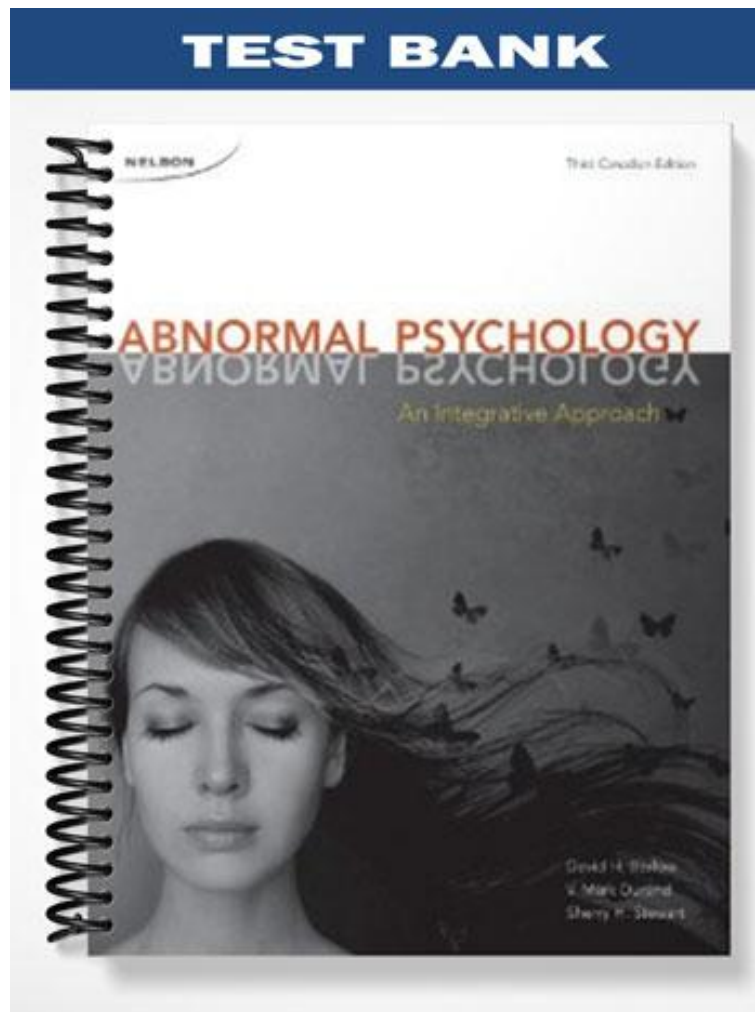


# TEST BANK



## Chapter 2: An Integrative Approach to Psychopathology

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### MULTIPLE CHOICE

1. Which of the following is the best description of the multidimensional integrative approach to understanding psychopathology?
- It is an interaction of biological, psychological, and social causes.
  - It is both behavioural and interpersonal theories of behaviour.
  - It is the idea that knowing what causes problem behaviours guides effective treatment.
  - It is the interaction between the physical structure and chemical processes of the brain.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 33  
OBJ: 5                      BLM: Higher Order

2. Your very shy and withdrawn uncle spent most of his teen years in a hospital undergoing treatment for a severe physical injury. He has been diagnosed with social phobia that you believe it is entirely due to his lack of socialization during his teen years. Which of the following best describes your theory?
- one dimensional
  - integrative
  - multidimensional
  - empirical

ANS: A                      PTS: 1                      DIF: MOD                      REF: 34  
OBJ: 5                      BLM: Higher Order

3. A biological influence on blood-injury-injection phobia might best be described by which of the following?
- an overreaction of a physiological mechanism that overcompensates for sudden increases in blood pressure
  - a genetic tendency to fear situations involving blood
  - hormonal abnormalities during the developmental period in this phobia is most likely to first develop
  - overactivity of the fear mechanisms in the brain, pertaining to situations involving blood and injury

ANS: A                      PTS: 1                      DIF: MOD                      REF: 34  
OBJ: 5                      BLM: Remember

4. While our *genes* seldom determine our physical development in any absolute way, what do they do?
- They directly cause most psychological disorders
  - They provide some boundaries to our development.
  - They determine most of our personality traits.
  - They determine about 90 percent of our abilities that are measured by standard IQ tests.

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 35  
OBJ: 2-3                      BLM: Remember

5. Why are behaviour and personality described as *polygenic*?
- Both are influenced by individual genes rarely.
  - Both are influenced by many genes, with each individual gene contributing a relatively small effect.
  - Both are influenced by a few select genes, each exerting a large effect.
  - Both are a result of our genetic structure.

ANS: B                      PTS: 1                      DIF: MOD                      REF: 36

OBJ: 2-4                      BLM: Higher Order

6. What does recent evidence regarding the genetic influence on most psychological disorders indicate?
- Multiple genes interact, with each gene contributing a small effect.
  - Single genes are usually responsible for psychological disorders.
  - Genes that influence psychopathology are usually recessive.
  - Little evidence suggests that genes actually influence psychopathology.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 37

OBJ: 2-4                      BLM: Remember

7. Which of the following statements describes what is known regarding psychological disorders and monozygotic twins?
- If one monozygotic twin has a particular disorder, the other twin will definitely have the disorder as well.
  - Monozygotic twins are no more likely to share disorders than any other two people selected at random from the population.
  - Monozygotic twins are no more likely to share psychological disorders than any other siblings.
  - If one monozygotic twin has a particular psychological disorder, the other twin is more likely to have the disorder than the rest of the population.

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 37

OBJ: 2-4                      BLM: Remember

8. In the diathesis-stress model, what does *diathesis* refer to?
- conditions in the environment that can trigger a disorder depending upon how severe the stressors are
  - an inherited, subclinical disease state that has the potential for developing into a full-blown psychological disorder, given certain environmental conditions
  - an inherited tendency or condition that makes a person susceptible to developing a disorder
  - the interaction of social and psychological influences

ANS: C                      PTS: 1                      DIF: MOD                      REF: 38

OBJ: 2-4                      BLM: Remember

9. In the diathesis-stress model, what does *stress* refer to?
- life events that, in combination with an inherited tendency, trigger a disorder
  - inherited tendencies that, in combination with life events, trigger a disorder
  - the inability to cope with environmental demands
  - exposure to very unusual and extreme environmental conditions, which trigger a disorder

ANS: A                      PTS: 1                      DIF: MOD                      REF: 38

OBJ: 2-4                      BLM: Higher Order

10. According to the diathesis-stress model, which of the following best describes monozygotic twins raised in the same household?
- They will have no more likelihood of sharing a disorder than any other two randomly selected individuals from the population.
  - They will not necessarily have the same disorders because of potential differences in their stress.
  - They will have the same disorders because their diathesis and stress are similarly experienced.
  - They will not necessarily have the same disorders because of potential differences in their diathesis.

ANS: B                      PTS: 1                      DIF: MOD                      REF: 38  
OBJ: 2-4                      BLM: Higher Order

11. Which of the following models would support the position that it is possible to inherit certain genes that could develop into a disorder, however these disorders may never be activated unless conditions of trauma, challenge or anxiety are experienced?
- diathesis-stress model
  - the psycho-social model
  - the genetic model
  - the reciprocal gene-environment model

ANS: A                      PTS: 1                      DIF: MOD                      REF: 39  
OBJ: 2-4                      BLM: Remember

12. The idea that our inherited tendencies influence the probability that we will encounter anxious life events is a characteristic of which model?
- the psycho-social model
  - the genetic model
  - the diathesis-stress model
  - the reciprocal gene-environment model

ANS: D                      PTS: 1                      DIF: MOD                      REF: 39  
OBJ: 2-4                      BLM: Remember

13. John has inherited a personality trait that makes him more likely to keep to himself than to socialize. As a result, he does not have many friends and spends a lot of time alone. If John were to develop depression, which model would probably best explain this situation and the cause of his depression?
- the interpersonal model
  - the reciprocal gene-environment model
  - the biological model
  - the diathesis-stress model

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 39  
OBJ: 2-4                      BLM: Higher Order

14. Researchers studied mice with different genetic makeup's that were raised in virtually identical environments. Which of the following best characterizes what the researchers concluded?
- Environmental influences are not nearly as powerful as was previously believed.
  - Genetic influences were just as strong as they had predicted.
  - Environmental influences are extremely powerful.
  - Genetic influences are often a lot less powerful than commonly believed.

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 40  
OBJ: 2-4                      BLM: Remember

15. Research studies using the procedure called *cross fostering* have shown that genetically emotional and reactive young animals raised by calm mothers tended to be which of the following?
- emotional and reactive but calm when raising their own young
  - calm
  - mostly calm but emotional and reactive when faced with stressful situations
  - emotional and reactive

ANS: B                      PTS: 1                      DIF: MOD                      REF: 40  
OBJ: 2-4                      BLM: Remember

16. Tienari and colleagues (1994) found that children of parents with schizophrenia who were adopted away as babies demonstrated a tendency to develop psychiatric disorders (including schizophrenia) themselves only if which of the following occurred?
- if they were adopted into dysfunctional families
  - if at least one biological parent showed symptoms of the disorder they subsequently developed
  - if at least one biological parent and one adoptive parent showed symptoms of the disorder they subsequently developed
  - if at least one adoptive parent showed symptoms of the disorder they subsequently developed.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 40  
OBJ: 2-4                      BLM: Remember

17. Which nervous system processes all information received from our sense organs and reacts as necessary?
- the peripheral nervous system
  - the central nervous system
  - the sympathetic nervous system
  - the parasympathetic nervous system

ANS: B                      PTS: 1                      DIF: MOD                      REF: 42  
OBJ: 2                      BLM: Remember

18. What do we call the area between the axon of one neuron and the dendrite of another neuron?
- the neural cleft
  - the dendritic opening
  - the axon terminal
  - the synaptic cleft

ANS: D                      PTS: 1                      DIF: MOD                      REF: 43  
OBJ: 2                      BLM: Remember

19. What is the role of neurotransmitters?
- to facilitate the sending of electrical impulses to and from the brain
  - to transmit an impulse from one nerve cell to another
  - to regulate autonomic activities, such as breathing and sleeping
  - to sort out what is relevant, such as a new sound, from what is not

ANS: B                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

20. Why are neurotransmitters important?
- because they allow neurons to send signals to other neurons
  - because they are converted into electrical impulses
  - because they nurture the neuronal structures of the brain
  - because they allow the brain to maintain its structural integrity

ANS: A                      PTS: 1                      DIF: LOW                      REF: 44  
OBJ: 2                      BLM: Remember

21. Which of the following describes the role neurotransmitters play in the existence of certain psychological disorders?
- Neurotransmitters fail to cross the synaptic cleft when an impulse is sent from one neuron to another.
  - Neurotransmitters are overly active in the spinal cord.
  - Neurotransmitter activity is either excessive or insufficient.
  - Neurotransmitters become absorbed in the synaptic gap before they complete the impulse transmission.

ANS: C                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Higher Order

22. Early research found evidence of a correlation between anxiety and which of the following?
- reduced levels of norepinephrine
  - excessive levels of dopamine
  - reduced levels of GABA
  - excessive levels of serotonin

ANS: C                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

23. Which part of the brain controls most automatic functions, such as breathing, sleeping, and motor coordination?
- the frontal lobes
  - the brain stem
  - the forebrain
  - the midbrain

ANS: B                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

24. Which part of the midbrain is involved in processes of arousal and tension, such as being awake or asleep?
- the pons
  - the medulla
  - the hypothalamus
  - the reticular activating system

ANS: D                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

25. What part of the brain stem regulates vital activities such as heartbeat, breathing, and digestion?
- the forebrain
  - the thalamus
  - the reticular activating system
  - the hindbrain

ANS: D                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

26. Functions of the limbic system include control or regulation of which of the following?
- body posture, coordinated movement, involuntary responses such as reflexes, and other automatic processes
  - emotional experiences, expressions, impulse control, and basic drives such as aggression, sex, hunger, and thirst
  - sleep cycles
  - basic body functions such as breathing

ANS: B                      PTS: 1                      DIF: MOD                      REF: 44  
OBJ: 2                      BLM: Remember

27. In which part of the brain are about 80 percent of the neurons located?
- the basal ganglia
  - the midbrain
  - the cerebral cortex
  - the brain stem

ANS: C                      PTS: 1                      DIF: LOW                      REF: 45  
OBJ: 2                      BLM: Remember

28. Janice is having difficulty maintaining her balance and coordinating her muscle movements. Assuming her problems result from a brain injury, which of the following would you first examine?
- the cerebellum
  - the medulla
  - the thalamus
  - the midbrain

ANS: A                      PTS: 1                      DIF: LOW                      REF: 44  
OBJ: 2                      BLM: Higher Order

29. Jeffrey is writing a paper on philosophical theories of morality. Which part of Jeffrey's brain would a PET scan show to be most active at this time?
- the hindbrain
  - the cerebral cortex
  - the midbrain
  - the limbic system

ANS: B                      PTS: 1                      DIF: LOW                      REF: 45  
OBJ: 2                      BLM: Higher Order

30. Current theories hold that dyslexia may be the result of which of the following?
- excessive amounts of serotonin in all neural synapses
  - the fact that the two hemispheres are not specialized enough to enable them to communicate
  - damage to the frontal lobe creating a breakdown of neural transmission
  - damage to the right hemisphere of the brain

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 45  
OBJ: 2                      BLM: Remember

31. Where in the brain are verbal and cognitive processes usually controlled?
- the entire cortex
  - the midbrain
  - the left hemisphere of the cortex
  - the right hemisphere of the cortex

ANS: C                      PTS: 1                      DIF: MOD                      REF: 45  
OBJ: 2                      BLM: Higher Order

32. For most people, which area of the brain usually handles the perception and creation of images?
- left hemisphere of the cortex
  - right hemisphere of the cortex
  - entire cortex
  - midbrain

ANS: B                      PTS: 1                      DIF: MOD                      REF: 45  
OBJ: 3                      BLM: Factual

33. Martha suffered a serious head injury, and has since experienced difficulty recognizing specific sights and sounds. Which lobe of her brain has most likely been damaged?
- temporal lobe
  - parietal lobe
  - frontal lobe
  - occipital lobe

ANS: A                      PTS: 1                      DIF: MOD                      REF: 45  
OBJ: 2                      BLM: Higher Order

34. Which of the following parts of the brain is most associated with memory, thought, and reasoning?
- left parietal lobe
  - brain stem
  - occipital lobes
  - frontal lobes

ANS: D                      PTS: 1                      DIF: MOD                      REF: 46  
OBJ: 2                      BLM: Remember

35. Which of the following best describes the peripheral nervous system?
- the somatic nervous system and the autonomic nervous system
  - the somatic nervous system only
  - the brain and spinal cord
  - all of the information received from the sense organs

ANS: A                      PTS: 1                      DIF: MOD                      REF: 46  
OBJ: 2                      BLM: Remember



36. What is the major function of the peripheral nervous system?
- a. to control hormonal activity
  - b. to regulate arousal
  - c. to coordinate with the brain stem to ensure the body is working properly
  - d. to process information received from the central nervous system

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 45  
OBJ: 2                      BLM: Remember

37. What does the peripheral nervous system include?
- a. the somatic and autonomic nervous system
  - b. the brain stem and cortex
  - c. the brain and spinal cord
  - d. the endocrine system

ANS: A                      PTS: 1                      DIF: MOD                      REF: 46  
OBJ: 2                      BLM: Remember

38. Damage to the somatic nervous system might interfere with which of the following?
- a. voluntary movement
  - b. thinking and reasoning
  - c. the fight or flight response
  - d. breathing and sleeping

ANS: A                      PTS: 1                      DIF: MOD                      REF: 46  
OBJ: 2                      BLM: Higher Order

39. You read in the newspaper that a mother lifted a car to free her trapped child. Which of the mother's systems was highly activated to perform this feat?
- a. the central nervous system
  - b. the sympathetic nervous system
  - c. the limbic system
  - d. the parasympathetic nervous system

ANS: B                      PTS: 1                      DIF: LOW                      REF: 46  
OBJ: 2                      BLM: Higher Order

40. Hannah is home alone late at night when she hears a loud, frightening noise. Her heart begins pounding, her muscles tense up, and her senses sharpen. Hannah's reaction is due to the activity of which of the following systems?
- a. the sympathetic nervous system
  - b. the limbic system
  - c. the parasympathetic nervous system
  - d. the central nervous system

ANS: A                      PTS: 1                      DIF: LOW                      REF: 46  
OBJ: 2                      BLM: Higher Order

41. Christina sits down to relax in her soft chair after a long tiring day. As she sits reading her paper, she grows more relaxed. Her breathing and heart rate slow down and her muscles loosen. Christina's relaxation is due to the activity of which of the following nervous systems?
- the limbic system
  - the central nervous system
  - the parasympathetic nervous system
  - the sympathetic nervous system

ANS: C                      PTS: 1                      DIF: LOW                      REF: 46  
OBJ: 2                      BLM: Higher Order

42. Virtually all drugs that are used to treat psychopathology work by influencing which of the following?
- electrical conductivity of neurons
  - brain structure
  - neuronal structure
  - neurotransmitter activity

ANS: D                      PTS: 1                      DIF: LOW                      REF: 47  
OBJ: 2                      BLM: Remember

43. Some drugs increase neurotransmitter activity by interfering with which process?
- neural stimulation
  - reuptake
  - systematic manipulation
  - neural inhibition

ANS: B                      PTS: 1                      DIF: MOD                      REF: 48  
OBJ: 2                      BLM: Remember

44. Which of the following drugs increase neurotransmitter activity?
- antagonists
  - enhancers
  - agonists
  - psychotropics

ANS: C                      PTS: 1                      DIF: MOD                      REF: 48  
OBJ: 2                      BLM: Remember

45. Which of the following decreases neurotransmitter activity?
- blockers
  - agonists
  - antagonists
  - re-uptake inhibitors

ANS: C                      PTS: 1                      DIF: MOD                      REF: 48  
OBJ: 2                      BLM: Remember

46. Which of the following neurotransmitters is associated with the regulation of mood, behaviour, and thought processes?
- GABA
  - norepinephrine
  - dopamine
  - serotonin

ANS: D                      PTS: 1                      DIF: MOD                      REF: 49  
OBJ: 2                      BLM: Remember

47. Low serotonin activity will not necessarily result in destructive or impulsive behaviours, if which of the following occurs?
- if the parasympathetic system is activated
  - if adrenalin levels remain high
  - if the individual exercises sufficient self-control
  - if other biological, social, or psychological influences compensate for the low serotonin activity

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 49  
OBJ: 2                      BLM: Remember

48. What are extremely low activity levels of serotonin associated with?
- aggression, suicide, and impulsive behaviour
  - schizophrenia
  - anxiety disorders and general feelings of nervousness
  - mania

ANS: A                      PTS: 1                      DIF: MOD                      REF: 50  
OBJ: 2                      BLM: Remember

49. In addition to reducing anxiety, what broader role does GABA play?
- It reduces overall arousal and tempers emotional responses.
  - It eases depression.
  - It lessens psychotic behaviours associated with schizophrenia.
  - It moderates emergency reactions and alarm responses.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 49  
OBJ: 2                      BLM: Remember

50. Which neurotransmitter is thought to regulate or moderate certain behavioural tendencies, rather than directly influencing specific patterns of behaviour or psychological disorders?
- norepinephrine
  - GABA
  - serotonin
  - dopamine

ANS: A                      PTS: 1                      DIF: MOD                      REF: 51  
OBJ: 2                      BLM: Remember

51. According to the text dopamine has been implicated in the pathophysiology of which of the following?
- attention deficit hyperactive disorder and depression
  - schizophrenia and disorders of addiction
  - depression and disorders of addiction
  - schizophrenia and attention deficit hyperactive disorder

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 51  
OBJ: 2                      BLM: Remember

52. What are extremely low levels of dopamine activity associated with?
- muscle rigidity, tremors, and impaired judgment
  - exploratory behaviours
  - pleasure seeking
  - schizophrenia

ANS: A                      PTS: 1                      DIF: MOD                      REF: 52  
OBJ: 2                      BLM: Remember

53. Why is it unlikely that damage in specific structures of the brain itself *causes* a psychological disorder?
- because psychological disorders typically involve emotional, behavioural, and cognitive symptoms
  - because genetic factors exert an overriding influence on the development of most psychological disorders
  - because other parts of the brain will compensate for the damage
  - because environmental factors are the major factor in the development of most psychological disorders

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 52  
OBJ: 2                      BLM: Higher Order

54. In the 1992 studies conducted by Baxter and colleagues, patients with obsessive-compulsive disorder (OCD) were provided with cognitive-behavioural therapy but no drugs. This study is important because brain imaging showed which of the following?
- Neither OCD symptoms nor neurotransmitter function had improved.
  - Neurotransmitter circuits are the direct and only cause of OCD.
  - The patients' OCD symptoms improved without changes in neurotransmitter function.
  - The neurotransmitter circuits of the brain had been normalized.

ANS: D                      PTS: 1                      DIF: MOD                      REF: 53  
OBJ: 2                      BLM: Remember

55. What did Baxter and Mayberg's studies conclude about brain imaging and cognitive-behavioural therapy?
- Psychosocial factors such as therapy can affect neurotransmitter activity.
  - Drugs are the most essential means to alter faulty neurotransmitter circuits.
  - Neurotransmitters affect how people feel and act.
  - Neurotransmitters are a result of how people feel and act, not a cause.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 53  
OBJ: 2                      BLM: Remember

56. A study by Petrovic and colleagues (2002) compared the effects of a placebo and an opioid drug on a harmless but painful condition. What did the study find?
- Both the placebo and the opioid drug relieved pain, but only the opioid affected the region responsible for the control of the pain response in the brain.
  - The placebo reduced pain but didn't relieve pain as well as the opioid drug.
  - Both the placebo and the opioid drug relieved pain, and they affected similar regions in the brain stem.
  - Both the placebo and the opioid drug relieved pain, but they affected completely different regions in the brain.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 53  
OBJ: 2                      BLM: Remember

57. In their study comparing a placebo to opioid drugs, what did Petrovic and colleagues (2002) conclude?
- Psychological factors can affect brain function.
  - Drugs should not be prescribed for most painful conditions.
  - Pain is more of a psychological phenomenon than it is physical.
  - Opioid drugs may relieve pain only through the expectation of pain relief.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 53  
OBJ: 2                      BLM: Higher Order

58. Insel and colleagues (1986) raised two groups of rhesus monkeys. One group had the ability to control their environment, while the other group had no control. What happened when the monkeys were injected with a drug that produced a feeling of severe anxiety?
- The monkeys raised with a sense of control were calm, while the monkeys raised without a sense of control appeared very anxious.
  - The monkeys raised with a sense of control appeared angry and aggressive, while the monkeys raised without a sense of control appeared very anxious.
  - The monkeys raised with a sense of control appeared anxious, while the monkeys raised without a sense of control appeared angry and aggressive.
  - The monkeys in both groups appeared angry and aggressive.

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 54-55  
OBJ: 2-6                      BLM: Remember

59. Insel and colleagues (1986) conducted a study in which rhesus monkeys were raised either with a sense of control or without a sense of control, and were later exposed to an anxiety-inducing drug. What did the researchers conclude?
- Chemicals such as neurotransmitters influence behaviour in different ways depending upon the psychological history of the individual.
  - Chemicals such as neurotransmitters may have little or no effect on behaviours related to anxiety.
  - Chemicals such as neurotransmitters have only indirect effects on behaviour.
  - Chemicals such as neurotransmitters have few reliable and consistent effects on observed behaviour.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 54-55  
OBJ: 2-6                      BLM: Higher Order

60. Greenough, Withers, and Wallace (1990) compared the brains of rats raised in a rich environment requiring lots of learning and motor behaviour, with the brains of rats raised as “couch potatoes.” What did the researchers find regarding the cerebellums of the more active rats?
- They contained more neuronal connections and dendrites.
  - They contained more serotonin receptors.
  - They contained a greater number of axons and norepinephrine circuits.
  - They were less likely to possess pathological neurotransmitter circuits.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 55  
OBJ: 2-6                      BLM: Remember

61. Which of the following describes the research results of Greenough, Withers, & Wallace (1990)?
- Genetically caused brain structure problems can be corrected by positive life experiences.
  - While psychopathology is often a result of early life experiences, it is generally due to the physical changes in the brain caused by such experiences.
  - Psychopathology is the result of early learning experiences.
  - Early experiences such as learning cause physical changes in the brain.

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 55  
OBJ: 2-6                      BLM: Higher Order

62. Which of the following can be concluded from the studies regarding rat learning and brain structure done by Greenough, Withers, and Wallace (1990)?
- Early psychological experience has little to do with brain structure or later development of psychopathology.
  - Early psychological experience affects the development of the nervous system and will determine whether the individual will develop a psychological disorder later in life.
  - Early psychological experience affects the development of the nervous system and influences vulnerability to psychological disorders later in life.
  - Early psychological experience does not result in physical changes to the nervous system but can still influence whether or not one develops a psychological disorder.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 55  
OBJ: 2-6                      BLM: Higher Order

63. How does recent research evidence describe the relationship between the brain (structure, function, neurotransmitters) and psychosocial factors (socialization, rearing, life events)?
- It is a system in which the brain directly influences behaviour and psychosocial factors but not the other way around.
  - It is system of interchanges that are far too complex to fully capture with present day neurological technologies.
  - It is an interaction in which the brain affects psychosocial factors and psychosocial factors affect the brain.
  - It is a system in which behaviour and psychosocial factors affect the brain but not the other way around.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 55  
OBJ: 2-6                      BLM: Higher Order

64. Regarding biological influences on the development of psychopathology, which of the following is the most accurate statement?
- a. Early life events play a much greater role in the development of brain structure or function than genetics.
  - b. Life events can cause changes in brain structure or function only for those already with an inherited vulnerability.
  - c. Both genetics and life events play a part in the development of brain structure and function, which can affect vulnerability to psychopathology.
  - d. Negative life events will have little or no effect on the development of psychopathology in persons who are born with completely normal brain structure and function.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 55  
OBJ: 2-6                      BLM: Higher Order

65. Placing a rat in a cage where occasionally electrical shocks are administered through the floor, over which the rat has no control, is a way to create which of the following?
- a. unconscious learning
  - b. operant conditioning
  - c. stimulus generalization
  - d. learned helplessness

ANS: D                      PTS: 1                      DIF: MOD                      REF: 56  
OBJ: 1                      BLM: Higher Order

66. It is important to understand the process of how learned helplessness is created in laboratory animals because learned helplessness in animals resembles a psychological disorder in humans. What is this disorder?
- a. mania
  - b. depression
  - c. schizophrenia
  - d. generalized anxiety disorder

ANS: B                      PTS: 1                      DIF: LOW                      REF: 56  
OBJ: 1                      BLM: Higher Order

67. Terri believes that no matter how hard she studies, she will never succeed in college. What does this example illustrate?
- a. learned helplessness
  - b. unconscious learning
  - c. negative reinforcement
  - d. vicarious learning

ANS: A                      PTS: 1                      DIF: LOW                      REF: 56  
OBJ: 1                      BLM: Higher Order

68. What term did Seligman coin to refer to people's tendency to display a positive, upbeat attitude even when they are faced with considerable stress and difficulty in their lives?
- a. positive attributions
  - b. resilience
  - c. optimistic coping style
  - d. learned optimism

ANS: D                      PTS: 1                      DIF: MOD                      REF: 57  
OBJ: 1                      BLM: Higher Order

69. What did Levy and colleagues (2002) discover about older adults who had an optimistic, upbeat attitude toward themselves and aging?
- They lived an average of seven and a half years longer than those without such attitudes.
  - They suffered significantly fewer heart attacks than those with more negative attitudes.
  - They experienced significantly fewer stressful events in their lives than those without such attitudes.
  - They experienced significantly more stressful events in their lives than those without such attitudes.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 57  
OBJ: 1                      BLM: Remember

70. Which of the following theorists is responsible for the research that conceptualized the term “modeling”?
- Donald Meichenbaum
  - Albert Bandura
  - Aaron Beck
  - Martin Seligman

ANS: B                      PTS: 1                      DIF: MOD                      REF: 57  
OBJ: 1                      BLM: Remember

71. Which of the following did Albert Bandura teach us about modelling or observational learning?
- Learning acquired through observation is much more resistant to extinction than behaviour acquired through classical or operant conditioning.
  - Much of our learned behaviour depends upon our interactions with those around us.
  - Our learned behaviour has much more to do with the types of consequences (reinforcements and punishments) of our actions than our interactions with those around us.
  - It is impossible to learn behavioural patterns without observing those around us.

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 57  
OBJ: 1                      BLM: Remember

72. Bandura’s theory of vicarious learning includes noticing, remembering, and exhibiting the model’s behaviour. Bandura’s research also suggested which additional step in the process?
- motivation from seeing the model rewarded
  - reinforcement from seeing the model rewarded
  - the belief that the model’s behaviour was appropriate for the situation
  - identification with the model

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 57  
OBJ: 1                      BLM: Remember

73. A series of studies examining Bandura’s theory of vicarious learning in children indicated that the steps involved include the child noticing, remembering, and being motivated to exhibit the model’s behaviour. The basic idea in this work is that a careful analysis of which of the following is important for producing accurate predictions of behaviour?
- cognitive processes
  - social interactions
  - early play behaviour
  - rewards and punishments

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 57  
OBJ: 1                      BLM: Remember



74. Humans are more likely to fear snakes and spiders than rocks and flowers. According to the concept of prepared learning, why do we learn to fear some objects more easily than others?
- Over the course of evolution, this knowledge has contributed to the survival of the species.
  - We have watched many others exhibit these fears and so have vicariously learned them.
  - We are exposed to them more frequently.
  - We are reinforced in our environment for some fears more than others.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 58  
OBJ: 1                      BLM: Remember

75. *Blind sight* is a good example of cognitive science's conception of the unconscious. Which of the following describes what the individual affected is doing?
- retrieving explicit memories of episodic experiences
  - demonstrating that he or she has primitive emotional conflicts
  - processing and storing information and acting on it without awareness
  - utilizing implicit memories of visual stimuli

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 58  
OBJ: 1                      BLM: Remember

76. The unconscious according to modern cognitive science, is best described by which of the following?
- It clearly exists but in a very different way than Freud imagined.
  - It clearly exists in much the same way that Freud imagined.
  - It clearly does not exist.
  - It may or may not exist as it is impossible to study material of which we are not aware.

ANS: A                      PTS: 1                      DIF: MOD                      REF: 58  
OBJ: 1                      BLM: Remember

77. Which of the following is an example of the unconscious as it is conceptualized by cognitive science?
- classical conditioning
  - implicit memory
  - ego development
  - vicarious learning

ANS: B                      PTS: 1                      DIF: MOD                      REF: 58  
OBJ: 1                      BLM: Remember

78. When the Stroop paradigm was used in a study of women who were chronic dieters or "restrained eaters," what did Francis and colleagues (1997) find about the restrained eaters, as compared to women who were normal eaters?
- The restrained eaters showed substantially slowed colour-naming for food-related words.
  - The restrained eaters were able to name significantly more food-related words.
  - The restrained eaters showed substantially faster colour-naming for food-related words.
  - The restrained eaters were able to name significantly fewer food-related words.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 59  
OBJ: 1                      BLM: Remember

79. From their review of studies examining Stroop effects in eating-disordered samples, what did Dobson and Dozois (2004) find in the colour-naming for body/weight words in those with anorexia?
- Those with anorexia were more accurate.
  - Those with anorexia were less accurate.
  - Those with anorexia were slower.
  - Those with anorexia were faster.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 59  
OBJ: 1                      BLM: Remember

80. What did Aaron Beck, the originator of cognitive-behavioural therapy, assume that depression is largely influenced by?
- an interaction between maladaptive neurotransmitter pathways and behaviours
  - thinking too much about one's failures in life
  - unconscious thoughts that lead to maladaptive life situations
  - faulty attributions and attitudes

ANS: D                      PTS: 1                      DIF: MOD                      REF: 59  
OBJ: 1                      BLM: Remember

81. Self-instructional training, developed by Donald Meichenbaum for the treatment of depression, involves helping the client do which of the following?
- develop more meaningful interpersonal relationships on his or her own
  - identify unconscious conflicts from childhood
  - identify faulty attributions regarding negative life events
  - modify what the client says to him- or herself about the consequences of his or her behaviour

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 59  
OBJ: 1                      BLM: Remember

82. A patient treated for an anxiety disorder has been directed to monitor her thoughts and stop thinking so much about how many things can go wrong. At the same time, she is practising relaxation exercises and trying to spend more time in situations that she fears. What type of treatment is she receiving?
- cognitive-behavioural therapy
  - behavioural reconditioning
  - classical conditioning
  - psychoanalytic therapy

ANS: A                      PTS: 1                      DIF: MOD                      REF: 60  
OBJ: 1                      BLM: Higher Order

83. You and a friend are lost while walking a street in a foreign city. A stranger approaches and you are concerned that the stranger may try to mug you. Your friend assumes that the stranger is approaching to give you directions. As the stranger approaches, you experience fear but your friend experiences relief. How can your different emotional reactions be explained?
- by the cognitive theory of emotion
  - by the affective theory of emotion
  - by the attributional theory of emotion
  - by the implicit theory of emotion

ANS: A                      PTS: 1                      DIF: MOD                      REF: 60  
OBJ: 1                      BLM: Higher Order

84. What is the purpose of a feeling state?
- to provide us with adequate cognitive simulation in everyday life
  - to motivate us to escape
  - to motivate us to carry out a behaviour
  - to express our inner attitudes towards an object, person, or event

ANS: C                      PTS: 1                      DIF: MOD                      REF: 60  
OBJ: 1                      BLM: Remember

85. What is emotion generally thought to comprise?
- behaviour, physiology, and mood
  - behaviour, physiology, and cognition
  - mood and affect
  - cognition, behaviour, and affect

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 61  
OBJ: 2                      BLM: Remember

86. How is the relationship between emotion and health demonstrated?
- by the fact that sustained hostility with angry outbursts increases risk of heart disease
  - by the fact that panic is related to poor concentration
  - by the fact that those in poor physical health almost always develop psychological disorders
  - by the fact that people with chronic diseases are often angry about their care

ANS: A                      PTS: 1                      DIF: MOD                      REF: 62  
OBJ: 2                      BLM: Remember

87. Suarez and colleagues examined the effects of anger and hostility on the cardiovascular system and demonstrated that anger resulted in decreased pumping efficiency of the heart. What causes this effect?
- the production of dangerous disturbances in heart rhythm (arrhythmias)
  - heart changes similar to those found when exercising
  - the heart's attempt to overcompensate for increases in pumping levels
  - inflammation produced by an overactive immune system in particularly hostile individuals

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 62  
OBJ: 2                      BLM: Remember

88. The *evil eye*, Latin American *susto*, and the Haitian phenomenon of *voodoo death* are currently viewed as examples of which of the following?
- unsubstantiated myths that people can become ill without physical cause
  - influence of the social environment on our physical and psychological health
  - isolated cultural phenomena with little practical significance
  - power of the supernatural model of psychopathology

ANS: B                      PTS: 1                      DIF: MOD                      REF: 63  
OBJ: 2                      BLM: Remember

89. The fact that women are more likely to suffer from insect phobias than men is most likely due to which of the following?
- cultural expectations
  - their traditional role in the home, where they are more likely to encounter insects
  - differences in neurochemical pathways
  - hormonal differences

ANS: A                      PTS: 1                      DIF: MOD                      REF: 63  
OBJ: 2                      BLM: Remember

90. Which of the following is one reason why men are less likely than women to experience depression in response to stress?
- Men are more likely to engage in activity to take their minds off the negative event.
  - Men are more likely to drink alcohol to relieve stress.
  - Men are more likely to think about the negative event afterward and solve the problem.
  - Men are less likely to experience stressful events in the first place.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 64  
OBJ: 2                      BLM: Remember

91. Why might gender roles contribute to the fact that depression is more common in women than men?
- Men have fewer social relationships than women, which may protect them from additional stress.
  - When experiencing a negative event, women tend to ruminate about it and to blame themselves.
  - Men are more likely to self-medicate their depressive feelings with alcohol.
  - Men are more likely to simply endure feelings of depression, which makes the feelings pass more quickly.

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 63  
OBJ: 2                      BLM: Remember

92. What has research found about people who have many social contacts and live their lives continually interacting with others?
- They tend to ruminate about negative life events less often.
  - They tend to suffer lower overall rates of alcoholism.
  - They tend to live longer and healthier lives.
  - They tend to be at a higher risk for some psychological disorders such as dependency.

ANS: C                      PTS: 1                      DIF: MOD                      REF: 64  
OBJ: 2                      BLM: Remember

93. In their research exposing subjects to the virus that causes the common cold, what did Cohen and colleagues (1997) demonstrate?
- The quality of social contact predicted whether the individual would contract a cold, but the frequency of social contact did not.
  - The frequency of social contact and chances of contracting a cold were unrelated.
  - The less frequent the individual's social contact, the lower the chances of contracting a cold.
  - The more frequent the individual's social contact, the lower the chances of contracting a cold.

ANS: D                      PTS: 1                      DIF: HIGH                      REF: 64  
OBJ: 2                      BLM: Remember

94. Research by Grant and colleagues (1988) found that older adults who have fewer social contacts were more likely to suffer from depression than those who have more frequent social contacts. If the individuals with fewer social contacts became physically ill, which of the following tended to happen?
- They were less likely to ask their families for support.
  - They were even less likely to receive support from their families.
  - They were more likely to receive substantial social support from their families than those who are not ill.
  - They were more likely to recover from the depression.

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 65  
OBJ: 2                      BLM: Remember

95. Which of the following statements best sums up the research on social contact and health?
- Having a supportive group of people around us is one of the most important parts of maintaining our physical and mental health.
  - Having a supportive group of people around us is important to our psychological well-being but not our physical health.
  - Social support is important but mostly for those individuals who are at high risk for various physical or psychological disorders.
  - Having a supportive group of people around us is important to our physical health but not our psychological well-being.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 65  
OBJ: 2                      BLM: Remember

96. Depression and schizophrenia seem to appear in all cultures but tend to be characterized by different symptoms within individual cultures. For example, Chinese depressed patients tend to report fewer affective and cognitive symptoms of depression. What is the most likely cause of this disparity?
- the perception in Chinese society that the affective expression of depression is self-centred and threatening to the social structure
  - differences in diagnostic measures used in different cultures
  - a history of oppression deters reporting
  - genetic differences between individuals living in different cultures

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 65  
OBJ: 2                      BLM: Remember

97. According to your textbook, the elevated rates of some psychological disorders in First Nations people is probably due to the contributions of poverty and which of the following?
- differences in diagnostic criteria used in assessments of First Nations people
  - genetic differences between First Nations people and non-First Nations people
  - a history of oppression by a majority culture
  - cultural differences in the expression of mental illnesses

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 65  
OBJ: 2                      BLM: Remember

98. Given the role of social factors in psychological disorders and the fact that psychological disorders are still associated with social stigma (people tend to think that the disorder is something to be ashamed of), there is a much greater chance of which of the following?
- People with psychological disorders will not seek and receive the treatment and support of others that are most needed for recovery.
  - People with psychological disorders will be ignored by mental health professionals when they seek help.
  - People with psychological disorders will be far more easily treated than those with physical disorders.
  - People with psychological disorders will seek help for their disorders but be more likely to receive insufficient treatment than those with physical illness.

ANS: A                      PTS: 1                      DIF: LOW                      REF: 65  
OBJ: 2                      BLM: Remember

99. In interpersonal psychotherapy, the patient and therapist work together on identifying life stresses that may have contributed to the psychological disorder as well as which of the following?
- current interpersonal problems that are either the source of the stress or closely connected to it
  - the ways in which such stressors interfere with current relationships
  - the patient's history of dysfunctional personal relationships
  - the frequency and quality of current social contacts

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 66  
OBJ: 3-5                      BLM: Higher Order

100. What is the average duration of interpersonal psychotherapy?
- 5–10 sessions
  - 10–15 sessions
  - 15–20 sessions
  - 20–25 sessions

ANS: A                      PTS: 1                      DIF: LOW                      REF: 66  
OBJ: 3-5                      BLM: Remember

101. Treatments for disorders such as depression and addictive behaviours that are successful in North America, can't be administered in which of the following?
- countries where help is not generally sought for psychological problems
  - countries where such disorders are not acknowledged as legitimate illnesses
  - countries where mental health care is limited
  - countries where the *DSM-IV-TR* diagnostic system is not used

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 66  
OBJ: 3-5                      BLM: Remember

102. A lifespan psychologist would point out that the only way to understand a patient's disorder is to understand what?
- how the individual has resolved interpersonal conflict throughout life
  - how experiences during different periods of development may influence our vulnerability to some psychological disorders
  - how the individual mastered key developmental tasks throughout various life stages
  - how the individual developed during psychosexual stages

ANS: B                      PTS: 1                      DIF: MOD                      REF: 66  
OBJ: 3-5                      BLM: Higher Order

103. When therapists ask patients how they are feeling and how they are experiencing their disorder today, patients are essentially taking snapshots of their lives at the moment. Who considers this approach incomplete in our understanding of psychopathology?
- a. lifespan psychologists
  - b. humanists
  - c. cognitive-behaviourists
  - d. existentialist

ANS: A                      PTS: 1                      DIF: LOW                      REF: 66  
OBJ: 3-5                      BLM: Higher Order

104. Kolb and colleagues (2003) exposed juvenile, adult, or very old animals to challenging and complex environments. What did they find about this environment?
- a. It had different effects on the animals' brains depending on their developmental stage.
  - b. It had a negative effect on the older animals' brains but had no effect on the younger animals.
  - c. It had a negative effect on the young animals' cognitive functioning when they became adults.
  - d. It had positive effects on the cognitive functioning of all the animals, regardless of age.

ANS: A                      PTS: 1                      DIF: HIGH                      REF: 67  
OBJ: 3-5                      BLM: Remember

105. The fact that some behaviours can be symptoms of many different disorders is an example of which of the following?
- a. pathogenesis
  - b. equifinality
  - c. orthogonal causation
  - d. psychopathology

ANS: B                      PTS: 1                      DIF: HIGH                      REF: 67  
OBJ: 3-5                      BLM: Remember

106. What does the term *equifinality* refer to?
- a. the fact that many causes of psychopathology are equal in influence
  - b. the fact that all forms of psychopathology have similar causes
  - c. the fact that a number of paths can lead to the same outcome
  - d. the fact that the same path can lead to different outcomes

ANS: C                      PTS: 1                      DIF: HIGH                      REF: 67  
OBJ: 3-5                      BLM: Remember

107. John's parents both suffer from depression and, as a result, he is being exposed to a great deal of negative emotion during his developmental years. What can we conclude about John?
- a. He may or may not develop depression, but we could determine this if we knew more about factors such his social support.
  - b. He will develop depression due to the genetic predisposition and the home environment.
  - c. He is no more likely to develop depression than any other child as long as he has friends and does not have difficulties as a child.
  - d. He is at higher risk for depression but may never develop the disorder.

ANS: D                      PTS: 1                      DIF: MOD                      REF: 67  
OBJ: 3-5                      BLM: Higher Order

## ESSAY

1. Describe the diathesis-stress model. Use the model to explain how one monozygotic twin suffers from clinical depression while the other does not.

ANS:

Student responses will vary.

PTS: 1

REF: 38-39|Figure 2.2

OBJ: 2-3

BLM: Remember|Higher Order

2. Describe the basic components of the reciprocal gene-environment model. Describe the method and findings of one study described in your textbook that illustrates this model. How might this model be misinterpreted by some people?

ANS:

Student responses will vary.

PTS: 1

REF: 39-40

OBJ: 2-4

BLM: Remember|Higher Order

3. Identify and describe the two major components of the peripheral nervous system and discuss their roles in various psychological disorders. Explain how the sympathetic and parasympathetic divisions often operate in a complementary fashion during periods of stress.

ANS:

Student responses will vary.

PTS: 1

REF: 46-47

OBJ: 2

BLM: Remember

4. Psychoactive medications (drugs that impact our thoughts, emotions, and behaviour) usually work as either agonists or antagonists for various neurotransmitters. Explain how both an agonist and an antagonist operate on a neurotransmitter. Explain the process of reuptake inhibition and the effect it has on a neurotransmitter.

ANS:

Student responses will vary.

PTS: 1

REF: 48-49

OBJ: 2-2

BLM: Remember

5. Name three important neurotransmitters and describe what impact each one is thought to have on human experience.

ANS:

Student responses will vary.

PTS: 1

REF: 49-52

OBJ: 2

BLM: Remember

6. Describe learned helplessness. How is it developed in laboratory animals and how does it help us to understand human depression?

ANS:

Student responses will vary.

PTS: 1

REF: 56-57

OBJ: 1-1

BLM: Remember



7. Explain the difference between the modern cognitive science view of the unconscious and the Freudian idea of the unconscious.

ANS:

Student responses will vary.

PTS: 1

REF: 58-59

OBJ: 1

BLM: Remember

8. What does the cognitive-behavioural model assume to be the cause of depression and what basic therapy strategy is used in this model for depressed patients? What are “automatic thoughts” and from where do they arise? Give an illustrative example.

ANS:

Student responses will vary.

PTS: 1

REF: 59-60

OBJ: 1-1

BLM: Remember|Higher Order

9. Socialization is considered one of the most important parts of human experience. Describe gender differences in animal phobias, depression, and panic disorder. Explain how differential gender socialization may contribute to these differences.

ANS:

Student responses will vary.

PTS: 1

REF: 63

OBJ: 6-6

BLM: Remember

10. Describe the concept of equifinality. What does this concept say regarding the causes of psychopathology?

ANS:

Student responses will vary.

PTS: 1

REF: 67

OBJ: 5

BLM: Remember