

PSY 250
Abnormal Psychology
Review for Chapters 4, 5, and 6

1. Which of the following is one of the three personality structures described by Freud?
 - A. id
 - B. archetype
 - C. ideal self
 - D. collective unconscious
2. In Freud's theory, protective efforts that serve to defend the ego against anxiety are referred to as
 - A. dynamics.
 - B. ego ideals.
 - C. defense mechanisms.
 - D. morals.
3. The shifting of impulses from the target of those feelings to someone or something that is more acceptable is the defense mechanism referred to as
 - A. projection.
 - B. rejection.
 - C. displacement.
 - D. regression.
4. According to Freud, which of the following is the first stage of personality development?
 - A. oral
 - B. anal
 - C. phallic
 - D. genital
5. Researcher Elizabeth Loftus was able to convince adults that they had been
 - A. abducted by aliens.
 - B. involved in Satanic rituals.
 - C. lost in a mall at age 5.
 - D. victims of sexual abuse.
6. Hiro's psychoanalyst is urging him to sit back, relax, and say whatever is on his mind. This technique is known as
 - A. dream analysis.
 - B. free association.
 - C. client centering.
 - D. word association.
7. The way a person relates to a caregiver figure is referred to as
 - A. socialization.
 - B. attachment style.
 - C. avowal defensiveness.
 - D. temperament.

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8. While out on a camping trip, Bill experiences a feeling of tremendous inner happiness. He feels as if he is in total harmony with himself and the world. How might Maslow account for Bill's feelings?
 - A. Bill is experiencing self-realization.
 - B. Bill is having a peak experience.
 - C. Bill is feeling congruence.
 - D. Bill is experiencing existential fulfillment.
9. Which perspective is based on the underlying premise that the individual's personality is inseparable from his or her patterns of interactions and relationships with siblings, parents, children, and partner?
 - A. psychodynamic
 - B. family
 - C. humanistic
 - D. behavioral
10. William Styron, who suffers from depression and has contemplated suicide, is a well-known
 - A. therapist.
 - B. talk-show host.
 - C. politician.
 - D. writer.
11. A client's realization that his or her problems are not unique can be facilitated most readily by
 - A. psychoanalysis.
 - B. person-centered therapy.
 - C. family therapy.
 - D. group therapy.
12. The reflex that occurs in response to the unconditioned stimulus is called the
 - A. unconditioned response.
 - B. conditioned response.
 - C. conditioned stimulus.
 - D. generalized stimulus.
13. The process of acquiring new responses by imitating the behavior of another person is called
 - A. modeling.
 - B. classical conditioning.
 - C. social cognition.
 - D. reinforcement.

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14. Dr. Johnson would like to apply for a promotion but he does not feel he is a competent enough instructor to get the promotion. According to Albert Bandura, Dr. Johnson is questioning his
 - A. self-esteem.
 - B. self-efficacy.
 - C. self-motivation.
 - D. vicarious ability.
15. An individual's perception of competence in various life situations is referred to as his or her
 - A. self-effacement.
 - B. self-concept.
 - C. self-image.
 - D. self-efficacy.
16. Despite being put on a diet, Tony does not believe he can follow through and lose any weight. According to Albert Bandura, Tony's difficulties stem from his lack of
 - A. self-efficacy.
 - B. self-control.
 - C. self-image.
 - D. self-actualization.
17. _____ are to Beck as _____ is to Bandura.
 - A. Irrational beliefs; self-actualization
 - B. Dysfunctional attitudes; self-efficacy
 - C. Dysfunctional attitudes; incongruence
 - D. Automatic thoughts; self-esteem
18. Ideas so deeply entrenched that an individual is not even aware that they lead to disturbing feelings of unhappiness and discouragement are referred to by Beck as
 - A. dysfunctional attitudes.
 - B. automatic thoughts.
 - C. false cognitions.
 - D. irrational beliefs
19. Which neurotransmitter has been linked to obsessive-compulsive disorder?
 - A. dopamine
 - B. norepinephrine
 - C. serotonin
 - D. GABA
20. Panic control therapy includes therapy techniques like
 - A. cognitive restructuring.
 - B. exposure to bodily cues associated with panic attacks.
 - C. breathing retraining.
 - D. All of these.

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21. _____ disorders are characterized by intense, incapacitating fear and apprehension.
- A. Somatoform
 - B. Dissociate
 - C. Anxiety
 - D. Personality
22. According to the American Psychiatric Association, sixty percent of all patients seen at cardiology clinics meet the diagnostic criteria for
- A. panic disorder.
 - B. specific phobia.
 - C. post traumatic stress disorder.
 - D. acute stress disorder.
23. One biological theory of panic disorder proposes that individuals with panic disorder have an excess of
- A. GABA.
 - B. norepinephrine.
 - C. dopamine.
 - D. benzodiazepine.
24. As you are walking back to your dorm on a dark night you suddenly hear footsteps behind you. Which neurotransmitter is likely to be activated?
- A. dopamine
 - B. norepinephrine
 - C. GABA
 - D. lactate
25. The Latin expression *in vivo* means
- A. in the imagination.
 - B. in the ideas.
 - C. in the mind.
 - D. in life.
26. Many people who suffer from social phobia can overcome their symptoms with a combination of cognitive-behavioral therapy and _____ medications.
- A. anti-anxiety
 - B. stimulant
 - C. depressant
 - D. antipsychotic

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27. Which of the following diagnoses is used to describe constant anxiety that is not associated with a particular object or event?
- A. social phobia
 - B. obsessive-compulsive disorder
 - C. generalized anxiety disorder
 - D. panic disorder
28. The anxiety disorder characterized by the experience of intrusive thoughts that the individual can alleviate only by engaging in patterns of rigid, ritualistic behaviors is referred to as
- A. obsessive personality disorder.
 - B. obsessive-compulsive disorder.
 - C. simple phobia.
 - D. social phobia.
29. Which neurotransmitter has been implicated as playing a role in obsessive-compulsive disorder?
- A. GABA
 - B. norepinephrine
 - C. dopamine
 - D. serotonin
30. For people with obsessive-compulsive disorder for whom neither pharmacological nor psychotherapeutic interventions have been successful, a psychosurgical procedure called a(n) _____ has sometimes been effective.
- A. osotomy
 - B. lobotomy
 - C. cingulotomy
 - D. craniotomy
31. In general, an increased risk of developing PTSD is correlated with
- A. the severity of the trauma.
 - B. the individual's genetic predisposition to other psychological disorders.
 - C. how rapidly treatment follows.
 - D. drug use.
32. What types of risk factors make individuals more likely to develop PTSD?
- A. pre-existing factors specific to the individual
 - B. factors related to the traumatic event
 - C. events following the experience of the trauma
 - D. All of these.

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33. Vasati is being urged to relive her rape through imaginal flooding and psychodrama. These methods of treatment are called _____ techniques.
- A. reinforcement
 - B. uncovering
 - C. regression
 - D. intrusive
34. In the treatment of PTSD, it may be useful to administer medication to control the client's
- A. impulsivity.
 - B. appetite disturbance.
 - C. high level of sociability.
 - D. anxiety.
35. In Dr. Tobin's case report on Barbara Wilder, it was noted that initially Barbara's panic attack occurred in particular situations but later they were triggered by any situation outside her apartment. According to a behavioral theorist, her most recent panic attacks could be explained by the phenomenon of
- A. response blocking.
 - B. extinction.
 - C. spontaneous recovery.
 - D. stimulus generalization.
36. Helgeson, Reynolds, and Tomich found that individuals who find benefit in the experience of trauma
- A. are less depressed.
 - B. have a more positive sense of well-being.
 - C. experience intrusive and avoidant thoughts about their trauma.
 - D. All of these.
37. Carlos used to enjoy bowling, but since he returned from active duty, the sound of the ball hitting the pins and the sound of the pins falling, is bringing back vivid memories of combat. Carlos is experiencing
- A. flashbacks.
 - B. delusions.
 - C. obsessions.
 - D. compulsions.
38. Which of the following is evidence of hypervigilance in an individual with PTSD?
- A. jumping in response to the sound of a window slamming shut
 - B. nightmares involving death and injury
 - C. repeatedly scanning the bushes outside the window
 - D. tearfulness when talking about war experiences

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39. Individuals with social phobia are likely to steer themselves away from
- A. situations where they believe they might embarrass themselves.
 - B. many kinds of social relationships and social roles.
 - C. careers with any potential for public exposure.
 - D. All of these.
40. A risk factor that can make one more susceptible to developing PTSD if one experiences trauma is
- A. having experienced prior trauma and life adversities.
 - B. being male.
 - C. a tendency to seek out benefits in negative situations.
 - D. All of these.
41. Which disorders, studied by individuals like Charcot, Breuer, and Freud, had a prominent role in the history of psychopathology?
- A. anxiety disorders
 - B. somatoform disorders
 - C. personality disorders
 - D. mood disorders
42. According to recent research discussed in the text, what percentage of people with medically unexplained symptoms might meet the DSM diagnostic criteria for a somatoform disorder?
- A. 10%
 - B. 25%
 - C. 50%
 - D. 75%
43. What did Charcot discover regarding hysteria?
- A. He observed that hysterical symptoms could be produced or removed through hypnosis.
 - B. He concluded that many individuals who suffered from hysteria were actually malingering.
 - C. He noted that most people have a predisposition to hysteria.
 - D. He noted that most epileptics were more likely to have hysteria.
44. Symptoms of conversion disorder that involve swallowing difficulties or paralysis are referred to as _____ disturbances.
- A. sensory
 - B. motor
 - C. physical illness
 - D. factitious

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45. If an individual suffering from a somatoform disorder only complains of pain that has no physiological basis, he or she may receive a specific diagnosis of
- A. pain conversion disorder.
 - B. psychic neuralgia.
 - C. pain disorder.
 - D. hypochondriasis.
46. Which of the following disorders or groups of disorders is NOT on the spectrum of the so-called “internalizing” disorders?
- A. reactive attachment disorder
 - B. mood disorders
 - C. anxiety disorders
 - D. somatization disorder
47. Researchers view body dysmorphic disorder as part of a spectrum of disorders including conditions such as
- A. obsessive-compulsive disorder and eating disorders.
 - B. attention deficit hyperactivity disorder.
 - C. schizophrenia and delusional disorders.
 - D. delirium and dementia.
48. A client persistently views the mild headaches he occasionally gets as an indication he has a brain tumor. Magnetic resonance images provide no evidence in support of his claim, yet he still insists that he has a tumor. This individual may be suffering from
- A. conversion disorder.
 - B. somatoform pain disorder.
 - C. somatization disorder.
 - D. hypochondriasis.
49. Munchausen’s syndrome is an extreme form of
- A. factitious disorder.
 - B. malingering.
 - C. psychophysiological disorder.
 - D. conversion disorder.
50. Altering the rewards that sustain an individual’s “sick” role would be the primary focus of which type of therapist?
- A. psychoanalytic
 - B. humanistic
 - C. existential
 - D. behavioral

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51. Immanuel is having tremendous difficulty controlling his drinking behavior even though he is having a difficult time recovering from liver transplant surgery. Which of the following would best describe his condition?
- A. psychophysiological disorder
 - B. psychological factors affecting a medical condition
 - C. psychosomatic disorder
 - D. somatoform disorder
52. Which of the following types of psychotherapy did not seem to help Paul Gottlieb in his battle with depression?
- A. psychoanalysis
 - B. person-centered therapy
 - C. cognitive-behavioral therapy
 - D. analytic therapy
53. Theorists hypothesize that stress can influence physical illnesses by
- A. facilitating the release of progesterone into the bloodstream.
 - B. blocking the release of endorphins into the bloodstream.
 - C. decreasing the activity of the sympathetic nervous system.
 - D. stimulating hormones that lower the activity of the immune system.
54. The interdisciplinary approach to treating medical illnesses made worse by psychological factors is referred to as
- A. endocrinology.
 - B. behavioral medicine.
 - C. psychoneuroimmunology.
 - D. oncology.
55. Disorders in which the person's personality is detached from the rest of conscious functioning are called _____ disorders.
- A. anxiety
 - B. somatoform
 - C. dissociative
 - D. factitious
56. Which of the following instruments was designed as a way to standardize the diagnosis of dissociative identity disorder?
- A. Minnesota Multiphasic Personality Inventory
 - B. Schedule for Affective Disorders and Schizophrenia
 - C. Structured Clinical Interview for *DSM-IV* Dissociative Disorders
 - D. Multiple Personality Structured Interview

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57. Working with dissociative identity disorder may be difficult because each alter
- A. besides the host is malingering.
 - B. besides the host is typically a child alter.
 - C. may respond differently to different interventions.
 - D. may vary in his or her responsiveness to hypnosis.
58. Why would people in a fugue state be unlikely to seek therapy?
- A. They may be unable to recall their own past history and identity.
 - B. They fear that their family would be unable to come to terms with their illness.
 - C. They are afraid that the perpetrators of their childhood abuse may find them and kill them.
 - D. Most people in a fugue state have committed a crime and are fleeing from the law.
59. When an individual enters an altered state of consciousness or awareness and then suddenly and unexpectedly travels to a different place, she is experiencing a(n)
- A. depersonalization.
 - B. amnesia.
 - C. fugue.
 - D. deindividuation.
60. In the textbook case, Rose Marston may very well have developed somatization disorder because of _____ gains.
- A. primary
 - B. secondary
 - C. tertiary
 - D. intrinsic

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|-------|-------|
| 1. A | 38. C |
| 2. C | 39. D |
| 3. C | 40. A |
| 4. A | 41. B |
| 5. C | 42. B |
| 6. B | 43. A |
| 7. B | 44. B |
| 8. B | 45. C |
| 9. B | 46. A |
| 10. D | 47. A |
| 11. D | 48. D |
| 12. A | 49. A |
| 13. A | 50. D |
| 14. B | 51. B |
| 15. D | 52. A |
| 16. A | 53. D |
| 17. B | 54. B |
| 18. B | 55. C |
| 19. C | 56. C |
| 20. D | 57. C |
| 21. C | 58. A |
| 22. A | 59. C |
| 23. B | 60. B |
| 24. B | |
| 25. D | |
| 26. A | |
| 27. C | |
| 28. B | |
| 29. D | |
| 30. C | |
| 31. A | |
| 32. D | |
| 33. B | |
| 34. D | |
| 35. D | |
| 36. D | |
| 37. A | |