

Chapter 13 Quick Quiz

1. The medical model suggests that
 - a. mental illnesses can be treated using drugs.
 - b. mental illnesses are caused by biological factors.
 - c. mental illness is a myth.
 - d. every physical illness has a psychological factor.
2. What cultural malady might Freud attribute to unresolved issues of the phallic stage?
 - a. Latah
 - b. Windigo
 - c. Amok
 - d. Koro
3. The prevalence of a disorder refers to
 - a. its accuracy or correctness as a diagnosis of a real mental illness.
 - b. the agreement among professionals about a diagnosis for a specific patient or client.
 - c. the percentage of persons who exhibit the symptoms of a particular disorder.
 - d. the popularity of a diagnosis among different types of mental health professionals.
4. Phobic disorders and GAD differ because
 - a. the phobic disorders are harder to treat.
 - b. GAD occurs only in men and phobias in women.
 - c. phobias are specific to one situation or object, whereas GAD causes general anxiety.
 - d. only phobias can elicit fear.
5. Agoraphobia is a fear of
 - a. spiders.
 - b. heights.
 - c. going out in public places.
 - d. snakes.
6. Which of the following is an example of the catastrophizing that often accompanies anxiety disorders?
 - a. "I sure hope that this storm isn't strong enough for there to be a tornado."
 - b. "I've never had to work so hard in my life just to make a C in a class."
 - c. "If she doesn't want to go to the dance with me, I'll just ask someone else."
 - d. "If I make a mistake during our routine, no one else in the band will ever speak with me again."
7. Major changes in sleep patterns, weight level, and feelings about one's self-worth characterize
 - a. agoraphobia.
 - b. major depressive disorder.
 - c. schizophrenia.
 - d. social anxiety.
8. Which of the following losses might serve as a starting point for one's experience of major depressive disorder?
 - a. A fellow student from your high school class moves away
 - b. Getting fired from one's job and having difficulty getting a new job
 - c. Losing \$1.25 in a vending machine and not getting it refunded
 - d. The loss of a grandparent who had been sick for many years
9. Ineffective or poor parenting styles are LEAST likely to contribute to which depressive disorder?
 - a. Postpartum
 - b. Obsessive-compulsive
 - c. Dysthymia
 - d. Bipolar

10. Dallas has a lengthy history of stealing and gambling, along with other irresponsible behaviors. Dallas could be diagnosed with
 - a. dissociative disorder.
 - b. borderline personality disorder.
 - c. antisocial personality disorder.
 - d. dissociative amnesia.

Chapter 13 Quick Quiz Answers

1. **Chapter Section:** Historical Conceptions of Mental Illness: Moving Beyond the Demons Within
Answer: b **Page(s):** 456 **Type:** Factual **Diff:** 2
Rationale: This is a factual question.
2. **Chapter Section:** Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes
Answer: d **Page(s):** 457 **Type:** Applied **Diff:** 3
Rationale: In some Asian countries, victims of koro believe their penis and testicles are disappearing and receding into their abdomen.
3. **Chapter Section:** Psychiatric Diagnosis Today: The DSM-IV
Answer: c **Page(s):** 461 **Type:** Factual **Diff:** 1
Rationale: This is a factual question.
4. **Chapter Section:** Generalized Anxiety Disorder: Perpetual Worry
Answer: c **Page(s):** 463 **Type:** Conceptual **Diff:** 3
Rationale: People with GAD worry about many things, whereas phobias are much more specific.
5. **Chapter Section:** Phobias: Irrational Fears
Answer: c **Page(s):** 464 **Type:** Factual **Diff:** 1
Rationale: This is a factual question.
6. **Chapter Section:** Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear
Answer: d **Page(s):** 466 **Type:** Conceptual **Diff:** 2
Rationale: Catastrophizing is a core feature of anxious thinking and refers to the prediction of terrible events despite low probability.
7. **Chapter Section:** Mood Disorders
Answer: b **Page(s):** 467–468 **Type:** Factual **Diff:** 1
Rationale: This is a factual question.
8. **Chapter Section:** Explanations for Major Depressive Disorder: A Tangled Web
Answer: b **Page(s):** 468–469 **Type:** Conceptual **Diff:** 2
Rationale: Getting fired from one's job and having difficulty getting a new job
Rationale: Stressful life events that represent loss or threat of separation are especially tied to depression.
9. **Chapter Section:** Bipolar Disorder: When Mood Goes to Extremes
Answer: d **Page(s):** 471–472 **Type:** Applied **Diff:** 3
Rationale: Bipolar disorder is among the most genetically influenced of all mental disorders and doesn't have a psychological component.
10. **Chapter Section:** Personality Disorders
Answer: c **Page(s):** 475 **Type:** Applied **Diff:** 2
Rationale: ASPD is marked by a lengthy history of irresponsible and/or illegal actions.

Chapter 13: Psychological Disorders

Multiple Choice

13.1-1. What psychiatrist has claimed that “mental illness is a myth” and that the labels used to identify the various forms of mental illness are nothing more than a means of social control?

- a. Sigmund Freud
- b. Carl Rogers
- c. B. F. Skinner
- d. Thomas Szasz

Difficulty: 2

Question ID: 13.1-1

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Factual

Objective: 13.1

Answer: d. Thomas Szasz

13.1-2. Haley comes into work everyday. She is attractive and well-dressed. In fact, she appears quite normal. However, she may be considered abnormal if she experiences

- a. subjective distress.
- b. biological dysfunction.
- c. societal disapproval.
- d. impairment.

Difficulty: 3

Question ID: 13.1-2

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: a. subjective distress.

Rationale: Subjective distress is one of five criteria that are thought to distinguish mental disorders from normality.

13.1-3. Gary is a 25-year-old male who lives with his parents. Most days he sits around watching television or playing video games on-line with his friends. Which criterion of mental disorders is he exhibiting?

- a. Subjective distress
- b. Impairment
- c. Societal disapproval
- d. Biological dysfunction

Difficulty: 3

Question ID: 13.1-3

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: b. Impairment

Rationale: Impairment refers to the interference of mental disorder with people’s ability to function in everyday life.

- 13.1-4. Fred and George have both been diagnosed as bipolar. When Fred is in a manic episode, he paints incredible scenes of death and destruction. When George is in a manic episode, he shops until his credit cards have reached their limit. What do the differences in their behavior reflect?

- a. Eclectic view of mental disorders
- b. Diagnostic difficulties view of mental disorders
- c. Family resemblance view of mental disorders
- d. Discrepancy view of mental disorders

Difficulty: 3

Question ID: 13.1-4

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: c. Family resemblance view of mental disorders

Rationale: According to the family resemblance view, disorders don't all have one thing in common.

- 13.1-5. The medical model suggests that

- a. mental illnesses can be treated using drugs.
- b. mental illnesses are caused by biological factors.
- c. mental illness is a myth.
- d. every physical illness has a psychological factor.

Difficulty: 2

Question ID: 13.1-5

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Factual

Objective: 13.2

Answer: b. mental illnesses are caused by biological factors.

- 13.1-6. The suggestion that abnormal behavior is the result of physical illness describes the

- a. behavioral model.
- b. cognitive model.
- c. medical model.
- d. psychological model.

Difficulty: 2

Question ID: 13.1-6

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Conceptual

Objective: 13.2

Answer: c. medical model.

Rationale: Scholars used the medical model to refer to mental illnesses as physical disorders requiring medical treatment.

13.1-7. Which of the following might be a treatment for mental disorders following the medical model?

- a. The use of leeches
- b. Dunking ponds
- c. Burning at the stake
- d. Hypnosis

Difficulty: 3

Question ID: 13.1-7

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Applied

Objective: 13.2

Answer: a. The use of leeches

Rationale: The medical model maintained that mental illness was due to physical disorder and required medical treatment; bloodletting was used because excess blood was thought to cause mental illness.

13.1-8. During the 1960s and 1970s, the government developed a policy of _____, which released psychiatric patients and closed mental hospitals.

- a. group therapy
- b. community outreach
- c. deinstitutionalization
- d. socialization

Difficulty: 1

Question ID: 13.1-8

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Factual

Objective: 13.2

Answer: c. deinstitutionalization

13.1-9. A key idea in the discussion on the universality versus diversity in psychiatric diagnoses was that

- a. all disorders are found throughout all cultures of the world.
- b. many psychiatric disorders are similar across cultures.
- c. most psychiatric disorders are unique to specific cultures and relatively unknown in others.
- d. psychiatric disorders found in the United States and European countries are often unknown in many African and Asian cultures.

Difficulty: 3

Question ID: 13.1-9

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Factual

Objective: 13.2

Answer: b. many psychiatric disorders are similar across cultures.

13.1-10. What cultural malady might Freud attribute to unresolved issues of the phallic stage?

- a. Latah
- b. Windigo
- c. Amok
- d. Koro

Difficulty: 3

Question ID: 13.1-10

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Applied

Objective: 13.2

Answer: d. Koro

Rationale: In some Asian countries, victims of koro believe their penis and testicles are disappearing and receding into their abdomen.

13.1-11. _____ is an eating disorder marked by recurring patterns of bingeing and purging.

- a. Anorexia nervosa
- b. Bipolar disorder
- c. Major depressive disorder
- d. Bulimia nervosa

Difficulty: 1

Question ID: 13.1-11

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Factual

Objective: 13.2

Answer: d. Bulimia nervosa

13.1-12. Nakarra has just been diagnosed with anorexia nervosa. In what area will the label be the LEAST informative for psychologists?

- a. In terms of the ability to identify the causes of her behavior
- b. In terms of how to treat her behavior
- c. In terms of how to communicate about her behavior
- d. In terms of common behaviors they can expect to observe from her

Difficulty: 3

Question ID: 13.1-12

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Applied

Objective: 13.2

Answer: a. In terms of the ability to identify the causes of her behavior

Rationale: Causes of mental disorders are multifactorial.

13.1-13. Which is NOT a culture-bound syndrome?

- a. Bulimia nervosa
- b. Koro
- c. Schizophrenia
- d. Evil eye

Difficulty: 3

Question ID: 13.1-13

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Factual

Objective: 13.2

Answer: c. Schizophrenia

13.1-14. _____ are scholars who argue that psychiatric diagnoses exert powerful negative effects on people's perceptions and behaviors.

- a. Labeling theorists
- b. Behaviorists
- c. Neo-Freudians
- d. Humanists

Difficulty: 2

Question ID: 13.1-14

Page Ref: 458

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Factual

Objective: 13.2

Answer: a. Labeling theorists

13.1-15. Dr. Sebastian has been working with a group of extremely disturbed individuals. He believes that he has discovered a new mental disorder. Which of the following should NOT affect how he decides to label these new patients?

- a. Will the label stand on its own in terms of diagnostic accuracy?
- b. Will the label suggest an adequate treatment program?
- c. Will the label describe the behaviors he observed?
- d. Will the label reflect a family history of defects?

Difficulty: 3

Question ID: 13.1-15

Page Ref: 458

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: c. Will the label describe the behaviors he observed?

Rationale: Labeling a disorder is simply a way to provide a summary of behaviors, but not necessarily in the label itself.

- 13.1-16. Jessica just found out that her boyfriend has been diagnosed with obsessive-compulsive disorder. As he is about to enter her apartment, he takes off his shoes. She interprets that as evidence for his condition. Who would promote this assumption?

- a. Diagnostic theorist
- b. Labeling theorist
- c. Sociological theorist
- d. Classifying theorist

Difficulty: 3

Question ID: 13.1-16

Page Ref: 458

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: b. Labeling theorist

Rationale: Labeling theorists believe that psychiatric diagnoses can exert powerful negative effects on people's perceptions and behaviors.

- 13.1-17. Jenny's son received his mumps, measles, and rubella vaccine approximately 6 months ago. Shortly after his 2nd birthday, she noted that he is showing many of the classic signs of autism. Her belief that the vaccine caused his autism is

- a. an example of confirmation bias.
- b. an example of hindsight bias.
- c. an example of illusory correlation.
- d. supported by several scientific studies.

Difficulty: 3

Question ID: 13.1-17

Page Ref: 459-460

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: c. an example of illusory correlation.

Rationale: Jenny is likely falling prey to illusory correlation, seeing a statistical association that didn't exist.

- 13.1-18. Dr. Brown has been invited to speak at a prestigious psychological conference on the topic of autism. He will talk on the current scientific knowledge regarding this disorder. What is a key point you would expect him to make based on the authors' discussion of the disorder in the chapter?

- a. The apparent surge in autism diagnoses is linked to important changes in the diagnostic criteria.
- b. There is an autism epidemic and psychologists have no real insights into the dramatic increase.
- c. The dramatic increase in autism diagnoses is directly related to the mumps, measles, and rubella vaccine.
- d. The dramatic increase in autism diagnoses is a result of overdiagnosis rather than a real increase and epidemic.

Difficulty: 2

Question ID: 13.1-18

Page Ref: 459-460

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: a. The apparent surge in autism diagnoses is linked to important changes in the diagnostic criteria.

Rationale: Most evidence suggests that more liberal diagnostic criteria accounts for most, if not all, of the reported autism epidemic.

13.1-19. You just read in the papers that the crime rate in your community rose nearly 450 percent over the last 2 years. What is the most likely explanation for such a dramatic increase?

- a. Severe economic depression
- b. Underfunded law enforcement agencies
- c. Popularity of violent video games and television shows
- d. A change in the way crime rate was assessed

Difficulty: 3

Question ID: 13.1-19

Page Ref: 459–460

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: d. A change in the way crime rate was assessed

Rationale: Just like the autism “epidemic,” a change in the method of assessment can drastically alter statistics.

13.1-20. The prevalence of a disorder refers to

- a. its accuracy or correctness as a diagnosis of a real mental illness.
- b. the agreement among professionals about a diagnosis for a specific patient or client.
- c. the percentage of persons who exhibit the symptoms of a particular disorder.
- d. the popularity of a diagnosis among different types of mental health professionals.

Difficulty: 1

Question ID: 13.1-20

Page Ref: 461

Topic: Psychiatric Diagnosis Today: The DSM-IV

Skill: Factual

Objective: 13.3

Answer: c. the percentage of persons who exhibit the symptoms of a particular disorder.

13.1-21. The diagnostic criteria in the DSM-IV is based on a _____ approach.

- a. biological
- b. biopsychosocial
- c. psychological
- d. social and cultural

Difficulty: 3

Question ID: 13.1-21

Page Ref: 461

Topic: Psychiatric Diagnosis Today: The DSM-IV

Skill: Factual

Objective: 13.3

Answer: b. biopsychosocial

13.1-22. Mrs. Kaplan was diagnosed with bipolar disorder, with tendencies toward anxiety. What criticism of the DSM-IV is evident in this diagnosis?

- a. Duality
- b. Coaxial
- c. Comorbidity
- d. Duplicative

Difficulty: 3

Question ID: 13.1-22

Page Ref: 462

Topic: Psychiatric Diagnosis Today: The DSM-IV

Skill: Applied

Objective: 13.3

Answer: c. Comorbidity

Rationale: The DSM-IV has a high level of comorbidity, wherein individuals with one diagnosis frequently have one or more diagnoses.

13.1-23. Dikeshia is giving a presentation in her abnormal psychology class on the prevalence of psychological disorders. If you were a student in that class, what general category of disorders would you expect her to mention as one of the most prevalent psychological disorders?

- a. Anxiety disorders
- b. Dissociative disorders
- c. Personality disorders
- d. Schizophrenia

Difficulty: 2

Question ID: 13.1-23

Page Ref: 462

Topic: Anxiety Disorders: The Many Faces of Worry and Fear

Skill: Factual

Objective: 13.4

Answer: a. Anxiety disorders

% correct a = b = c = d = r = .

13.1-24. The symptoms of _____ are often mistaken for those of a heart attack.

- a. generalized anxiety disorder (GAD)
- b. obsessive-compulsive disorder (OCD)
- c. panic attack
- d. posttraumatic stress disorder (PTSD)

Difficulty: 1

Question ID: 13.1-24

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Factual

Objective: 13.4

Answer: c. panic attack

% correct 100 a = 0 b = 0 c = 100 d = 0 r = .00

- 13.1-25. A brief, intense episode of extreme fear characterized by sweating, dizziness, racing heartbeat, and feelings of impending doom are signs of a
- panic disorder.
 - panic attack.
 - social phobia.
 - manic episode.

Difficulty: 1

Question ID: 13.1-25

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Factual

Objective: 13.4

Answer: b. panic attack

- 13.1-26. As Syndey is walking to take her psychology final, she begins to feel dizzy and has trouble catching her breath. What is Syndey probably experiencing?

- A somatoform disorder
- A panic attack
- A heart attack
- A phobic reaction

Difficulty: 3

Question ID: 13.1-26

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Applied

Objective: 13.4

Answer: b. A panic attack

Rationale: A panick attack occurs when nervous feelings gather momentum and escalate into intense bouts of fear, including symptoms of sweating, dizziness, faintness, shortness of breath, and so forth.

- 13.1-27. Repeated and unexpected panic attacks can result in

- paranoid disorder.
- generalized anxiety disorder.
- social phobia.
- panic disorder.

Difficulty: 1

Question ID: 13.1-27

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Factual

Objective: 13.4

Answer: d. panic disorder.

13.1-28. Generalized anxiety disorder (GAD) affects about _____ percent of the population.

- a. 1
- b. 3
- c. 10
- d. 15

Difficulty: 2

Question ID: 13.1-28

Page Ref: 463

Topic: Generalized Anxiety Disorder: Perpetual Worry

Skill: Factual

Objective: 13.4

Answer: b. 3

13.1-29. Who is LEAST likely to develop generalized anxiety disorder?

- a. Paul, who just became a father this week
- b. Ashok, who just received a promotion at work
- c. Madeleine, who just started her senior year
- d. Glenda, whose son just went off to college

Difficulty: 3

Question ID: 13.1-29

Page Ref: 463

Topic: Generalized Anxiety Disorder: Perpetual Worry

Skill: Applied

Objective: 13.4

Answer: c. Madeleine, who just started her senior year

Rationale: For GAD sufferers, worry is a way of life.

13.1-30. Shelby is concerned that she is spending too much of her day worrying about things that are out of her control. She often experiences disturbances in sleep and often feels tense, even in situations where there is nothing that is directly threatening her safety. If you were a clinical psychologist, you would be trying to determine if Shelby meets the criteria for

- a. agoraphobia.
- b. generalized anxiety disorder (GAD).
- c. major depressive disorder.
- d. social phobia.

Difficulty: 2

Question ID: 13.1-30

Page Ref: 463

Topic: Generalized Anxiety Disorder: Perpetual Worry

Skill: Conceptual

Objective: 13.4

Answer: b. generalized anxiety disorder (GAD).

Rationale: Worry throughout the day along with sleep trouble, irritability, and tension are all symptoms of GAD.

% correct 100 a = 0 b = 100 c = 0 d = 0 r = .00

13.1-31. A _____ is an intense fear of an object or situation that's greatly out of proportion to its actual threat.

- a. panic attack
- b. phobia
- c. major depressive episode
- d. negative reinforcement

Difficulty: 1

Question ID: 13.1-31

Page Ref: 463

Topic: Phobias: Irrational Fears

Skill: Factual

Objective: 13.4

Answer: b. phobia

13.1-32. Phobic disorders and GAD differ because

- a. the phobic disorders are harder to treat.
- b. GAD occurs only in men and phobias in women.
- c. phobias are specific to one situation or object, whereas GAD causes general anxiety.
- d. only phobias can elicit fear.

Difficulty: 3

Question ID: 13.1-32

Page Ref: 463

Topic: Generalized Anxiety Disorder: Perpetual Worry

Skill: Conceptual

Objective: 13.4

Answer: c. phobias are specific to one situation or object, whereas GAD causes general anxiety.

Rationale: People with GAD worry about many things, whereas phobias are much more specific.

13.1-33. Sun Ye gets so scared at the sight of fire that she cannot light a match nor have candles on the dinner table. She is most likely suffering from

- a. generalized anxiety disorder.
- b. a phobia.
- c. agoraphobia.
- d. pyromania.

Difficulty: 2

Question ID: 13.1-33

Page Ref: 463

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: b. a phobia.

Rationale: A phobia is an irrational fear with no actual danger involved.

- 13.1-34. Davis has such an intense, irrational fear of clowns that he cannot take his daughters to see the circus when it is in town. Davis would be most correctly diagnosed as suffering from
- obsessive-compulsive disorder.
 - panic disorder.
 - a phobia.
 - posttraumatic stress disorder.

Difficulty: 1

Question ID: 13.1-34

Page Ref: 463

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: c. a phobia.

Rationale: A phobia is an intense fear of an object or situation that's greatly out of proportion to its actual threat.

% correct 100 a = 0 b = 0 c = 100 d = 0 r = .00

- 13.1-35. Wesley is a scuba diver. When he is under water, he is nervous about potential shark attacks as he explores various reefs and sunken ships. How would you characterize Wesley's behavior?
- A normal reaction
 - A specific phobia
 - Generalized anxiety disorder
 - A panic disorder

Difficulty: 3

Question ID: 13.1-35

Page Ref: 463

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: a. A normal reaction

Rationale: Many of us have mild fears, but they don't restrict our lives or create considerable distress.

- 13.1-36. Marina has been having a lot of panic attacks lately. What can you predict about Marina's future behavior?
- She will begin to avoid the places and situations where the panic attacks occur.
 - She will spend most of her time in the company of friends and family.
 - She is likely to develop PTSD.
 - Both A and C are correct.

Difficulty: 3

Question ID: 13.1-36

Page Ref: 463-464

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Applied

Objective: 13.4

Answer: a. She will begin to avoid the places and situations where the panic attacks occur.

Rationale: For panic attacks that are associated with specific situations, sufferers often change their behavior and avoid those situations.

13.1-37. John Madden, a former football coach and sports anchor, is relatively famous or infamous for his refusal to fly in airplanes. He takes his Madden cruiser, a large bus, to every game he attends. How would you classify his behavior?

- a. A normal reaction
- b. A generalized phobia
- c. A social phobia
- d. A specific phobia

Difficulty: 3

Question ID: 13.1-37

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: d. A specific phobia

Rationale: Phobias of objects, places, or situations (such as flying in an airplane) are specific but still affect our lives.

13.1-38. Agoraphobia is a fear of

- a. spiders.
- b. heights.
- c. going out in public places.
- d. snakes.

Difficulty: 1

Question ID: 13.1-38

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Factual

Objective: 13.4

Answer: c. going out in public places.

13.1-39. Payson avoids leaving his house because he gets terrified every time he does. Payson is probably suffering from

- a. social phobia.
- b. arachnophobia.
- c. agoraphobia.
- d. panic disorder.

Difficulty: 2

Question ID: 13.1-39

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: c. agoraphobia.

Rationale: Agoraphobia is a fear of being in a place or situation from which escape is difficult or embarrassing.

13.1-40. What might help convince your friend Sarah, an agoraphobic, to attend the concert with you on Friday night?

- a. If you tell her it is inside
- b. If you tell her it won't be crowded
- c. If you tell her emergency personnel will be present
- d. If you tell her she can sit in the front row

Difficulty: 3

Question ID: 13.1-40

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: c. If you tell her emergency personnel will be present

Rationale: Because agoraphobics fear being in places or situations where escape is difficult or embarrassing, the presence of others might ease her fear of help being unavailable in the event of a panic attack.

13.1-41. Aurelia is supposed to give a presentation in economics class today. As of right now, she cannot make herself leave her apartment. What is Aurelia likely suffering from?

- a. Agoraphobia
- b. Social phobia
- c. Specific phobia
- d. Panic disorder

Difficulty: 3

Question ID: 13.1-41

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: b. Social phobia

Rationale: People with social phobia have a marked fear of public appearances in which embarrassment or humiliation seems likely; they will experience anxiety well beyond the stage fright that most feel on occasion.

13.1-42. In her autobiography, *It Ain't About Cookin'*, Paula Deen discusses her battle with agoraphobia, which caused her to

- a. experience unexpected panic attacks.
- b. engage in repetitive behaviors to make anxiety-provoking thoughts disappear.
- c. fear being in a place where escape was difficult or embarrassing.
- d. have sleep difficulties and other intense fear responses after experiencing a severely stressful event.

Difficulty: 2

Question ID: 13.1-42

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Factual

Objective: 13.4

Answer: c. fear being in a place where escape was difficult or embarrassing.

- 13.1-43. A strong intense fear of being in public or performing behaviors in public is characteristic of
- agoraphobia.
 - obsessive-compulsive disorder.
 - panic disorder.
 - social phobia.

Difficulty: 2

Question ID: 13.1-43

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Factual

Objective: 13.4

Answer: d. social phobia.

- 13.1-44. _____ is marked emotional disturbance after experiencing or witnessing a severely stressful event.

- Acute reactive disorder
- Posttraumatic stress disorder
- Panic disorder
- Major depressive disorder

Difficulty: 2

Question ID: 13.1-44

Page Ref: 464

Topic: Posttraumatic Stress Disorder: The Enduring Effects of Experiencing Horror

Skill: Factual

Objective: 13.4

Answer: b. Posttraumatic stress disorder

- 13.1-45. Victims of sexual assault may experience strong stress reactions, intense anxiety, and flashbacks to their attacks from environmental cues that remind them of being attacked and helpless. If these become frequent, intense, and debilitating, the person may be diagnosed as suffering from

- generalized anxiety disorder.
- panic disorder.
- posttraumatic stress disorder.
- social phobia.

Difficulty: 2

Question ID: 13.1-45

Page Ref: 464

Topic: Posttraumatic Stress Disorder

Skill: Applied

Objective: 13.4

Answer: c. posttraumatic stress disorder.

Rationale: PTSD is marked emotional disturbance after experiencing or witnessing a severely stressful event.

% correct 100 a = 0 b = 0 c = 100 d = 0 r = .00

13.1-46. What anxiety disorder became a psychological disorder shortly after veterans, returning from Vietnam, began to experience intense anxiety and flashbacks from stimuli that reminded them of the war zones where they were deployed?

- a. Generalized anxiety disorder
- b. Obsessive-compulsive disorder
- c. Panic disorder
- d. Posttraumatic stress disorder

Difficulty: 1

Question ID: 13.1-46

Page Ref: 464

Topic: Posttraumatic Stress Disorder: The Enduring Effects of Experiencing Horror

Skill: Conceptual

Objective: 13.4

Answer: d. Posttraumatic stress disorder

Rationale: PTSD is common among war veterans.

13.1-47. _____ are persistent ideas, thoughts, or impulses that are unwanted and inappropriate, causing marked distress.

- a. Compulsions
- b. Delusions
- c. Obsessions
- d. Phobias

Difficulty: 1

Question ID: 13.1-47

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Factual

Objective: 13.4

Answer: c. Obsessions

13.1-48. During the day, Barb suffers from frequent, unwanted thoughts that she has left her front door unlocked and recurrent images that all her belongings have been taken. These thoughts and images are what psychologists refer to as a(n)

- a. compulsion.
- b. delusion.
- c. hallucination.
- d. obsession.

Difficulty: 2

Question ID: 13.1-48

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Factual

Objective: 13.4

Answer: d. obsession.

% correct 40 a = 0 b = 45 c = 15 d = 40 r = .21

- 13.1-49. Lillian feels that she must turn around seven times in a circle before exiting or entering a doorway, or else her grandmother will become ill. What represents the obsession in her behavior?
- Turning around in a circle seven times
 - Fear that her grandmother will become ill
 - Fear of entering or exiting doorways
 - Both B and C are correct.

Difficulty: 3

Question ID: 13.1-49

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: b. Fear that her grandmother will become ill

Rationale: In OCD sufferers, the obsession is the thought that is unwanted and causes distress.

- 13.1-50. _____ is a repetitive behavior or mental act performed to reduce or prevent stress.
- An obsession
 - Agoraphobia
 - A compulsion
 - A delusion

Difficulty: 1

Question ID: 13.1-50

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Factual

Objective: 13.4

Answer: c. A compulsion

- 13.1-51. Marvis has to walk around his car five times in a row before he can drive it. If he doesn't, he believes that he will get into a car accident. What represents the compulsion in this scenario?
- Fear of driving
 - Walking around the car
 - Fear of an accident
 - All of the above

Difficulty: 3

Question ID: 13.1-51

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: b. Walking around the car

Rationale: In OCD sufferers, the compulsion is the repetitive behavior intended to reduce or prevent stress.

- 13.1-52. James has to check his alarm at least 15 times before bed each night. This is an example of a(n)
- obsession.
 - compulsion.
 - hallucination.
 - delusion.

Difficulty: 2

Question ID: 13.1-52

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: b. compulsion.

Rationale: A compulsion is any repetitive behavior performed to reduce stress.

- 13.1-53. Mr. Carpenter is constantly afraid that he is going to oversleep and be late for work. As a result, he spends nearly an hour total each night making certain that his alarm clock is correctly set and saying "It's set, it's set, it's set" each of the times he checks it. This repetitive action is what clinical psychologists refer to as a(n)
- compulsion.
 - delusion.
 - hallucination.
 - obsession.

Difficulty: 2

Question ID: 13.1-53

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: a. compulsion.

Rationale: In OCD sufferers, the compulsion is the repetitive behavior intended to reduce or prevent stress.

- 13.1-54. Sierra is constantly worried that everyone whom she comes in contact with is full of germs, so she is constantly rushing off to wash her hands. Sierra suffers from what psychological disorder?
- Clinical depression
 - Obsessive-compulsive disorder
 - Social phobia
 - Paranoid schizophrenia

Difficulty: 1

Question ID: 13.1-54

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Conceptual

Objective: 13.4

Answer: b. Obsessive-compulsive disorder

Rationale: OCD is a condition marked by repeated, lengthy immersion in obsessions, compulsions, or both.

% correct 90 a = 5 b = 90 c = 5 d = 0 r = .46

- 13.1-55. Kathy is often distracted by the idea that her hands are dirty, even if she just washed them. Sometimes she has to wash them repeatedly and fears touching anything. She could be diagnosed with
- PTSD.
 - social phobia.
 - obsessive-compulsive disorder.
 - generalized anxiety disorder.

Difficulty: 2

Question ID: 13.1-55

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: c. obsessive-compulsive disorder.

Rationale: OCD is marked by repeated and lengthy immersion in obsessions, compulsions, or both.

- 13.1-56. Which explanation of anxiety illustrates why Joan, who is a social phobic, takes all of her classes online?
- Classical conditioning
 - Anxiety sensitivity
 - Genetic predisposition
 - Negative reinforcement

Difficulty: 3

Question ID: 13.1-56

Page Ref: 465

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Applied

Objective: 13.5

Answer: d. Negative reinforcement

Rationale: The avoidance provides negative reinforcement because it allows her to escape the unpleasant social interactions.

- 13.1-57. Behavioral theorists argue that anxiety disorders are conditioned through the process of
- negative punishment.
 - negative reinforcement.
 - positive punishment.
 - positive reinforcement.

Difficulty: 3

Question ID: 13.1-57

Page Ref: 465

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Factual

Objective: 13.5

Answer: b. negative reinforcement.

- 13.1-58. Lenny is the bassist and vocalist for a band with his two brothers, cousin, and a college friend. Recently, he has begun to experience more and more intense anxiety as he sings in front of crowds. As a result, he has begun to ask his bandmates to sing the songs for him. Lenny's anxiety lessens when the focus of the crowd is not on him, demonstrating that Lenny's avoidance of singing is being

- a. negatively punished.
- b. negatively reinforced.
- c. positively punished.
- d. positively reinforced.

Difficulty: 3

Question ID: 13.1-58

Page Ref: 465

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Applied

Objective: 13.5

Answer: b. negatively reinforced.

Rationale: The relief of not singing reinforces the avoidance.

- 13.1-59. Which of the following is NOT a strongly supported finding in research into the causes of the various anxiety disorders?

- a. If one identical twin suffers from an anxiety disorder, the other is more likely to experience an anxiety disorder.
- b. People's irrational and unrealistic thoughts often reinforce their avoidance of situations they believe will cause anxiety.
- c. Difficult interactions with one's parents during childhood lead people to develop compulsive rituals to exert control over their life.
- d. A person observes others experiencing anxiety and distress in certain situations and can imagine the same reactions for themselves.

Difficulty: 3

Question ID: 13.1-59

Page Ref: 465–466

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Factual

Objective: 13.5

Answer: c. Difficult interactions with one's parents during childhood lead people to develop compulsive rituals to exert control over their life.

- 13.1-60. Ike just found out that his 17-year-old girlfriend is pregnant. Which of the following would illustrate his reaction as catastrophizing?

- a. He decides to take her to the doctor for a second opinion.
- b. He decides to talk about their possible options, including abortion or adoption.
- c. He decides that he will give up his football scholarship and drop out of school so he can help her with the baby.
- d. He decides to ask his parents if they would help raise the child.

Difficulty: 3

Question ID: 13.1-60

Page Ref: 466

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Applied

Objective: 13.5

Answer: c. He decides that he will give up his football scholarship and drop out of school so he can help her with the baby.

Rationale: Catastrophizing is a core feature of anxious thinking and refers to the prediction of terrible events despite low probability.

- 13.1-61. Which of the following is an example of the catastrophizing that often accompanies anxiety disorders?
- "I sure hope that this storm isn't strong enough for there to be a tornado."
 - "I've never had to work so hard in my life just to make a C in a class."
 - "If she doesn't want to go to the dance with me, I'll just ask someone else."
 - "If I make a mistake during our routine, no one else in the band will ever speak with me again."

Difficulty: 2

Question ID: 13.1-61

Page Ref: 466

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Conceptual

Objective: 13.5

Answer: d. "If I make a mistake during our routine, no one else in the band will ever speak with me again."

Rationale: Catastrophizing is a core feature of anxious thinking and refers to the prediction of terrible events despite low probability.

- 13.1-62. Research has shown that people who suffer from obsessive-compulsive disorder have more active _____ lobes than people without the disorder.
- frontal
 - occipital
 - parietal
 - temporal

Difficulty: 2

Question ID: 13.1-62

Page Ref: 466

Topic: Explanations for Anxiety Disorders: The Roots of Pathological Worry and Fear

Skill: Factual

Objective: 13.5

Answer: a. frontal

- 13.1-63. Over the course of a lifetime, more than _____ percent of people will experience a mood disorder.
- 5
 - 20
 - 35
 - 50

Difficulty: 1

Question ID: 13.1-63

Page Ref: 467

Topic: Major Depressive Disorder: Common, but Not the Common Cold

Skill: Factual

Objective: 13.6

Answer: b. 20

- 13.1-64. According to the authors, which of the following statements is TRUE?
- a. Gender differences in depression are found throughout all cultures.
 - b. Gender differences in depression are not universal.
 - c. Men are more likely than women to be diagnosed with depression.
 - d. Men in the United States are more likely than women to be diagnosed with depression.

Difficulty: 2

Question ID: 13.1-64

Page Ref: 467

Topic: Major Depressive Disorder: Common, but Not the Common Cold

Skill: Factual

Objective: 13.6

Answer: b. Gender differences in depression are not universal.

- 13.1-65. Major depressive disorder occurs _____ as often in women as in men.
- a. twice
 - b. three times
 - c. four times
 - d. five times

Difficulty: 2

Question ID: 13.1-65

Page Ref: 467

Topic: Major Depressive Disorder: Common, but Not the Common Cold

Skill: Factual

Objective: 13.6

Answer: a. twice

- 13.1-66. In the United States, research into demographic differences in the rates of major depressive disorder suggests that
- a. adults are less likely than children to be diagnosed with the disorder.
 - b. men are more likely than women to be diagnosed with the disorder.
 - c. men are less likely than women to be diagnosed with the disorder.
 - d. there are no age, gender, or racial differences in the prevalence of the disorder.

Difficulty: 2

Question ID: 13.1-66

Page Ref: 467

Topic: Major Depressive Disorder: Common, but Not the Common Cold

Skill: Factual

Objective: 13.6

Answer: c. men are less likely than women to be diagnosed with the disorder.

- 13.1-67. Major changes in sleep patterns, weight level, and feelings about one's self-worth characterize
- a. agoraphobia.
 - b. major depressive disorder.
 - c. schizophrenia.
 - d. social anxiety.

Difficulty: 1

Question ID: 13.1-67

Page Ref: 467-468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: b. major depressive disorder.

% correct 90 a = 5 b = 90 c = 5 d = 0 r = .56

13.1-68. _____ is a chronic or recurrent state in which a person experiences a lingering depressed mood or diminished interest in pleasurable activities.

- a. Manic episode
- b. Seasonal affective disorder
- c. Major depressive disorder
- d. Bipolar disorder II

Difficulty: 2

Question ID: 13.1-68

Page Ref: 467–468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: c. Major depressive disorder

13.1-69. _____ consists of low-level depression of at least 2 years' duration, including decreased pleasure and productivity.

- a. Minor depressive disorder
- b. Bipolar disorder I
- c. Dysthymic disorder
- d. Cyclothymia

Difficulty: 2

Question ID: 13.1-69

Page Ref: 467–468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: c. Dysthymic disorder

13.1-70. Jeanne's husband left her over 2 years ago. Ever since, she just hasn't been her old self. She still goes to work and occasionally has dinner with her friends but doesn't seem to get the same enjoyment out of life as she used to. What is Jeanne showing signs of?

- a. Chronic depression
- b. Cyclothymia
- c. Dysthymic disorder
- d. Major depressive disorder

Difficulty: 3

Question ID: 13.1-70

Page Ref: 467–468

Topic: Mood Disorders

Skill: Applied

Objective: 13.6

Answer: c. Dysthymic disorder

Rationale: Dysthymic disorder is a low-level depression that has lasted at least 2 years.

- 13.1-71. _____ includes at least one hypomanic episode and one episode of major depression.
- a. Cyclothymia
 - b. Bipolar disorder I
 - c. Bipolar disorder II
 - d. Dysthymic disorder

Difficulty: 3

Question ID: 13.1-71

Page Ref: 467–468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: c. Bipolar Disorder II

- 13.1-72. Which of the following forms of depression, which develops within a month of childbirth, has become more widely discussed in recent years?
- a. Bipolar disorder
 - b. Major depressive disorder
 - c. Postpartum depression
 - d. Seasonal affective disorder

Difficulty: 1

Question ID: 13.1-72

Page Ref: 467–468

Topic: Mood Disorders

Skill: Conceptual

Objective: 13.6

Answer: c. Postpartum depression

Rationale: Postpartum depression is a depressive episode that occurs within a month after childbirth; as many as 15 percent of women develop it.

- 13.1-73. In her memoir, *Down Came the Rain*, Brooke Shields discusses the depression that developed after the birth of her daughter. Shields is one of the 15 percent of women who suffer from
- a. bipolar disorder.
 - b. dysthymic disorder.
 - c. major depressive disorder.
 - d. postpartum depression.

Difficulty: 1

Question ID: 13.1-73

Page Ref: 467–468

Topic: Mood Disorders

Skill: Applied

Objective: 13.6

Answer: d. postpartum depression.

Rationale: Postpartum depression is a depressive episode that occurs within a month after childbirth; as many as 15 percent of women develop it.

- 13.1-74. Susan just had a new baby boy. She has been feeling depressed for several weeks after the delivery. Susan is most likely experiencing
- seasonal affective disorder.
 - postpartum depression.
 - cyclothymia.
 - major depressive disorder.

Difficulty: 2

Question ID: 13.1-74

Page Ref: 467–468

Topic: Mood Disorders

Skill: Applied

Objective: 13.6

Answer: b. postpartum depression.

Rationale: As many as 15 percent of women develop postpartum depression within a month of childbirth.

- 13.1-75. For some people, their depression lasts only from December to February but returns at the same time each year. This is what psychologists call
- cyclothymia.
 - bipolar disorder.
 - major depressive disorder.
 - seasonal affective disorder.

Difficulty: 1

Question ID: 13.1-75

Page Ref: 467–468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: d. seasonal affective disorder.

- 13.1-76. Which of these symptoms is NOT associated with a depressive disorder?
- Insomnia
 - Impulsive behavior
 - Weight loss
 - Feelings of worthlessness

Difficulty: 2

Question ID: 13.1-76

Page Ref: 467–468

Topic: Mood Disorders

Skill: Factual

Objective: 13.6

Answer: b. Impulsive behavior

13.1-77. Which of the following losses might serve as a starting point for one's experience of major depressive disorder?

- a. A fellow student from your high school class moves away
- b. Getting fired from one's job and having difficulty getting a new job
- c. Losing \$1.25 in a vending machine and not getting it refunded
- d. The loss of a grandparent who had been sick for many years

Difficulty: 2

Question ID: 13.1-77

Page Ref: 468–469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Conceptual

Objective: 13.7

Answer: b. Getting fired from one's job and having difficulty getting a new job

Rationale: Stressful life events that represent loss or threat of separation are especially tied to depression.

13.1-78. After her mother died, Astrid stopped wearing make-up when she attended class. Many of the boys, who had constantly paid her a lot of attention, began ignoring her or teasing her. As a result, she hasn't had a date for several months. Which model of depression provides the best explanation of her situation?

- a. Life events
- b. Behavioral
- c. Cognitive
- d. Interpersonal

Difficulty: 3

Question ID: 13.1-78

Page Ref: 469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: d. Interpersonal

Rationale: The interpersonal model of depression suggests that depression creates interpersonal problems; depression can trigger rejection from others, leading to further depression.

13.1-79. According to Lewinsohn's _____ model, depression results from a low rate of response-contingent positive reinforcement.

- a. behavioral
- b. cognitive
- c. humanistic
- d. social

Difficulty: 2

Question ID: 13.1-79

Page Ref: 469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: a. behavioral

13.1-80. Kevan used to study diligently for exams in all of his high school classes and begin working on writing projects immediately after they were assigned. However, no matter what he did, he could never score higher than C or C+. What prediction would the behavioral model of depression make about Kevan's behavior today as a college student?

- a. Kevan's behavior cannot be adequately predicted from his past experiences.
- b. Kevan may begin to give up working so hard because of the lack of a payoff for his efforts.
- c. Kevan will eventually drop-out of college because of his poor performance.
- d. Kevan will continue to study diligently and work hard in his classes.

Difficulty: 3

Question ID: 13.1-80

Page Ref: 469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: b. Kevan may begin to give up working so hard because of the lack of a payoff for his efforts.
Rationale: The behavioral model of depression suggests that when people try things with no payoff, they eventually stop trying.

13.1-81. One suggestion for overcoming depression is given by the behavioral model. What is it?

- a. Engage in pleasurable activities, even when you do not want to, to create reinforcers for you behavior.
- b. Don't get too close to people because they might die or move away and leave you all alone.
- c. Look at how your actions are creating a negative impression on others and change your behavior to create a more positive impression.
- d. Stop thinking negative, irrational thoughts all of the time.

Difficulty: 2

Question ID: 13.1-81

Page Ref: 469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Conceptual

Objective: 13.7

Answer: a. Engage in pleasurable activities, even when you do not want to, to create reinforcers for you behavior.

Rationale: The behavioral model of depression suggests that pushing ourselves, even to get out of bed, can be the first step toward breaking the grip of depression.

13.1-82. The _____ model of depression says that depression is caused by negative beliefs and expectations.

- a. cognitive
- b. social
- c. behavioral
- d. humanistic

Difficulty: 1

Question ID: 13.1-82

Page Ref: 469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: a. cognitive

- 13.1-83. According to Aaron Beck, depression is often caused by
- biological or genetic influences.
 - a lack of positive reinforcement for one's behavior.
 - negative beliefs and expectations.
 - poor interpersonal skills.

Difficulty: 3

Question ID: 13.1-83

Page Ref: 469–470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: c. negative beliefs and expectations.

- 13.1-84. Which of the following would Kianna, a nondepressed individual, NOT include as part of her explanation as to why she failed the psychology exam?

- Although I failed my psychology test, I may pass my algebra test later today.
- I might have studied harder, but the professor did a lousy job of explaining the terms.
- Since I failed the psychology test today, I will probably fail the one next week as well.
- Just because I failed the test today does not mean I can't learn new information.

Difficulty: 3

Question ID: 13.1-84

Page Ref: 469–470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: c. Since I failed the psychology test today, I will probably fail the one next week as well.

Rationale: This type of thinking represents a cognitive distortion often seen in people who are depressed.

- 13.1-85. Who is NOT suffering from a cognitive distortion?

- Pete, who just failed his algebra exam and announces he is dropping out of college
- Paula, who has to retype her entire presentation because the teacher did not like her formatting
- Pablo, whose soccer team lost in the finals because he didn't make a good pass to his teammate
- Patty, who didn't get a promotion at work, decides to quit her job because she is worthless anyway

Difficulty: 3

Question ID: 13.1-85

Page Ref: 469–470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: b. Paula, who has to retype her entire presentation because the teacher did not like her formatting

Rationale: All but Paula represent a negative spin or skewed way of thinking.

- 13.1-86. According to the cognitive model of depression, one's negative beliefs develop as the result of
- a. the loss of positive reinforcement.
 - b. failure and rejection.
 - c. excessive levels of certain neurotransmitters in the brain.
 - d. deficient levels of certain neurotransmitters in the brain.

Difficulty: 2

Question ID: 13.1-86

Page Ref: 469–470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: b. failure and rejection.

- 13.1-87. A counterintuitive research finding involving depression is that
- a. depressed people have a more accurate view of circumstances than do nondepressed people.
 - b. depressed people assume they have more control over the outcome of events than do nondepressed people.
 - c. nondepressed people are less attentive to reality than are depressed people.
 - d. nondepressed people have a more accurate view of circumstances than do depressed people.

Difficulty: 3

Question ID: 13.1-87

Page Ref: 470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: a. depressed people have a more accurate view of circumstances than do nondepressed people.

- 13.1-88. Focusing on how bad we feel and endlessly analyzing the causes and consequences of our problems is referred to as
- a. learned helplessness.
 - b. negative schemas.
 - c. rumination.
 - d. depression.

Difficulty: 2

Question ID: 13.1-88

Page Ref: 470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Factual

Objective: 13.7

Answer: c. rumination.

- 13.1-89. Mr. Evans feels that no matter what he does, he will be unable to convince his boss that he deserves a promotion. He also feels that it doesn't matter who his boss is, he still would not receive a promotion. These feelings represent what Martin Seligman called

- a. depressive realism.
- b. illusory control.
- c. learned helplessness.
- d. overgeneralization.

Difficulty: 1

Question ID: 13.1-89

Page Ref: 470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: c. learned helplessness.

Rationale: Learned helplessness is the tendency to feel helpless in the face of events we can't control.

% correct 85 a = 5 b = 5 c = 85 d = 5 r = .31

- 13.1-90. Jada continually gets low grades on her math tests. She studies harder each time, but the results don't seem to change. She eventually stops studying altogether. Jada is exhibiting

- a. rumination.
- b. cyclothymia.
- c. major depression.
- d. learned helplessness.

Difficulty: 2

Question ID: 13.1-90

Page Ref: 470

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: d. learned helplessness.

Rationale: Learned helplessness is the tendency to feel helpless in the face of events we can't control.

- 13.1-91. The results of studies investigating the role of biological factors suggest that depression is caused by

- a. decreased levels of various neurotransmitters.
- b. exposure to stressful life events.
- c. both A and B.
- d. neither A nor B.

Difficulty: 3

Question ID: 13.1-91

Page Ref: 471

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Conceptual

Objective: 13.7

Answer: c. both A and B.

Rationale: Both are factors, especially when life events affect the levels of serotonin.

- 13.1-92. An experience marked by dramatically elevated mood and energy, decreased need for sleep, inflated self-esteem, and irresponsible behavior is called
- a. a manic episode.
 - b. learned helplessness.
 - c. a dissociative episode.
 - d. bipolar disorder.

Difficulty: 2

Question ID: 13.1-92

Page Ref: 471

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Factual

Objective: 13.7

Answer: a. a manic episode.

- 13.1-93. Clarise has accumulated over 50 new pairs of shoes over the last 3 days. What is she likely evidencing?
- a. A hypomanic episode
 - b. A manic episode
 - c. Bipolar disorder
 - d. Cyclothymia

Difficulty: 3

Question ID: 13.1-93

Page Ref: 471

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Applied

Objective: 13.6

Answer: b. A manic episode

Rationale: A manic episode is marked by excessive involvement in pleasurable activities that can cause problems, such as excessive spending.

- 13.1-94. Kyle has experienced a decrease in the need for sleep for the past 3 nights, is extremely talkative and creative, and has been very irresponsible with money during this time. Kyle is in the midst of a(n)
- a. dissociated amnesiac episode.
 - b. major depressive episode.
 - c. manic episode.
 - d. obsessive episode.

Difficulty: 1

Question ID: 13.1-94

Page Ref: 471

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Factual

Objective: 13.6

Answer: c. manic episode.

- 13.1-95. Reya has only slept for 3 hours, but she is bursting with energy. She went shopping and maxed out two credit cards, all while singing constantly. She could be experiencing
- major depression.
 - a manic episode.
 - seasonal affective disorder.
 - cyclothymia.

Difficulty: 2

Question ID: 13.1-95

Page Ref: 471

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Applied

Objective: 13.7

Answer: b. a manic episode.

Rationale: A manic episode is an experience marked by dramatically elevated mood and energy, decreased need for sleep, inflated self-esteem, increased talkativeness, and irresponsible behavior.

- 13.1-96. What mood disorder is characterized by alterations between periods of extremely high levels and extremely low levels of activity?
- Bipolar disorder
 - Major depressive disorder
 - A manic episode
 - Seasonal affective disorder

Difficulty: 2

Question ID: 13.1-96

Page Ref: 471–472

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Conceptual

Objective: 13.6

Answer: a. Bipolar disorder

Rationale: Bipolar disorder is most often marked by major depression and a history of at least one manic episode.

% correct 50 a = 50 b = 20 c = 15 d = 15 r = .42

- 13.1-97. Women are _____ as likely as men to be diagnosed with bipolar disorder.
- just
 - twice
 - three times
 - not

Difficulty: 2

Question ID: 13.1-97

Page Ref: 471–472

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Factual

Objective: 13.7

Answer: a. just

13.1-98. Ineffective or poor parenting styles are LEAST likely to contribute to which depressive disorder?

- a. Postpartum
- b. Obsessive-compulsive
- c. Dysthymia
- d. Bipolar

Difficulty: 3

Question ID: 13.1-98

Page Ref: 471–472

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Applied

Objective: 13.6

Answer: d. Bipolar

Rationale: Bipolar disorder is among the most genetically influenced of all mental disorders and doesn't have a psychological component.

13.1-99. Last weekend Madison couldn't get her roommate Taylor out of bed to do anything. This morning, Taylor bursts through her door and announces that she has been up all night writing her autobiography. She then proceeds to hand Madison a 320-page paper, complete with illustrations. She is beaming and insists that she read it to Madison right away. What might Taylor be suffering from?

- a. Bipolar disorder
- b. Conduct disorder
- c. Major affective disorder
- d. Conversion disorder

Difficulty: 3

Question ID: 13.1-99

Page Ref: 471–472

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Applied

Objective: 13.6

Answer: a. Bipolar disorder

Rationale: Bipolar disorder is most often marked by major depression and a history of at least one manic episode.

13.1-100. What specific psychological disorder is marked by cycles of extreme activity and inactivity?

- a. Bipolar disorder
- b. Major depressive disorder
- c. Obsessive-compulsive disorder
- d. Catatonic schizophrenia

Difficulty: 2

Question ID: 13.1-100

Page Ref: 471–472

Topic: Bipolar Disorder

Skill: Factual

Objective: 13.6

Answer: a. Bipolar disorder

- 13.1-101. Which psychological disorder has the strongest evidence for a genetic link?
- Antisocial personality disorder
 - Bipolar disorder
 - Obsessive-compulsive disorder
 - Schizophrenia

Difficulty: 3

Question ID: 13.1-101

Page Ref: 472

Topic: Bipolar Disorder

Skill: Factual

Objective: 13.6

Answer: b. Bipolar disorder

- 13.1-102. Evidence of a biological influence in bipolar disorder comes from brain imaging studies, which have found that activity is increased in the _____ and decreased in the _____.
- amygdala and emotion-related structures; occipital cortex
 - amygdala and emotion-related structures; prefrontal cortex
 - prefrontal cortex; amygdala and emotion-related structures
 - hippocampus and thalamus; temporal lobes

Difficulty: 2

Question ID: 13.1-102

Page Ref: 472

Topic: Bipolar Disorder

Skill: Factual

Objective: 13.6

Answer: b. amygdala and emotion-related structures; prefrontal cortex

% correct 65 a = 20 b = 5 c = 10 d = 65 r = .55

- 13.1-103. Unlike many other psychological disorders, manic episodes may be triggered by
- failures and rejection.
 - negative life events.
 - positive life events.
 - stressful life events.

Difficulty: 1

Question ID: 13.1-103

Page Ref: 472

Topic: Bipolar Disorder

Skill: Factual

Objective: 13.6

Answer: c. positive life events.

- 13.1-104. A concern for researchers interested in the topic of suicide prevention is that the number of suicides is
- much greater for adults than adolescents.
 - hopelessly out-of-date.
 - overestimated.
 - underestimated.

Difficulty: 1

Question ID: 13.1-104

Page Ref: 472

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: d. underestimated.

13.1-105. Suicide rates _____ around the Christmas holidays.

- a. increase slightly
- b. double
- c. stay the same
- d. decrease slightly

Difficulty: 2

Question ID: 13.1-105

Page Ref: 472

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: d. decrease slightly

13.1-106. Over _____ people commit suicide in the United States each year.

- a. 300
- b. 3,000
- c. 30,000
- d. 300,000

Difficulty: 1

Question ID: 13.1-106

Page Ref: 472

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: c. 30,000

13.1-107. According to the data, the single best predictor of suicide is

- a. loss of a loved one.
- b. a previous attempt.
- c. recent discharge from the hospital.
- d. unemployment.

Difficulty: 3

Question ID: 13.1-107

Page Ref: 472

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: b. a previous attempt.

% correct 90 a = 10 b = 90 c = 0 d = 0 $r = .21$

13.1-108. The best predictor of suicide is

- a. major depression.
- b. seasonal affective disorder.
- c. a previous attempt.
- d. withdrawing from society.

Difficulty: 2

Question ID: 13.1-108

Page Ref: 472

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: c. a previous attempt.

13.1-109. Who may pose the greatest risk for suicide?

- a. Alvin, whose father died last year
- b. Shauna, who has stopped trying to get a promotion at work because she keeps getting passed over
- c. Christopher, a cocaine addict
- d. Oscar, who just told his parents that he is homosexual

Difficulty: 3

Question ID: 13.1-109

Page Ref: 473

Topic: Suicide: Facts and Fictions

Skill: Applied

Objective: 13.8

Answer: b. Shauna, who has stopped trying to get a promotion at work because she keeps getting passed over

Rationale: Hopelessness is one of the better predictors of suicide; even better than depression.

13.1-110. After reading Jarvis's term paper, Mr. Stern, an English professor, believes that Jarvis may be suicidal. What would be the worst thing he could do?

- a. Confront Jarvis and ask him about his problems.
- b. Write a note on Jarvis's paper requesting a private meeting after class.
- c. Avoid confronting Jarvis and make no comments on his paper revealing his suspicions.
- d. Ask one of Jarvis's friends if Jarvis has recently been acting differently.

Difficulty: 3

Question ID: 13.1-110

Page Ref: 473

Topic: Suicide: Facts and Fictions

Skill: Applied

Objective: 13.8

Answer: c. Avoid confronting Jarvis and make no comments on his paper revealing his suspicions.

Rationale: Talking to people with depression about suicide makes them more likely to obtain help,, and people who talk a lot about suicide are at greater risk of suicide.

13.1-111. Maira is giving a class presentation on suicide. Which of the following is a point you are likely to hear her make?

- a. As depression lifts, the risk of suicide may increase rather than decrease.
- b. One must be careful when talking with a depressed person about suicide because you might make him more likely to take his own life.
- c. People who talk about committing suicide are just looking for attention.
- d. There is seldom any warning given by those who commit suicide.

Difficulty: 3

Question ID: 13.1-111

Page Ref: 473

Topic: Suicide: Facts and Fictions

Skill: Factual

Objective: 13.8

Answer: a. As depression lifts, the risk of suicide may increase rather than decrease.

13.1-112. About 2 percent of adults develop _____, a condition marked by instability in mood, identity, and impulse control.

- a. antisocial personality disorder
- b. borderline personality disorder
- c. dissociative disorder
- d. dissociative amnesia

Difficulty: 2

Question ID: 13.1-112

Page Ref: 475

Topic: Personality Disorders

Skill: Factual

Objective: 13.10

Answer: b. borderline personality disorder

13.1-113. Kristy is at home with her husband. Her son and his friend start yelling at each other about who gets to play next on the X-box. Kristy proceeds to get increasingly angry until she herself begins screaming at her husband for watching *Sports Center*. What is Kristy probably suffering from?

- a. Borderline personality disorder
- b. Histrionic personality disorder
- c. Schizotypal personality disorder
- d. Dependent personality disorder

Difficulty: 3

Question ID: 13.1-113

Page Ref: 475

Topic: Personality Disorders

Skill: Applied

Objective: 13.9

Answer: a. Borderline personality disorder

Rationale: Borderline personality disorder is marked by instability in mood, identity, and impulse control; sufferers are extremely impulsive and unpredictable.

13.1-114. Jenn comes running in from her first day of preschool and shows her mother a picture she drew during play time. Her mother takes the picture and throws it into the trash can, admonishing Jenn for wasting a perfectly good piece of paper with that garbage she drew. What disorder is Jenn at risk for developing?

- a. Narcissistic personality disorder
- b. Borderline personality disorder
- c. Histrionic personality disorder
- d. Schizoid personality disorder

Difficulty: 3

Question ID: 13.1-114

Page Ref: 475

Topic: Personality Disorders

Skill: Applied

Objective: 13.10

Answer: b. Borderline personality disorder

Rationale: Traits for borderline personality disorder are substantially heritable; further, if you top that by exposing a child to a great deal of stress without providing coping skills, a borderline personality can develop.

- 13.1-115. A condition marked by superficial charm, dishonesty, self-centeredness, and risk taking is
- psychopathic personality.
 - borderline personality disorder.
 - dissociative disorder.
 - antisocial personality disorder.

Difficulty: 2

Question ID: 13.1-115

Page Ref: 475

Topic: Personality Disorders

Skill: Factual

Objective: 13.10

Answer: a. psychopathic personality.

- 13.1-116. Tyreese is self-centered, good looking, manipulative, charming, and has had many girlfriends in his life; he has even been married twice. When his first ex-wife called to tell him that his son had been killed in an automobile accident, Tyreese responded by saying “Good, now I don’t have to pay child support!” What diagnostic label might be given to Tyreese?

- Narcissistic personality disorder
- Borderline personality disorder
- Psychopathic personality
- Histrionic personality

Difficulty: 3

Question ID: 13.1-116

Page Ref: 475

Topic: Personality Disorders

Skill: Applied

Objective: 13.10

Answer: c. Psychopathic personality

Rationale: Psychopathic personality is marked by a distinctive set of traits—superficial charm, dishonesty, manipulativeness, self-centeredness, and risk-taking; sufferers are guiltless and callous.

- 13.1-117. People with _____ personality disorder have a lengthy personal history of illegal and irresponsible actions beginning in young childhood.

- narcissitic
- borderline
- antisocial
- histrionic

Difficulty: 3

Question ID: 13.1-117

Page Ref: 475

Topic: Personality Disorders

Skill: Factual

Objective: 13.10

Answer: c. antisocial

- 13.1-118. Dallas has a lengthy history of stealing and gambling, along with other irresponsible behaviors. Dallas could be diagnosed with
- dissociative disorder.
 - borderline personality disorder.
 - antisocial personality disorder.
 - dissociative amnesia.

Difficulty: 2

Question ID: 13.1-118

Page Ref: 475

Topic: Personality Disorders

Skill: Applied

Objective: 13.10

Answer: c. antisocial personality disorder.

Rationale: ASPD is marked by a lengthy history of irresponsible and/or illegal actions.

- 13.1-119. What general category of psychological disorders is characterized by a disruption in one's unified sense of identity?
- Anxiety disorders
 - Dissociative disorders
 - Personality disorders
 - Schizophrenia

Difficulty: 2

Question ID: 13.1-119

Page Ref: 476

Topic: Dissociative Disorders

Skill: Conceptual

Objective: 13.11

Answer: b. Dissociative disorders

Rationale: Dissociative disorders involve disruptions in consciousness, memory, identity, or perception.

% correct 45 a = 0 b = 45 c = 55 d = 0 r = .23

- 13.1-120. Which of the types of psychological disorders is marked by disruptions in one's sense of consciousness and/or memory?
- Anxiety disorders
 - Dissociative disorders
 - Personality disorders
 - Schizophrenia

Difficulty: 3

Question ID: 13.1-120

Page Ref: 476

Topic: Dissociative Disorders

Skill: Conceptual

Objective: 13.11

Answer: b. Dissociative disorders

Rationale: Dissociative disorders involve disruptions in consciousness, memory, identity, or perception.

- 13.1-121. After witnessing a brutal traffic accident, Andre has had difficulty recalling his daughter's date of birth, as well as his own anniversary. What might Andre be exhibiting?
- Dissociative amnesia
 - Normal forgetting
 - Dissociative fugue
 - Both A and B are correct.

Difficulty: 3

Question ID: 13.1-121

Page Ref: 476

Topic: Dissociative Disorders

Skill: Applied

Objective: 13.11

Answer: d. Both A and B are correct.

Rationale: Memory gaps are not always indicative of dissociation, but many cannot recall personal information after stressful events.

- 13.1-122. The single most controversial psychological disorder is
- antisocial personality disorder (ASPD).
 - attention-deficit/hyperactivity disorder (ADHD).
 - autism.
 - dissociative identity disorder (DID).

Difficulty: 2

Question ID: 13.1-122

Page Ref: 476

Topic: Dissociative Disorders

Skill: Factual

Objective: 13.11

Answer: d. dissociative identity disorder (DID).

% correct 27 a = 14 b = 27 c = 33 d = 27 r = .32

- 13.1-123. The presence of at least two distinct personalities is characteristic of
- antisocial personality disorder.
 - dissociative amnesia.
 - dissociative identity disorder.
 - schizophrenia.

Difficulty: 3

Question ID: 13.1-123

Page Ref: 476

Topic: Dissociative Disorders

Skill: Factual

Objective: 13.11

Answer: c. dissociative identity disorder.

% correct 90 a = 0 b = 10 c = 90 d = 0 r = .70

- 13.1-124. A sudden, unexpected travel away from home or the workplace, accompanied by amnesia for significant life events is called
- dissociative identity disorder.
 - dissociative fugue.
 - schizophrenia.
 - antisocial personality disorder.

Difficulty: 1

Question ID: 13.1-124

Page Ref: 477

Topic: Dissociative Disorders

Skill: Factual

Objective: 13.11

Answer: b. dissociative fugue.

- 13.1-125. Dr. Holland is interviewing a new patient. During the interview, the patient's posture changes and she begins speaking with an accent. What is the patient likely suffering from?

- Depersonalization disorder
- Dissociative amnesia
- Dissociative fugue
- Dissociative identity disorder

Difficulty: 3

Question ID: 13.1-125

Page Ref: 477

Topic: Dissociative Disorders

Skill: Applied

Objective: 13.11

Answer: d. Dissociative identity disorder

Rationale: Dissociative identity disorder is characterized by the presence of two or more distinct identities or personality states that recurrently take control of the person's behavior.

- 13.1-126. The preponderance of the available data suggests that dissociative identity disorder is
- one's expectancies and beliefs rather than a true disorder in nearly all instances.
 - an attempt to mangle symptoms to avoid imprisonment for one's crimes.
 - unconscious and unresolved motivational conflicts from adolescence.
 - the result of early childhood sexual abuse experiences.

Difficulty: 2

Question ID: 13.1-126

Page Ref: 478

Topic: Dissociative Disorders

Skill: Conceptual

Objective: 13.11

Answer: a. one's expectancies and beliefs rather than a true disorder in nearly all instances.

Rationale: Advocates of the sociocognitive model claim that expectancies and beliefs, rather than early trauma, account for DID cases; many claim that therapists, along with the media, are creating alters rather than discovering them.

- 13.1-127. Kat is giving a report on dissociative identity disorder (DID) in her psychopathology seminar. A main conclusion that you would expect to hear from her talk is that
- most claims of sexual abuse as a precursor to DID have been proven with corroborating evidence.
 - DID is most often created by questionable therapeutic practices rather than being a true disorder.
 - the diagnosis of DID has dropped nearly a hundredfold since 1979.
 - most clinical psychologists agree that DID is a valid psychological disorder.

Difficulty: 1

Question ID: 13.1-127

Page Ref: 478

Topic: Dissociative Disorders

Skill: Applied

Objective: 13.11

Answer: b. DID is most often created by questionable therapeutic practices rather than being a true disorder.

Rationale: Advocates of the sociocognitive model claim that expectancies and beliefs, rather than early trauma, account for DID cases; many claim that therapists, along with the media, are creating alters rather than discovering them.

- 13.1-128. According to your text, what may prove the greatest risk to a person claiming to have dissociative identity disorder?
- Abusive parents
 - Genetic predisposition
 - Their psychotherapist
 - All of the above

Difficulty: 3

Question ID: 13.1-128

Page Ref: 478

Topic: Dissociative Disorders

Skill: Applied

Objective: 13.11

Answer: c. Their psychotherapist

Rationale: Advocates of the sociocognitive model claim that therapists, along with the media, are creating alters rather than discovering them.

- 13.1-129. The most severe psychological disorder is
- autism.
 - depression.
 - dissociative identity disorder.
 - schizophrenia.

Difficulty: 1

Question ID: 13.1-129

Page Ref: 479

Topic: The Enigma of Schizophrenia

Skill: Factual

Objective: 13.12

Answer: d. schizophrenia.

- 13.1-130. A severe disorder of thought and emotion associated with a loss of contact with reality is called
- dissociative identity disorder.
 - antisocial personality disorder.
 - borderline personality disorder.
 - schizophrenia.

Difficulty: 1

Question ID: 13.1-130

Page Ref: 479

Topic: The Enigma of Schizophrenia

Skill: Factual

Objective: 13.12

Answer: d. schizophrenia.

- 13.1-131. According to the authors, schizophrenia is most often confused with which other psychological disorder?
- Autism
 - Dissociative identity disorder
 - Bipolar disorder
 - Dementia

Difficulty: 1

Question ID: 13.1-131

Page Ref: 479

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.12

Answer: b. Dissociative identity disorder

- 13.1-132. Schizophrenia is a disorder that results from disturbances in _____ that spill into other areas of the person's life.
- affect
 - memory
 - personality
 - thought

Difficulty: 3

Question ID: 13.1-132

Page Ref: 479

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Conceptual

Objective: 13.12

Answer: d. thought

Rationale: Schizophrenia is a severe disorder of thought and emotion associated with a loss of contact with reality that causes sufferers' relationships and level of functioning to erode.

- 13.1-133. Timmy says his mom talks to her coffee pot and sometimes even does what it tells her to do. What diagnosis is his best friend Tommy likely to offer?
- a. Dementia
 - b. Bipolar disorder
 - c. Dissociative identity disorder
 - d. Schizophrenia

Difficulty: 3

Question ID: 13.1-133

Page Ref: 479–480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: d. Schizophrenia

Rationale: Delusions and hallucinations are just a couple of the symptoms of schizophrenia.

- 13.1-134. Believing that other people or the government is out to get you is a way in which sufferers of schizophrenia experience their
- a. compulsions.
 - b. delusions.
 - c. hallucinations.
 - d. obsessions.

Difficulty: 2

Question ID: 13.1-134

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: b. delusions.

Rationale: A hallmark of schizophrenia, delusions are strongly held fixed beliefs that have no basis in reality.

- 13.1-135. A fixed, strongly held belief that has no basis in reality is called
- a. a hallucination.
 - b. a delusion.
 - c. a catatonic symptom.
 - d. illusion.

Difficulty: 1

Question ID: 13.1-135

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.12

Answer: b. a delusion.

13.1-136. The belief that one is Abraham Lincoln is an example of what schizophrenic symptom?

- a. Delusion
- b. Hallucination
- c. Obsession
- d. Disorganized thinking

Difficulty: 2

Question ID: 13.1-136

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Conceptual

Objective: 13.12

Answer: a. Delusion

Rationale: A hallmark of schizophrenia, delusions are strongly held fixed beliefs that have no basis in reality.

% correct 80 a = 80 b = 10 c = 5 d = 5 r = .38

13.1-137. Vance fancies himself the ultimate weatherman. "I can make it rainy or sunny any time I want to," he claims. When his therapist asks him to make it rain, he says he will when he feels like it. Later that day, it begins to rain and Vance calls his therapist and tells him, "I told you so!" What psychotic symptom is Vance evidencing?

- a. Delusions of grandeur
- b. Delusions of control
- c. Delusions of persecution
- d. Delusions of invincibility

Difficulty: 3

Question ID: 13.1-137

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: a. Delusions of grandeur

Rationale: Delusions of grandeur are reported by some schizophrenic patients who believe that they are destined for greatness or have power beyond reality.

13.1-138. Feeling insects crawling on your skin (when none are really there) or hearing voices (when no one is around or no one is talking to you) would be examples of what symptom of schizophrenia?

- a. Compulsions
- b. Delusions
- c. Hallucinations
- d. Obsessions

Difficulty: 2

Question ID: 13.1-138

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: c. Hallucinations

Rationale: A symptom of schizophrenia, a hallucination is a sensory perception that has no external stimulus.

% correct 85 a = 0 b = 15 c = 85 d = 0 r = .63

- 13.1-139. The most common hallucinations associated with schizophrenia are
- tactile.
 - olfactory.
 - auditory.
 - visual.

Difficulty: 1

Question ID: 13.1-139

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.12

Answer: c. auditory

- 13.1-140. The most frequent type of hallucinations involves
- hearing voices or sounds that are not real.
 - seeing objects or persons that are not real.
 - experiencing taste in the absence of the appropriate food.
 - feeling objects on one's body that are not really present.

Difficulty: 3

Question ID: 13.1-140

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.12

Answer: a. hearing voices or sounds that are not real.

% correct 51 a = 51 b = 39 c = 6 d = 4 r = .24

- 13.1-141. Even when alone in a quiet room, Kevin says he can hear a woman singing constantly. Kevin is probably suffering from
- hallucinations.
 - illusions.
 - echolalia.
 - catatonia.

Difficulty: 2

Question ID: 13.1-141

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: a. hallucinations.

Rationale: Hallucinations are sensory perceptions that occur in the absence of external stimuli.

13.1-142. As Ged is listening to his car radio, he “notices” that every other word in the song says “beware,” confirming his belief that he is receiving extraterrestrial assistance in avoiding his crazy neighbors. What factor or factors of schizophrenia is Ged exhibiting?

- a. Hallucinations
- b. Delusions
- c. Echolalia
- d. Both A and B are correct.

Difficulty: 3

Question ID: 13.1-142

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: d. Both A and B are correct.

Rationale: This is an example of both an internal sensory perception and a belief outside of reality.

13.1-143. Which of the following phrases may be uttered by a schizophrenic individual?

- a. “I don’t feel like going to work today, I just don’t have the energy.”
- b. “If Paul, no Susie is in front, then shoes will probably make sense.”
- c. “If I am going to the beach today, it will probably rain.”
- d. “That was one of the funniest jokes I have heard all day!”

Difficulty: 3

Question ID: 13.1-143

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: b.”If Paul, no Susie is in front, then shoes will probably make sense.”

Rationale: This is an example of disorganized speech; some schizophrenic patients produce extreme forms, called word salads.

13.1-144. Individuals with schizophrenia may experience extremes in motor behavior or repeat phrases over and over; these are considered _____ symptoms.

- a. catatonic
- b. disorganized
- c. paranoid
- d. undifferentiated

Difficulty: 2

Question ID: 13.1-144

Page Ref: 480–481

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Conceptual

Objective: 13.12

Answer: a. catatonic

Rationale: Catatonic symptoms include motor problems—holding bizarre or rigid postures or curling into the fetal position, severe withdrawal, echolalia, or bouts of frenzied, purposeless motor activity.

% correct 75 a = 75 b = 15 c = 10 d = 0 r = .21

13.1-145. Reuben, a schizophrenic, is being asked to read a complex section out of a physics textbook. What are brain imaging scans likely to reveal?

- a. Hypofrontality
- b. Hyperfrontality
- c. Excessive dopamine activity
- d. Reduced blood flow into the sulci

Difficulty: 3

Question ID: 13.1-145

Page Ref: 481–482

Topic: Explanations for Schizophrenia: The Roots of a Shattered Mind

Skill: Applied

Objective: 13.13

Answer: a. Hypofrontality

Rationale: Functional brain imaging studies show that the frontal lobes of people with schizophrenia are less active than those of nonpatients, especially when engaged in demanding mental tasks, a phenomenon called hypofrontality.

13.1-146. Research indicates that some people's schizophrenia may result from abnormalities in the brain's receptor sites for which neurotransmitter?

- a. Acetylcholine
- b. Dopamine
- c. GABA
- d. Epinephrine

Difficulty: 2

Question ID: 13.1-146

Page Ref: 482

Topic: Explanations for Schizophrenia: The Roots of a Shattered Mind

Skill: Factual

Objective: 13.13

Answer: b. Dopamine

13.1-147. The research data suggest that schizophrenia results from

- a. biological/genetic causes.
- b. difficulties in learning.
- c. poor mother-child relationships.
- d. troubles in filtering information from one's social world.

Difficulty: 2

Question ID: 13.1-147

Page Ref: 482

Topic: Explanations for Schizophrenia: The Roots of a Shattered Mind

Skill: Factual

Objective: 13.13

Answer: a. biological/genetic causes.

- 13.1-148. The diathesis-stress model suggests that schizophrenia develops from
- genetic influences entirely.
 - environmental influences entirely.
 - exposure to stress.
 - a combination of a genetic predisposition to schizophrenia and exposure to significant stressors in their life.

Difficulty: 1

Question ID: 13.1-148

Page Ref: 482–483

Topic: Explanations for Schizophrenia: The Roots of a Shattered Mind

Skill: Factual

Objective: 13.13

Answer: d. a combination of a genetic predisposition to schizophrenia and exposure to significant stressors in their life.

- 13.1-149. Data shows that more people with schizophrenia are born in the _____ than at other times of the year.
- winter and fall
 - summer and winter
 - spring and fall
 - spring and winter

Difficulty: 2

Question ID: 13.1-149

Page Ref: 483

Topic: Explanations for Schizophrenia: The Roots of a Shattered Mind

Skill: Factual

Objective: 13.13

Answer: d. spring and winter

Fill-in-the-Blank

- 13.2-1. Most psychologists agree that it is _____ that any single criterion helps demarcate psychological disorders and abnormal behavior from normality.

Difficulty: 2

Question ID: 13.2-1

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Factual

Objective: 13.1

Answer: unlikely

- 13.2-2. Frederic was giving full-fledged piano recitals at age 6. He was performing the classics of Beethoven and Mozart in front of large audiences in concert halls around the world. According to the _____ criterion for mental illness, Frederic would be considered mentally ill.

Difficulty: 3

Question ID: 13.2-2

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: statistical rarity

- 13.2-3. Marty and Jane are both diagnosed schizophrenics. The _____ of mental illness helps explain why Marty's delusions focus on ruling the world, while Jane's hallucinations involve talking kitchen appliances.

Difficulty: 3

Question ID: 13.2-3

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: family resemblance view

- 13.2-4. The myth that you can scare a pregnant woman into having a miscarriage may have originated with the _____ model of mental illness.

Difficulty: 3

Question ID: 13.2-4

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Applied

Objective: 13.2

Answer: medical

- 13.2-5. The conceptualization of psychological troubles as resulting from physical disorders is known as the _____.

Difficulty: 1

Question ID: 13.2-5

Page Ref: 456

Topic: Historical Conceptions of Mental Illness: Moving Beyond the Demons Within

Skill: Factual

Objective: 13.2

Answer: medical model

- 13.2-6. Though poorly researched, _____ are those conditions that are specific to one or more societies.

Difficulty: 2

Question ID: 13.2-6

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Factual

Objective: 13.2

Answer: culture-bound syndromes

- 13.2.7. Charlie is worried about his teenage daughter's weight. You might suggest that he begin by turning off his television set and hiding any magazines, to minimize the likelihood that she will develop _____.

Difficulty: 3

Question ID: 13.2-7

Page Ref: 457

Topic: Psychiatric Diagnosis across Cultures: Culture-Bound Syndromes

Skill: Applied

Objective: 13.2

Answer: bulimia

- 13.2-8. Persons who suffer from a particular psychological disorder are considered to be alike in _____ important respect.

Difficulty: 3

Question ID: 13.2-8

Page Ref: 457–458

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Conceptual

Objective: 13.3

Answer: at least one

- 13.2-9. Psychiatrist Thomas Szasz would disagree with the majority of psychologists about the _____ of the various disorders listed in the DSM-IV.

Difficulty: 2

Question ID: 13.2-9

Page Ref: 455–458

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Conceptual

Objective: 13.3

Answer: validity

- 13.2-10. According to your authors, one possible explanation for the apparent exponential growth in the diagnosis of _____ is the use of more liberal diagnostic criteria for the disorder.

Difficulty: 3

Question ID: 13.2-10

Page Ref: 459–460

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Factual

Objective: 13.3

Answer: autism

- 13.2-11. Spearman's g factor of intelligence is related to the criticism of _____ concerning the DSM-IV.

Difficulty: 3

Question ID: 13.2-11

Page Ref: 462

Topic: Psychiatric Diagnosis Today: The DSM-IV

Skill: Applied

Objective: 13.3

Answer: comorbidity

- 13.2-12. Maryjane had her first panic attack at a football game when she was 19. Since then she has had a series of panic attacks at various locations around town. If she changes her behavior as a result, she will likely be diagnosed with _____.

Difficulty: 3

Question ID: 13.2-12

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Applied

Objective: 13.4

Answer: panic disorder

- 13.2-13. Marvel is often anxious and tense, though there is no specific reason for these feelings. As a result she is often irritable with her family, friends, and coworkers without meaning to be. Her family doctor suggests that she meet with a psychiatrist to discuss her _____.

Difficulty: 2

Question ID: 13.2-13

Page Ref: 463

Topic: Generalized Anxiety Disorder: Perpetual Worry

Skill: Applied

Objective: 13.4

Answer: generalized anxiety disorder (or anxiety disorder if wishing to differentiate between the major categories of disorder mentioned in the chapter)

- 13.2-14. Benson's psychology professor does not require oral presentations in her class. More than likely, she is aware that many of her students fear death less than _____ in public.

Difficulty: 3

Question ID: 13.2-14

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: speaking; talking

- 13.2-15. _____ involves an intense fear of being embarrassed or humiliated in public.

Difficulty: 2

Question ID: 13.2-15

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Factual

Objective: 13.4

Answer: Social phobia

- 13.2-16. Marc is often consumed by the thought that he is unclean despite the fact that he has bathed. He also becomes extremely anxious when other people want to shake hands with him or touch him, because all he can think about is the germs that may get passed from them to him. Marc's continual fears are what psychologists label as a(n) _____.

Difficulty: 3

Question ID: 13.2-16

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Conceptual

Objective: 13.4

Answer: obsession (or obsessive-compulsive disorder if wishing students to name the actual disorder)

- 13.2-17. Frederic has been trying to leave his yard for the last hour. He turns to walk toward his car, but has to turn back and check that he has locked his front door. He has repeated this routine over 30 times this morning, but isn't convinced that the door is locked. More than likely, Frederic is suffering from _____ disorder.

Difficulty: 3

Question ID: 13.2-17

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: obsessive-compulsive

- 13.2-18. Orlando was stung by a jellyfish while swimming in the ocean as a child. Now a father, he refuses to go to the beach. _____ theory would predict that his young son Don will probably avoid the beach as well.

Difficulty: 3

Question ID: 13.2-18

Page Ref: 465-466

Topic: Explanations for Anxiety Disorders

Skill: Applied

Objective: 13.5

Answer: Learning

- 3.2-19. Shoshana refuses to even enter a public rest room. She is convinced that by just walking through the door, she will expose herself to a deadly airborne virus. Shoshana is engaging in the process of _____.

Difficulty: 3

Question ID: 13.2-19

Page Ref: 466

Topic: Explanations for Anxiety Disorders

Skill: Applied

Objective: 13.5

Answer: catastrophizing

- 13.2-20. Ivan has always been an upbeat, outgoing individual. However, he has just been ordered to a post in Siberia. He may be at risk for developing _____ disorder.

Difficulty: 3

Question ID: 13.2-20

Page Ref: 467-468

Topic: Mood Disorders

Skill: Applied

Objective: 13.6

Answer: seasonal affective

- 13.2-21. Your friend Joel is a hard person to read. One day he is talking about opening up his own art studio, the next day he refuses to leave his apartment. A day later, he drags you downtown to help him find a place to rent for his new studio. Joel is exhibiting signs of _____.

Difficulty: 3
Question ID: 13.2-21
Page Ref: 467–468
Topic: Mood Disorders
Skill: Applied
Objective: 13.6
Answer: cyclothymia

- 13.2-22. An approach to understanding how depression occurs as the result of a combination of genetic factors, psychological difficulties, and the culture in which one lives is known as the _____.

Difficulty: 2
Question ID: 13.2-22
Page Ref: 467
Topic: Explanations for Major Depressive Disorder: A Tangled Web
Skill: Conceptual
Objective: 13.7
Answer: biopsychosocial approach

- 13.2-23. According to cognitive theorists such as Aaron Beck, some people's depression is the result of _____ about the self or one's abilities.

Difficulty: 1
Question ID: 13.2-23
Page Ref: 469–470
Topic: Explanations for Major Depressive Disorder: A Tangled Web
Skill: Factual
Objective: 13.7
Answer: negative schemas

- 13.2-24. Stephanie doesn't even attempt to argue with her boss anymore, even when she knows she is right. She believes that it won't matter anyway. Stephanie is exhibiting signs of _____.

Difficulty: 3
Question ID: 13.2-24
Page Ref: 470
Topic: Explanations for Major Depressive Disorder: A Tangled Web
Skill: Applied
Objective: 13.7
Answer: learned helplessness

- 13.2-25. Scott feels that no matter what he does, he will always be unable to master his French vocabulary terms. He points to the fact that he has received a 5/10, 6/10, and 5/10 despite increasing the amount of time he studied each week. As a result, he has stopped going to class and studying. Scott is demonstrating a phenomenon known as _____.

Difficulty: 2
Question ID: 13.2-25
Page Ref: 470
Topic: Explanations for Major Depressive Disorder: A Tangled Web
Skill: Applied
Objective: 13.7
Answer: learned helplessness

- 13.2-26. Felix has a strong feeling of grandiosity, experiences racing thoughts throughout the day, and is much more active and agitated than normal. Felix appears to be experiencing a(n) _____.

Difficulty: 1
Question ID: 13.2-26
Page Ref: 471
Topic: Bipolar Disorder: When Mood Goes to Extremes
Skill: Applied
Objective: 13.6
Answer: manic episode

- 13.2-27. Public health officials and researchers assert that the number of suicides reported each year is a(n) _____.

Difficulty: 1
Question ID: 13.2-27
Page Ref: 472
Topic: Suicide: Facts and Fictions
Skill: Factual
Objective: 13.8
Answer: underestimate

- 13.2-28. Suppose that Wally has recently attempted to take his own life. You would most probably predict that he will be _____ to make a future suicide attempt.

Difficulty: 2
Question ID: 13.2-28
Page Ref: 472–473
Topic: Suicide: Facts and Fictions
Skill: Factual
Objective: 13.8
Answer: more likely

- 13.2-29. Judd is under a lot of stress at work and is on the verge of losing his job. Today, as he was driving to work, he just kept on going. He ended up two states away and checked into a hotel under a different name. He promptly ordered room service and an “in room” massage, neither of which he could afford. Judd is likely in the midst of a(n) _____.

Difficulty: 3
Question ID: 13.2-29
Page Ref: 477
Topic: Dissociative Disorders
Skill: Applied
Objective: 13.11
Answer: dissociative fugue

- 13.2-30. Nicholas’s therapist suggests that his inability to recall any specifics from the dozens of times he was sexually abused by his great-uncle results from a second personality that is protecting him. After being hypnotized, a personality called “Biff” emerges that Nicholas is unaware of. This finding is most consistent with the _____ explanation of dissociative identity disorder.

Difficulty: 3
Question ID: 13.2-30
Page Ref: 478
Topic: Dissociative Disorders
Skill: Applied
Objective: 13.11
Answer: sociocognitive

- 13.2-31. Tavaris feels that the legal system and his ex-wife are unfairly out to get him and are making him pay more child support than he should. One persistent belief he has is that the local district attorney, sheriff's department, and his ex-wife have conspired to send the Gnarl's Barkley song "Crazy" into his head. Tavaris clearly is suffering from _____.

Difficulty: 3

Question ID: 13.2-31

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: delusions

- 13.2-32. The hallucinations that those with schizophrenia experience are most likely to be _____ in nature.

Difficulty: 2

Question ID: 13.2-32

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.12

Answer: auditory

- 13.2-33. Riddick constantly speaks in a manner that is hard to follow because he quickly skips from topic to topic, sometimes even within a single sentence. This is most clearly the schizophrenic symptom of _____.

Difficulty: 2

Question ID: 13.2-33

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: disorganized speech

- 13.2-34. Lawrence is convinced that his cat is talking to him. As the cat sits in the chair beside him, it is telling him that he needs to change all the passwords on his computer because the IRS has been trying for the last week to get into his bank account and empty it out. Hearing a talking cat is evidence that Lawrence is experiencing _____.

Difficulty: 3

Question ID: 13.2-34

Page Ref: 480

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: hallucinations

Essay

- 13.3-1. Dr. Pickard embraces the family resemblance view of mental illness. Discuss a problem she will have in creating a diagnostic manual of mental illness.

Difficulty: 3

Question ID: 13.3-1

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Applied

Objective: 13.1

Answer: Explain that all people with schizophrenia (or any mental illness) are not alike, and while they may share some overlapping qualities, it is difficult to create a diagnostic label that captures a specific individual's behavior pattern.

- 13.3-2. Identify and discuss important considerations in distinguishing between normal and psychologically disordered behavior.

Difficulty: 2

Question ID: 13.3-2

Page Ref: 455

Topic: What Is Mental Illness? A Deceptively Complex Question

Skill: Factual

Objective: 13.1

Answer: Answers will vary but the discussion should touch on the five major criteria for full credit.

- Statistical rarity: Psychologically disordered behavior is sometimes common, sometimes rare.
- Subjective distress: Psychologically disordered behavior will often cause the person to experience psychological and/or physical distress or discomfort.
- Impairment: Psychologically disordered behavior will lead to problems in interpersonal relationships, school/academics, work, or ability to successfully deal with daily living.
- Societal disapproval: Psychologically disordered behavior is shaped by societal attitudes.
- Biological dysfunction: Psychologically disordered behavior often results from physiological system failures or genetic predispositions.

- 13.3-3. You just found out that as a result of deinstitutionalization, your Uncle Moe has been released from his psychiatric hospital. What is your likely reaction?

Difficulty: 3

Question ID: 13.3-3

Page Ref: 456–457

Topic: Historical Conceptions of Mental Illness

Skill: Applied

Objective: 13.2

Answer: Explain that deinstitutionalization represents a mixed blessing. On the one hand, you are probably excited that your uncle is out of the facility; and on the other hand, you may have concerns about how well he will fit back into mainstream society.

- 13.3-4. Create a label for the type of student who gets unusually frustrated when someone else is sitting in “their” seat, despite the fact that there are no assigned seats, and discuss the limitations of that label.

Difficulty: 3

Question ID: 13.3-4

Page Ref: 458–459

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: Create a label that suggests the person is suffering from “seat rage” or “chair obsessor,” and also mention that the label may describe the person or behavior, but still not tell us anything new or help us to explain the behavior.

- 13.3-5. Amiee’s infant daughter is due to receive a series of vaccinations, but she has concerns that they may cause autism. Tell her why you would recommend to her that she proceed with the vaccinations.

Difficulty: 3

Question ID: 13.3-5

Page Ref: 459–460

Topic: Special Considerations in Psychiatric Classification and Diagnosis

Skill: Applied

Objective: 13.3

Answer: Explain that although this claim has been popularized by the media, there is very little evidence that vaccinations contribute directly to the development of autism.

Discuss illusory correlations and the idea that because symptoms of autism happen to emerge around the same time many infants receive their vaccinations, many people have inferred a causal relationship between the two events.

- 13.3-6. What are some important criticisms of the DSM-IV as a diagnostic tool for psychological disorders? Be sure to elaborate on your answers.

Difficulty: 2

Question ID: 13.3-6

Page Ref: 461–462

Topic: Psychiatric Diagnosis Today: The DSM-IV

Skill: Factual

Objective: 13.3

Answer: Answers will vary but should include the following points, along with appropriate supportive discussion, for full credit.

- Some disorders are nothing more than labels for a problem rather than an informative diagnosis that adds to our knowledge about the person.
- Some disorders are included based on scientific evidence, but others are added based on subjective committee decisions.
- Some people are diagnosed as suffering from multiple disorders at the same time (comorbidity), which may instead suggest that the disorders are variations on a single condition rather than true, independent diagnoses.

- 13.3-7. Fergie is shopping with her friend Lulu, when all of a sudden Lulu begins to turn pale and is obviously having difficulty catching her breath. What might Fergie, a student of psychology, do for Lulu?

Difficulty: 3

Question ID: 13.3-7

Page Ref: 463

Topic: Panic Disorder: Terror That Comes out of the Blue

Skill: Applied

Objective: 13.4

Answer: Explain that Fergie should recognize the symptoms of a panic attack and attempt to reassure Lulu that although what she is experiencing is real, she is not having a heart attack and is not at risk for her life.

- 13.3-8. Why is agoraphobia perceived to be the most debilitating of all the phobias?

Difficulty: 3

Question ID: 13.3-8

Page Ref: 464

Topic: Phobias: Irrational Fears

Skill: Applied

Objective: 13.4

Answer: Explain that agoraphobics often begin to associate nearly every place outside of the home with fear or anxiety. Slowly, these individuals begin to disengage from the mainstream, and if untreated, they may refuse to leave their homes for any reason.

Explain that specific phobias, while debilitating, usually can be avoided while individuals continue to live their daily lives.

- 13.3-9. How might environmental factors contribute to the development of obsessive-compulsive disorder?

Difficulty: 3

Question ID: 13.3-9

Page Ref: 465

Topic: Obsessive-Compulsive Disorder: Trapped in One's Thoughts

Skill: Applied

Objective: 13.4

Answer: Explain that both parents and schools emphasize the importance of washing one's hands. Parents are constantly asking children if they have washed their hands, and most schools now require students to use hand sanitizer before and after visiting the school cafeteria.

- 13.3-10. Provide an example of catastrophizing.

Difficulty: 3

Question ID: 13.3-10.

Page Ref: 466

Topic: Explanations for Anxiety Disorders

Skill: Applied

Objective: 13.5

Answer: Provide an example of catastrophizing and the idea that individuals that suffer from social phobias tend to over estimate the negative outcomes of various social interactions (e.g., Sarah stuttered a little when meeting her boyfriend's parents and now is convinced that they will never accept her as part of the family and may even take an active role in breaking the couple up).

- 13.3-11. Pia just found out that she was pregnant. She is very concerned that after the baby is born, she will have the desire to kill it or abandon it. What might you tell her to make her feel better?

Difficulty: 3

Question ID: 13.3-11

Page Ref: 467–468

Topic: Mood Disorders

Skill: Applied

Objective: 13.6

Answer: Explain that postpartum depression affects fewer than 15 percent of women, and even if she developed the signs, she would not be likely to harm her child.

Explain that postpartum psychosis is even more rare and is present in only 1 or 2 out of 1,000 women who have given birth.

- 13.3-12. Arlene is suffering from depression. Provide two environmental factors that may be contributing to Arlene's current state.

Difficulty: 3

Question ID: 13.3-12

Page Ref: 467–469

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: Explain that depressed individuals often receive sympathy and attention from loved ones, friends, or coworkers, which is a source of positive reinforcement.

Explain that depressed individuals are often excused from household duties or even attending work, suggesting that their depression may be maintained by negative reinforcement.

- 13.3-13. Explain why Rachel is at risk. She believes that she got passed over for a promotion at work because she isn't truly qualified, and the compliment her boss paid her regarding her presentation was the result of the high definition screen she borrowed from another department.

Difficulty: 3

Question ID: 13.3-13

Page Ref: 469–471

Topic: Explanations for Major Depressive Disorder: A Tangled Web

Skill: Applied

Objective: 13.7

Answer: Explain that Rachel is exhibiting the attributional pattern of a person with depression or a person who is at a high risk for developing learned helplessness.

- 13.3-14. Sherilyn's daughter Abbey was recently diagnosed with bipolar disorder. She is trying to decide whether or not to share this information with Abbey's classmates. What would you recommend?

Difficulty: 3

Question ID: 13.3-14

Page Ref: 471

Topic: Bipolar Disorder: When Mood Goes to Extremes

Skill: Applied

Objective: 13.6

Answer: Explain that although some labels can lead to negative reactions, Abbey may find herself better accepted by her peers now that they have some understanding of why she behaves the way she does. It would be important to note that bipolar disorder is among the most genetically influenced mental disorders; thus, knowing that acquiring the disorder was beyond her control might garner further understanding and compassion.

- 13.3-15. Based on statistics on the prevalence of depression, discuss why three times as many women as men attempt suicide.

Difficulty: 3

Question ID: 13.3-15

Page Ref: 467, 472–473

Topic: Suicide: Facts and Fictions

Skill: Applied

Objective: 13.8

Answer: Explain that women are twice as likely as men to be diagnosed with depression, and that depression plays a major role in suicide.

- 13.3-16. Discuss suicide and important risk factors that predict suicide attempts; also identify and debunk two important myths.

Difficulty: 3

Question ID: 13.3-16

Page Ref: 472–473

Topic: Suicide: Facts and Fictions

Skill: Applied

Objective: 13.8

Answer: Answers will vary but should contain the following information for full credit.

- Though often underreported, suicide is the eleventh leading cause of death in the United States (third for children, adolescents, and young adults).
- A previous attempt is the best predictor of suicide; while depression is a risk factor, it is less predictive than feelings of hopelessness; intense agitation is also an important predictor.
- Identify and discuss any two of the myths and the real facts that are listed in Table 13.5 on page 473.

- 13.3-17. Explain why, of all the dissociative disorders, the dissociative fugue may be the hardest to believe.

Difficulty: 3

Question ID: 13.3-17

Page Ref: 477

Topic: Dissociative Disorders

Skill: Applied

Objective: 13.11

Answer: Explain that individuals diagnosed with dissociative fugue have routinely disappeared under stressful or suspect circumstances, often engage in illegal or promiscuous behavior, and conveniently have no recollection of their actions.

13.3-18. Differentiate between the psychological disorders of dissociative identity disorder (DID) and schizophrenia.

Difficulty: 2

Question ID: 13.3-18

Page Ref: 477, 479–481

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Factual

Objective: 13.11-13

Answer: Answers will vary but should contain at least three of the following points, including the first one for sure, to earn full credit.

- DID is one of the dissociative disorders characterized by disruptions in a unified sense of the self (through disruptions in consciousness, memory, identity, or perception), where there are multiple personalities within a single individual. Schizophrenia by contrast deals with disruptions in thought processes and emotions that lead to a loss of contact with reality and in turn affect expression of language, emotions, perceptual abilities, and relationships with others.
- DID is a highly controversial disorder with many critics doubting its existence as a valid diagnosis. By contrast, schizophrenia has long been recognized as a disorder (going back to Bleuler’s coining of the term in 1911).
- DID is proposed to arise as a response for dealing with experiences of childhood sexual abuse (in response to environmental factors when it cannot be explained via the sociocognitive model), whereas schizophrenia is often linked to biological and/or genetic causes. However, many psychologists take the approach that schizophrenia is caused by having a predisposition to schizophrenia along with an exposure to significant stress or multiple stressors in one’s life, making the disorder more likely to emerge (diathesis-stress model).
- DID largely appeared with the use of suggestive therapeutic tools that seem to create the disorder (and fit with the sociocognitive explanation), whereas schizophrenia is only managed through the use of antipsychotic medications and hospitalization as necessary for the symptoms.
- DID is often marked by the switching between one’s normal personality and the various “alters” that exist. Schizophrenia is often marked by the presence of delusions, hallucinations, disorganized speech, catatonia, or other disorganized behavior.

13.3-19. Describe the schizophrenic symptoms illustrated by the following example. Tabitha believes that if she twinkles her nose, she can change the illumination of the room. She only changes the illumination when the curtains tell her that under certain light conditions, she is vulnerable to the X-ray vision that her neighbors possess.

Difficulty: 3

Question ID: 13.3-19

Page Ref: 479–481

Topic: Symptoms of Schizophrenia: The Shattered Mind

Skill: Applied

Objective: 13.12

Answer: Discuss delusions of grandeur and the false belief that the individual can control or manipulate some aspect of the environment, such as controlling the illumination of a room by twinkling one’s nose.

Discuss hallucinations and the acknowledgement of sensory stimuli that are not actually present, such as talking curtains.

Critical Thinking Short Answer

- 13.4-1. Differentiate how learning theorists and cognitive theorists differ in their explanations for the causes of anxiety disorders and major depressive disorder.

Difficulty: 3

Question ID: 13.4-1

Page Ref: 465–466, 469–470

Topic: Explanations for Anxiety Disorders; Explanations for Major Depressive Disorder

Skill: Conceptual

Objective: 13.5, 13.7

Answer: Answers will vary but a full credit answer should contain the following points.

- Learning theorists believe that anxiety disorders result from our direct (operant conditioning approaches) and indirect (classical conditioning, observational/social learning) experiences with the world around us. For example, we learn via negative reinforcement that our anxiety can be reduced by leaving stressful situations, places, people, or objects that we fear.
- Learning theorists explain depression through discussing the loss of positive reinforcement. Without being able to attain desired rewards for our actions, we come to feel that we are incapable of producing desired outcomes in other situations.
- Cognitive theorists believe that anxiety disorders result from our thought patterns about events. For example, people overgeneralize or catastrophize the likelihood of a highly improbable event and create needless worries for themselves.
- Cognitive theorists explain depression through individuals' negative view of themselves, their experiences, and their future. They view themselves as incapable now and in the future and engage in cognitive distortions that create problems for themselves, rather than seeing their experiences, abilities, and futures realistically.