Chapter 1

1. One who systematically gathers information in order to describe, predict, and explain abnormality is a clinical:
   - A. mentalist.
   - B. legalist.
   - C. scientist.
   - D. practitioner.

   **Answer:** C

2. If you wanted a career in which you focus on detecting, assessing, and treating abnormal patterns of functioning, you should look into becoming a:
   - A. clinical practitioner.
   - B. clinical researcher.
   - C. clinical historian.
   - D. clinical statistician.

   **Answer:** A

3. The explicit and implicit rules for proper conduct that a society establishes are referred to as:
   - A. norms.
   - B. culture.
   - C. morality.
   - D. conventions.

   **Answer:** A

4. Behavior that violates legal norms is:
   - A. deviant and criminal.
   - B. distressful and criminal.
   - C. deviant and psychopathological.
   - D. distressful and psychopathological.

   **Answer:** A

5. The history, values, institutions, technology, and arts of a society make up that society's:
   - A. laws.
   - B. norms.
   - C. culture.
   - D. conventions.

   **Answer:** C

6. Which of the following depressed people would be the least likely to be diagnosed with a mental disorder—because of specific circumstances?
A. someone whose mother was depressed
B. someone whose community was destroyed by a tornado
C. someone who was experiencing a chemical brain imbalance
D. someone who was also an alcoholic

Answer: B

7. R. D. Laing said, “Insanity—a perfectly rational adjustment to an insane world.” This statement illustrates:

A. how dangerous most mentally ill people actually are.
B. that abnormality is situational.
C. that everyone is a little eccentric.
D. that drug use causes people to become mentally ill.

Answer: B

8. That 42 percent of people go to church and 39 percent snoop in their hosts' medicine cabinets demonstrates the principle that:

A. deviance is culturally defined.
B. behavior that is not really dangerous can nevertheless be considered abnormal.
C. statistical deviance is not the same thing as abnormality.
D. behavior that is not distressful is not abnormal.

Answer: C

9. If a person experienced anxiety or depression following a significant natural disaster, we would say that the person was:

A. suffering from a mental illness.
B. deviant but not dangerous.
C. exhibiting a typical reaction.
D. statistically deviant.

Answer: C

10. People who engage in frenetic, manic activity may not experience distress. They are:

A. nevertheless considered to be abnormal.
B. not abnormal because abnormality requires distress.
C. doing something illegal, not abnormal.
D. no longer considered abnormal, but were in the past.

Answer: A

11. A person who is so miserable that he or she can see no reason for living, BEST fits which of the following definitions of abnormality?

A. deviance
B. distress
C. dangerousness
D. dysfunction

**Answer: B**

12. An individual has a 9-to-5 job. However, this person seldom gets up early enough to be at work on time, and expresses great distress over this fact. This individual's behavior would be considered abnormal because it is:

A. dysfunctional.
B. deviant.
C. dysfunctional and deviant.
D. dangerous.

**Answer: C**

13. Which aspect of the definition of abnormality includes the inability to care for oneself and work productively?

A. distress
B. deviance
C. dysfunction
D. danger to self or others

**Answer: C**

14. A Secret Service agent steps in front of the President of the United States, prepared to be killed or injured if the President's safety is threatened. Psychologically speaking, the Secret Service agent's behavior is:

A. functional, but psychologically abnormal.
B. functional, and not psychologically abnormal.
C. dysfunctional, and psychologically abnormal.
D. dysfunctional, but not psychologically abnormal.

**Answer: D**

15. Which of the following examples would NOT be considered abnormal, despite the fact that it is dysfunctional?

A. someone who is too confused to drive safely
B. someone who parties so much that he or she cannot go to class
C. someone who goes on a hunger strike to protest social injustice
D. someone who cannot stay alone for even one night

**Answer: C**

16. Research shows that danger to self or others is found in:

A. all cases of abnormal functioning.
B. most cases of abnormal functioning.
C. some cases of abnormal functioning.
D. no cases of abnormal functioning.

Answer: C

17. Despite popular misconceptions, most people with psychological problems are not:
   - A. dysfunctional.
   - B. dangerous.
   - C. distressing.
   - D. deviant.

Answer: B

18. According to Thomas Szasz's views, the deviations that some call mental illness are really:
   - A. mental illnesses.
   - B. problems in living.
   - C. caused by one's early childhood experiences.
   - D. eccentric behaviors with a biological cause.

Answer: B

19. A researcher spends 15 or more hours per day conducting experiments or doing library reading and records observations on color-coded index cards. This person lives alone in the country, but doesn't interfere with others' lives. The best description of the researcher's behavior is that it is:
   - A. eccentric.
   - B. abnormal.
   - C. dangerous.
   - D. dysfunctional.

Answer: A

20. College students who drink so much that it interferes with their lives, health, and academic careers are often not diagnosed as engaging in abnormal behavior because:
   - A. the behavior is not illegal.
   - B. they are just considered eccentric.
   - C. they don't help anyone but themselves.
   - D. drinking is considered part of college culture.

Answer: D

21. Defining abnormal behavior using “the four Ds“:
   - A. allows us to create diagnoses that are clear-cut and not debatable.
   - B. allows us to eliminate those who are merely eccentric.
   - C. allows us to include those who experience no distress.
   - D. is still often vague and subjective.

Answer: D
22. Lady Gaga and other eccentrics are usually not considered to be experiencing a mental illness because:

- A. they are not deviant.
- B. they freely choose and enjoy their behavior.
- C. they are only dangerous to others, not to themselves.
- D. while they are distressed by their behavior, others are not.

**Answer:** B

23. Which of the following is NOT a characteristic of eccentrics noted by researchers in the field?

- A. being a poor speller
- B. having a diagnosable mental illness
- C. being creative
- D. enjoying one's life

**Answer:** B

24. Studies show that eccentrics are more likely than those with mental disorders to say:

- A. I feel like my behavior has been thrust on me.
- B. I'm different and I like it.
- C. I am in a lot of pain and I suffer a great deal.
- D. I wish I were not so "unique."

**Answer:** B

25. Clinical theorist Jerome Frank would say that all forms of therapy include all of the following except a:

- A. series of contacts.
- B. healer.
- C. third-party payer.
- D. sufferer who seeks relief.

**Answer:** C

26. One who sees abnormality as a problem in living usually refers to those seeking help with their problems in living as:

- A. pupils.
- B. patients.
- C. trainees.
- D. clients.

**Answer:** D

27. Several researchers have shown that in a typical year in the United States about what percentage of adults show disturbances severe enough to need clinical treatment?
28. Which of the following “new diagnoses” would one experiencing overwhelming concern about being bombarded with excessive information on the Internet most likely receive?

- A. eco-anxiety
- B. terrorism terror
- C. crime phobia
- D. cyber fear

Answer: D

29. Which of the following “new diagnoses” would someone experiencing overwhelming concern about the security of travel on planes and subways most likely receive?

- A. eco-anxiety
- B. terrorism terror
- C. crime phobia
- D. cyber fear

Answer: B

30. Which of the following “new diagnoses” would someone experiencing overwhelming concern about where the safest neighborhoods and schools are most likely receive?

- A. eco-anxiety
- B. terrorism terror
- C. crime phobia
- D. cyber fear

Answer: C

31. The use of exorcism suggests a belief that what we call mental illness was caused by:

- A. germs.
- B. poisons.
- C. evil spirits.
- D. psychological trauma.

Answer: C

32. A person seeking help for a psychological abnormality is made to drink bitter herbal potions and then submit to a beating, in the hope that “evil spirits” will be driven from the person’s body. This form of “therapy” is called:
A. exorcism.
B. shaman.
C. couvade.
D. trephination.

Answer: A

33. If you were being treated by a shaman, you would most likely be undergoing:
   A. psychoanalysis.
   B. gender-sensitive therapy.
   D. an exorcism.

Answer: D

34. Hippocrates believed that treatment for mental disorders should involve:
   A. releasing evil spirits trapped in the brain.
   B. bringing the four body humors back into balance.
   C. punishing the body for its sins.
   D. bloodletting.

Answer: B

35. Hippocrates attempted to treat mental disorders by:
   A. hypnotizing patients.
   B. chaining patients to walls.
   C. correcting underlying physical pathology.
   D. encouraging patients to speak about past traumas.

Answer: C

36. Bob experiences unshakable sadness. His friends have given up trying to cheer him up because nothing works. An ancient Greek physician would have labeled his condition:
   A. mania.
   B. hysteria.
   C. delusional.
   D. melancholia.

Answer: D

37. Hippocrates thought that abnormal behavior resulted from an imbalance in the four humors, one of which was:
   A. water.
   B. lymph gland fluid.
   C. phlegm.
   D. cerebrospinal fluid.
Answer: C

38. Hippocrates's contribution to the development of our understanding of mental illness was the view that such conditions were the result of:
   ○ A. stress.
   ○ B. natural causes.
   ○ C. brain pathology.
   ○ D. spiritual deviations.

Answer: B

39. A flash mob is MOST similar to:
   ○ A. mass hysteria.
   ○ B. melancholia.
   ○ C. trephination.
   ○ D. eco-terrorism.

Answer: A

40. What model of mental illness did most people hold during the Middle Ages?
   ○ A. the moral model
   ○ B. the medical model
   ○ C. the psychogenic model
   ○ D. the demonology model

Answer: D

41. Tarantism and lycanthropy are examples of:
   ○ A. exorcism.
   ○ B. mass madness.
   ○ C. physical pathology causing mental illness.
   ○ D. disorders that were treated with trephination.

Answer: B

42. St. Vitus's dance, characterized by people suddenly going into convulsions, jumping around, and dancing, was also known as:
   ○ A. lycanthropy.
   ○ B. melancholia.
   ○ C. phlegmatism.
   ○ D. tarantism.

Answer: D

43. "Mass madness" is a general term that includes all except which of the following disorders common in the Middle Ages in Europe?
A. tarantism
B. lycanthropy
C. exorcism
D. being werewolves

Answer: C

44. Those most often in charge of treating abnormality in the Middle Ages in Europe were the:
   A. physicians.
   B. nobility.
   C. peasants.
   D. clergy.

Answer: D

45. During the Middle Ages in Europe, demonology dominated views of abnormality for all of the following reasons except:
   A. the power of the clergy increased greatly.
   B. the church rejected scientific forms of investigation.
   C. the church controlled education.
   D. the culture rejected religious beliefs.

Answer: D

46. The individual considered to be the “parent” of the modern study of psychopathology is:
   A. Hippocrates.
   B. Johann Weyer.
   C. Dorothea Dix.
   D. Emil Kraepelin.

Answer: B

47. Johann Weyer, considered to be the founder of the modern study of psychopathology, was a physician in the:
   A. 1200s.
   B. 1500s.
   C. 1700s.
   D. 1800s.

Answer: B

48. Pilgrims in the 1600s would be most likely to go for “psychic healing” to:
   A. Bethlehem Hospital in London.
   B. Gheel, Belgium.
   C. La Bicêtre in Paris.
   D. Athens, Greece.
49. In many areas, asylums of the 1500s, such as Bethlehem asylum in London, became:
   - A. shrines.
   - B. tourist attractions.
   - C. sheltered workshops.
   - D. centers of moral treatment.

   **Answer:** B

50. Treatment for mental illness in the early asylums tended to be:
   - A. moral therapy.
   - B. harsh and cruel.
   - C. religiously based.
   - D. psychogenic therapy.

   **Answer:** B

51. What is the distinction of Bethlehem Hospital, founded in London in 1547?
   - A. Popularly called “Bedlam,” it came to represent deplorable conditions for patients.
   - B. It was the first asylum founded by Hippocrates.
   - C. It was founded by Henry VIII as a place to house his numerous ex-wives.
   - D. It was the first asylum where the moral treatment of patients was practiced.

   **Answer:** A

52. The basis for moral treatment of asylum patients was the belief that:
   - A. mental problems had a biological basis.
   - B. demonology was a cause of mental illness.
   - C. mental illness should be treated with sympathy and kindness.
   - D. the cause of mental illness was immoral behavior.

   **Answer:** C

53. The man who brought about the reforms of moral therapy to northern England was:
   - A. John Dix.
   - B. Joseph Gall.
   - C. William Tuke.
   - D. Benjamin Rush.

   **Answer:** C

54. The man who brought the reforms of moral therapy to the United States was:
   - A. John Dix.
   - B. Joseph Gall.
   - C. William Tuke.
55. The American schoolteacher who lobbied state legislatures for laws to mandate human treatment of people with mental disorders was:
   - B. Dorothea Dix.
   - C. Clifford Beers.
   - D. Benjamin Rush.

   **Answer:** B

56. Which of the following is part of the legacy of Dorothea Dix?
   - A. deinstitutionalization
   - B. state mental hospitals
   - C. federal prisons
   - D. privatization of mental hospitals

   **Answer:** B

57. The decline in the use of moral treatment and the rise in the use of custodial care in mental hospitals at the end of the twentieth century is due to all of the following except:
   - A. the total lack of success of moral treatment.
   - B. too many hospitals, resulting in funding and staffing shortages.
   - C. prejudice against poor, immigrant patients in hospitals.
   - D. lack of public and private funding for hospitals.

   **Answer:** A

58. The “moral treatment” movement rapidly declined in the late nineteenth century because:
   - A. prejudice against those with mental disorders decreased.
   - B. fewer and fewer immigrants were being sent to mental hospitals.
   - C. all patients needing treatment had to be helped.
   - D. hospitals became underfunded and overcrowded.

   **Answer:** D

59. Part of the downfall of moral therapy was that:
   - A. it did not work for everyone.
   - B. it was shown to be completely ineffective.
   - C. too few patients were hospitalized.
   - D. the development of psychogenic drugs replaced it.

   **Answer:** A

60. Hippocrates' model of mental illness would be described as:
A. psychiatric.
B. somatogenic.
C. psychogenic.
D. supernatural.

**Answer:** B

**61.** The fact that some people in the advanced stages of AIDS experience neurological damage that results in psychological abnormality supports what type of perspective about abnormal psychological functioning?

- A. somatogenic
- B. psychogenic
- C. moral
- D. deterministic

**Answer:** A

**62.** For those who hold the somatogenic view of mental illness, the best treatment setting for those with mental disorders would be a:

- A. community center.
- B. spa and retreat center.
- C. counselor’s office.
- D. hospital.

**Answer:** D

**63.** The discovery of the link between general paresis and syphilis was made by:

- A. Benjamin Rush.
- B. Emil Kraepelin.
- C. Fritz Schaudinn
- D. Richard von Krafft-Ebing.

**Answer:** D

**64.** The finding that syphilis causes general paresis is important because it supports the idea that:

- A. mental patients should be deinstitutionalized.
- B. organic factors can cause mental illness.
- C. antibiotics cannot “cure” viral diseases.
- D. physicians should be the ones treating mental illnesses.

**Answer:** B

**65.** Which of the following statements would offer the LEAST support for the somatogenic view of abnormal behavior?

- A. Hypnotism has helped people give up smoking.
- B. Alcoholism tends to run in families.
C. People with Lyme disease often have psychological symptoms.
D. Most people with depression are helped with medication.

Answer: A

66. Eugenics had as its goal sterilization of people with mental disorders, a policy based on the idea that mentally ill people:

A. could not provide a good environment for their children.
B. were mentally defective (that is, developmentally delayed).
C. reproduced at a rate higher than that of the general population.
D. should not be allowed to pass on their defective genes.

Answer: D

67. Eugenics sterilization reflects the ______ perspective on abnormality.

A. somatogenic
B. psychoanalytic
C. cultural
D. managed care

Answer: A

68. The somatogenic treatment for mental illness that seems to have been the most successful was the use of:

A. psychosurgery.
B. psychoanalysis.
C. various medications.
D. insulin shock therapy.

Answer: C

69. Syphilis is to the somatogenic approach as ______ is to the psychogenic approach.

A. eugenics
B. tarantism
C. trephinion
D. hypnotism

Answer: D

70. Hypnotism is associated with all of the following except:

A. Mesmer.
B. the somatogenic perspective.
C. psychodynamic therapy.
D. the late 1700s.

Answer: B
71. Mesmer became famous—or infamous—for his work with patients suffering from bodily problems with no physical basis. His patients' disorders are termed:

- A. somatogenic.
- B. hysterical.
- C. phlegmatic.
- D. bilious.

**Answer:** B

72. An otherwise “normal” person during hypnotic suggestion is made to bark, sit, and fetch like a dog. The occurrence of these “abnormal” behaviors lends support to which explanation for abnormality?

- A. psychogenic
- B. somatogenic
- C. parthenogenic
- D. schizophrenogenic

**Answer:** A

73. Which point of view was supported by the discovery that the symptoms of hysteria (e.g., mysterious paralysis) could be induced by hypnosis?

- A. psychogenic
- B. somatogenic
- C. demonological
- D. moral

**Answer:** A

74. Bernheim and Liébault used hypnotic suggestion to induce hysterical disorders in “normal” people, providing support for which perspective of abnormality?

- A. psychogenic
- B. somatogenic
- C. demonological
- D. sociocultural

**Answer:** A

75. The early psychogenic treatment that was advocated by Josef Breuer and Sigmund Freud was:

- A. prayer.
- B. bleeding.
- C. hypnotism.
- D. trephining.

**Answer:** C

76. Acquiring insight about unconscious psychological processes is a feature of:
A. moral therapy.
B. psychoanalysis.
C. psychogenic therapy.
D. all psychological therapy.

**Answer:** B

77. Psychoanalysis was developed as a form of:

A. moral therapy.
B. outpatient therapy.
C. behavioral therapy.
D. somatogenic therapy.

**Answer:** B

78. Psychoanalysis, as Freud developed it, was a form of what we now would call:

A. Mesmerism.
B. outpatient therapy.
C. community psychology.
D. Kraepelinism.

**Answer:** B

79. Which of the following patients is most likely to benefit most from psychoanalytic treatment?

A. a person who needs to make profound behavioral changes very quickly
B. a person who has difficulty expressing ideas and feelings verbally
C. someone who is insightful and thinks clearly
D. someone who is severely disturbed and in a mental hospital

**Answer:** C

80. Regarding the cause of mental disorders, more people today believe that mental illness is caused by which of the following?

A. sinful behavior
B. lack of willpower
C. lack of self-discipline
D. something external to the person

**Answer:** D

81. People with severe mental illnesses are LESS likely to be ______ than they were 50 years ago.

A. medicated with psychotropic drugs
B. hospitalized in mental institutions
C. homeless or in prison
D. treated in outpatient facilities

**Answer:** B
82. So, how did deinstitutionalization work out?
   - A. Fine; most people with severe disturbances are receiving treatment.
   - B. Not so well; many people with severe disturbances are in jail or on the street.
   - C. Better than hospitalization; at least care is consistent and there is no shuttling back and forth through different levels of care.
   - D. Well; communities have been able to pick up the care of those with severe disturbances and provide effective treatment for most all of them.

   **Answer:** B

83. A medical researcher develops a drug that decreases symptoms of depression and other “mood” disorders. The general term for this type of drug is:
   - A. psychogenic.
   - B. somatogenic.
   - C. psychotropic.
   - D. somatotropic.

   **Answer:** C

84. Drugs designed to decrease extremely confused and distorted thinking are termed:
   - A. antidepressant.
   - B. antianxiety.
   - C. antihypochondriacal.
   - D. antipsychotic.

   **Answer:** D

85. Drugs that alleviate the symptoms of mental dysfunction by affecting the brain are called:
   - A. psychedelics.
   - B. antineurotics.
   - C. psychotropics.
   - D. psychophysiologicals.

   **Answer:** C

86. Dave is confused and usually thinks that he is King David (Old Testament). If his psychiatrist ordered medication, it would most likely be a(n):
   - A. stimulant drug.
   - B. antianxiety drug.
   - C. antipsychotic drug.
   - D. antidepressant drug.

   **Answer:** C

87. Jena is very unhappy. The condition is chronic and severe. If her psychiatrist prescribed medication it would likely be a(n):
If your primary symptom were excessive worry, the psychotropic drug for you would be an:

- A. antipsychotic.
- B. antidepressant.
- C. antiemetic.
- D. antianxiety medication.

Answer: D

The number of patients hospitalized in mental hospitals in the United States today is MOST similar to the number hospitalized in:

- B. 1970.
- C. 1960.
- D. 1950.

Answer: A

One cause of the increase in homeless individuals in recent decades has been the:

- A. policy of deinstitutionalization.
- B. use of psychotropic medication.
- C. decrease in the use of private psychotherapy.
- D. move to the community mental health approach.

Answer: A

In the United States today, one is most likely to find a severely ill mental patient:

- A. in a mental hospital.
- B. on the street or in jail.
- C. receiving drug counseling in a shelter.
- D. in private therapy paid for by the state.

Answer: B

Which of the following statements BEST reflects the current care for people with less severe disturbances?

- A. Many are treated by generalists who specialize in a number of different types of disorders.
- B. Private insurance companies are likely to cover outpatient treatment.
- C. It is difficult to find treatment for someone experiencing a “problem in living.”
- D. Private psychotherapy is available only to the wealthy.
93. Problems with marital, family, peer, work, school, or community relationships would be MOST similar to:
   - A. the sorts of problems Freud treated.
   - B. other problems in living.
   - C. problems treated in specialized treatment centers.
   - D. other problems treated with antipsychotics.

Answer: B

94. Suicide prevention, substance abuse treatment, and eating disorder clinics are MOST similar to which kind of market?
   - A. Whole Foods, a large market that offers many different types of food
   - B. Sweet Cupcakes, a store that specializes in only one type of food
   - C. Corner Market, a Mom and Pop store that carries rather old-fashioned food
   - D. New York Deli, a high-end market that serves only the wealthy

Answer: B

95. The approach to therapy for mental illness in which a person pays a psychotherapist for services is called:
   - A. sociological therapy.
   - B. the medical approach.
   - C. private psychotherapy.
   - D. the community mental health approach.

Answer: C

96. Surveys suggest that about what proportion of adults in the United States receive psychological therapy in a typical year?
   - A. 1/100
   - B. 1/15
   - C. 1/6
   - D. 1/1000

Answer: C

97. If you are a typical person undergoing therapy in the United States, your therapy will last for
   - A. a year, with weekly sessions.
   - B. about 100 hours.
   - C. fewer than five sessions.
   - D. 24 hours, in an inpatient facility.

Answer: C

98. A significant change in the type of care offered now compared to the time Freud was practicing is that:
A. fewer patients are suffering from anxiety and depression.
B. fewer patients receive outpatient treatment.
C. people are more likely to receive treatment for “problems in living.”
D. there are fewer specialized programs focused on treating only one type of problem.

Answer: C

99. Efforts to address the needs of children who are at risk for developing mental disorders (babies of teenage mothers, children of those with severe mental disorders) are categorized as:

A. positive psychology.
B. psychoanalysis.
D. prevention.

Answer: D

100. Efforts to help people develop personally meaningful activities and healthy relationships are a part of:

B. a somatogenic approach to treatment.
C. the clinical practice of positive psychology.
D. eccentric's level of creativity.

Answer: C

101. Which of the following pairs of words best describes the current emphasis in mental health?

A. prevention and positive psychology
B. promotion and public psychology
C. perfection and primary psychology
D. people and professional psychology

Answer: A

102. A psychologist focuses on optimism, wisdom, happiness, and interpersonal skill. The psychologist is most likely:

A. a psychoanalyst.
B. a positive psychologist.
C. a community mental health worker.
D. a rehabilitation specialist.

Answer: B

103. If your university had a first-year program designed to ease the transition from high school to college and to decrease the dropout rates, that program would have elements MOST similar to:

A. mental health prevention programs.
B. positive psychology programs.
C. deinstitutionalization programs.
D. outpatient therapy.

**Answer:** A

104. If your university had a program designed to help students achieve their full potential, physically, educationally, and spiritually, that program would have elements MOST similar to:

A. mental health prevention programs.
B. positive psychology programs.
C. deinstitutionalization programs.
D. outpatient therapy.

**Answer:** B

105. Immigration and differences in birth rates among minority groups in the United States have caused psychological treatment to become more:

A. hospital focused.
B. multicultural.
C. positive.
D. dependent on the use of medications.

**Answer:** B

106. If you were receiving multicultural therapy, you could expect all of the following except:

A. greater sensitivity to cultural issues in therapy.
B. a focus on the uniqueness of the issues you face.
C. a focus on healthy feelings and actions rather than on problems.
D. sensitivity to the traditions of your particular culture.

**Answer:** C

107. “What the #%*$!! is going on? The insurance company says I have to stop my anger management program now!” The client who says this is most likely voicing concern about a:

A. managed care program.
B. private psychotherapist.
C. community mental health agency.
D. sociocultural resource center.

**Answer:** A

108. Which of the following is not a common feature of managed care programs?

A. limited pool of practitioners for patients to choose from
B. preapproval for treatment by the insurance company
C. ongoing reviews and assessments
D. patient choice in number of sessions therapy can last

**Answer:** D
109. Parity laws for insurance coverage of mental health treatment mandate that:

- A. physicians and psychologists must have the same level of education.
- B. coverage for mental and physical problems must be reimbursed equally.
- C. the number of sessions allowed for treatment of mental and physical treatment must be equal.
- D. patients must be allowed to choose the therapist they want for treatment.

**Answer:** B

110. Which of the following sequences is correct in terms of prominence of mental health treatments in the United States during the twentieth century and beyond?

- A. sociocultural, biological, psychoanalytic, behavioral
- B. psychoanalytic, biological, cognitive, sociocultural
- C. humanistic, sociocultural, biological psychoanalytic
- D. biological, humanistic, psychoanalytic, sociocultural

**Answer:** B

111. Which of the following statements is TRUE about the participation of women in the mental health professions?

- A. There are more women in social work than in counseling professions.
- B. Women are least often found in medicine and most often found in social work.
- C. The professions with the highest percentage of women is counseling.
- D. The majority of psychiatrists and clinical psychologists are men.

**Answer:** C

112. A physician who offers psychotherapy is called a:

- A. psychiatrist.
- B. clinical psychologist.
- C. psychodiagnostician.
- D. psychoanalyst.

**Answer:** A

113. One major difference between psychiatrists and clinical psychologists is that psychiatrists:

- A. went to medical school.
- B. must work in a medical setting.
- C. are allowed to do psychotherapy.
- D. have more training in mental illness.

**Answer:** A

114. The specialty that presently has the largest number of practitioners is:

- A. psychiatry.
- B. psychiatric social work.
Answer: B

115. A psychiatrist receives three to four years of training in the treatment of abnormal functioning after medical school; this training is called a(n):

- A. residency.
- B. internship.
- C. practicum.
- D. community mental health tour.

Answer: A

116. Imagine a person who works in a mental hospital analyzing various treatment protocols to see how multicultural factors impact success rates. This person is most likely a:

- A. clinical researcher.
- B. clinical psychologist.
- C. psychiatrist.
- D. psychiatric social worker.

Answer: A

117. A person is hard at work trying to discover which combination of environmental and genetic factors produces schizophrenia. Most likely, the person is a:

- A. clinical researcher.
- B. psychiatric social worker.
- C. family therapist.
- D. counseling psychologist.

Answer: A

118. Which of the following is the MOST accurate conclusion about the state of abnormal psychology in the United States currently?

- A. There is no single definition of abnormality, no one theoretical understanding of the causes of mental illness, and no single best treatment.
- B. We do know what mental illness is, but we don't understand what causes it, or the best way to treat it.
- C. We haven't advanced much beyond the demonology era.
- D. Now we understand what causes mental illness and how best to treat it; plus, we can define it.

Answer: A

119. The most accurate summary of the field of abnormal psychology at the present time is that clinical psychologists generally:
A. accept one definition of abnormality, and practice one form of treatment.
B. do not accept one definition of abnormality, but practice one form of treatment.
C. accept one definition of abnormality, but practice more than one form of treatment.
D. do not accept one definition of abnormality, and practice more than one form of treatment.

Answer: D

120. One who studies the history of the field of abnormal psychology most likely would compare our current understanding of abnormal behavior to a book that:

A. hasn't even been begun.
B. has received a title, but no text.
C. is in the process of being written.
D. is completed, and needs only to be read to be understood.

Answer: C

121. Psychological abnormality may include deviance, distress, dysfunction, and danger. First explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.

Answer:

122. Suppose a friend of yours says to you, “I feel really lousy today, and I don't know why. You're taking abnormal psych—what do you think?” If, after your conversation with your friend, your friend feels better about things, have you provided psychological therapy? Why or why not? Hint: You might want to mention the essential features of therapy in your answer.

Answer:

123. What is demonology? How does demonology stand in the way of a more complete understanding of the causes and treatment of psychological abnormality?
**Answer:**

**124.** Detail the views of any three of the following individuals about the diagnosis and/or treatment of psychological abnormality. Be sure to mention approximately when and where each lived, as well.

- Hippocrates
- Emil Kraepelin
- Dorothea Dix
- Philippe Pinel
- Friedrich Anton Mesmer
- Benjamin Rush
- William Tuke

**Answer:**

**125.** Assume that Benjamin Rush and Dorothea Dix suddenly appeared in the twenty-first century, about fifty years after the U.S. policy of deinstitutionalization began. What would they think about our treatment of the "mentally ill"? What suggestions might they make for changes in our policy of deinstitutionalization?

**Answer:**

**126.** Contrast somatogenic and psychogenic perspectives about abnormal functioning, and provide at least one example of evidence supporting each perspective.

**Answer:**

**127.** According to your text, deinstitutionalization has resulted, in part, in large numbers of people with severe psychological disturbances either becoming homeless, or ending up in jail or prison. Is deinstitutionalization an ethical thing for the United States to continue doing? Back up your answer with specific examples.
Answer:

128. Increasingly, people seeking treatment for mental health reasons are members of managed care programs. How are managed care programs changing how psychological services are provided?

Answer:

129. The following types of mental health professionals work in the area of psychological abnormality; describe the differences in how they are educated, and in what they do:
   - clinical psychologists
   - psychiatrists
   - clinical researchers

Answer:

130. Create a time line on which you place five major events in the history of abnormality. Briefly describe why each event is important to our understanding of abnormality.

Answer:

131. The aspect of the definition of abnormality that characterizes behavior as different from the norm is _______.

Answer: deviance
132. The explicit and implicit rules that a society establishes to govern conduct are referred to as _______ .

**Answer:** norms

133. Ken is so anxious that he is miserable. This represents the aspect of the definition of abnormality called _______ .

**Answer:** distress

134. Colleen is so afraid of open spaces that she cannot leave her house to go to work. This represents the aspect of the definition of abnormality called _______ .

**Answer:** dysfunction

135. Heather has been called to heaven and the only way to get there is to kill herself. Killing herself represents the aspect of the definition of abnormality called _______ .

**Answer:** danger

136. The idea that the behaviors we label abnormal are just problems in living has been proposed by _______ .

**Answer:** Thomas Szasz

137. While some clinicians will refer to the person they are treating as a patient, others will refer to the person as a _______ .

**Answer:** client

138. The crude early form of surgery in which a hole was made in the skull of a person presumably to allow evil spirits to escape was called _______ .

**Answer:** trephination

139. The procedure that a priest or other powerful person might perform to drive evil spirits from a person is called _______ .

**Answer:** exorcism

140. _______ believed that abnormal behavior was caused by brain pathology resulting from an imbalance in the four humors of the body.
Answer: Hippocrates

141. The “parent” of modern medicine was _______.

Answer: Hippocrates

142. A person who believed that he was a werewolf suffered from _______.

Answer: lycanthropy

143. The forerunner of today’s community mental health programs can be traced back to a fifteenth-century town in Belgium called _______.

Answer: Gheel

144. The treatment that people with mental problems received in Gheel was like the _______ therapy that appeared later in history.

Answer: moral

145. The physician who instituted a series of reforms at La Bicêtre asylum and “unchained” the mental patients was _______.

Answer: Pinel

146. The treatment for mental illness espoused by the Frenchman Pinel and the Englishman Tuke was called _______ treatment by their contemporaries.

Answer: moral

147. The American advocate for laws mandating better care for the mentally ill was _______.

Answer: Dorothea Dix

148. The view that physical causes are at the root of mental illnesses is the _______ perspective.

Answer: somatogenic

149. The somatogenic view of mental illness was given a boost in the 1800s when it was discovered that general paresis was caused by _______.


150. The use of psychotherapeutic medications fits into the _______ model of mental illness.

Answer: somatogenic

151. The inducement of a trancelike state in which a person becomes extremely suggestible is called ______.

Answer: hypnosis

152. Psychological causes are at the root of mental illness, according to the _______ perspective.

Answer: psychogenic

153. The originator of psychoanalysis was _______.

Answer: Sigmund Freud

154. The major development in the treatment of the mentally ill in the second half of the twentieth century was the development of psychiatric _______.

Answer: drugs

155. The reduction in the number of people housed in mental hospitals in the last forty years can be attributed to a trend called _______.

Answer: deinstitutionalization

156. Moving the focus for the care of the mentally ill out of hospitals is part of the _______ approach.

Answer: community mental health

157. The largest group of professionals who provide mental health services are _______.

Answer: psychiatric social workers

158. The degree that psychiatrists hold is the _____.

Answer: 
Answer: M.D. or D.O.