



## Pool Canvas

Add, modify, and remove questions. Select a question type from the Add Question drop-down list and click **Go** to add questions. Use Creation Settings to establish which default options, such as feedback and images, are available for question creation.

Add   [Creation Settings](#)

**Name** Chapter 1: Abnormal Behaviour in Historical Context

**Description**

**Instructions**

[Modify](#)

[Add Question Here](#)

Question 1 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Which of the following best describes what is known regarding the definition of abnormality?

- Answer**
- Personal distress is the one criterion that defines abnormality.
  - The criteria differ depending on the cause of the psychological disorder.
  - The criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.
  - No one criterion has yet been developed that fully defines abnormality.

[Add Question Here](#)

Question 2 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Jack has recurring delusions that he is Harry Potter. He also hallucinates that Santa Claus is next to him and he talks to Santa throughout the day. Which criterion of abnormal behaviour most closely matches Jack's behaviour?

- Answer**
- severe mental distress
  - socially unacceptable behaviour
  - self-defeating behaviour
  - faulty perception of reality

[Add Question Here](#)

Question 3 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** When using the psychological disorder criteria, an individual would be assessed as having a *cognitive* dysfunction when which of the following exists?

- Answer**
- when his or her thought processes are totally out of touch with reality
  - when he or she is extremely distressed
  - when his or her behaviour violates social norms
  - when he or she avoids interactions with other people

[Add Question Here](#)

Question 4 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** George, a male college student, began feeling sad and lonely. Although still able to go to classes and work at his job, George finds himself feeling down much of the time and he worries about what is happening to him. Which part of the definition of abnormality applies to his situation?

- Answer**
- personal distress
  - lack of social support
  - impaired functioning
  - violation of societal norms

[Add Question Here](#)

Question 5 **Multiple Choice** **0 points**

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**Question** Popular musician Lady Gaga has performed with blood spurting out of her clothes. Why might having blood spurt from her clothes be considered abnormal?

- Answer**
- because her behaviour demonstrates a sense of subjective discomfort
  - because she has an inability to distinguish right from wrong
  - because it is a deviation from the average
  - because she shows an inability to function effectively

[Add Question Here](#)

Question 6 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** In most Western societies, what happens when a person enters a trance state and believes he or she is possessed?

- Answer**
- The person is believed to be suffering from schizophrenia or another psychotic disorder.
  - The person is diagnosed with a psychological disorder, regardless of culture.
  - The person may be viewed as having a psychological disorder, depending on their cultural background.
  - The person can be cured with anti-psychotic medication.

[Add Question Here](#)

Question 7 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Frank drinks three bottles of wine each day and believes he would be fine if people would just "mind their own business." Which criterion for abnormality best describes what is absent from this scenario?

- Answer**
- objective harm to others
  - personal distress
  - maladaptiveness
  - qualitative uniqueness

[Add Question Here](#)

Question 8 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** As used in your textbook, the term *dysfunctional* refers to what sort of behaviour?

- Answer**
- overly emotional behaviour
  - behaviour that is a violation of social norms
  - behaviour that is distressing to the individual but not to others
  - out-of-control behaviour

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 9

**Multiple Choice**

**0 points**

**Question** Ron has just been diagnosed with schizophrenia and hospitalized. What would Thomas Szasz most likely argue?

- Answer**
- Ron should not be hospitalized because doing so will only make his symptoms worse.
  - Ron's behaviour does not represent an illness like diabetes, and *schizophrenia* is merely a label applied on the basis of highly subjective judgments.
  - Ron's schizophrenia is a serious illness that is best treated with a combination of drugs and family therapy.
  - Ron should be assessed further because mistakes in diagnosis are made frequently.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 10

**Multiple Choice**

**0 points**

**Question** What degree is usually held by a clinical psychologist, and what degree is always held by a psychiatrist?

- Answer**
- Psy.D.; Ph.D.
  - Ph.D.; M.D.
  - Ph.D.; Psy.D.
  - Ed.D.; M.D.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 11

**Multiple Choice**

**0 points**

**Question** Which of the following best describes psychopathology?

- Answer**
- the medications used to treat some psychological disorders
  - the criteria used to define psychological disorders
  - the psychological therapies used to treat psychological disorders
  - the scientific study of psychological disorders

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 12

**Multiple Choice**

**0 points**

**Question** Which of the following best describes a psychotherapist?

- Answer**
- someone who might have been trained as a psychologist, a psychiatrist, or a social worker
  - someone who earned an M.A. or a Ph.D. in clinical psychology
  - someone who must be qualified to prescribe drugs to treat psychological disorders
  - someone who concentrates on conducting research into the causes and treatment of psychological disorders

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 13

**Multiple Choice**

**0 points**

**Question** After graduation, two of your friends express an interest in psychology careers. Carl wants to work with relatively healthy individuals who are experiencing adjustment or vocational difficulties. Anna wishes to focus on the more severe psychological disorders and conduct research into their causes. Since you are studying abnormal psychology, they ask you for career advice. What do you tell them?

- Answer**
- Carl should study psychology at the graduate level, and Anna should apply to medical school.
  - Carl should study clinical psychology at the graduate level, and Anna should study counselling psychology at the graduate level.
  - Both of them should apply to medical school.
  - Anna should study clinical psychology at the graduate level, and Carl should study counselling psychology at the graduate level.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 14

**Multiple Choice**

**0 points**

**Question** All of the following describe functions of a mental health scientist-practitioner, EXCEPT which one?

- Answer**
- They conduct research leading to new information about mental disorders and their treatments.
  - They focus primarily on drugs or other biological treatments.
  - They evaluate their own assessments and treatments for effectiveness.
  - They use the most current diagnostic and treatment procedures.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 15

**Multiple Choice**

**0 points**

**Question** What is the relationship between a *presenting problem* and a *clinical description*?

- Answer**
- Obtaining the patient's clinical description is the first step in determining what the patient's presenting problem is.
  - Describing the patient's presenting problem is the first step in determining the patient's clinical description.
  - The presenting psychological symptom is often different from the disorder indicated by the clinical description.
  - The presenting problem refers to symptoms that last only a short time, whereas the clinical description refers to symptoms that are chronic.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 16

**Multiple Choice**

**0 points**

**Question** Statistical data are relevant to researchers. For example, one major epidemiological study found that about 7.8 percent of people in North America have had a mood disorder at some point in their lives, and 3.7 percent have experienced a mood disorder over the past year. What do the 7.8 percent and 3.7 percent statistics refer to, respectively?

- Answer**
- incidence; prevalence
  - incidence; recurrence
  - proportion; prevalence
  - prevalence; incidence

[Add Question Here](#)Question 17 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** Psychological disorders can be described as following a typical course or individual pattern. Disorders that tend to last a long time follow one type of course, whereas disorders that show a discontinuous, repetitive pattern follow another type of course. What are these courses, respectively?

**Answer**

- chronic; episodic
- chronic; time-limited
- pervasive; time-limited
- insidious; recurrent

[Add Question Here](#)Question 18 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** If a psychological disorder is said to have an acute onset, how did the symptoms develop?

**Answer**

- atypically
- suddenly
- gradually
- sporadically

[Add Question Here](#)Question 19 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** When 20-year-old Larry was first identified as suffering from schizophrenia, his family wanted to know how the disorder would progress and how it would affect him in the future. In medical terms, what did the family want to know?

**Answer**

- Larry's psychosocial profile
- Larry's pathology
- Larry's diagnosis
- Larry's prognosis

[Add Question Here](#)Question 20 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** Why is a patient's age important information in the clinical description?

**Answer**

- because young children do not experience true psychological disorders
- because older adults are reluctant to report psychological symptoms
- because parents struggle accepting a psychological diagnosis pertaining to their children
- because disorders occurring in childhood may be expressed differently at older ages

[Add Question Here](#)Question 21 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** Knowing that a specific drug or therapy is effective for treating a disorder is important in understanding more about which of the following?

**Answer**

- the disorder's etiology
- the disorder's residual effects
- the disorder's course
- the disorder's clinical description

[Add Question Here](#)Question 22 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** At various times in history, in an attempt to explain problematic, irrational behaviour, humans have focused on supernatural causes. These include all of the following EXCEPT which one?

**Answer**

- the moon and stars
- demons and evil spirits
- magnetic fields
- bodily humors

[Add Question Here](#)Question 23 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** The biological and psychological theories of abnormality derived originally from an ancient Greek concept. Which of the following did this concept state?

**Answer**

- The movement of the planets influenced human behaviour.
- The mind was considered separate from the body.
- The female reproductive organs were associated with psychopathology.
- The flow of bodily fluids affected behaviour and personality.

[Add Question Here](#)Question 24 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** For much of our recorded history, deviant behaviour was considered a reflection of the battle between which of the following?

**Answer**

- the natural and the supernatural
- good and evil
- the brain and the body
- the soul and the mind

[Add Question Here](#)Question 25 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** Why were mentally ill people during the Middle Ages sometimes forced to undergo a religious ritual called exorcism?

- Answer**
- to prove that the person was not a witch
  - to rid the individual's body of evil spirits
  - to cure the mental illness by making the individual more religious
  - to obtain God's forgiveness

[◀ Add Question Here](#)

Question 26 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** During the Middle Ages, how did the church view some symptoms of mental illness, such as despair and lethargy?

- Answer**
- as indicators of demonic possession
  - as evidence of witchcraft
  - as synonymous with the sin of acedia, or sloth
  - as signs of heresy

[◀ Add Question Here](#)

Question 27 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** In the 14th and 15th centuries, which of the following was a competing explanation of the supernatural view of mental illness?

- Answer**
- An unhealthy lifestyle contributed to mental illness but the effects were curable.
  - Head injuries were often the cause of abnormal behaviour and such damage was incurable.
  - Insanity was a natural phenomenon caused by stress and it was curable.
  - Insanity was genetic and incurable.

[◀ Add Question Here](#)

Question 28 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** In the 14th century, why did the physician treating France's King Charles VI have him moved to the countryside?

- Answer**
- to cure him of hysteria
  - to restore the balance in his humors
  - to keep him away from his family
  - to keep him away from sin and temptation

[◀ Add Question Here](#)

Question 29 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** During more superstitious times, which of the following was thought to be the cause of abnormal behaviour?

- Answer**
- a demonic possession
  - black bile
  - the result of homosexuality
  - punishment of the illiterate

[◀ Add Question Here](#)

Question 30 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** One hot and humid night, one of your friends suggests doing some really weird things. You look up at the sky and say, "It must be the full moon." Your statement reflects the concept that is derived from which of the following words?

- Answer**
- lunatic
  - demonica
  - maniac
  - idiot

[◀ Add Question Here](#)

Question 31 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** The historic belief that the movements and/or positions of the moon, the stars, and the planets influence human behaviour is still held by followers of which pseudoscience?

- Answer**
- astronomy
  - parapsychology
  - graphology
  - astrology

[◀ Add Question Here](#)

Question 32 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** According to the ancient Greek physician Hippocrates, which of the following factors could negatively influence psychological functioning?

- Answer**
- family stress
  - birth order
  - religion
  - supernatural forces

[◀ Add Question Here](#)

Question 33 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** According to the Greek physician Hippocrates, all of the following were causes of psychopathology EXCEPT which one?

- Answer**
- excessive alcohol consumption
  - head injury
  - genetics
  - brain pathology

[◀ Add Question Here](#)

Question 34 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** You are listening to old musical tunes, including “*Melancholy Baby*.” Your friends are impressed when you tell them that *melancholic*, referring to a depressive personality, derives from the Greek term *melancholer*. What does this term mean?

**Answer**

- yellow bile
- phlegm
- blood
- ✓ black bile

◀ [Add Question Here](#)

Question 35 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** According to Hippocrates' humoral theory, which of the following best describes the choleric personality?

**Answer**

- ✓ hot tempered
- kind
- lacking affect
- easygoing

◀ [Add Question Here](#)

Question 36 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Based on Hippocrates' humoral theory, what type of person does the term *sanguine* describe?

**Answer**

- humorous
- pessimistic
- pale
- ✓ cheerful

◀ [Add Question Here](#)

Question 37 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Bloodletting, often through the use of leeches, was a treatment devised centuries ago. What was this treatment used for?

**Answer**

- to reduce excessive blood in the brain
- to correct a chemical imbalance in the brain
- to reduce the negative effects of stress
- ✓ to restore the balance of humors

◀ [Add Question Here](#)

Question 38 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** In an attempt to rid the body of the excessive humors thought to cause psychological disorders, which treatment did physicians throughout history use?

**Answer**

- induced seizures
- ✓ bloodletting
- drilling through the skull
- exorcism

◀ [Add Question Here](#)

Question 39 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Induced vomiting was a 17th-century treatment for depression. As described in *Anatomy of Melancholy* (1621), this could be accomplished by eating what?

**Answer**

- ✓ tobacco
- ice
- raw meat
- cabbage

◀ [Add Question Here](#)

Question 40 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now known by which of the following terms?

**Answer**

- neurosis
- anxiety disorders
- delusions
- ✓ somatoform disorders

◀ [Add Question Here](#)

Question 41 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** The Greek physician Hippocrates coined the term *hysteria* to describe which of the following?

**Answer**

- severe melancholia accompanied by physical symptoms for which no organic cause can be found
- laughing and crying frequently and inappropriately
- ✓ physical symptoms that appear to be the result of an organic pathology for which no organic cause can be found
- psychological symptoms that appear to have an organic cause but for which no organic cause can be found

◀ [Add Question Here](#)

Question 42 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Why are hysterical disorders no longer considered to be caused by a “wandering” uterus?

**Answer**

- because men also suffer from hysterical disorders
- ✓ because of greater knowledge of physiology
- because the theory is considered insulting to women
- because when the uterus is removed, symptoms tend to remain

◀ [Add Question Here](#)



- Question 43 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In ancient Greece, a woman suffering from hysteria might be told that her condition could be cured by which of the following?
- Answer**
- induced seizures
  - bloodletting
  - marriage
  - rest and relaxation
- [Add Question Here](#)
- Question 44 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** The first significant supporting evidence for a biological cause of a mental disorder was the 19th-century discovery that the bizarre behavioural and cognitive symptoms of the disorder called general paresis are caused by the same bacterial microorganism that causes which of the following?
- Answer**
- epilepsy
  - hysteria
  - malaria
  - syphilis
- [Add Question Here](#)
- Question 45 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In the 19th-century United States, John Grey, an important figure in early psychiatry, believed that mental illness is *always* due to which of the following?
- Answer**
- physical causes
  - social/environmental influences
  - psychological factors
  - unknown influences
- [Add Question Here](#)
- Question 46 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Why was the use of insulin shock therapy as a treatment for schizophrenia replaced by electroconvulsive therapy in the 1930s?
- Answer**
- because insulin therapy was considered too expensive to use extensively
  - because insulin therapy was considered too risky
  - because insulin therapy was considered ineffective
  - because insulin therapy was considered unethical
- [Add Question Here](#)
- Question 47 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Why was electroconvulsive therapy originally used as a therapy for schizophrenia?
- Answer**  because it was (mistakenly) observed that schizophrenia was rarely found in people with epilepsy.
- because it was (mistakenly) observed that it could reduce brain seizures, providing a cure.
  - because it was (mistakenly) observed to induce convulsions and stimulated appetite in psychotic patients
  - because it was (mistakenly) observed to alleviate the depression that often accompanies schizophrenia
- [Add Question Here](#)
- Question 48 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Some of the first effective drugs for psychological disorders, developed in the middle of the 20th century, included which of the following?
- Answer**
- benzodiazepines to treat depression
  - bromides and opium for sedation
  - insulin and neuroleptics for sedation
  - neuroleptics for psychotic symptoms
- [Add Question Here](#)
- Question 49 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In many part of the world during the 1970s, what would an individual suffering from an anxiety disorder most likely have been prescribed?
- Answer**
- bromides
  - neuroleptics
  - benzodiazepines
  - electroconvulsive therapy
- [Add Question Here](#)
- Question 50 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** The discovery of certain tranquilizers made it possible to control psychotic symptoms, including hallucinations and delusions. What kind of drugs were these tranquilizers?
- Answer**
- neuroleptics
  - bromides
  - benzodiazepines
  - opiates
- [Add Question Here](#)
- Question 51 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In the late 1800s, there was an emphasis on biological causes of mental disorders, which ironically reduced interest in treatments for mental patients. Why did this happen?

- Answer**
- because it was thought that hospital staff were not adequately trained to administer new treatments
  - because it was thought that patients would improve more rapidly if they were not hospitalized
  - ✓ because it was thought that mental illness due to brain pathology was incurable
  - because it was thought that physicians should devote more time to the physically ill

◀ [Add Question Here](#)

Question 52 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Why was Emil Kraepelin's lasting contribution to modern psychiatry in the area of diagnosis and classification of psychological disorders, rather than that of treatment?

- Answer**
- because of his discomfort with actually working with patients
  - because of his conviction that better diagnosis was necessary for more effective treatment
  - ✓ because of his belief that these disorders were due to brain pathology
  - because of his belief in the influence of the social environment in mental illness

◀ [Add Question Here](#)

Question 53 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** In the psychosocial approach called moral therapy, what does the term *moral* refer to?

- Answer**
- ✓ emotional or psychological
  - a code of ethical conduct expected of the therapist
  - a religious code of conduct expected of the patient
  - the ethical treatment of the mentally ill

◀ [Add Question Here](#)

Question 54 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Which of the following best describes asylums prior to the advent of moral therapy?

- Answer**
- They were for only the very wealthy.
  - ✓ They were more like prisons than hospitals.
  - They used insulin shock therapy to treat the most extreme disorders.
  - They housed only those patients with the most serious mental illnesses.

◀ [Add Question Here](#)

Question 55 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Moral therapy advocated the use of all of the following EXCEPT which one?

- Answer**
- ✓ physical restraints and seclusion
  - individual attention from the hospital staff
  - lectures on interesting subjects for hospitalized patients
  - opportunities for normal social interaction

◀ [Add Question Here](#)

Question 56 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** When did moral therapy work best?

- Answer**
- When it was used with groups of patients, rather than through individual attention to patients
  - ✓ when the number of patients in an institution was 200 or fewer
  - When it was used in populations of immigrants and the poor
  - when it was supplemented by the use of restraint and seclusion

◀ [Add Question Here](#)

Question 57 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Which of the following best describes the efforts of Dorothea Dix in the mid-1800s to improve the conditions for the mentally ill throughout Canada and the United States?

- Answer**
- ✓ Her efforts were known as the mental hygiene movement.
  - Her efforts were recognized for helping to reduce the overall number of asylums.
  - Her efforts were known as the humane therapy movement.
  - Her efforts were known for the introduction of effective drugs to treat psychological disorders.

◀ [Add Question Here](#)

Question 58 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Early mental health reformer and crusader Clarence Hincks's personal experience with major depression contributed to his ideas of mental illness. Which of the following best characterizes his view regarding mental illness?

- Answer**
- Mental illness was treatable with a combination of drugs and individualized attention.
  - Mental illness was incurable but more humane institutions were needed to care for the mentally ill.
  - Mental illness was caused by brain pathology and, therefore, was incurable.
  - ✓ Mental illness was treatable, which was contrary to the prevailing view at the time.

◀ [Add Question Here](#)

Question 59 **Multiple Choice** **0 points**

[Modify](#) [Remove](#)

**Question** Anton Mesmer, an early 18th-century physician, purported to cure patients by unblocking the flow of a bodily fluid he called animal magnetism. Benjamin Franklin's double-blind experiment indicated that any effectiveness of his methods was actually due to which of the following?

- Answer**
- undetectable magnetic fields
  - chemically induced humoral balance
  - ✓ the power of suggestion
  - mental telepathy

◀ [Add Question Here](#)

- Question 60 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Jean Charcot used some of Mesmer's methods of suggestion on his patients (minus the robes and chemicals). What did Charcot find?
- Answer**  These methods were effective in treating a number of psychological disorders.  
 These methods were no more effective than previous methods he had used.  
 Patients were better able to understand the link between their emotional problems and their psychological disorder.  
 The symptoms of some patients actually worsened.
- [Add Question Here](#)
- Question 61 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** What did Josef Breuer observe in patients who had undergone hypnotherapy for psychological disorders?
- Answer**  The patients had accurate post-hypnotic recall.  
 The patients had increased understanding of the causes of their psychological disorder.  
 The patients had feelings of relief and improvement.  
 The patients had decreased emotionality while in the hypnotic state.
- [Add Question Here](#)
- Question 62 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** Realizing patients are often unaware of material previously recalled under hypnosis, Charcot, Breuer, and Freud hypothesized the existence of a concept considered one of the most important developments in the history of psychopathology. What was that concept?
- Answer**  psychosis  
 the unconscious mind  
 catharsis  
 repression
- [Add Question Here](#)
- Question 63 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** What did Freud and Breuer discover about the process known as catharsis?
- Answer**  They discovered that it reduces psychotic symptoms such as hallucinations and delusions.  
 They discovered that it occurs beyond the conscious awareness of the patient.  
 They discovered that it leads to a fuller understanding of the relationship between current emotions and earlier events.  
 They discovered that the power of suggestion subconsciously changed behaviour.
- [Add Question Here](#)
- Question 64 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In 1895, how did neurologist Breuer treat Anna O.'s hysterical symptoms?
- Answer**  using mesmerism  
 using hydrotherapy  
 using the placebo effect  
 using hypnosis
- [Add Question Here](#)
- Question 65 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** All of the following are included as part of Freud's structure of the mind EXCEPT which one?
- Answer**  psyche  
 superego  
 ego  
 id
- [Add Question Here](#)
- Question 66 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In Freudian theory, the terms *libido* and *thanatos* represent two basic but opposing drives. What are they?
- Answer**  life and death  
 pleasure and pain  
 sex and celibacy  
 good and evil
- [Add Question Here](#)
- Question 67 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** You have just read a newspaper article about a savage rape and murder. You wonder how anyone could commit such a horrible crime. Then you recall from your study of Freudian theory that anyone could be a killer or rapist if certain impulses are not well controlled. Which of the following best describes these impulses?
- Answer**  intrapsychic  
 libidinous  
 id  
 primitive
- [Add Question Here](#)
- Question 68 **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** The ego operates according to one principle, whereas the id operates according to another principle. What are they, respectively?
- Answer**  reality; pleasure  
 primary; secondary  
 pleasure; aggression  
 reality; aggression
- [Add Question Here](#)



- Question 69** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** According to psychoanalytic theory, what develops early in life to ensure that we can adapt to the demands of the real world while still finding ways to meet our basic needs?
- Answer**
- id
  - conscience
  - superego
  - ✓ ego
- [Add Question Here](#)
- Question 70** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** According to psychoanalytic theory, the id operates according to the pleasure principle. What does that mean?
- Answer**
- It utilizes secondary-process thinking.
  - It thinks in an unemotional, logical, and rational manner.
  - ✓ It is sexual, aggressive, selfish, and envious.
  - It adheres to social rules and regulations.
- [Add Question Here](#)
- Question 71** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of the id. Which of the following might you state to your classmate to address their fear?
- Answer**
- Since id impulses are usually part of conscious awareness, we can learn to control them.
  - Id fantasies never become reality.
  - ✓ Each of us develops an ego to help us behave more realistically.
  - Psychologists disproved Freud's theories a long time ago.
- [Add Question Here](#)
- Question 72** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** According to psychoanalytic theory, what is the role of the ego?
- Answer**
- to counteract the aggressive and sexual drives of the id
  - to maximize pleasure and reduce tension
  - ✓ to mediate conflict between the id and the superego
  - to increase self-esteem and a strong sense of identity
- [Add Question Here](#)
- Question 73** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** If you were asked to explain Freud's structure of the mind to a friend who was unfamiliar with psychology, you might use an organizational analogy in which the id would be the employee who comes to work late and takes very long lunch hours and the ego would be the manager. Which of the following would be the superego?
- Answer**
- the company president
  - a salesperson
  - ✓ the building security guard
  - a client
- [Add Question Here](#)
- Question 74** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** According to psychoanalytic theory, what do the conflicts between the id and the superego often lead to?
- Answer**
- ✓ anxiety
  - anger
  - violent behaviour
  - depression
- [Add Question Here](#)
- Question 75** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** According to Freudian theory, anxiety is a signal for the ego to marshal its mechanisms of defence. This is a function of which of the following?
- Answer**
- reality-based actions
  - conscious efforts to maintain control
  - ✓ unconscious protective processes
  - primitive emotional responses
- [Add Question Here](#)
- Question 76** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** As used in modern terminology to reflect coping styles, which of the following best describes defence mechanisms?
- Answer**
- They are dependent upon the age of the person and how they are used.
  - ✓ They can be either adaptive or maladaptive.
  - They are self-defeating.
  - They are adaptive.
- [Add Question Here](#)
- Question 77** **Multiple Choice** **0 points** [Modify](#) [Remove](#)
- Question** In which defence mechanism does an individual falsely attribute his or her own unacceptable feelings, impulses, or thoughts to another person?

**Answer**

- sublimation
- projection
- displacement
- denial

[◀ Add Question Here](#)

Question 78 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Mrs. Babcock received a very poor rating by her supervisor, who had been constantly criticizing her in front of her co-workers. When she got home, her children ran up to greet her, all talking at once. She responded by yelling, "Leave me alone! Can't you see I'm tired?" According to psychoanalytic theory, which defence mechanism does this situation illustrate?

**Answer**

- projection
- displacement
- repression
- rationalization

[◀ Add Question Here](#)

Question 79 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Jack and Jill have been dating for six months. Jill is not interested in continuing their relationship. She calls Jack and informs him that although she cares about him, she must end their relationship. Jack laughs and says, "funny joke." Jill states, "this is not a joke; I am serious." Jack then says, "I'll pick you up in an hour for dinner." Which defence mechanism does this example illustrate?

**Answer**

- displacement
- projection
- denial
- repression

[◀ Add Question Here](#)

Question 80 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** After receiving the results of four different sets of tests, Mary's doctor tells her that she has cancer. Mary states, "This can't be true; I'm going to get a second opinion." Which defence mechanism does this example illustrate?

**Answer**

- displacement
- denial
- projection
- repression

[◀ Add Question Here](#)

Question 81 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** In which defence mechanism does an individual substitute behaviour, thoughts, or feelings that are the direct opposite of unacceptable ones?

**Answer**

- displacement
- repression
- rationalization
- reaction formation

[◀ Add Question Here](#)

Question 82 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Which of the following is an example of a healthy defence mechanism?

**Answer**

- sublimation
- projection
- denial
- repression

[◀ Add Question Here](#)

Question 83 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** A four-year-old girl sucks her thumb, a teenager binges on food, and an adult woman bites her fingernails. According to the Freudian theory of psychosexual development, what underlies all of these behaviours?

**Answer**

- repression of aggressive impulses
- a fixation at the oral stage of psychosexual development
- a trauma during the toilet-training phase
- denial of unacceptable feelings, thoughts, or wishes

[◀ Add Question Here](#)

Question 84 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** How is the Oedipus complex, the psychosexual conflict occurring during the phallic stage of development in boys, characterized?

**Answer**

- by love for the mother and feelings of anger and envy toward the father
- by a repressed need for oral gratification
- by a love for the father and feelings of repulsion toward the mother
- by a repressed need for genital self-stimulation

[◀ Add Question Here](#)

Question 85 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** How is the Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, characterized?

**Answer**

- by latency lust
- by feelings of anger and envy toward the mother
- by castration anxiety
- by a desire to replace the mother and possess the father

[◀ Add Question Here](#)Question 86 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** As compared to her father, Sigmund Freud, Anna Freud (1895–1982) focused her work on the way our behaviour is influenced, and as such wrote which of the following?

- Answer**
- Id and the Mechanisms of Defense
  - Our Neurosis and the Mechanisms of Defense
  - Our Self-actualization and the Mechanisms of Defense
  - ✓ Ego and the Mechanisms of Defense

[◀ Add Question Here](#)Question 87 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** According to Anna Freud's ego psychology, when does abnormal behaviour develop?

- Answer**
- when the ego does not develop normally due to psychosexual conflicts at the oral stage of development
  - ✓ when the ego is deficient in regulating such functions as delaying and controlling impulses
  - when there are social and psychological barriers to achieving self-actualization
  - when introjected objects become an integrated part of the ego

[◀ Add Question Here](#)Question 88 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** In contrast to Freud, how did Jung and Adler view human nature?

- Answer**
- They believed that cognitive and personality factors shape human potential.
  - ✓ They believed that humans are born with a strong drive toward self-actualization.
  - They believed that the ego is much stronger than Freud postulated.
  - They believed that humans are shaped through learning from the environment.

[◀ Add Question Here](#)Question 89 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** According to object relations theory, what does the concept of *introjection* refer to?

- Answer**
- a strong drive toward self-actualization and self assessment
  - ✓ the process of internalizing the images, memories, or values of an important person in one's life
  - the ability to adapt successfully to one's environment
  - projecting one's own unacceptable feelings onto another individual or object

[◀ Add Question Here](#)Question 90 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** What was Erikson's greatest contribution to psychoanalytical theorizing?

- Answer** ✓
- his idea that development occurs across the life span
  - his idea that sexual arousal and interest occur during the latency stage
  - his idea that societal factors influence our behaviour
  - his idea that intrapsychic conflicts are resolved in early childhood

[◀ Add Question Here](#)Question 91 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** In classical psychoanalysis, which of the following describes why the process whereby the therapist interprets a patient's dreams is often difficult?

- Answer** ✓
- The patient may resist uncovering repressed material and deny the interpretation.
  - Patients often forget their dreams.
  - The patient may relate to the therapist much as he did toward a parent figure.
  - The therapist may wish not to upset the patient with a negative interpretation.

[◀ Add Question Here](#)Question 92 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** In psychoanalytic psychotherapy, which of the following is most important for patients?

- Answer**
- to strive to reach their full potential
  - to remain emotionally detached from the analyst
  - to learn more adaptive coping mechanisms
  - ✓ to describe the content of their dreams to the analyst

[◀ Add Question Here](#)Question 93 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** In classical psychoanalysis, what does the concept of *transference* refer to?

- Answer**
- the process in which the patient falsely attributes his or her own unacceptable feelings or thoughts to the therapist
  - the process in which the therapist projects some of his or her own personal feelings onto the patient
  - ✓ the process in which the patient relates to the therapist as he or she would toward a parent figure
  - the process in which the patient directs potentially maladaptive impulses to socially acceptable behaviour

[◀ Add Question Here](#)Question 94 **Multiple Choice** **0 points**[Modify](#) [Remove](#)

**Question** How does psychodynamic psychotherapy differ from classical (Freudian) psychoanalysis?

- Answer**
- It emphasizes the goal of personality reconstruction.
  - ✓ It focuses more on social and interpersonal issues.
  - It considers past experiences important.
  - It requires a long-term commitment on the part of the person being analyzed.

[◀ Add Question Here](#)Question 95 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** How do most mental health professionals view psychoanalysis as a treatment technique?

- Answer**
- It has been proven effective.
  - It has been subject to careful measurement criteria.
  - ✓ It is basically unscientific.
  - It is noted for consistency in analytic interpretation.

[◀ Add Question Here](#)Question 96 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** The concept of a *hierarchy of needs* is most closely associated with the theories of which of the following?

- Answer**
- Carl Rogers
  - Anna Freud
  - ✓ Abraham Maslow
  - Carl Jung

[◀ Add Question Here](#)Question 97 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** According to Abraham Maslow's hierarchy of needs, individuals will be unable to achieve high levels of self-actualization and self-esteem unless which of the following has taken place?

- Answer**
- unless they have been raised with unconditional positive regard from primary caregivers
  - ✓ unless they have first met more basic human requirements such as food, sex, and friendship
  - unless they have developed sufficient ego strength
  - unless they have gratified their basic needs and satisfied their drive for physical pleasure through five psychosexual stages of development

[◀ Add Question Here](#)Question 98 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** All of the following are associated with the humanistic theories of Carl Rogers EXCEPT which one?

- Answer**
- ✓ hierarchy of needs
  - unconditional positive regard
  - empathy
  - client-centred therapy

[◀ Add Question Here](#)Question 99 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** What do humanistic therapists regard as the most positive influence in facilitating human growth?

- Answer**
- therapist interpretations of the patient's verbalizations
  - self-esteem
  - ego development
  - ✓ relationships (including the therapeutic relationship)

[◀ Add Question Here](#)Question 100 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** How does Gestalt therapy differ from psychoanalytic therapy?

- Answer** ✓ In Gestalt therapy, there is no delving into past experiences.
- In Gestalt therapy, the critical element is the therapist's unconditional positive regard for the patient.
  - In Gestalt therapy, there is little emphasis on the here and now.
  - In Gestalt therapy, there is little or no training required for therapists.

[◀ Add Question Here](#)Question 101 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** Sarah underwent chemotherapy treatment for cancer. She now reports experiencing mild nausea when she drives by the hospital and severe nausea when she enters the hospital where her chemotherapy was administered. What phenomenon best explains these reactions to stimuli she associates with her chemotherapy?

- Answer**
- reconditioning
  - introspection
  - operant conditioning
  - ✓ stimulus generalization

[◀ Add Question Here](#)Question 102 **Multiple Choice****0 points**[Modify](#) [Remove](#)**Question** A dog had been conditioned to salivate to the sound of a bell because of its association with the presentation of food. Later, when exposed to the bell *without* food for a long period, the dog eventually stopped salivating to the sound of the bell. What is this phenomenon known as?

- Answer**
- ✓ extinction
  - response fading
  - conditioned forgetting
  - stimulus fading

[◀ Add Question Here](#)Question 103 **Multiple Choice****0 points**[Modify](#) [Remove](#)

**Question** Why is Watson and Rayner's experiment in which they induced a fear of white, furry objects in Little Albert famous?

- Answer**
- It was the first real-life demonstration of operant conditioning.
  - It was the first recorded lawsuit made against the psychology profession for unethical behaviour.
  - ✓ It was the first recorded example of inducing fear of an object in a laboratory setting.
  - It proved the law of effect.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 104 **Multiple Choice** **0 points**

**Question** What does Wolpe's technique of systematic desensitization involve?

- Answer**
- reinforcing successive approximations to a final behaviour or set of behaviours
  - ✓ gradually introducing the feared objects or situations so that fear can be extinguished
  - gradually reinforcing fearless behaviour and punishing fear responses
  - reinforcing an incompatible response to a feared situation

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 105 **Multiple Choice** **0 points**

**Question** Jason has been having a lot of difficulty because of his irrational fears. Based on the work of Joseph Wolpe, his doctor advises Jason to participate in which anxiety-reduction procedure?

- Answer**
- aversive conditioning
  - person-centred therapy
  - ✓ systematic desensitization
  - mesmerism

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 106 **Multiple Choice** **0 points**

**Question** You are in a mall when a young child begins to scream and shout because his parents will not buy him the latest toy. What would B.F. Skinner most likely say about the child's behaviour?

- Answer**
- It is an expression of repressed Oedipal anger toward his father and it will diminish naturally as he gets older.
  - It is a classically conditioned response to being in the mall.
  - It would be most effectively altered over the long term by simply ignoring it.
  - ✓ It would be most effectively altered over the long term by scolding him and positively reinforcing more appropriate behaviour.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 107 **Multiple Choice** **0 points**

**Question** Why are operant conditioning techniques being applied in Canadian hospital settings?

- Answer**
- to increase patients' insight into their fears and wishes
  - ✓ to reduce psychiatric patients' undesirable behaviour and increase their desirable behaviour
  - to reduce patients' fear of surgery
  - to increase nursing staff's empathy

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 108 **Multiple Choice** **0 points**

**Question** What are two recent developments that have contributed to a multidimensional, integrative approach to psychopathology?

- Answer**
- the introduction of highly specialized drugs and more sophisticated training for mental-health workers
  - ✓ increasingly sophisticated medical technology and the realization that no one influence on behaviour ever occurs in isolation
  - deinstitutionalization and the growth of humanistic therapies
  - an increase in public mental health education and less reliance on drugs to control abnormal behaviour

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 109 **Essay** **0 points**

**Question** Discuss the criteria for abnormality and the meanings of psychological dysfunction, personal distress, and atypical or not culturally expected behaviour.

**Answer** Student responses will vary.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 110 **Essay** **0 points**

**Question** Discuss the controversy surrounding the use of medical diagnoses in the case of psychological disorders. Explain the position taken by Thomas Szasz.

**Answer** Student responses will vary.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 111 **Essay** **0 points**

**Question** Describe the educational and professional differences between psychologists and psychiatrists. In Canada, who is permitted to hold him- or herself out to the public as a "psychologist" (e.g., in advertising)?

**Answer** Student responses will vary.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 112 **Essay** **0 points**

**Question** Compare and contrast the three traditional models of abnormal behaviour: supernatural, psychological and biological. Mention key aspects of the explanations of abnormal behaviour and treatments of the mentally ill associated with each model.

**Answer** Student responses will vary.

◀ [Add Question Here](#)

[Modify](#) | [Remove](#)

Question 113 **Essay** **0 points**



**Question** Discuss the evolution of biological treatments for psychological disorders across the 20th century. Explain the development and use of insulin shock therapy and electroconvulsive therapy in the first part of the century, and describe the major drug therapies developed in the latter half.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

Question 114 **Essay** **0 points**

[Modify](#) [Remove](#)

**Question** Describe the psychosocial approach to mental disorders called moral therapy. Mention key figures who contributed to or promoted this approach. Discuss whether this approach was effective in improving conditions for the mentally ill. Explain the reasons for the decline of moral therapy.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

Question 115 **Essay** **0 points**

[Modify](#) [Remove](#)

**Question** Explain the basic assumptions of psychoanalytic theory. Refer to concepts such as anxiety, defence mechanisms, and psychosexual development. Use specific examples to illustrate these concepts.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

Question 116 **Essay** **0 points**

[Modify](#) [Remove](#)

**Question** Compare and contrast classical psychoanalysis and psychodynamic psychotherapy. Note the criticisms of classical psychoanalysis and explain why it is more of historical than of current interest.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

Question 117 **Essay** **0 points**

[Modify](#) [Remove](#)

**Question** Compare the basic assumptions and techniques of behaviour therapy versus humanistic therapy. Mention significant figures who contributed to each approach, and the key concepts associated with those individuals.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

Question 118 **Essay** **0 points**

[Modify](#) [Remove](#)

**Question** Identify and explain the developments in the 1990s that contributed to a multidimensional, integrative approach to psychopathology. Describe the contributions that cognitive science and neuroscience have made to our expanding knowledge about psychopathology.

**Answer** Student responses will vary.

[◀ Add Question Here](#)

OK