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## Chapter 1
### Examples and Definitions of Abnormal Behavior

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Chapter 1: Examples and Definitions of Abnormal Behavior

Multiple Choice

1.1.1. A magazine reporter wants to write a story describing the occurrence of mental disorders in the United States. She needs a title that captures the findings of a national survey completed several years ago. Which of the following would be the best title?

a. "Rate of mental disorders considered low"
b. "Almost everyone will be diagnosed with a mental disorder at some point in their life."
c. "Rate of mental disorders overestimated in the past"
d. "At least two out of every four Americans will experience a serious form of abnormal behavior at some point in their life."

Difficulty: 1  
Question ID: 1.1.1  
Page Reference: 2  
Topic: Overview  
Skill: Factual

Answer: d. "At least two out of every four Americans will experience a serious form of abnormal behavior at some point in their life."

1.1.2. In the United States and other developed countries, mental disorders are the ___leading cause of disease burden.

a. 2nd  
b. 5th  
c. 10th  
d. 30th

Difficulty: 2  
Question ID: 1.1.2  
Page Reference: 2  
Topic: Overview  
Skill: Factual

Answer: a. 2nd
1.1.3. The symptoms and signs of mental illness are known as

a. the analysis of the mind.
b. the treatment of mental disorders.
c. psychopathology.
d. the ancient philosophy of the interaction of mind and body.

Answer: c. psychopathology.

1.1.4. The point of view of this textbook is that

a. very few people will ever come into contact with the problems that are associated with mental illness.
b. isolation between people with mental illness and people without mental illness benefits both groups.
c. it is likely that everyone will be touched by the problems associated with mental illness at some point in their life.
d. mental illness is almost a thing of the past due to modern treatments.

Answer: c. it is likely that everyone will be touched by the problems associated with mental illness at some point in their life.

1.1.5. Which is the best description of abnormal psychology?

a. a deviant personality trait
b. analysis of the childhood roots of pathology
c. study of unconscious influences on mental disorders
d. application of psychological science to the study of mental disorders

Answer: d. application of psychological science to the study of mental disorders
1.1.6. What is the literal meaning of the word psychopathology?

a. demons within
b. deviant behavior
c. brain dysfunction
d. pathology of the mind

Difficulty: 1
Question ID: 1.1.6
Page Reference: 3
Topic: Overview
Skill: Factual

Answer: d. pathology of the mind

1.1.7. The line dividing normal from abnormal is

a. always clear.
b. often one of degree.
c. based on the exact form or content of behavior.
d. not a very important issue.

Difficulty: 1
Question ID: 1.1.7
Page Reference: 3
Topic: Overview
Skill: Factual

Answer: b. often one of degree.

1.1.8. The case of Kevin Warner was presented in the text as an example of the diagnosis of schizophrenia. Which of Kevin's symptoms strongly suggested that he had lost touch with reality, which is the defining feature of schizophrenia?

a. social withdrawal
b. difficulty in communicating
c. inability to succeed at work
d. belief that people were poisoning him

Difficulty: 2
Question ID: 1.1.8
Page Reference: 4
Topic: Recognizing the Presence of a Disorder
Skill: Conceptual

Answer: d. belief that people were poisoning him
1.1.9. Why did the staff at the psychiatric hospital give Kevin Warner injections of antipsychotic medication?

a. People with Kevin's blood type do not respond to medication in pill form.
b. A high level of gastric juices in his digestive system destroyed the medication.
c. He only pretended to take the pills because he believed people were trying to poison him.
d. Antipsychotic drugs given by injection do not have the same serious side effects as those in pill form.

Difficulty: 3
Question ID: 1.1.9
Page Reference: 5
Topic: Recognizing the Presence of a Disorder
Skill: Applied

Answer: c. He only pretended to take the pills because he believed people were trying to poison him.

1.1.10. Determining the presence of disorder is based on all but which one of the following?

a. duration of a person's symptoms
b. the presence of a specific symptom in isolation
c. impairment of the ability to perform occupational roles
d. impairment of the ability to perform social roles

Difficulty: 3
Question ID: 1.1.10
Page Reference: 5
Topic: Recognizing the Presence of a Disorder
Skill: Applied

Answer: b. the presence of a specific symptom in isolation

1.1.11. A group of symptoms that appear together and are assumed to represent a specific type of disorder is referred to as a

a. syndrome.
b. sign.
c. psychosis.
d. disease.

Difficulty: 1
Question ID: 1.1.11
Page Reference: 5
Topic: Recognizing the Presence of a Disorder
Skill: Factual

Answer: a. syndrome.
1.1.12. Specific laboratory tests to confirm the presence of psychopathology

a. do not at present exist.
b. are used by psychologists but not by psychiatrists.
c. are used by psychiatrists but not by psychologists.
d. are used to test for the presence of some viral infection or brain lesion to confirm a diagnosis.

Difficulty: 3  
Question ID: 1.1.12  
Page Reference: 5  
Topic: Recognizing the Presence of a Disorder  
Skill: Applied

Answer: a. do not at present exist.

1.1.13. While you and your friends are watching a movie, one of the characters says, "That's an example of insanity" in reference to another character. Because you are taking a course in abnormal psychology, everyone turns to you. What do you say about the term insanity?

a. "The key to identifying insanity is the presence of delusions."  
b. "In order to be insane, a person must show evidence of some biological cause of the symptoms."  
c. "Insanity is a general term that refers to the presence of severe signs of mental deterioration."  
d. "Insanity is a legal term that refers to judgments about whether a person should be held responsible for criminal behavior."

Difficulty: 2  
Question ID: 1.1.13  
Page Reference: 6  
Topic: Defining Abnormal Behavior  
Skill: Applied

Answer: d. "Insanity is a legal term that refers to judgments about whether a person should be held responsible for criminal behavior."

1.1.14. A problem with defining abnormal behavior in terms of deviation from statistical norms is that this definition

a. focuses only on very rare conditions.  
b. focuses only on conditions that are actually relatively common.  
c. does not specify how unusual the behavior must be to be considered abnormal.  
d. only considers deviations that are harmful.

Difficulty: 3  
Question ID: 1.1.14  
Page Reference: 6  
Topic: Recognizing the Presence of a Disorder  
Skill: Applied

Answer: c. does not specify how unusual the behavior must be to be considered abnormal.
1.1.15. Which of the following is a rare form of psychopathology?

a. schizophrenia  
b. panic disorder  
c. major depression  
d. gender identity disorder

Difficulty: 3  
Question ID: 1.1.15  
Page Reference: 7  
Topic: Defining Abnormal Behavior  
Skill: Applied

Answer: d. gender identity disorder

1.1.16. According to Jerome Wakefield, one essential component of the definition of a mental disorder is

a. statistical rarity.  
b. one distinguishing symptom.  
c. an individual's subjective distress  
d. tissue damage revealed by medical tests.

Difficulty: 2  
Question ID: 1.1.16  
Page Reference: 7  
Topic: Defining Abnormal Behavior  
Skill: Conceptual

Answer: c. an individual's subjective distress

1.1.17. In the term "harmful dysfunction," the word dysfunction refers to

a. a mental disorder.  
b. a set of distinguishing symptoms.  
c. a disruption of thought, feeling, or perception.  
d. the inability of the person to function at work or school.

Difficulty: 2  
Question ID: 1.1.17  
Page Reference: 7  
Topic: Defining Abnormal Behavior  
Skill: Factual

Answer: c. a disruption of thought, feeling, or perception.
1.1.18. Applying the concept of harmful dysfunction to the case of Kevin Warner, we can emphasize Kevin's failures of which of the following mental mechanisms?

a. perception  
b. thinking  
c. communication  
d. all of the above

Difficulty: 2  
Question ID: 1.1.18  
Page Reference: 7  
Topic: Defining Abnormal Behavior  
Skill: Conceptual

Answer: d. all of the above

1.1.19. What problem in defining abnormal behavior is evident in the case of Kevin Warner described in the text?

a. Some statistically rare forms of behavior are desirable.  
b. Some mental disorders have symptoms that are not harmful.  
c. A behavior is not dysfunctional unless it is statistically unusual.  
d. Some people do not perceive their abnormal behavior as personally stressful.

Difficulty: 3  
Question ID: 1.1.19  
Page Reference: 6  
Topic: Defining Abnormal Behavior  
Skill: Applied

Answer: d. Some people do not perceive their abnormal behavior as personally stressful.

1.1.20. What is one of the advantages of Jerome Wakefield's harmful dysfunction approach to defining mental disorders?

a. cultural factors do not affect the definition  
b. the definition is based on established humanistic criteria  
c. the meaning of harmful is limited to life threatening conditions  
d. as much as possible objective evaluation is used to define the dysfunction

Difficulty: 3  
Question ID: 1.1.20  
Page Reference: 8  
Topic: Defining Abnormal Behavior  
Skill: Applied

Answer: d. as much as possible objective evaluation is used to define the dysfunction
1.1.21. Behaviors of entertainers like the stars of the movie *Jackass*, in which individuals are shown taking reckless risks of their own devising, can be bizarre and outrageous without being viewed as evidence of a mental disorder because such behaviors

a. are voluntary and serve a useful function.
b. are rare and unusual.
c. can cause harm.
d. deviate from society's standards of proper behavior.

Difficulty: 2
Question ID: 1.1.21
Page Reference: 7
Topic: Defining Abnormal Behavior
Skill: Conceptual

Answer: a. are voluntary and serve a useful function.

1.1.22. Conditions like albinism or fused toes are physical dysfunctions but would not be regarded as disorders because they

a. are physical.
b. do not cause any harm.
c. are rare.
d. are not easily diagnosed.

Difficulty: 1
Question ID: 1.1.22
Page Reference: 7
Topic: Defining Abnormal Behavior
Skill: Factual

Answer: b. do not cause any harm.

1.1.23. Which organization publishes the Diagnostic and Statistical Manual of Mental Disorders, text revision 4th Edition (DSM-IV-TR)?

a. World Health Organization
b. American Psychiatric Association
c. American Psychological Association
d. National Institute of Mental Health

Difficulty: 1
Question ID: 1.1.23
Page Reference: 7
Topic: Defining Abnormal Psychology
Skill: Factual

Answer: b. American Psychiatric Association

1.1.24. Which publication contains the official criteria for diagnosing mental disorders?

a. Physicians' Desk Reference  
b. Syndromes of Mental Disorders  
c. Diagnostic and Statistical Manual of Mental Disorders  
d. American Psychiatric Association Guidelines for Diagnosis

Difficulty: 1  
Question ID: 1.1.24  
Page Reference: 7  
Topic: Defining Abnormal Psychology  
Skill: Factual

Answer: c. Diagnostic and Statistical Manual of Mental Disorders

1.1.25. What is the emphasis of the definition of abnormal behavior in the DSM IV-TR?

a. statistical rarity  
b. biological etiology  
c. biological disadvantage in terms of reproduction  
d. personal distress or impairment in social functioning

Difficulty: 2  
Question ID: 1.1.25  
Page Reference: 8  
Topic: Defining Abnormal Psychology  
Skill: Applied

Answer: d. personal distress or impairment in social functioning

1.1.26. What principle guided developers of the DSM-IV-TR as they wrote definitions of mental disorders?

a. Definitions should consider political factors.  
b. Disorders should be associated with distress or disability.  
c. Deviant behaviors that are encouraged by certain religions should be included.  
d. Abnormal behaviors should have a biological basis to be considered mental disorders.

Difficulty: 2  
Question ID: 1.1.26  
Page Reference: 8  
Topic: Defining Abnormal Psychology  
Skill: Conceptual

Answer: b. Disorders should be associated with distress or disability.
1.1.27. The DSM definition of mental disorder excludes all of the following except

a. voluntary behaviors
b. beliefs and actions shared by a religious group
c. sexual behavior of sexual minority groups such as gays or lesbians
d. behavior the individual is unaware of

Difficulty: 2
Question ID: 1.1.27
Page Reference: 8
Topic: Defining Abnormal Psychology
Skill: Applied

Answer: d. behavior the individual is unaware of

1.1.28. Culture is defined in terms of

a. the level of education attained by most people in a specific group.
b. the degree of emphasis a community places on art and literature.
c. the values, beliefs, and practices shared by a specific group of people.
d. the similarity of people in within a group.

Difficulty: 1
Question ID: 1.1.28
Page Reference: 9
Topic: Defining Abnormal Psychology
Skill: Factual

Answer: c. the values, beliefs, and practices shared by a specific group of people.

1.1.29. Olivia grew up in a society where mourners pull out their hair, go into an emotional frenzy, and speak in tongues. On a visit to the U.S., she did these things in public when she heard that a relative had died. According to DSM-IV-TR, her behavior would be considered

a. psychopathological, because of her personal distress.
b. not psychopathological, because it is part of her culture.
c. psychopathological, because it disrupted her social functioning.
d. not psychopathological, because it caused no disruption in social functioning.

Difficulty: 2
Question ID: 1.1.29
Page Reference: 10
Topic: Defining Abnormal Psychology
Skill: Conceptual

Answer: b. not psychopathological, because it is part of her culture.
1.1.30. A woman who is unable to achieve orgasm and who lives in a society that discourages female sexuality would probably not be given the DSM diagnosis of female orgasmic disorder because

a. she probably would not experience any distress or impairment.
b. she would be distressed but not impaired.
c. she would be impaired but not distressed.
d. she would probably be both distressed and impaired.

Answer: a. she probably would not experience any distress or impairment.

1.1.31. What is the history of the "diagnosis" homosexuality in the DSM?

a. Homosexuality was never a diagnosis in the DSM.
b. Homosexuality was, and is, a possible diagnosis in the DSM.
c. Homosexuality was a diagnosis in the first two editions of the DSM, taken out for the third edition and then reintroduced in the 4th.
d. Homosexuality was a diagnosis in the first two editions of the DSM, taken out for the third edition and has never been reintroduced.

Answer: d. Homosexuality was a diagnosis in the first two editions of the DSM, taken out for the third edition and has never been reintroduced.

1.1.32. What was one of the factors that seems to have played a role in Mary's development of an eating disorder? (This is from one of the case studies.)

a. sexual abuse throughout childhood
b. she was prone to sleepwalking episodes
c. a genetic predisposition to high levels of anxiety
d. she was determined that she would never gain as much weight as her mother had

Answer: d. she was determined that she would never gain as much weight as her mother had
1.1.33. What evidence seems to have played a key role in the decision of the American Psychiatric Association to remove homosexuality from the list of mental disorders?

a. Homosexuality was not invariably associated with impaired functioning.
b. Homosexuality is a lifestyle choice, which the diagnostic manual should not address.
c. Psychodynamic evidence supported an early childhood onset of preference for same-sex partners.
d. A biological basis for homosexuality had been found, thus, it should not be categorized as a mental disorder.

Difficulty: 2  
Question ID: 1.1.33  
Page Reference: 10  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: a. Homosexuality was not invariably associated with impaired functioning.

1.1.34. What is one of the signs of the possible presence of bingeing and purging that was noticed in the case of Mary?

a. loss of hearing  
b. teeth/gum problems  
c. frequent bone fractures  
d. fluctuating dopamine levels

Difficulty: 2  
Question ID: 1.1.34  
Page Reference: 11  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: b. teeth/gum problems

1.1.35. What was the focus of the underlying dysfunction in the case of Mary's bingeing-purging eating disorder?

a. loss of neurons  
b. mechanisms that regulate appetite  
c. failure to process dream memories  
d. poor motor skills resulting from lack of oxygen at birth

Difficulty: 2  
Question ID: 1.1.35  
Page Reference: 11  
Topic: Who Experiences Abnormal Behavior?  
Skill: Applied

Answer: b. mechanisms that regulate appetite
1.1.36. Compared to Kevin Warner, Mary Childress was much more acutely aware of her disorder; this tells us that

a. Mary has a disorder while Kevin doesn't.
b. Kevin has a disorder while Mary doesn't.
c. Mary probably experiences more distress than Kevin.
d. Mary is probably more impaired than Kevin.

Difficulty: 3
Question ID: 1.1.36
Page Reference: 11
Topic: Who Experiences Abnormal Behavior
Skill: Applied

Answer: c. Mary probably experiences more distress than Kevin.

1.1.37. Which of these is an example of something an epidemiologist would do?

a. encourage people with the flu to avoid alcohol
b. study rates of alcoholism in urban versus rural areas
c. investigate the effects of clothing preference on social communication
d. study chromosomes to find abnormal genes associated with various diseases

Difficulty: 2
Question ID: 1.1.37
Page Reference: 12
Topic: Who Experiences Abnormal Behavior?
Skill: Conceptual

Answer: b. study rates of alcoholism in urban versus rural areas

1.1.38. Epidemiology is the scientific study of the

a. effects of diets.
b. biological treatment of diseases.
c. frequency and distribution of disorders.
d. classification systems for mental disorders.

Difficulty: 1
Question ID: 1.1.38
Page Reference: 12
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: c. frequency and distribution of disorders.
1.1.39. An epidemiologist studies rates of depression in a community over a one-year period. Her calculation of incidence will be based on the

a. average time between diagnosis and cure.
b. proportion of people who had ever been depressed.
c. number of new cases that developed during that year.
d. total number of active cases on the day of calculation.

Difficulty: 3
Question ID: 1.1.39
Page Reference: 12
Topic: Who Experiences Abnormal Behavior?
Skill: Conceptual

Answer: c. number of new cases that developed during that year.

1.1.40. In a nearby town, two people had anxiety disorders in the past but not now. Three people developed anxiety disorders four or five years ago, and continue to have an anxiety disorder now. Six people developed anxiety disorders this year and continue to be so diagnosed. Which of the following might an epidemiologist write in her report concerning the rate of mental disorders in this community?

a. incidence (this year) = 5; lifetime prevalence = 6
b. incidence (this year) = 6; lifetime prevalence = 11
c. lifetime prevalence = 5; lifetime prevalence = 3
d. lifetime prevalence = 5; incidence (this year) = 11

Difficulty: 3
Question ID: 1.1.40
Page Reference: 12
Topic: Who Experiences Abnormal Behavior?
Skill: Conceptual

Answer: b. incidence (this year) = 6; lifetime prevalence = 11

1.1.41. Which is the most accurate statement about the lifetime prevalence rates for bipolar disorder in the United States?

a. More men than women will be diagnosed with bipolar disorder.
b. More women than men will be diagnosed with bipolar disorder.
c. Almost twice as many women will receive this diagnosis.
d. The rates for this disorder are the same for men and women.

Difficulty: 2
Question ID: 1.1.41
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: d. The rates for this disorder are the same for men and women.
1.1.42. All of the following are disorders that are more common in women than men except
a. eating disorders
b. anxiety disorders
c. major depression
d. alcoholism

Answer: d. alcoholism

1.1.43. If a disorder is short-term and typically has a high rate of recovery, then lifetime prevalence rates for that disorder will be ____________ one-year prevalence rates.

a. somewhat lower than
b. much higher than
c. equal to
d. much lower than

Answer: b. much higher than

1.1.44. Based on the results of the National Comorbidity Survey Replication (NDR-R) Study, which disorder has the highest lifetime prevalence in the United States?

a. schizophrenia
b. major depression
c. bipolar mood disorder
d. obsessive-compulsive disorder

Answer: b. major depression
1.1.45. Which disorder is about equally common in men and women in the United States?

a. depression  
b. bipolar mood disorder  
c. alcohol abuse/dependence  
d. antisocial personality disorder

Difficulty: 2  
Question ID: 1.1.45  
Page Reference: 13  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: b. bipolar mood disorder

1.1.46. Which disorder is more common in men than women in Canada?

a. depression  
b. schizophrenia  
c. bipolar disorder  
d. alcohol abuse/dependence

Difficulty: 1  
Question ID: 1.1.46  
Page Reference: 13  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: d. alcohol abuse/dependence

1.1.47. The presence of more than one condition within the same time period is known as

a. twin diagnosis  
b. double diagnosis  
c. comorbidity  
d. confounded morbidity

Difficulty: 1  
Question ID: 1.1.47  
Page Reference: 13  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: c. comorbidity
1.1.48. According to the textbook some disorders, such as _________, are found in virtually every culture social scientists have studied.

a. sleep apnea
b. alcoholism
c. schizophrenia
d. bulimia

Difficulty: 2  
Question ID: 1.1.48  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: c. schizophrenia

1.1.49. The only medical condition with a higher incidence than mental disorders is

a. closed head injury
b. alcohol addiction
c. cancer
d. cardiovascular disease

Difficulty: 2  
Question ID: 1.1.49  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: d. cardiovascular disease

1.1.50. Comorbidity exists when

a. two people have the same disorder.
b. one person has first one disorder, then later develops another.
c. one person has more than one condition within the same period of time.
d. a health professional cannot distinguish between two different conditions.

Difficulty: 1  
Question ID: 1.1.50  
Page Reference: 13  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: c. one person has more than one condition within the same period of time.
1.1.51. How has research on comorbidity changed the focus of epidemiological research?

a. shifted the focus from the psychotic disorders to milder disorders that affect more people
b. higher than expected prevalence of mental retardation led to more emphasis on intellectual ability
c. shifted the focus from counting the number of people with a disorder to measuring the functional impairment associated with the problems
d. evidence for the biological etiology of more mental disorders has switched the focus to identifying the genes responsible for particular disorders

Difficulty: 3
Question ID: 1.1.51
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Applied

Answer: c. shifted the focus from counting the number of people with a disorder to measuring the functional impairment associated with the problems

1.1.52. An epidemiologist is about to testify to Congress on the findings of comorbidity. Which of the following points will she want to make after reviewing research on comorbidity?

a. Most mental disorders have a biological basis.
b. Those with severe impairment often have more than one disorder.
c. We have underestimated the role of toxins as the cause of disorders.
d. The majority of mental disorders tend to "run in families" as a result of genetic anomalies.

Difficulty: 3
Question ID: 1.1.52
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Applied

Answer: b. Those with severe impairment often have more than one disorder.

1.1.53. What two factors are combined to measure disease burden?

a. mortality and disability
b. infection rates and poverty levels
c. physician visits and pollution levels
d. daily caloric intake and hospitalization rates

Difficulty: 2
Question ID: 1.1.53
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: a. mortality and disability
1.1.54. In research on disease burden, the disability associated with schizophrenia is considered to be comparable to that associated with

a. diabetes.
b. hypertension.
c. quadriplegia.
d. Alzheimer's disease.

Answer: c. quadriplegia.

1.1.55. In order to compare the disability associated with different conditions, epidemiologists had to assume that the burden associated with certain mental disorders was equivalent to that associated with diseases and injuries. Which of the following is a correct association of a mental disorder with a medical condition?

a. mania : heart disease
b. panic disorder : cancer
c. depression : blindness
d. schizophrenia : diabetes

Answer: c. depression: blindness

1.1.56. What has research on disease burden found concerning the relative impact of medical illnesses and mental disorders?

a. Medical illnesses and mental disorders are associated with equal levels of disease burden.
b. Although quite prevalent, mental disorders account for insignificant levels of disease burden.
c. Mental disorders are responsible for more disease burden than all of the medical illnesses combined.
d. Although mental disorders account for a small number of deaths, they are a significant cause of disease burden.

Answer: d. Although mental disorders account for a small number of deaths, they are a significant cause of disease burden.
1.1.57. The World Health Organization estimates that all mental disorders combined account for _____ percent of all disability worldwide.

a. less than 1
b. 11
c. 28
d. 52

Difficulty: 2
Question ID: 1.1.57
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: c. 28

1.1.58. Which of the following is the correct listing of the disease burden associated with the top three illness categories?

a. cardiovascular conditions, all drug use, all mental disorders
b. cardiovascular conditions, all mental disorders, all malignant diseases (cancer)
c. all drug use, all infectious and parasitic diseases, all respiratory diseases
d. all mental disorders, all respiratory conditions, all cardiovascular conditions

Difficulty: 2
Question ID: 1.1.58
Page Reference: 14
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: b. cardiovascular conditions, all mental disorders, all malignant diseases (cancer)

1.1.59. Investigators in the World Health Organization (WHO) predict that, relative to other types of health problems, the burden of mental health disorders will _____________ by 2020.

a. increase
b. decrease
c. stay about the same
d. increase in developing countries and decrease in developed countries

Difficulty: 2
Question ID: 1.1.59
Page Reference: 13
Topic: Who Experiences Abnormal Behavior?
Skill: Factual

Answer: a. increase
1.1.60. Which of the following is most accurate for the situation in the United States?

a. Bulimia is higher among university women and more common in older women.
b. Bulimia is higher in working women and more common in younger women.
c. Bulimia is higher among university women and more common in younger women.
d. Bulimia is higher in working women and more common in younger women.

Difficulty: 2  
Question ID: 1.1.60  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: c. Bulimia is higher among university women and more common in younger women.

1.1.61. Which of the following is most true regarding bulimia?

a. The prevalence is higher in Western nations than other parts of the world, and the number of cases increased during the later part of the 20th century.
b. The prevalence is lower in Western nations than other parts of the world, and the number of cases increased during the later part of the 20th century.
c. The prevalence is higher in Western nations than other parts of the world, and the number of cases decreased during the later part of the 20th century.
d. The prevalence is higher in developing nations than other parts of the world, and the number of cases is increased during the later part of the 20th century.

Difficulty: 2  
Question ID: 1.1.61  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: a. The prevalence is higher in Western nations than other parts of the world, and the number of cases increased during the later part of the 20th century.

1.1.62. All of the following can be concluded from cross-cultural studies except.

a. All mental disorders are shaped, to some extent, by cultural factors.
b. No mental disorders are due entirely to cultural or social factors.
c. Psychotic disorders are more influenced by culture than other disorders.
d. The symptoms of certain disorders are more likely to vary across cultures than are the disorders themselves.

Difficulty: 3  
Question ID: 1.1.62  
Page Reference: 15  
Topic: Who Experiences Abnormal Behavior?  
Skill: Conceptual

Answer: c. Psychotic disorders are more influenced by culture than other disorders.
1.1.63. Which individual is most likely to suffer bulimia nervosa?

a. Amy, a 19-year-old college student  
b. Michael, a 30-year-old auto mechanic  
c. Joe, a 45-year-old air traffic controller  
d. Isabel, a 10-year-old grade-school student

Difficulty: 3  
Question ID: 1.1.63  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Applied

Answer: a. Amy, a 19-year-old college student

1.1.64. Which category of disorders seems less affected by culture?

a. anxiety  
b. neurotic  
c. psychotic  
d. personality

Difficulty: 2  
Question ID: 1.1.64  
Page Reference: 15  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: c. psychotic

1.1.65. An epidemiologist conducts a comparison of the incidence of bulimia nervosa in various groups. The data can be categorized in many ways. After analyzing the data, what is the epidemiologist likely to say her findings reveal?

a. The incidence is declining among all groups.  
b. The rate is relatively even across socioeconomic and age groups.  
c. The incidence is much higher among university women than among working women.  
d. The incidence is high among older women who have recently entered the workforce.

Difficulty: 3  
Question ID: 1.1.65  
Page Reference: 14  
Topic: Who Experiences Abnormal Behavior?  
Skill: Conceptual

Answer: c. The incidence is much higher among university women than among working women.
1.1.66. Which group seems to have an increasing rate of bulimia?

a. poor African American women
b. poor European American women
c. affluent African American women
d. affluent European American women

Answer: c. affluent African American women

1.1.67. Specialized mental health professionals treat _____ percent of those who seek help for mental disorders.

a. 10
b. 20
c. 40
d. 60

Answer: c. 40

1.1.68. From which of the following are people who seek help for mental disorders most likely to receive help?

a. primary care physicians
b. social workers
c. psychiatrists
d. psychologists

Answer: a. primary care physicians
1.1.69. The largest group of clinically trained professionals providing mental health services in the United States are

a. psychiatrists.
b. clinical psychologists.
c. social workers.
d. psychiatric nurses.

Answer: c. social workers.

1.1.70. Which of the following statements most accurately describes the specialized training needed to prepare people to provide professional assistance to those who suffer from mental disorders?

a. It is necessary to pursue a degree in medicine.
b. It is desirable to pursue a degree in medicine.
c. It is necessary to pursue an advanced degree in psychology.
d. There are many forms of specialized training available.

Answer: d. There are many forms of specialized training available.

1.1.71. One specific difference between psychiatrists and psychologists is that the psychiatrist

a. is able to provide psychotherapy.
b. can prescribe medication.
c. uses the DSM to diagnose mental disorders.
d. has had supervised clinical experience.

Answer: b. can prescribe medication.
1.1.72. Which physician has received specialized training in the diagnosis and treatment of mental disorders?

a. neurologist  
b. psychiatrist  
c. dermatologist  
d. clinical physician

Answer: b. psychiatrist

1.1.73. You were asked to find the number of various professionals providing mental health services in the United States. Which group will top the list?

a. psychiatrists  
b. family physician  
c. clinical psychologists  
d. marriage and family therapists

Answer: b. family physician

1.1.74. On a talk show last night Don described some symptoms of anxiety he has experienced during the past year. He said his therapist prescribed an anti-anxiety medication, which seems to be effective. Based on Don's description, you conclude that the therapist is a

a. podiatrist.  
b. psychiatrist.  
c. social worker.  
d. clinical psychologist.

Answer: b. psychiatrist.
1.1.75. What is the best description of clinical psychology?

a. a branch of medicine concerned with the treatment of mental disorders
b. a legal term used to identify practitioners who use various forms of psychotherapy
c. the application of psychological science to the assessment and treatment of mental disorders
d. a newly established branch of medicine that has connections to both psychiatry and psychology

Difficulty: 1  
Question ID: 1.1.75  
Page Reference: 15  
Topic: The Mental Health Professions  
Skill: Factual 

Answer: c. the application of psychological science to the assessment and treatment of mental disorders

1.1.76. Which approach to providing services for those with mental disorders is represented by this description: Will work in crisis and case management programs for people with severe disorders. Will teach practical day-to-day skills to clients. High school education or bachelor's degree needed?

a. counseling  
b. social work  
c. social management  
d. psychosocial rehabilitation

Difficulty: 3 
Question ID: 1.1.76 
Page Reference: 16 
Topic: The Mental Health Professions  
Skill: Conceptual 

Answer: d. psychosocial rehabilitation

1.1.77. The major difference between Ph.D. and Psy.D. degrees in psychology involves the degree of emphasis on training in

a. treatment methods.  
b. assessment methods.  
c. research methods.  
d. the uses of medications.

Difficulty: 1  
Question ID: 1.1.77 
Page Reference: 16 
Topic: The Mental Health Professions  
Skill: Factual 

Answer: c. research methods.
1.1.78. George completed five years of graduate school that led to a Psy.D. degree. He is now completing a one-year internship at a mental health clinic. What type of mental health professional is George?

a. psychiatrist  
b. social worker  
c. medical therapist  
d. clinical psychologist

Difficulty: 2  
Question ID: 1.1.78  
Page Reference: 16  
Topic: The Mental Health Professions  
Skill: Conceptual

Answer: d. clinical psychologist

1.1.79. Some professionals work in crisis, residential, and case management programs for people with severe forms of disorder, such as schizophrenia. They teach people practical, day-to-day skills that are necessary for living in the community. This field is known as

a. clinical co-worker.  
b. psychosocial rehabilitation.  
c. marriage and family therapy.  
d. psychiatric nursing.

Difficulty: 2  
Question ID: 1.1.79  
Page Reference: 16  
Topic: The Mental Health Professions  
Skill: Conceptual

Answer: c. marriage and family therapy.

1.1.80. The textbook suggests that one likely change in the future in the mental health professions is

a. boundaries between professions will become less rigid.  
b. boundaries between professions will become more rigid.  
c. restricting the rights of non-psychologists to administer tests will increase.  
d. legislation restricting the use of psychological terminology to licensed personnel will be adopted.

Difficulty: 2  
Question ID: 1.1.80  
Page Reference: 16  
Topic: The Mental Health Professions  
Skill: Conceptual

Answer: a. boundaries between professions will become less rigid.
1.1.81. According to your text, the percentage of people who have an active mental disorder in the United States and who are receiving treatment for their problems is

a. less than 1 percent.
b. 5 percent.
c. 20 percent.
d. 50 percent.

Difficulty: 1
Question ID: 1.1.81
Page Reference: 16
Topic: The Mental Health Professions
Skill: Factual

Answer: c. 20 percent.

1.1.82. Many psychologists in the United States are pursuing the right to

a. finance their own services.
b. prescribe medications.
c. perform brain surgery.
d. practice in hospitals.

Difficulty: 1
Question ID: 1.1.82
Page Reference: 16
Topic: The Mental Health Professions
Skill: Factual

Answer: b. prescribe medications.

1.1.83. When we adopt an historical perspective to study how other societies have viewed the problems that we consider to be mental disorders, we find that they have

a. held quite different views.
b. held very similar views.
c. almost always emphasized natural explanations.
d. almost always emphasized supernatural explanations.

Difficulty: 1
Question ID: 1.1.83
Page Reference: 17
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: a. held quite different views.
1.1.84. Your instructor has invited to today's class an actor who plays the role of famous historical figures. This actor is going to portray Hippocrates. What would be a good title for today's presentation?

a. "How demons cause deviant behavior"
b. "The humors that control our behavior"
c. "Severe disorders require radical treatments"
d. "Rely on authority when searching for answers"

**Answer:** b. "The humors that control our behavior"

1.1.85. Hippocrates is viewed as one of the first figures in history to emphasize that psychopathology can be attributed to

a. supernatural causes.
b. the influence of culture.
c. natural causes.
d. unconscious mental processes.

**Answer:** c. natural causes.

1.1.86. Which of the following is one of the bodily fluids that Hippocrates included in his explanation of abnormal behavior?

a. urine  
b. plasma  
c. yellow bile  
d. cerebrospinal fluid

**Answer:** c. yellow bile
1.1.87. Which of the following treatments is most consistent with the view that bodily fluids cause mental disorders?

a. purging  
b. exorcism  
c. fever therapy  
d. electroconvulsive therapy

Answer: a. purging

1.1.88. In Europe during the Middle Ages, the mentally ill and mentally retarded were often

a. confined to large mental institutions or asylums.  
b. imprisoned or placed in almshouses for the poor.  
c. treated with respect and even worship.  
d. viewed as pretty much the same as everybody else.

Answer: b. imprisoned or placed in almshouses for the poor.

1.1.89. What was one reason for the growth of large mental institutions during the 1800s?

a. urbanization  
b. widespread famines  
c. spread of viral diseases  
d. rapid development of surgical techniques

Answer: a. urbanization
1.1.90. The improvement in conditions of mental hospitals in the 1800s was based in part on the belief that

a. humanistic care would help to relieve mental illness.
b. patients, though incurable, deserved compassionate care.
c. patients with mental disorders were not really dangerous.
d. patients had the right to sue to gain better treatment.

Difficulty: 2
Question ID: 1.1.90
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: a. humanistic care would help to relieve mental illness.

1.1.91. How might a practitioner of moral treatment describe this approach?

a. "Restrains force patients to recognize the need for morality."
b. "Until patients face their moral shortcomings, there is no hope for recovery."
c. "Providing a humane and relaxed environment would bring about positive changes."
d. "Patients have no right to special treatment because of the havoc they cause in the lives of loved ones."

Difficulty: 2
Question ID: 1.1.91
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: c. "Providing a humane and relaxed environment would bring about positive changes."

1.1.92. Over the course of the 1800s the number of mental hospitals in the United States and the number of patients in those hospitals

a. decreased dramatically.
b. increased dramatically.
c. remained mostly constant.
d. cannot be determined because no statistics were collected.

Difficulty: 1
Question ID: 1.1.92
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Factual

Answer: b. increased dramatically.
1.1.93. The large patient populations placed in mental hospitals in the 1800s are important in the history of abnormal psychology because they

a. provided physicians with an opportunity to observe and treat various types of psychopathology.
b. created growing awareness of the need for psychological rather than medical interventions.
c. gave public officials a new way to deal with dangerous criminals.
d. led to a steady reduction in the number of people with mental illness.

Difficulty: 3
Question ID: 1.1.93
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Applied

Answer: a. provided physicians with an opportunity to observe and treat various types of psychopathology.

1.1.94. A patient at the Worcester Lunatic Hospital in the mid-1800s has been excited, agitated, and even violent at times. Which of the following would Samuel Woodward most likely prescribe in this case?

a. opium or morphine
b. alcohol or marijuana
c. yellow bile or black bile
d. saltpeter or cod liver oil

Difficulty: 2
Question ID: 1.1.94
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Applied

Answer: a. opium or morphine

1.1.95. To Samuel Woodward, superintendent of Worcester Lunatic Hospital in the 1800s, heavy drinking, masturbation, overwork, faulty education, and excessive ambitions were viewed as

a. common symptoms of mental disorders.
b. frequent causes of mental disorders.
c. problems resulting from overcrowding of mental hospitals.
d. irrelevant to an understanding of mental disorders.

Difficulty: 1
Question ID: 1.1.95
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Factual

Answer: b. frequent causes of mental disorders.
1.1.96. Samuel Woodward of the Worcester Lunatic Hospital is getting ready to write his annual report on the hospital and its patients. Which of the following titles would most accurately reflect the body of that report?

a. "No Cure, Little Hope"
b. "Exorcism Instead of Exercise"
c. "The Need for Greater Restraints is Evident"
d. "High Rates of Successful Treatment of Insanity"

Difficulty: 2
Question ID: 1.1.96
Page Reference: 18
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: d. "High Rates of Successful Treatment of Insanity"

1.1.97. What were the two categories of the causes of mental disorders described by Samuel Woodward?

a. moral and physical
b. viral and bacteria
c. conscious and unconscious
d. poverty and lack of will power

Difficulty: 2
Question ID: 1.1.97
Page Reference: 19
Topic: Psychopathology in Historical Context
Skill: Factual

Answer: a. moral and physical

1.1.98. Samuel Woodward's claim of a 90 percent success rate in treating the seriously disturbed patients at Worcester Lunatic Hospital

a. was backed by rigorous scientific evidence.
b. reflects his lack of training in scientific research.
c. was a tactic he used to increase state funding for his hospital.
d. was based on the value of such treatments as bleeding and purging.

Difficulty: 2
Question ID: 1.1.98
Page Reference: 20
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: b. reflects his lack of training in scientific research.
1.1.99. An emphasis on masturbation as a cause of mental disorder, or the deliberate injection of mentally ill patients with malaria, can be viewed as examples of

a. excessive emphasis on biological explanations.
b. a willingness to accept ideas that are not backed by scientific proof.
c. how little psychiatry has changed in the past 100 years.
d. the contempt with which most medical professionals viewed their patients.

Difficulty: 2
Question ID: 1.1.99
Page Reference: 19
Topic: Psychopathology in Historical Context
Skill: Applied

Answer: b. a willingness to accept ideas that are not backed by scientific proof.

1.1.100. What was the rationale for deliberately injecting mentally ill patients with malaria?

a. The patients' immoral behaviors had to be punished with illness.
b. The high fever would divert patients' attention from the symptoms of mental disorders.
c. It was a desperate attempt to shock the afflicted individual's system back to normality.
d. The malaria would bring about a high fever that in some cases had been associated with a reduction in symptoms.

Difficulty: 1
Question ID: 1.1.100
Page Reference: 20
Topic: Psychopathology in Historical Context
Skill: Factual

Answer: d. The malaria would bring about a high fever that in some cases had been associated with a reduction in symptoms.

1.1.101. While searching through old records of patients at the mental hospital you come across one with a notation "Lobotomy performed on 2/3/52." Because you are not sure what this means, you ask the staff. What are they likely to tell you?

a. The patient had to be tied to the bed to reduce violent outbursts.
b. Repeated electroconvulsive treatments were required to reduce the patient's stupor.
c. A surgical procedure cut nerve tracts between the frontal lobes and the rest of the brain.
d. As a last resort, the patient's stomach was pumped and his blood was purified in order to remove potentially harmful substances.

Difficulty: 1
Question ID: 1.1.101
Page Reference: 20
Topic: Psychopathology in Historical Context
Skill: Conceptual

Answer: c. A surgical procedure cut nerve tracts between the frontal lobes and the rest of the brain.
1.1.102. You are a member of a research team that is about to begin research on the effectiveness of a drug called Relax on the symptoms of anxiety. One of the researchers asks you to describe the null hypothesis for this study. What will you say?

a. The null hypothesis states that the drug's effect will not differ from no treatment.
b. The null hypothesis states that the dependent variable in this experiment must be objectively measured.
c. The null hypothesis means the researchers must be blind to the identity of the individuals that are receiving the drug.
d. The null hypothesis means there are no differences in demographic characteristics between the control and the experimental groups.

Difficulty: 2  
Question ID: 1.1.102  
Page Reference: 21  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Conceptual

Answer: a. The null hypothesis states that the drug's effect will not differ from no treatment.

1.1.103. Which of the following provides the best analogy for the null hypothesis?

a. typical cutoffs for passing academic exams  
b. the assumption of innocence in the legal system  
c. a round robin tournament to find the best golfer  
d. ratings of multiple judges during the Olympics ice skating competition

Difficulty: 2  
Question ID: 1.1.103  
Page Reference: 21  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Conceptual

Answer: b. the assumption of innocence in the legal system
1.1.104. If the null hypothesis had influenced how psychiatrists thought about inducing fevers and carrying out lobotomies in the 1920s and 1930s, they would have

a. moved even more quickly to accept these new treatments.
b. been even more likely to emphasize underlying biological causes of disorder.
c. dismissed the need for more research.
d. been skeptical of these treatments unless more scientific proofs of their value were established.

Difficulty: 2
Question ID: 1.1.104
Page Reference: 21
Topic: Methods for the Scientific Study of Mental Disorders
Skill: Applied

Answer: d. been skeptical of these treatments unless more scientific proofs of their value were established.

1.1.105. Which of the following is the equivalent in the legal system of failing to reject the null hypothesis?

a. the defendant is guilty and sentenced to prison
b. the judge calls a mistrial after unreliable evidence is introduced
c. the defendant is not guilty although he is not necessarily innocent
d. the defendant is found not guilty by reason of insanity and sent to a mental hospital

Difficulty: 2
Question ID: 1.1.105
Page Reference: 21
Topic: Methods for the Scientific Study of Mental Disorders
Skill: Conceptual

Answer: c. the defendant is not guilty although he is not necessarily innocent

1.1.106. What is the best definition of a case study?

a. a detailed description of one person
b. a psychological evaluation for legal purposes
c. an analysis of the daydreams of college students
d. a large scale study of the rates of a disorder

Difficulty: 2
Question ID: 1.1.106
Page Reference: 21
Topic: Methods for the Scientific Study of Mental Disorders
Skill: Conceptual

Answer: a. a detailed description of one person
1.1.107. What is one of the major uses of case studies?

a. studying unusual conditions  
b. verifying the effectiveness of therapies  
c. validating correlations established in the laboratory  
d. establishing the borderline between normal and abnormal behaviors

Difficulty: 2  
Question ID: 1.1.107  
Page Reference: 22  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Conceptual

Answer: a. studying unusual conditions

1.1.108. Jane Addams was an influential social activist. Which of the following does not apply to her?

a. She founded a program to serve poor people in Chicago.  
b. She won a Nobel Peace Prize.  
c. She was a psychiatrist.  
d. She suffered bouts of depression.

Difficulty: 1  
Question ID: 1.1.108  
Page Reference: 22  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Factual

Answer: c. She was a psychiatrist.

1.1.109. It is likely that _______ played a role in the recurring depression of Jane Addams.

a. heredity  
b. lack of sleep and drugs  
c. early childhood sexual abuse  
d. social isolation

Difficulty: 1  
Question ID: 1.1.109  
Page Reference: 22  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Factual

Answer: a. heredity
1.1.110. What is one of the primary limitations of case studies?

a. focused on childhood  
b. useful only for rare disorders  
c. requires breaking confidentiality  
d. can be viewed from many different perspectives

Answer: d. can be viewed from many different perspectives

1.1.111. After reading a case study like that of Jane Addams, we must remember that

a. case studies are not conclusive.  
b. heredity and loss of a parent are rarely causes of depression.  
c. her case is very typical and thus very informative.  
d. severe childhood punishment almost always leads to depression.

Answer: a. case studies are not conclusive.
Short Answer

1.2.112. A general term that refers to several types of severe mental disorder in which the person is considered to be out of contact with reality is __________.

Difficulty: 1  
Question ID: 1.2.112  
Page Reference: 4  
Topic: Recognizing the Presence of a Disorder  
Skill: Factual

Answer: psychosis

1.2.113. A group of symptoms that appear together and are assumed to represent a specific type of disorder is referred to as a __________.

Difficulty: 1  
Question ID: 1.2.113  
Page Reference: 5  
Topic: Recognizing the Presence of a Disorder  
Skill: Factual

Answer: syndrome

1.2.114. In the United States the definition of abnormal behavior is presented in the official Diagnostic and Statistical Manual of Mental Disorders, published by the American __________ Association.

Difficulty: 1  
Question ID: 1.2.114  
Page Reference: 7  
Topic: Defining Abnormal Behavior  
Skill: Factual

Answer: Psychiatric

1.2.115. In the realm of psychological functioning, people who function at the highest levels can be described as __________.

Difficulty: 1  
Question ID: 1.2.115  
Page Reference: 9  
Topic: Defining Abnormal Behavior  
Skill: Factual

Answer: flourishing
1.2.116. ______________ is defined in terms of the values, beliefs, and practices that are shared by a specific community or group of people.

   Difficulty: 1
   Question ID: 1.2.116
   Page Reference: 9
   Topic: Defining Abnormal Behavior
   Skill: Factual

   Answer: Culture

1.2.117. The scientific study of the frequency and distribution of disorders within a population is defined as __________.

   Difficulty: 2
   Question ID: 1.2.117
   Page Reference: 12
   Topic: Who Experiences Abnormal Behavior?
   Skill: Factual

   Answer: epidemiology

1.2.118. ______________ refers to the number of new cases of a disorder that appear in the population during a specific period of time.

   Difficulty: 2
   Question ID: 1.2.118
   Page Reference: 12
   Topic: Who Experiences Abnormal Behavior?
   Skill: Factual

   Answer: Incidence

1.2.119. ______________ refers to the total number of active cases, both old and new, of a disorder that are present in a population during a specific period of time.

   Difficulty: 2
   Question ID: 1.2.119
   Page Reference: 12
   Topic: Who Experiences Abnormal Behavior?
   Skill: Factual

   Answer: Prevalence
1.2.120. The presence of more than one condition within the same period of time in an individual is known as _________.

Difficulty: 2  
Question ID: 1.2.120  
Page Reference: 13  
Topic: Who Experiences Abnormal Behavior?  
Skill: Factual

Answer: comorbidity

1.2.121. _______________ psychology is concerned with the application of psychological science to the assessment and treatment of mental disorders.

Difficulty: 1  
Question ID: 1.2.121  
Page Reference: 15  
Topic: The Mental Health Professions  
Skill: Factual

Answer: Clinical

1.2.122. An in-depth look at the symptoms and circumstances surrounding one person's mental disturbance is called a ________ ________.

Difficulty: 1  
Question ID: 1.2.122  
Page Reference: 21  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Factual

Answer: case study

1.2.123. In scientific research the alternative to the experimental hypothesis is known as the __________ hypothesis.

Difficulty: 1  
Question ID: 1.2.123  
Page Reference: 21  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Factual

Answer: null
Essay

1.3.124. Describe the problems that are associated with attempts to define abnormal behavior in terms of (a) personal distress and (b) statistical rarity.

Difficulty: 2
Question ID: 1.3.124
Page Reference: 6
Topic: Recognizing the Presence of a Disorder
Skill: Applied

Answer: (a) The individual may not demonstrate insight into the condition, and the behaviors may bother others but not the individual. (b) The cutoff for statistical rarity might be arbitrary, and would be different for different disorders. Statistical rarity doesn't address the issue of whether the behavior is harmful or not harmful. Moreover, some mental disorders are actually quite common.

1.3.125. Describe the categories of behavior that are excluded from categorization as mental illness in the DSM-IV-TR, and give an example of each.

Difficulty: 3
Question ID: 1.3.125
Page Reference: 8
Topic: Defining Abnormal Behavior
Skill: Conceptual

Answer: (1) Expected or culturally sanctioned response to a particular event (such as the death of a loved one), (2) deviant behaviors (such as the actions of political, religious, or sexual minorities), (3) conflicts that are between the individual and society (voluntary efforts to express individuality such as political protest or controversial art work).

1.3.126. How do epidemiologists measure disease burden and what have their results revealed?

Difficulty: 3
Question ID: 1.3.126
Page Reference: 13
Topic: Defining Abnormal Behavior?
Skill: Applied

Answer: Disease burden is a combination of measures of mortality and disability. By equating certain medical diseases and injuries with specific mental disorders epidemiologists estimate the disease burden due to various conditions. Their results indicate that the top three conditions in terms of disease burden are: all cardiovascular conditions; all mental disorders, including suicide; and all malignant disease (cancer). The specific mental disorder that accounts for the greatest disease burden is unipolar major depression.
1.3.127. Discuss the different types of specialized mental health professionals, their role in the treatment of people with mental disorders, and how people are most likely to receive mental health care.

Difficulty: 3  
Question ID: 1.3.127  
Page Reference: 15-16  
Topic: The Mental Health Professions  
Skill: Conceptual

Answer: There are three general sources of mental health care. Fewer than half of those who seek help for mental disorders receive help from specialized mental health professionals. Roughly one-third are treated by primary care physicians and roughly one-quarter receive help from social agencies and self-help groups. Among the specialized providers, there are various kinds. Psychiatrists are specialists in medicine and can prescribe medications. Clinical psychologists typically have completed five years of graduate study to earn a Ph.D. or Psy.D. Social workers are the most numerous of the specialized mental health providers in the U.S., and they usually have a master's degree in social work. There are also other types of specialized providers, including professional counselors, marriage and family therapists, and psychosocial rehabilitation professionals, most of whom are also trained at the master's level.

1.3.128. Trace the development of the Greek tradition in medicine on the causes and treatments of mental disorders. Trace the development of asylums from the Middle Ages to the 1800s in the United States.

Difficulty: 3  
Question ID: 1.3.128  
Page Reference: 17-19  
Topic: Psychopathology in Historical Context  
Skill: Factual

Answer: In contrast to earlier times, the Greek philosopher, Hippocrates, proposed natural explanations for mental disorders. He suggested that a balance among four humors was necessary for health. An excess or deficiency in one of the humors could result in a disorder. His attempts to uncover natural, biological explanations dominated medical thought in Western countries until the middle of the nineteenth century. During the Middle Ages, "lunatics" or "idiots" (terms used for the mentally ill and mentally retarded) aroused little interest. Their disturbed behavior was considered to be the responsibility of the family rather than the community or the state. In the 1600s and 1700s "insane asylums" were established to house the mentally disturbed. However, changes in economic, demographic, and social conditions brought a different perspective to the care of the mentally ill. For example, there was rapid population growth and the rise of large cities between 1790 and 1850 in the United States. This increased urbanization led to a shift from an agricultural to an industrial economy. Lunatic asylums were created to serve the needs of heavily populated cities and to assume responsibilities that had been performed by families. Although the early asylums were little more than warehouses, the moral treatment movement led to improved conditions in at some of these hospitals. This approach offered support, care and some degree of freedom rather than just confinement. This treatment approach coupled with Dorothea Dix's advocacy led to expansion of the number of mental institutions in the United States.
1.3.129. During the 1920s and 1930s several somatic treatments were widely used to treat mental disorders. Give a brief description of the procedure and the rationale for the following: fever therapy, insulin coma therapy, and lobotomy.

Difficulty: 2  
Question ID: 1.3.129  
Page Reference: 20  
Topic: Psychopathology in Historical Context  
Skill: Conceptual

Answer: (1) Fever therapy involved taking blood from people with malaria and injecting it into people with psychiatric disorders so they would develop a fever. This method was used because the symptoms of some people with mental disorders had disappeared after they became ill with typhoid fever. (2) Insulin coma therapy involved injecting insulin into psychiatric patients. These injections lower the sugar content of the blood and induce a hypoglycemic state and a deep coma. The method was used because mental changes had been noted in some diabetic drug addicts who were treated with insulin. (3) A lobotomy involves inserting a sharp knife through a hole bored in a patient's skull. Nerve fibers between the frontal lobes and the rest of the brain were cut. This surgical procedure had led to a reduction of negative emotions in chimpanzees.

1.3.130. Describe the benefits and drawbacks of the use of case studies in research on psychopathology.

Difficulty: 2  
Question ID: 1.3.130  
Page Reference: 21-22  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Conceptual

Answer: (1) Benefits: rich clinical descriptions (symptoms displayed, manner in which symptoms emerged, developmental and family history, response to any treatment efforts), especially important if the disorder is rare (e.g., multiple personality disorder and transsexualism); can be used to generate hypotheses; associated details can give clues about the nature of mental illness. (2) Drawbacks: can be viewed from many different perspectives and competing explanations may be equally plausible; risky to draw general conclusions from a single case.

1.3.131. A pharmaceutical company has asked you to design a study to evaluate the effectiveness of a new drug for treating bulimia. They have asked you specifically to do case studies. You are writing a memo in reply to this request in which you explain what case studies can do for the project, but also what they can not do. Include a brief description of the components you would add to the study to make it more useful in testing a theory.

Difficulty: 3  
Question ID: 1.3.131  
Page Reference: 23  
Topic: Methods for the Scientific Study of Mental Disorders  
Skill: Applied
Answer: (1) Case studies can suggest a research direction and give hints about theory, but they can’t actually tell much about cause and effect. A hypothesis can be derived from a case study and a few case studies can suggest that a more experimental project would be worthwhile. It would be valuable to follow several cases to see if the new drug does in fact reduce their symptoms. (2) In order to actually know something about cause and effect, however, it is necessary to conduct a controlled experiment. For this you would need a larger group of subjects, 1/3 of whom were given the drug, 1/3 of whom were given a placebo, and 1/3 of whom were provided with the current standard treatment. This study would have to follow the rules of science. From this study you could tell something about which condition is more effective in treating this disorder.