1. Which of the following is true concerning abnormal behavior?
   A) Definitions of abnormal behavior are culture-dependent.
   B) A behavior cannot be defined as abnormal unless it is considered harmful to society.
   C) Abnormal behavior can be defined as any behavior that is distressful.
   D) Definitions of abnormal behavior are based on physiological factors.

2. Which of the following is true of the medical model?
   A) In recent years, it has been in large part discredited.
   B) It views psychological disorders as sicknesses that are diagnosable and treatable.
   C) It emphasizes the role of psychological factors in disorders over that of physiological factors.
   D) It focuses on cognitive factors.

3. The view that all behavior arises from the interaction of heredity and environment is referred to as the ______ approach.
   A) biopsychosocial
   B) psychoanalytic
   C) medical
   D) conditioning

4. Sharon is continually tense, jittery, and apprehensive for no specific reason. She would probably be diagnosed as suffering a(n)
   A) phobia.
   B) major depressive disorder.
   C) obsessive-compulsive disorder.
   D) generalized anxiety disorder.

5. Jason is so preoccupied with staying clean that he showers as many as 10 times each day. Jason would be diagnosed as suffering from a(n)
   A) dissociative disorder.
   B) generalized anxiety disorder.
   C) personality disorder.
   D) obsessive-compulsive disorder.

6. Irene occasionally experiences unpredictable episodes of intense dread accompanied by heart palpitations and a sensation of smothering. Since her symptoms have no apparent cause, they would probably be classified as indicative of
   A) schizophrenia.
   B) bipolar disorder.
   C) post-traumatic stress disorder.
   D) panic attack.
7. Although she escaped from war-torn Bosnia two years ago, Zheina still has haunting memories and nightmares. Because she is also severely depressed, her therapist diagnoses her condition as
A) dissociative identity disorder.
B) bipolar disorder.
C) schizophrenia.
D) post-traumatic stress disorder.

8. Joe has an intense, irrational fear of snakes. He is suffering from a(n)
A) generalized anxiety disorder.
B) obsessive-compulsive disorder.
C) phobia.
D) mood disorder.

9. Before he can study, Rashid must arrange his books, pencils, paper, and other items on his desk so that they are “just so.” The campus counselor suggests that Rashid's compulsive behavior may help alleviate his anxiety about failing in school, which reinforces the compulsive actions. This explanation of obsessive-compulsive behavior is most consistent with which perspective?
A) learning
B) psychoanalytic
C) humanistic
D) social-cognitive

10. As a child, Monica was criticized severely by her mother for not living up to her expectations. This criticism was always followed by a beating with a whip. As an adult, Monica is generally introverted and extremely shy. Sometimes, however, she acts more like a young child, throwing tantrums if she doesn't get her way. At other times, she is a flirting, happy-go-lucky young lady. Most likely, Monica is suffering from
A) a phobia.
B) dissociative schizophrenia.
C) dissociative identity disorder.
D) bipolar disorder.

11. Which of the following is the most pervasive of the psychological disorders?
A) depression
B) schizophrenia
C) bipolar disorder
D) generalized anxiety disorder

12. For the past six months, a woman has complained of feeling isolated from others, dissatisfied with life, and discouraged about the future. This woman could be diagnosed as suffering from
A) bipolar disorder.
B) major depressive disorder.
C) generalized anxiety disorder.
D) a dissociative disorder.
13. On Monday, Matt felt optimistic, energetic, and on top of the world. On Tuesday, he felt hopeless and lethargic, and thought that the future looked very grim. Matt would most likely be diagnosed as having
A) bipolar disorder.
B) major depressive disorder.
C) schizophrenia.
D) panic disorder.

14. In general, women are more vulnerable than men to
A) external disorders such as anxiety.
B) internal disorders such as depression.
C) external disorders such as antisocial conduct.
D) internal disorders such as alcohol dependency.

15. Connie's therapist has suggested that her depression stems from unresolved anger toward her parents. Evidently, Connie's therapist is working within the ________ perspective.
A) learning
B) social-cognitive
C) biological
D) psychoanalytic

16. Alicia's doctor, who thinks that Alicia's depression has a biochemical cause, prescribes a drug that
A) reduces norepinephrine.
B) increases norepinephrine.
C) reduces serotonin.
D) increases acetylcholine.

17. Ken's therapist suggested that his depression is a result of his self-defeating thoughts and negative assumptions about himself, his situation, and his future. Evidently, Ken's therapist is working within the ________ perspective.
A) learning
B) social-cognitive
C) biological
D) psychoanalytic

18. Hearing voices would be a(n) ________; believing that you are Napoleon would be a(n) ________.
A) obsession; compulsion
B) compulsion; obsession
C) delusion; hallucination
D) hallucination; delusion
19. Claiming that she heard a voice commanding her to warn other people that eating is harmful, Sandy attempts to convince others in a restaurant not to eat. The psychiatrist to whom she is referred finds that Sandy's thinking and speech are often fragmented and incoherent. In addition, Sandy has an unreasonable fear that someone is "out to get her" and consequently trusts no one. Her condition is most indicative of
A) schizophrenia.
B) generalized anxiety disorder.
C) a phobia.
D) obsessive-compulsive disorder.

20. The effect of drugs that block receptors for dopamine is to
A) alleviate schizophrenia symptoms.
B) alleviate depression.
C) increase schizophrenia symptoms.
D) increase depression.

21. Research evidence links the brain abnormalities of schizophrenia to ________ during prenatal development.
A) maternal stress
B) a viral infection contracted
C) abnormal levels of certain hormones
D) the weight of the unborn child

22. Bob has never been able to keep a job. He's been in and out of jail for charges such as theft, sexual assault, and spousal abuse. Bob would most likely be diagnosed as having
A) a dissociative identity disorder.
B) major depressive disorder.
C) schizophrenia.
D) an antisocial personality.

23. An eclectic psychotherapist is one who
A) takes a nondirective approach in helping clients solve their problems.
B) views psychological disorders as usually stemming from one cause, such as a biological abnormality.
C) uses one particular technique, such as psychoanalysis or counterconditioning, in treating disorders.
D) uses a variety of techniques, depending on the client and the problem.

24. The technique in which a person is asked to report everything that comes to his or her mind is called ________; it is favored by ________ therapists.
A) active listening; cognitive
B) spontaneous remission; humanistic
C) free association; psychoanalytic
D) systematic desensitization; behavior

25. During a session with his psychoanalyst, Jamal hesitates while describing a highly embarrassing thought. In the psychoanalytic framework, this is an example of
A) transference.
B) insight.
C) mental repression.
D) resistance.
26. During psychoanalysis, Jane has developed strong feelings of hatred for her therapist. The analyst interprets Jane's behavior in terms of a ________ of her feelings toward her father.
   A) projection  
   B) resistance  
   C) regression  
   D) transference

27. Carl Rogers was a ________ therapist who was the creator of ________.
   A) behavior; systematic desensitization  
   B) psychoanalytic; insight therapy  
   C) humanistic; client-centered therapy  
   D) cognitive; cognitive therapy for depression

28. Given that Jim's therapist attempts to help him by offering genuineness, acceptance, and empathy, she is probably practicing
   A) psychoanalysis.  
   B) behavior therapy.  
   C) cognitive therapy.  
   D) client-centered therapy.

29. The technique in which a therapist echoes and restates what a person says in a nondirective manner is called
   A) active listening.  
   B) free association.  
   C) systematic desensitization.  
   D) transference.

30. To help him overcome his fear of flying, Duane's therapist has him construct a hierarchy of anxiety-triggering stimuli and then learn to associate each with a state of deep relaxation. Duane's therapist is using the technique called
   A) systematic desensitization.  
   B) aversive conditioning.  
   C) shaping.  
   D) free association.

31. Leota is startled when her therapist says that she needs to focus on eliminating her problem behavior rather than gaining insight into its underlying cause. Most likely, Leota has consulted a ________ therapist.
   A) behavior  
   B) humanistic  
   C) cognitive  
   D) psychoanalytic

32. The techniques of counterconditioning are based on principles of
   A) observational learning.  
   B) classical conditioning.  
   C) operant conditioning.  
   D) behavior modification.
33. To help Sam quit smoking, his therapist blew a blast of smoke into Sam's face each time Sam inhaled. Which technique is the therapist using?
   A) exposure therapy
   B) behavior modification
   C) systematic desensitization
   D) aversive conditioning

34. The operant conditioning technique in which desired behaviors are rewarded with points or poker chips that can later be exchanged for various rewards is called
   A) counterconditioning.
   B) systematic desensitization.
   C) a token economy.
   D) exposure therapy.

35. Which type of therapy focuses on eliminating irrational thinking?
   A) EMDR
   B) client-centered therapy
   C) cognitive therapy
   D) behavior therapy

36. After Darnel dropped a pass in an important football game, he became depressed and vowed to quit the team because of his athletic incompetence. The campus psychologist used gentle questioning to reveal to Darnel that his thinking was irrational: his “incompetence” had earned him an athletic scholarship. The psychologist's response was most typical of a ________ therapist.
   A) behavior
   B) psychoanalytic
   C) client-centered
   D) cognitive

37. Cognitive-behavior therapy aims to
   A) alter the way people act.
   B) make people more aware of their irrational negative thinking.
   C) alter the way people think and act.
   D) countercondition anxiety-provoking stimuli.

38. Seth enters therapy to talk about some issues that have been upsetting him. The therapist prescribes some medication to help him. The therapist is most likely a
   A) clinical psychologist.
   B) psychiatrist.
   C) psychiatric social worker.
   D) clinical social worker.
39. Linda's doctor prescribes medication that blocks the activity of dopamine in her nervous system. Evidently, Linda is being treated with an ________ drug.
   A) antipsychotic
   B) antianxiety
   C) antidepressant
   D) anticonvulsive

40. Abraham's doctor prescribes medication that increases the availability of norepinephrine or serotonin in his nervous system. Evidently, Abraham is being treated with an ________ drug.
   A) antipsychotic
   B) mood-stabilizing
   C) antidepressant
   D) anticonvulsive

41. Electroconvulsive therapy is most useful in the treatment of
   A) schizophrenia.
   B) depression.
   C) personality disorders.
   D) anxiety disorders.

42. A psychiatrist has diagnosed a patient as having bipolar disorder. It is likely that she will prescribe
   A) an antipsychotic drug.
   B) lithium.
   C) an antianxiety drug.
   D) a drug that blocks receptor sites for serotonin.

43. After many years of taking antipsychotic drugs, Greg's facial muscles sometimes twitch involuntarily. This behavior is called
   A) tardive dyskinesia.
   B) spontaneous recovery.
   C) repetitive transcranial magnetic stimulation.
   D) EMDR.

44. Light-exposure therapy has proven useful as a form of treatment for people suffering from
   A) bulimia.
   B) seasonal affective disorder.
   C) schizophrenia.
   D) dissociative identity disorder.

45. Family therapy differs from other forms of psychotherapy because it focuses on
   A) using a variety of treatment techniques.
   B) conscious rather than unconscious processes.
   C) the present instead of the past.
   D) how family tensions may cause individual problems.