Abnormal Psychology 8th edition Barlow Test Bank

SKU: 9781305950443-TEST-BANK

MULTIPLE CHOICE

1 : The best description of the multidimensional integrative approach to understanding psychopathology is that it is based on
A : biological dimensions.
B : biological and psychological dimensions.
C : biological and psychological dimensions, as well as emotional influences.
D : biological and psychological dimensions, as well as emotional and developmental influences.

Correct Answer : D

2 : Within the multidimensional integrative approach to understanding psychopathology, learned helplessness is considered a(n) dimension.
A : biological
B : psychological
C : emotional
D : physiological

Correct Answer : B

3 : The basis of the multidimensional integrative approach to understanding psychopathology is that each dimension(psychological, biological, emotional, etc.)
A : operates independently.
B : is sufficient to cause pathology.
C : builds on the dimension that precedes it.
D : is influenced by the other dimensions.

Correct Answer : D

4 : Your uncle spent most of his teen years in a hospital undergoing treatment for a severe physical illness. As an adult, he is rather shy and withdrawn, particularly around women. He has been diagnosed with social phobia, which you believe is entirely due to lack of socialization during his teen years. Your theory or model of what caused his phobia is _____.
A : multidimensional
B : integrative
C : one-dimensional
D : biological

Correct Answer : C

5 : According to the multidimensional integrative approach to psychopathology, the following statement is true for most psychological disorders:
A : If one monozygotic twin has a particular disorder, the other twin will definitely have the disorder as well.
B : Monozygotic twins are no more likely to share psychological disorders than any other siblings.
C : Monozygotic twins are no more likely to share disorders than any other two people selected at random from the population.
D : If one monozygotic twin has a particular psychological disorder, the other twin is more likely to have the disorder than the rest of the population.

Correct Answer : D

6 : Amanda is 12 years old, and her sister Samantha is 5 years old. While riding in a car with their parents, the girls witness a major automobile accident where a number of people are injured. The girls react very differently to the accident. This is probably due to
A : biological differences.
B : developmental differences.
C : psychological differences
D : sociocultural differences

Correct Answer : B

7 : The multidimensional integrative approach to pathology includes causal factors from which fields?
A : Neuroscience
B : Genetics
C : Psychology
D : All of the above are correct

Correct Answer : D

8 : Behavioral influences in the multidimensional model include
A : conditioned Responses.
B : cultural Factors.
C : genetics.
D : violation of Social Norms.

Correct Answer : A

9 : Social influences in the multidimensional model include
A : the fact that illness usually gets attention.
B : heart rate.
C : genetics.
D : conditioned responses.

Correct Answer : A

10 : The most accurate way to think of genes is that they
A : set boundaries for our development.
B : determine both our physical and psychological characteristics.
C : determine physical but not psychological characteristics.
D : actually have very little to do with any of the characteristics that we display.

Correct Answer : A

11 : Referring to behavior and personality as polygenic means that both are
A : influenced by only a few genes, but each has a large effect.
B : influenced by many genes, with each individual gene contributing a relatively small effect.
C : influenced by individual genes only rarely.
D : a result of our genetic structure only.

Correct Answer : B

12 : The procedures referred to as quantitative genetics are used to
A : determine the effects of multiple genes.
B : provide genetic counseling.
C : correct genetic abnormalities.
D : test the multidimensional integrative model.

Correct Answer : A

13 : Most psychological disorders appear to be influenced by many individual genes rather than caused by one single gene, a process referred to as influence.
A : multigenic
B : polygenic
C : unigenic
D : morphogenic

Correct Answer : B

14 : Inga is a charming and intelligent young lady who is well-liked by family and friends. Approximately _____ ofIngas enduring personality traits and cognitive abilities can be attributed to genetic influence.
A : 25%
B : 50%
C : 75%
D : 100%

Correct Answer : B

15 : The most recent estimates are that genetics contribute approximately _____ to the development of personality characteristics such as shyness or activity level.
A : 10-20%
B : 30-50%
C : 75-85%
D : nothing

Correct Answer : B

16 : According to recent estimates, genetic contributions to the development of most psychological disorders are _____.
A : below 50%
B : above 50%
C : different for each disorder (estimates range from 0 to 100%)
D : nonexistent

Correct Answer : A

17 : Recent evidence regarding the genetic influence on most psychological disorders has shown that
A : single genes are usually responsible for psychological disorders.
B : genes that influence psychopathology are usually recessive.
C : there is no evidence that genes influence psychopathology.
D : multiple genes interact, with each gene contributing a small effect.

Correct Answer : D

18 : In the diathesis-stress model, diathesis refers to
A : an inherited disorder.
B : conditions in the environment that can trigger a disorder depending upon how severe the stressors are.
C : an inherited tendency or condition that makes a person susceptible to developing a disorder.
D : the inheritance of multiple disorders.

Correct Answer : C

19 : In the diathesis-stress model, stress refers to
A : life events, in combination with an inherited tendency, that trigger a disorder.
B : inherited tendencies, in combination with life events, that trigger a disorder.
C : defective genes.
D : exposure to very unusual and extreme environmental conditions.

Correct Answer : A

20 : According to the diathesis-stress model, psychopathology is the result of the
A : interaction between normal and defective or damaged genes.
B : stress level of an individual and how stress is managed in a persons life.
C : family history of an individual.
D : interaction of an inherited tendency and events in a persons life.

Correct Answer : D

21 : According to the diathesis-stress model, monozygotic twins raised in the same household will
A : not necessarily have the same disorders because of potential differences in their diathesis.
B : have the same disorders because their diathesis and stress are exactly the same.
C : not necessarily have the same disorders because of potential differences in their stress.
D : have no more likelihood of sharing a disorder than any other two randomly selected individuals from the population.

Correct Answer : C

22 : According to the diathesis-stress model,
A : mental disorders will always develop given a certain level of stress.
B : once a diathesis for a particular disorder is inherited, the disorder will eventually develop.
C : an individuals inherited tendencies are not affected by stressful life events he or she encounters.
D : it is possible to inherit a diathesis and never develop a disorder.

Correct Answer : D

23 : The model that describes the development of psychopathology as a combination of an inherited predisposition and the events that have occurred in the individuals life is called .
A : diathesis-stress
B : genetic
C : bio-behavioral
D : psychoanalytic

Correct Answer : A

24 : In a landmark study by Caspi et. al. (2003), researchers studied the stressful life events and genetics of 847 individuals. For individuals who had at least four stressful life events, the risk of major depression
A : remained unchanged regardless of genetic makeup.
B : doubled if they possessed two short alleles of the gene being studied.
C : was reduced by half if they possessed two short alleles of the gene being studied.
D : was entirely related to the genetic makeup and not the number of life stressors.

Correct Answer : B

25 : The idea that our inherited tendencies influence the probability that we will encounter stressful life events is a characteristic of the _____.
A : diathesis-stress model
B : reciprocal gene-environment model
C : genetic model
D : psycho-social model

Correct Answer : B

26 : John has inherited a personality trait that makes him more likely to keep to himself than to socialize. As a result, he does not have many friends and spends a lot of time alone. If John were to develop depression, the model that would probably best explain this situation and the cause of his depression is .
A : diathesis-stress
B : biological
C : reciprocal gene-environment
D : interpersonal

Correct Answer : C

27 : Some people may be genetically predisposed to seek out difficult relationships. These difficult relationships may contribute to their experience of depression. This is an example of the .
A : diathesis-stress model
B : reciprocal gene-environment model
C : genetic model
D : quantitative genetics model

Correct Answer : B

28 : Research studies using the procedure called cross fostering have shown that genetically emotional and reactive young animals raised by calm mothers tended to be
A : calm.
B : emotional and reactive.
C : calm but emotional and reactive when raising their own young.
D : emotional and reactive but calm when raising their own young.

Correct Answer : A

29 : Cross-fostering studies indicate that the environmental effects of early parenting
A : had no effect on any genetic contribution to be reactive to stress.
B : seem to override any genetic contribution to be reactive to stress.

C : had no effect on future generations in the expression of personality traits or temperament.
D : had random effects on any genetic contribution to be reactive to stress.

Correct Answer : B

30 : Looking at the findings of many cross-fostering studies (Francis et al., 1999, Suomi, 1999, Tienari et al., 1994) it appears that positive interventions such as good parenting in early life may
A : have little effect in terms of preventing psychopathology in those genetically predisposed to such conditions.
B : dramatically change the genetics of individuals genetically predisposed to psychopathology.
C : have a greater effect on future generations than on the individual exposed to the good parenting.
D : override the genetically influenced tendency to develop psychopathology in later life.

Correct Answer : D

31 : Some of the most recent research studies regarding genetic vs. environmental causes of disorders in animals and humans have suggested
A : genetic influences are greater than originally observed because positive environmental conditions do not prevent disorders.
B : genetics and the environment share equal roles in the development of all psychological disorders.
C : the relative contributions of genetics and the environment in the development of psychological disorders are different for lower animals than for humans.
D : genetic influences may have been oversimplified by previous studies (i.e., without sufficient environmental stress, the genetic predisposition may never be activated.)

Correct Answer : D

32 : Recent research suggests that
A : environmental manipulations early in life may do much to override the genetically induced tendency to develop undesirable behavioral activities.
B : environmental manipulations early in life may do much to override the genetically induced tendency to develop undesirable emotional activities.
C : an interaction between genes and environment plays an important role in every psychological disorder.
D : all of these.

Correct Answer : D

33 : According to the Diathesis-Stress Model:
A : Alcoholism is inherited. If you inherit the gene, it is only a matter of time before you become an alcoholic.
B : Alcoholism is not inherited at all; no one makes you drink against your will.
C : Genetic vulnerability lowers the threshold for stress to create alcoholism.
D : Everyone has the same likelihood of becoming an alcoholic.

Correct Answer : C

34 : The central nervous system is made up of the .
A : brain and spinal cord
B : brain only

C : spinal cord only
D : nerves leading to and from the brain

Correct Answer : A

35 : The brain and the spinal cord comprise the
A : peripheral nervous system.
B : somatic nervous system.
C : parasympathetic nervous system.
D : central nervous system.

Correct Answer : D

36 : The area between the axon of one neuron and the dendrite of another neuron is the .
A : axon terminal
B : soma
C : synaptic cleft
D : transmission cleft

Correct Answer : C

37 : Which of the following statements is TRUE?
A : Glial cells are passive cells that serve to connect and insulate neurons.
B : There are fewer glial cells than there are neurons.
C : There are different types of glial cells with several specific functions.
D : Glial cells slow down the process of neural communication.

Correct Answer : C

38 : The synaptic cleft is the area between the
A : soma of one neuron and the dendrite of another neuron.
B : axon of one neuron and the dendrite of another neuron.
C : axon of one neuron and the soma of another neuron.
D : somas of two neurons.

Correct Answer : B

39 : Neurotransmitters are important because they
A : allow neurons to send signals to other neurons.
B : maintain the oxygenation of the brain.
C : prevent the development of psychopathology.
D : allow the brain to maintain its structural integrity.

Correct Answer : A

40 : The chemicals that allow transmission of signals between neurons are called .
A : re-uptake inhibitors
B : hormones
C : neurotransmitters
D : genes

Correct Answer : C

41 : GABA, dopamine, and norepinephrine are all examples of .
A : electrical brain waves
B : neurons
C : neurotransmitters
D : areas of the brain

Correct Answer : C

42 : Most automatic functions (e.g., breathing, sleeping, and motor coordination) are controlled by the part of the brain called the _____.
A : brain stem
B : forebrain
C : cortex
D : frontal lobes

Correct Answer : A

43 : Recent research has associated the _____ with autism. This is also the part of the brain that controls motor coordination.
A : reticular activating system (RAS)
B : medulla
C : pons
D : cerebellum

Correct Answer : D

44 : The part of the brain stem that regulates vital activities such as heartbeat, breathing, and digestion is the .
A : cerebellum
B : reticular activating system (RAS)
C : hindbrain
D : thalamus

Correct Answer : C

45 : The _____ coordinates movement with sensory input and contains parts of the reticular activating system.
A : hindbrain
B : midbrain
C : cerebral cortex
D : forebrain

Correct Answer : B

46 : Functions of the limbic system include control or regulation of
A : basic body functions such as breathing.
B : sleep cycles.
C : emotional experiences, expressions, impulse control, and basic drives such as aggression, sex, hunger, and thirst.
D : body posture, coordinated movement, and involuntary responses such as reflexes and other automatic processes.

Correct Answer : C

47 : About 80% of the neurons contained in the central nervous system are located in the .
A : cerebral cortex
B : brain stem
C : midbrain
D : basal ganglia

Correct Answer : A

48 : The ability to plan, think, reason, and create is located in the part of the brain called the .
A : thalamus
B : midbrain
C : cerebral cortex
D : brain stem

Correct Answer : C

49 : Although the two halves of the cortex look alike structurally, the left hemisphere seems to be chiefly responsible for
A : motor coordination.
B : perceiving the world around us.
C : creating images.
D : verbal and other cognitive processes.

Correct Answer : D

50 : For most people, verbal and cognitive processes are usually controlled by the .
A : left hemisphere of the cortex
B : right hemisphere of the cortex
C : entire cortex
D : midbrain

Correct Answer : A

51 : For most people, perception and the creation of images are usually handled by the .
A : left hemisphere of the cortex
B : entire cortex
C : midbrain
D : right hemisphere of the cortex

Correct Answer : D

52 : The part(s) of the brain most associated with memory, thought, and reasoning is(are) the .
A : occipital lobes
B : brain stem
C : left parietal lobe
D : frontal lobes

Correct Answer : D

53 : The peripheral nervous system is made up of the .
A : endocrine system
B : brain stem and cortex

C : somatic and autonomic nervous system
D : brain and spinal cord

Correct Answer : C

54 : The major function of the peripheral nervous system is to
A : carry messages to and from the central nervous system.
B : process information received from the central nervous system.
C : regulate arousal.
D : control hormonal activity.

Correct Answer : A

55 : The network of glands that releases chemical messengers directly into the bloodstream is called the
A : autonomic nervous system.
B : somatic nervous system.
C : limbic system.
D : endocrine system.

Correct Answer : D

56 : According to your texts discussion of how neurotransmitters such as serotonin work, the term biochemical imbalance for the cause of disorders such as depression is probably .
A : an oversimplification
B : about accurate
C : completely incorrect
D : a perfect description

Correct Answer : A

57 : Drugs that increase the activity of a neurotransmitter are called .
A : agonists
B : antagonists
C : enhancers
D : psychotropics

Correct Answer : A

58 : Drugs that decrease the activity of a neurotransmitter are called .
A : agonists
B : blockers
C : reuptake inhibitors
D : antagonists

Correct Answer : D

59 : The neurotransmitter associated with regulation of mood, behavior, and thought processes is .
A : GABA
B : norepinephrine
C : serotonin
D : dopamine

Correct Answer : C

60 : Extremely low levels of GABA are associated with .
A : decreased anxiety
B : increased depression
C : increased anxiety
D : decreased depression

Correct Answer : C

61 : Recent research and increased understanding about the role of neurotransmitters in psychopathology point out that
A : each psychological disorder is caused by a deficit in a specific neurotransmitter.
B : chemical imbalances of the brain are the cause of psychopathology.
C : simple cause/effect conclusions stating that an individual neurotransmitter abnormality causes a disorder are incomplete.
D : neurotransmitters have very little to do with psychopathology for most individuals but may be the single cause of disorders for others.

Correct Answer : C

62 : Extremely low activity levels of serotonin are associated with .
A : aggression, suicide, and impulsive behavior
B : schizophrenia
C : anxiety disorders and general feelings of nervousness
D : mania

Correct Answer : A

63 : The neurotransmitter thought to regulate or moderate certain behavioral tendencies rather than directly influence specific patterns of behavior or psychological disorders is .
A : norepinephrine
B : GABA
C : dopamine
D : serotonin

Correct Answer : A

64 : The neurotransmitter associated with both schizophrenia and Parkinsons disease is .
A : GABA
B : norepinephrine
C : dopamine
D : serotonin

Correct Answer : C

65 : Extremely low levels of dopamine activity are associated with .
A : muscle rigidity, tremors, and impaired judgment
B : schizophrenia
C : pleasure seeking
D : exploratory behaviors

Correct Answer : A

66 : In the 1992 studies conducted by Baxter et al., OCD patients were provided with cognitive-behavioral therapy(exposure and response prevention) but no drugs. This study is important because brain imaging showed that
A : the neurotransmitter circuits of the brain had been normalized.
B : the patients OCD symptoms improved without changes in neurotransmitter function.
C : neither OCD symptoms nor neurotransmitter function had improved.
D : neurotransmitter circuits are the direct and only cause of OCD.

Correct Answer : A

67 : What is one of the conclusions generally drawn from the 1990s studies of OCD, brain imaging, and cognitive- behavioral therapy by Baxter et al., and the follow up studies by Schwartz et al.?
A : Neurotransmitters affect how people feel and act.
B : Drugs are the only way to impact faulty neurotransmitter circuits.
C : Neurotransmitters are a result of how people feel and act, not a cause.
D : Psychosocial factors such as therapy affect neurotransmitters.

Correct Answer : D

68 : In a recent study (Petrovic, Kalso, Peterson & Ingvar, 2002), subjects were exposed to a painful stimulus (heat to the hand) under three conditions: opiate medication, placebo (sugar pill) medication, and no medication. Brain scans indicated that a subjects experience of reduced pain with the placebo is due to
A : activation of brain regions identical to those activated by opiate medication.
B : activation of brain regions that are overlapping, but not identical, to those activated by opiate medication.
C : psychological expectation since a placebo does not activate brain regions associated with pain control.
D : similarities in activated brain regions during the no medication condition.

Correct Answer : B

69 : Cognitive-behavior therapy facilitates changes in thinking patterns in the cortex, which in turn affects the emotional brain. This is called .
A : confabulation
B : consolidation
C : a top-down change
D : a bottom-up change

Correct Answer : C

70 : Drugs often seem to work in a manner by reaching higher areas of the cortex where thinking occurs last. This is called _____.
A : consolidation
B : confabulation
C : top-down processing
D : bottom-up processing

Correct Answer : D

71 : Insel, Scanlan, Champoux, and Soumi (1988) raised one group of rhesus monkeys with the ability to control things in their environment and another group of monkeys who had no control of their environment (e.g., when they would receive treats and toys). When injected with a drug that produces a feeling of severe anxiety, the monkeys
A : raised with a sense of control appeared angry and aggressive while the monkeys raised without a sense of control appeared very anxious.
B : raised with a sense of control appeared anxious while the monkeys raised without a sense of control appeared angry and aggressive.
C : in both groups appeared anxious.
D : in both groups appeared angry and aggressive.

Correct Answer : A

72 : The significance of the study conducted by Insel, Scanlan, Champoux, and Soumi (1988) in which rhesus monkeys were raised either with a sense of control or without one and later exposed to an anxiety-inducing drug is that chemicals such as neurotransmitters
A : have very direct effects on behavior.
B : influence behavior in different ways depending upon the psychological history of the individual.
C : influence individuals in fairly direct and consistent ways regardless of the psychological history of the individual.
D : have few reliable and consistent effects on observed behavior.

Correct Answer : B

73 : The most recent research evidence suggests that the relationship between the brain (structure, function, neurotransmitters) and psychosocial factors (socialization, rearing, life events) is best described as
A : a system where our brains directly influence our behavior and psychosocial factors but not the other way around.
B : an interaction where the brain affects our psychosocial factors and psychosocial factors impact our brain.
C : a system where our behavior and psychosocial factors impact our brain but not the other way around.
D : far too complex to ever understand whether one system influences the other.

Correct Answer : B

74 : When comparing the brains of rats raised in a rich environment requiring lots of learning and motor behavior with the brains of rats raised as couch potatoes (Greenough, et al., 1990), the cerebellums of the more active rats
A : contained more neuronal connections and dendrites.
B : contained fewer neuronal connections but more axons and dendrites.
C : were less likely to possess pathological neurotransmitter circuits.
D : were exactly the same as the inactive rats.

Correct Answer : A

75 : Studies regarding rat learning and brain structure by Greenough, et al. (1990) and Wallace, et al. (1992) suggest that
A : early experiences such as learning cause physical changes in the brain.
B : psychopathology is the result of early learning experiences.
C : while psychopathology is often a result of early life experiences, it is generally due to the

physical changes in the brain that such experiences cause.
D : genetically caused brain structure problems can be corrected by positive life experiences.

Correct Answer : A

76 : One conclusion that can be drawn from the studies regarding rat learning and brain structure (Greenough, et al.,1990; Wallace, et al., 1992) is that
A : early psychological experience affects the development of the nervous system and will absolutely determine whether or not the individual will develop a psychological disorder later in life.
B : early psychological experience does not result in physical changes to the nervous system but can still influence whether or not one develops a psychological disorder.
C : early psychological experience affects the development of the nervous system and influences vulnerability to psychological disorders later in life.
D : early psychological experience has little to do with brain structure or later development of psychopathology.

Correct Answer : C

77 : Regarding biological influences on the development of psychopathology, the most accurate statement is
A : both genetics and life events play a part in the development of brain structure and function that can affect vulnerability to psychopathology.
B : life events can only cause changes in brain structure or function for those with genetic defects.
C : early life events play a much greater role in the development of brain structure or function than genetics.
D : vulnerability to psychopathology has little to do with the brain changes associated with genetics or early life events.

Correct Answer : A

78 : When one examines the current state of knowledge regarding genetics and life experience effects on brain structure and function, the best overall conclusion is that most psychological disorders are
A : the result of a complex interaction of genetics and faulty neurotransmitter circuits.
B : the result of stressful early life experiences and the negative effects such experiences have on brain structure or function.
C : the result of both biological and psychosocial factors.
D : beyond our current ability to understand in any meaningful way.

Correct Answer : C

79 : Recent research suggests that learning and experience
A : only change the brain before birth.
B : change the brain through childhood.
C : change the brain through young adulthood.
D : change the brain at any age.

Correct Answer : D

80 : Bullying studies in mice suggest that the functions of the mesolimbic system
A : can be switched from avoidance to reinforcement.

B : can be switched from reinforcement to avoidance.
C : cannot be changed by experience.
D : can only be changed with drugs.

Correct Answer : B

81 : Marta is right-handed. She falls and hurts the left side of her head and impacts brain function. Which is most likely to happen?
A : Marta may likely be more clumsy.
B : Marta may have some difficulty with language and cognitive processing.
C : Marta will have difficulty in math.
D : All of the above are correct.

Correct Answer : B

82 : Endocrine glands located in your head include:
A : Thyroid gland.
B : Pituitary Gland.
C : Hypothalamus.
D : B and C are correct.

Correct Answer : D

83 : Rescorla (1988) demonstrated that simply pairing two events closely in time
A : demonstrates the simplicity of classical conditioning.
B : does not allow us to make predictions.
C : becomes more meaningful as the pairings continue.
D : is not whats important in this type of learning.

Correct Answer : D

84 : Learned helplessness is demonstrated in laboratory animals by
A : creating aversive stimuli (such as electrical shocks to the foot) that the animal can control.
B : creating aversive stimuli (such as electrical shocks to the foot) that the animal cannot control.
C : creating pleasant stimuli (such as a food pellet) that the animal cannot control.
D : creating pleasant stimuli (such as a food pellet) that the animal can control.

Correct Answer : B

85 : Placing a rat in a cage where electrical shocks over which the rat has no control are occasionally administered through the floor is a way to create .
A : social learning
B : learned helplessness
C : unconscious learning
D : negative neurotransmitter pathways

Correct Answer : B

86 : It is important to understand the process of how learned helplessness is created in laboratory animals because learned helplessness in animals resembles the human disorder of .
A : panic disorder
B : depression

C : mania
D : schizophrenia

Correct Answer : B

87 : Candace believes that no matter how hard she studies, she will never succeed in college. This behavior can best be explained by _____.
A : personality disorder
B : faulty neurotransmitter circuits
C : learned helplessness
D : internal conflicts

Correct Answer : C

88 : Meno is 64 years old. Although continuously faced with considerable stress and difficulty in his life, he always displays an optimistic, upbeat attitude. According to research, Meno should
A : probably live longer than those without such positive attitudes.
B : live about the same length of time as those without such positive attitudes.
C : be less likely to have heart disease than those without such positive attitudes.
D : be more likely to be involved with positive community activities than those without such positive attitudes.

Correct Answer : A

89 : According to Seligman, if a person who is faced with considerable stress and difficulty in his/her life displays an optimistic, upbeat attitude, he/she is likely to function better psychologically and physically. He called this_____.
A : learned optimism
B : learned helplessness
C : learned awareness
D : learned predictability

Correct Answer : A

90 : One important contribution of the work of Albert Bandura regarding modeling or observational learning is that
A : much of our learned behavior depends upon our interactions with those around us.
B : our learned behavior has much more to do with the types of consequences (reinforcements and punishments)of our actions than our interactions with those around us.
C : it is impossible to learn behavioral patterns without observing those around us.
D : learning acquired through observation is much more resistant to extinction than behavior acquired through classical or operant conditioning.

Correct Answer : A

91 : Amanda learned to fear snakes after seeing one for the first time at the zoo. However, it took many exposures to the sound of tapping dancing shoes before she learned to fear that sound. The concept that would explain the fact that we learn to fear some objects more easily than others is
A : prepared learning.
B : learned helplessness.
C : observational learning.
D : reciprocal determinism.

Correct Answer : A

92 : The major difference between the modern cognitive science idea of the unconscious and Freuds view of the unconscious is that Freud saw the unconscious as_____ , whereas modern cognitive science views it as _____.
A : the function of the id; the result of multiple neuronal pathways interacting with the stimuli presented to the individual
B : a seething caldron of emotional conflicts; neuronal pathways interacting with the stimuli presented to the individual
C : the function of the superego; the ability to process, store, and act upon information without awareness
D : a seething caldron of emotional conflicts; the ability to process, store, and act upon information without awareness

Correct Answer : D

93 : According to modern cognitive science, the unconscious
A : clearly exists in much the same way that Freud imagined.
B : may or may not exist, as it is impossible to study material that we are not aware of.
C : clearly does not exist.
D : clearly exists but in a very different way than Freud imagined.

Correct Answer : D

94 : In the Stroop color naming paradigm, a patient with a blood phobia would be expected to name the color of the printed word wound
A : more quickly than a neutral word.
B : in about the same time it takes to name the color of a neutral word.
C : more slowly than a neutral word.
D : with a great deal of difficulty or not at all.

Correct Answer : C

95 : Ben just got robbed. He tells his friends wouldnt you know it, bad things ALWAYS happen to me. Bens friends often tease him that he is a pessimist. Ben
A : has a negative attitude and will likely outlive his more positive friends.
B : has a negative attitude and will likely suffer from poorer health and not live as long as his more positive friends.
C : will have difficulty concentrating.
D : will not be able to make more friends.

Correct Answer : B

96 : Learned helplessness:
A : is genetic.
B : occurs when an animal encounters (usually negative) conditions over which the animal has no control.
C : occurs only when animals receive an electric shock.
D : all of the above are correct.

Correct Answer : B

97 : Anna is embarrassed when her mom sings in the car in front of her friends. When her mothers favorite song comes on the radio, Anna sinks into her seat with embarrassment. In this scenario, the _____ is the neutral stimulus, and the _____ is the unconditioned stimulus.
A : embarrassment, Annas friends
B : Annas friends, embarrassment
C : embarrassment, music
D : music, embarrassment

Correct Answer : D

98 : You feed your dog every time you come home from school at night. One day your afternoon classes are cancelled and you come home early. Your dog barks for food, even though it is not her dinnertime yet. In this scenario, the _____ is the neutral stimulus, and the _____ is the unconditioned stimulus.
A : arrival home, food
B : food, arrival home
C : dog, food
D : food, dog

Correct Answer : A

99 : Emotion is generally thought to be a(n) elicited by a(n) .
A : cognition; behavior
B : action tendency; threat
C : affect; cognition
D : physiological response; affective occurrence

Correct Answer : B

100 : You and a friend are lost while walking on a street in a foreign city. A stranger approaches, and you are concerned that the stranger may try to mug you. Your friend assumes that the stranger is approaching to give you directions. As the stranger approaches, you experience fear, but your friend experiences relief. Your different emotional reactions can be explained by the_____ theory of emotion.
A : physiological
B : neurological
C : affective
D : cognitive

Correct Answer : D

101 : The relationship between emotion and health is demonstrated by the fact that
A : panic is related to poor concentration.
B : people with chronic diseases are often angry about their care.
C : those in poor physical health almost always develop psychological disorders.
D : hostility and anger increase ones risk of heart disease.

Correct Answer : D

102 : Studies examining the effects of anger and hostility on the cardiovascular system have demonstrated that anger results in
A : decreased pumping efficiency of the heart.
B : increased pumping efficiency of the heart.

C : heart changes similar to those found when exercising.
D : few if any measurable changes in the heart.

Correct Answer : A

103 : The evil eye, Latin American susto, and the Haitian phenomenon of voodoo death are currently viewed as examples of the
A : unsubstantiated myths that people can become ill without physical cause.
B : power of the social environment on our physical and psychological health.
C : power of the supernatural model of psychopathology.
D : isolated cultural phenomena with little practical significance.

Correct Answer : B

104 : The fact that women are more likely to suffer from insect phobias than men is most likely due to
A : biological differences.
B : differences in neurochemical pathways.
C : cultural expectations.
D : genetic influences.

Correct Answer : C

105 : Anxious males tend to have a higher rate of alcoholism than females. One likely explanation for this difference is that men are
A : more likely to use alcohol to deal with anxiety than to admit they are afraid.
B : less likely to be fearful of becoming alcoholic.
C : exposed to alcohol more often than women are.
D : more likely to see alcohol as a good long-term solution to problems such as anxiety.

Correct Answer : A

106 : The influences of culture and gender on psychopathology are most clearly evident in the disorder of .
A : bulimia nervosa
B : panic disorder
C : bipolar disorder
D : depression

Correct Answer : A

107 : People who have many social contacts and live their lives continually interacting with others
A : develop more infections and have poorer overall health.
B : have not been found to differ on any health outcome.
C : often suffer from psychological disorders such as dependency.
D : live longer and healthier lives.

Correct Answer : D

108 : Research exposing subjects to the virus that causes the common cold (Cohen et al., 1997) demonstrated that
A : the lower the individuals socialization, the lower the chances of contracting a cold.

B : the greater the individuals socialization, the lower the chances of contracting a cold.
C : extent of socialization and chances of contracting a cold were unrelated.
D : the quality of social contact predicted whether the individual would contract a cold, but the frequency of social contact did not.

Correct Answer : B

109 : Regarding the research on socialization and health, the safest conclusion is that
A : social support is important but mostly for those individuals who are at high risk for various physical or psychological disorders.
B : having a supportive group of people around us is important to our physical health but not our psychological well-being.
C : having a supportive group of people around us is important to our psychological well-being but not our physical health.
D : having a supportive group of people around us is one of the most important parts of maintaining our physical and mental health.

Correct Answer : D

110 : In a study conducted by Haber and Barchas (1983), monkeys were injected with amphetamine, a central nervous system stimulant. Comparison of the drugs effects on the dominant versus submissive monkeys demonstrated that the effects of brain chemicals such as drugs are
A : different for individual animals depending upon their place in the social hierarchy.
B : the same for all animals regardless of their place in the social hierarchy.
C : the same for all animals except for those with a biological predisposition for aggression.
D : different for individual animals but the differences appear to be random.

Correct Answer : A

111 : Research with the elderly has found that depression is more likely in those individuals who
A : have frequent social contacts.
B : live in group settings.
C : have fewer social contacts.
D : receive increased attention from their families when they are sick.

Correct Answer : C

112 : Depression and schizophrenia seem to appear in all cultures but tend to be characterized by different symptoms within individual cultures. For example, depression in Western culture is generally characterized by feelings of guilt and inadequacy, whereas in developing countries it is characterized by physical distress such as fatigue or illness. This is most likely due to
A : genetic differences between individuals living in different cultures.
B : differences in treatment provided in different cultures.
C : reasons that our current methods of study are incapable of understanding.
D : the fact that social and cultural factors influence psychopathology.

Correct Answer : D

113 : Given the role of social factors in psychological disorders and the fact that psychological disorders are still associated with social stigma (people tend to think that the disorder is something to be ashamed of), there is a much greater chance that people with psychological disorders will

A : be far more easily treated than those with physical disorders.
B : seek help for their disorders but be more likely to receive insufficient treatment than those with physical illness.
C : be ignored by mental health professionals when they seek help.
D : not seek and receive the treatment and support of others that are most needed for recovery.

Correct Answer : D

114 : When we compare the incidence of psychological disorders across countries and cultures, we find that
A : there is remarkable similarity in the rates of various disorders in different countries and cultures.
B : all Western countries have a similar rate of common disorders, but this is not true for developing countries.
C : developing countries have a much higher rate of psychological disorder than Western countries.
D : there are enormous differences in the rates of various disorders in different countries and cultures.

Correct Answer : D

115 : Political strife, war, and suffering in a country tend to _____ the rate of psychological disorders in the country.
A : decrease
B : have little effect on
C : have unpredictable effects on
D : increase

Correct Answer : D

116 : A lifespan psychologist would point out that the only way to understand a patients disorder is to understand how the individual
A : developed from childhood to adulthood.
B : developed during the psychosexual stages.
C : resolved conflicts in early life.
D : sees himself/herself as part of a family, a community, and a culture.

Correct Answer : A

117 : According to Eric Erikson, people
A : only experience major change in adulthood.
B : are fully developed by age 50.
C : experience eight typical developmental crises across time.
D : experience no developmental changes after adolescence.

Correct Answer : C

118 : When therapists ask patients how they are feeling and how they are experiencing their disorder today, it is essentially taking snapshots of their lives at the moment. This approach to understanding psychopathology is criticized as incomplete by .
A : lifespan psychologists
B : cognitive-behaviorists
C : humanists

D : all mental health workers

Correct Answer : A

119 : In an experiment by Kolb, Gibb, and Gorny (2003), animals of varying ages were placed in complex environments.Their findings suggest that
A : the impact of the environment on the brain is different at varying stages of life.
B : the impact of the environment on the brain is significant but uniform throughout the lifespan.
C : environments that are beneficial to the aged may be harmful to the young.
D : the environment has little effect on the brain throughout the lifespan.

Correct Answer : A

120 : The fact that some behaviors can be symptoms of many different disorders (e.g., delusions can be a result of amphetamine abuse or of schizophrenia) is an example of .
A : equifinality
B : psychopathology
C : pathogenesis
D : orthogonal causation

Correct Answer : A

121 : Children who are resistant to stress are considered to be .
A : resilient
B : reliant
C : resistant
D : reactive

Correct Answer : A

122 : The term equifinality refers to the fact that
A : once a process has begun, it will always lead to a final outcome.
B : many causes of psychopathology are equal in influence.
C : a number of paths can lead to the same outcome.
D : all forms of psychopathology have similar causes.

Correct Answer : C

123 : The fact that depression can be caused by mental illness or drug use is an example of how
A : once a process has begun, it will always lead to a final outcome.
B : many causes of psychopathology are equal in influence.
C : a number of paths can lead to the same outcome.
D : all forms of psychopathology have similar causes.

Correct Answer : C

124 : The fact that a disorder can be caused by a variety of factors illustrates the principle of .
A : equifinality
B : isolation
C : equilibration
D : isolation

Correct Answer : A

125 : Which of the following is true about biological sex and depression?
A : Boys and girls have equal rates of depression until puberty; after which depression becomes more common in girls.
B : Boys and girls have equal rates of depression until puberty; after which depression becomes more common in boys.
C : Boys and girls have equal rates of depression through the lifespan.
D : Depression almost never occurs in children under the age of 18.

Correct Answer : A

126 : According to the abnormal psychology video clip, psychopathology is due to .
A : psychological processes
B : biological processes
C : both biological and psychological processes
D : neither biological or psychological processes

Correct Answer : C

127 : Our understanding of psychology as an integrated process is in part a function of .
A : better measurement tools
B : greater biological knowledge
C : application of scientific study to psychological processes
D : all of the above

Correct Answer : D

128 : Children who are resistant to stress are considered to be .
A : resilient
B : reliant
C : resistant
D : reactive

Correct Answer : A

ESSAY

129 : Describe the diathesis-stress model. Use it to explain how one identical twin suffers from clinical depression while the other does not.

Correct Answer : This model argues that a diathesis is a vulnerability and a stress is an unpleasant experience, which together can cause behavioral and emotional disorders. Identical twins typically share the same genetic vulnerability but may not have the same life experiences.

130 : Psychoactive medications (drugs that impact our thoughts, emotions, and behavior) usually alter neurotransmitters in the brain. Explain how both an agonist and an antagonist operate on a neurotransmitter. Explain the process of blocking reuptake and the effect it has on a neurotransmitter.

Correct Answer : Agonists increase the effects of a transmitter, while antagontists decrease

their effects. Reuptake involves the process of neurons reabsorbing their own transmitters from the synapse. When reuptake is blocked, the neurotransmitter stays in the synapse longer, which tends to prolong its effects in an agonistic way.

131 : What are the basic components of the multidimensional integrative model, and what does the term integrative mean in this model?

Correct Answer : -Behavioral-Biological-Social-Emotional-DevelopmentalThis use of the term “integrative” refers to the model’s premise that many factors interact tocause any given disorder.

132 : Name three important neurotransmitters and describe what impact each one is thought to have on human experience.

Correct Answer : GABA- inhibitory neurotransmitterGlutamate-excitatory transmitterSerotonin-neurotransmitter that regulates behavior, moods, and thought processesNorepinephrine-neurotransmitter involved in endocrine regulationDopamine-neurotransmitter implicated in psychological disorders and the control of movement

133 : Explain the principle of equifinality and its use in developmental psychopathology.

Correct Answer : Equifinality indicates that a number of paths to a given outcome must be considered, for example, a hallucinatory syndrome may be the result of schizophrenia or the result of taking LSD. The different paths can also be the result of the interaction of psychological and biological factors during various stages of development.

134 : Briefly explain the differences between the one-dimensional versus the multidimensional models of psychopathology.

Correct Answer : Sample Answer: The one-dimensional model, also called the linear model, traces the origins of behavior to a single cause. This single cause can be biological (such as a genetic abnormality) or social (such as a recent divorce). In contrast, the multidimensional model posits that independent risk factors, such as a genetic vulnerability or a stressful life event, influence the context of psychopathology. Specifically, biology and behavior work in an interrelated way with cognitive, emotional, social, and cultural environments to influence the outcomes. In this way, the multidimensional model of psychopathology is systemic.

135 : From memory, draw and label the brain with at least five areas. Label the function of each identified area.

Correct Answer : Sample Answer: Any of the diagrams shown in Figures 2.7 and 2.8 (pages 45-47 in the text) are appropriate. When grading, emphasize the labelling and general location of the various functions over the accuracy of the brain drawing itself.

136 : What scientific evidence supports the idea that biology, environment, and development work together to impact vulnerability to psychological disorders later in life?

Correct Answer : Sample Answer: Many scientific studies show the importance of a multidimensional approach to psychopathology. Even biological studies, which once relied on understandings of disease as stemming from problems in a certain area of the brain, now recognize the importance of environmental and developmental impacts on the mental health of an individual. William Greenough (page 58 of text) raised rats in stimulus-rich environments and compared them with stimulus-poor environments. The rats raised in more complex learning

environments had more developed brains and were better able to quickly learn new tasks than those that were not. The impacts of traumatic brain injuries are mediated by the age and experiences of those individuals. In sum, those that are the most vulnerable to psychopathology are people who have genetic vulnerabilities, poor social environments, and are at crucial developmental periods in their lives (such as adolescence).