraction theory

The Biopsychosocial Perspective

339. The psychological model arguing that abnormal behaviors are often caused by a combination of genetically inherited vulnerabilities and various life stresses is the _____ model. 64
 E,F,O
 a. diathesis-stress c. downward drift hypothesis a
 b. perceived self-efficacy d. stress amplification
340. The diathesis-stress model was originally developed as an explanatory framework for understanding the development of _____. 64
 M,F,O
 a. personality disorders c. paranoia d
 b. dissociative amnesia d. schizophrenia

Box: Controversies in Abnormal Psychology: *Is It All in the Genes?*

341. We can now read the code that comprises a human's genetic composition because of _____. 44
 E,F,O
 a. computerized technology c. the new evolutionary theory b
 b. cracking the human genome d. our better understanding of DNA
342. In which disorder is genetics least likely to play an important role? 44
 D,C,R
 a. antisocial personality disorder c. posttraumatic stress disorder c
 b. alcoholism d. autism
343. Using their new genetic knowledge, scientists aspire to successfully treat mental disorders by _____. 44
 M,F,O
 a. repairing genes a
 b. developing patches to deliver medication
 c. cloning newborns
 d. finding compatible tissue donors
344. The disorder with the strongest genetic contribution is arguably _____. 44
 M,F,O
 a. depression c. borderline personality disorder d
 b. posttraumatic stress disorder d. schizophrenia
345. The debate of heredity versus environment is also known as _____. 44
 E,F,O
 a. genes versus means c. body versus soul d
 b. Mendel versus Darwin d. nature versus nurture
346. For monozygotic (identical) twins, if one twin develops schizophrenia, the odds that the other twin will also develop schizophrenia are about _____ percent. 44
 D,F,N
 a. 25 c. 75 b
 b. 50 d. 100
347. The contemporary view of the nature-nurture debate is best expressed in terms of _____. 44
 M,F,N
 a. neither nature nor nurture d
 b. nature, not nurture
 c. nurture, not nature
 d. nature and nurture acting together

True-False Questions

348. Every neuron has a cell body. 38,T
349. Neural axons can extend several feet. 38,T
350. Genetics play a large role in many forms of abnormal behavior. 38,T
351. All neurons use hormones to communicate with each other. 38,F
352. Neural messages electrically jump across the synaptic cleft like a spark. 38,F
353. A transmitting neuron is known as presynaptic. 38,T
354. Abnormal behavior is connected with chemical imbalances in the brain. 40,T
355. The cerebellum contains the cerebral cortex. 42,F
356. Auditory stimuli are processed in the temporal lobes. 43,T
357. Recent research shows that most psychological disorders are caused by defective genes. 45,F
358. Freud's psychoanalytic theory represents a cognitive model of mental functioning. 45,F
359. Freud likened the mind to an immense iceberg, with only the tip rising into conscious awareness. 44,T
360. The ego is the only psychic structure at birth. 46,F
361. The superego serves as the moral guardian of personality. 46,T
362. Freud believed we can view the unconscious mind directly. 46,F
363. The ego is governed by the reality principle. 46,T
364. The use of defense mechanisms is a sign of abnormal adjustment. 46,F
365. Freud argued that sex drives were the dominant factors in the development of personality, except among children. 48,F
366. Freud believed that fingernail biting and cigarette smoking as an adult are signs of early childhood conflict. 48,T
367. Freud believed that an ancient Greek legend about a king who slew his father and married his mother contained insights into the nature of human development. 48,T
368. Freud believed that resolving the Oedipus and Electra complexes were crucial for coping with anxiety during the genital stage of development. 48,F
369. Modern psychodynamic theories place more emphasis on the id than Freud. 49,F
370. Adler and Jung both believed that self-awareness plays a major role in the development of personality. 49,T

371.	Adler believed that we all encounter feelings of inferiority to some degree due to our small size during childhood.	49,T
372.	Whereas Freud's stages of development end with early adolescence, Erikson's stages explain development throughout adulthood and old age.	50,T
373.	According to psychoanalytic theory, neuroses develop when the id breaks through into consciousness and takes over personality.	51,F
374.	Freud equated psychological health with abilities to love and work.	51,T
375.	Both Adler and Jung equated psychological health with successfully compensating for feelings of inferiority.	51,F
376.	The learning perspectives of Watson and Skinner were the first major psychological theories of abnormal behavior.	52,F
377.	From the behavioral perspective, abnormal behavior is symptomatic of underlying biological or psychological problems.	52,F
378.	Behaviorists see us as products of environmental influences that shape and manipulate our behavior.	52,T
379.	Classical conditioning was discovered by accident.	53,T
380.	Punishment may suppress, but does not eliminate undesirable behavior.	55,T
381.	Rewarding desirable behavior is generally preferable to punishing misbehavior.	55,T
382.	Social-cognitive theory is an expansion of psychodynamic theory.	55,F
383.	One of the principle contributions of learning models is their emphasis on observable behavior.	55,T
384.	According to behaviorists, by being true to ourselves we live authentically.	56,F
385.	Rogers believed that parents help children when they show them conditional positive regard.	56,F
386.	Unlike the behavioral perspective, the humanistic perspective emphasizes that people have little or no free will.	56,F
387.	Children may acquire a distorted self-concept that mirrors what others expect them to be, but that does not reflect what they truly are.	57,T
388.	The self-actualizing force is directly measurable.	57,F
389.	Many cognitive theorists are influenced by the concepts of computer science.	58,T
390.	According to a leading cognitive theorist, emotional distress is caused by the beliefs people hold about negative life experiences, not by the experiences themselves.	59,T
391.	Albert Ellis is a leading sociocultural theorist.	59,F
392.	People can make themselves miserable by the way in which they interpret events.	59,T

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| 393. | Cognitive perspectives have had little impact on the development of contemporary therapeutic approaches. | 59,F |
| 394. | Sociocultural theorists seek causes of abnormality in the failures of the individual. | 60,F |
| 395. | Black Americans have higher rates of psychological disorders than White European Americans, even when we account for income differences between these groups. | 62,F |
| 396. | A diathesis is a vulnerability or predisposition to a particular disorder. | 64,T |

Essay Questions

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| 397. | Describe the structure and functions of the neuron and explain how neurons communicate with each other. | 38-40
F, Old |
| 398. | Briefly describe the various parts of the nervous system, explaining what each does. | 40-43
F, Old |
| 399. | Describe the structures of the brain and their functions. | 40-43
F, Old |
| 400. | Summarize research findings on the role of genetics and environment in the development of psychological disorders. | 44
F, New |
| 401. | Describe the basic tenets of Freud's psychodynamic theory. | 45-48
C, Old |
| 402. | Describe Freud's views on the structure of personality and the functions of each of the structures he proposed. | 46
C, Old |
| 403. | 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. | 46-47
C, Old |
| 404. | Identify and briefly explain each of Freud's stages of psychosexual development. | 47-48
C, Old |
| 405. | Describe more recent psychodynamic theories, comparing and contrasting them to Freud's views. | 49-50
C, Old |
| 406. | Critically evaluate psychodynamic theories. | 51-52
C, Old |
| 407. | Describe behaviorism and the principles of classical conditioning. | 52-54
C, Old |
| 408. | Explain the principles of operant conditioning, clarifying the differences among positive reinforcers, negative reinforcers, and punishments, and primary and secondary reinforcers. | 54-55
C, Old |
| 409. | Describe social-cognitive theory and the role of expectancies on behavior. | 55
C, Old |
| 410. | Critically evaluate learning theories. | 55-56
C, Old |

411.	Outline the major tenets of humanistic philosophy.	56 C, Old
412.	Describe the views of Rogers regarding abnormal behavior.	56-57 C, Old
413.	Critically evaluate humanistic theory.	57-58 C, Old
414.	Discuss the information-processing approach, and the theoretical contributions of Ellis and Beck.	58-59 C, Old
415.	Critically evaluate cognitive theories.	59-60 C, Old
416.	Summarize the sociocultural perspective on abnormality, and evaluate its strengths and weaknesses.	60-63 C, Rev
417.	Summarize the biopsychosocial perspective on abnormality and evaluate its strengths and weaknesses.	63-66 C, New