1. Which of the following is one of the criteria stated by the mental health community for a diagnosis of psychological disorder?
   A. The individual must be engaging in behaviors that present the risk of death, hospitalization, or incarceration.
   B. The individual's behavior must be a socially expectable response to a particular event such as the death of a close friend or relative.
   C. The individual's family must have a traceable history of mental illness.
   D. The individual must be an introvert.

2. Calvin works at a paper manufacturing company. The bleaching agents used by the company are toxic in nature and as a result of being exposed to these substances, Calvin has been experiencing intense depressive episodes. From the available information, it would be most accurate to conclude that _____ causes are responsible for Calvin's depression.
   A. supernatural
   B. biological
   C. mystical
   D. sociocultural

3. People with psychological disorders may inherit a predisposition to developing behavioral disturbances. This provides evidence that _____ causes are responsible for many of the prevalent abnormalities.
   A. biological
   B. social
   C. cultural
   D. environmental

4. Maria was involved in a serious car accident in which she sustained a head injury. At present, her injury has become worse and as a result, she is behaving in bizarre and highly disturbing ways. Maria's change in behavior is most likely due to a _____ cause.
   A. cultural
   B. social
   C. biological
   D. genetic

5. While determining the cause of an abnormal behavior, which of the following can be categorized as a psychological cause?
   A. disturbance in motor functions due to injuries
   B. abnormal structure of certain chromosomes
   C. hormonal imbalance in the body
   D. disturbances in thoughts and feelings

6. Angelina's family was killed in a tornado that ripped through her hometown. Although Angelina was not in town when this happened, she has been experiencing episodes of intense depression and anxiety because of the mental trauma she suffered. Angelina's condition is most likely to be the result of a _____ cause.
   A. genetic
   B. neurological
   C. sociocultural
   D. psychological
7. The term _____ refers to the various circles of influence on the individual ranging from close friends and family to the institutions and policies of a country or the world as a whole.
   A. biological  
   B. psychological  
   C. sociocultural  
   D. psychodynamic

8. Martin Salambo was the only African student in his class. All others were white Americans. Martin was always looked down upon by his classmates and he was also bullied by them. This has had a profound impact on Martin's life. At present, he suffers from an inferiority complex because of which he remains depressed most of the time. Martin's condition is most likely to be the result of a _____ cause.
   A. biological  
   B. genetic  
   C. sociocultural  
   D. supernatural

9. A(n) _____ is a label that causes us to regard certain people as different, defective, and set apart from mainstream members of society.
   A. independent variable  
   B. prejudice  
   C. stereotype  
   D. stigma

10. Social scientists use the term _____ to refer to the interaction in which biological, psychological, and sociocultural factors play a role in the development of an individual's symptoms.
    A. humanitarian  
    B. sociocultural  
    C. biopsychosocial  
    D. supernatural

11. The biopsychosocial perspective incorporates a developmental viewpoint. This means that
   A. individual abnormalities are solely the result of biological factors and that the environment has no role in the development of an individual.  
   B. individuals must be seen as changing over time.  
   C. risk factors related to abnormality remain constant and does not vary according to an individual's position in the life span.  
   D. mental abnormalities are not curable.

12. According to the biopsychosocial model, it is most likely that an individual's vulnerability to develop abnormal behavioral tendencies will be low when he/she
   A. receives adequate health care.  
   B. engages in risky behaviors.  
   C. is involved in dysfunctional relationships.  
   D. uses drugs to divert his/her mind from stressful situations.

13. According to the biopsychosocial model, when an individual engages in risky behavior
   A. his/her vulnerability to developing mood related disorders is reduced.  
   B. his/her vulnerability to developing AIDS is reduced.  
   C. his/her vulnerability to developing abnormal behavioral tendencies is heightened.  
   D. his/her vulnerability to developing genetic disorders is heightened.

14. _____ regard abnormal behavior as the product of possession by evil or demonic spirits.
    A. Spiritual explanations  
    B. Scientific explanations  
    C. Humanitarian explanations  
    D. Psychological explanations
15. ____ view psychological disorders as the result of cruelty, stress, or poor living conditions.
   A. Humanitarian explanations
   B. Spiritual explanations
   C. Psychological explanations
   D. Scientific explanations

16. ____ primarily regard psychological disorders as the result of causes that we can objectively measure, such as biological alterations, faulty learning processes, or emotional stressors.
   A. Spiritual explanations
   B. Mystical explanations
   C. Scientific explanations
   D. Religious explanations

17. Ramona is a member of a tribe residing in the rain forests of South America. She has been exhibiting certain symptoms of psychological disorder like severe depression and memory loss. The tribe's witch doctor pronounced that the spirit of a demon tiger has possessed Ramona and is the main cause of her distress. The approach used by the witch doctor in this instance is an example of the _____ approach.
   A. humanitarian
   B. spiritual
   C. psychological
   D. scientific

18. Father Moore had conducted a number of exorcisms during his tenure as pastor in a suburban church in New England. The members of his congregation suggest that Father Moore was successful in driving away evil spirits that caused individuals to behave abnormally through the exorcisms, a feat that earned him substantial fame in the locality. This is an example of the _____ approach in addressing abnormality in individuals.
   A. scientific
   B. psychological
   C. medical
   D. spiritual

19. In prehistoric times, skulls of the living had holes cut out of them, a process called _____, apparently in an effort to release the evil spirits from the person's head.
   A. trephining
   B. agnosia
   C. akinesia
   D. lobotomy

20. The ritual of driving away evil spirits which involves a physically and mentally painful form of torture carried out by a shaman, priest, or medicine is referred to as
   A. cognitive restructuring.
   B. exorcism.
   C. trephining.
   D. electro convulsive therapy.

21. The idea of "moral treatment" holds the notion that
   A. abnormalities in behavior were mainly the result of possessions by evil spirits.
   B. immoral people were cursed and they suffered from incurable mental disorders.
   C. people with psychological disorders can be treated through exorcism.
   D. people could develop self-control over their behaviors if they had a quiet and restful environment.

22. _____ was a Massachusetts reformer who sought to improve the treatment of people with psychological disorders in the mid-1800s.
   A. John Collier
   B. Martin Luther King
   C. Emmeline Pankhurst
   D. Dorothea Dix
23. Which of the following was one of the most significant reasons for the declining conditions in mental institutions during the 1800s?
   A. overcrowding
   B. lack of faith in religion
   C. non-availability of patients
   D. the increasing popularity of science

24. Which of the following promoted the release of psychiatric patients into community treatment sites?
   A. deinstitutionalization movement
   B. dual-process theory
   C. five factor model
   D. behaviorist movement

25. In late 2010, the U.S. government's Healthy People project released goals for the coming decade. These goals include
   A. decrease the proportion of homeless adults with mental health problems who receive mental health services.
   B. decrease depression screening by primary care providers.
   C. increase the proportion of adults with mental disorders who receive treatment.
   D. increase the proportion of persons with serious mental illness (SMI) who are unemployed.

26. Who is considered the founder of modern medicine?
   A. Aristotle
   B. Dr. Benjamin Rush
   C. Socrates
   D. Hippocrates

27. Which Greek physician developed the theory that psychological disorders are caused by imbalances in bodily fluids?
   A. Hippocrates
   B. Heraclitus
   C. Galen
   D. Aristotle

28. Hippocrates believed that the treatment of psychological disorder would require
   A. getting rid of evil spirits responsible for abnormalities in human behaviors.
   B. ridding the body of the excess fluid that influenced physical and mental health.
   C. drilling holes into the skull of the affected individuals to release negative energy.
   D. stabilizing the emotional state of the affected individuals through catharsis.

29. Who among the following is a physician who developed a system of medical knowledge based on anatomical studies?
   A. Horace
   B. Socrates
   C. Galen
   D. Aristotle

30. Who is known as the founder of American psychiatry?
   A. Dorothea Dix
   B. Benjamin Rush
   C. William Tuke
   D. Clifford Beers

31. In the context of treating psychological disorders, the "tranquilizer" chair was used to
   A. purify the body of evil spirits.
   B. induce the emotion of fear in patients.
   C. make individuals aware of their repressed desires.
   D. reduce blood flow to the brain.
32. The Association of Medical Superintendents of American Institutions for the Insane later became the
   A. American Medical Association.
   B. American Psychological Association.
   C. American Psychiatric Association.
   D. Psychonomic Society.

33. The German psychiatrist Wilhelm Greisinger proposed that _____ were the cause of psychological disorders.
   A. single nucleotide polymorphisms
   B. automatic thoughts
   C. neuropathologies
   D. exorcisms

34. Emil Kraepelin, promoted a classification system much like that applied to medical diagnoses. He proposed that
   A. mental disorders primarily resulted from social causes.
   B. disorders could best be understood by probing into an individual's unconscious mind.
   C. disorders could be identified by their patterns of symptoms.
   D. mental disorders were mainly caused by evil spirits.

35. The _____ approach to psychological disorders gained momentum as psychiatrists and psychologists proposed behavior models that included explanations of abnormality in the nineteenth century.
   A. spiritual
   B. scientific
   C. mystical
   D. social

36. Who among the following developed psychoanalysis in the early 1900s?
   A. Anton Mesmer
   B. Josef Breuer
   C. Sigmund Freud
   D. Emil Kraepelin

37. The _____ theory sought explanations of abnormal behavior in the unconscious psychological processes.
   A. spiritual
   B. mystical
   C. humanitarian
   D. psychoanalytic

38. Dr. Andrew's system of practice for treating individuals with abnormalities relies heavily on the concepts of the unconscious mind, dream analysis, and inhibited sexual impulses. Dr. Andrew is most likely to be a proponent of the _____ theory.
   A. spiritual
   B. social conflict
   C. cognitive
   D. psychoanalytic

39. The physiologist who discovered the principles of classical conditioning was
   A. Edward Thorndike.
   B. Albert Bandura.
   C. Ivan Pavlov.
   D. Albert Ellis.
40. The work of Ivan Pavlov became the basis for the _____ movement begun in the United States by John B. Watson.
A. deinstitutionalization
B. behaviorist
C. operant conditioning
D. socialist

41. Which of the following is true with regard to John B. Watson?
A. He initiated the behaviorist movement in the United States.
B. He developed psychoanalysis in the early 1900s.
C. He is known for his discovery of classical conditioning.
D. He formulated a systematic approach to operant conditioning, specifying the types and nature of reinforcement as a way to modify behavior.

42. Who started the behaviorist movement in the United States?
A. Albert Bandura
B. Ivan Pavlov
C. Sigmund Freud
D. John B. Watson

43. Who among the following formulated a systematic approach to operant conditioning, specifying the types and nature of reinforcement as a way to modify behavior?
A. B. F. Skinner
B. Sigmund Freud
C. Emil Kraepelin
D. Wilhelm Greisinger

44. Which of the following is primarily associated with Albert Bandura?
A. the discovery of classical conditioning
B. genome-wide association study
C. five factor model
D. social learning theory

45. Which of the following is primarily associated with Albert Ellis?
A. acceptance and commitment therapy
B. rational-emotive therapy approach
C. hypnotic therapy
D. transpersonal approach

46. In the _____, scientists experimenting with pharmacological treatments invented medications that for the first time in history could successfully control the symptoms of psychological disorders.
A. 1920s
B. 1950s
C. 1870s
D. 1890s

47. In 1963, the Mental Retardation Facilities and Community Mental Health Center Construction Act proposed patient treatment in clinics and treatment centers outside of mental hospitals. This legislation paved the way for the _____ movement.
A. behaviorist
B. civil rights
C. spiritual
D. deinstitutionalization
48. Which of the following movements views psychological disorders as difficulties that inhibit the individual's ability to achieve highly subjective well-being and feelings of fulfillment?
   A. the positive psychology movement
   B. the transcendental movement
   C. the behaviorist movement
   D. the cognitive movement

49. Which of the following is the essence of the scientific method in the understanding and treatment of abnormal behavior?
   A. subjectivity
   B. objectivity
   C. mysticism
   D. spirituality

50. The process of testing ideas about the nature of psychological phenomena without bias before accepting these ideas as adequate explanations is the basis for the _____ method of research.
   A. historical
   B. socio-cultural
   C. scientific
   D. humanitarian

51. An experimenter gives one group of depressed subjects a certain amount of the medication Prozac and another group of depressed subjects a comparatively higher dose. Then she measures the number of violent or suicidal thoughts members of both groups have. In this situation, the independent variable is
   A. the measure of medication administered.
   B. the initial level of depression of the subjects.
   C. the number of violent thoughts the subjects report.
   D. the number of suicidal thoughts the subjects report.

52. When using the experimental design, the variable whose level is adjusted or controlled by the experimenter is known as the _____ variable.
   A. relational
   B. dependent
   C. independent
   D. secondary

53. A dependent variable is best defined as
   A. the variable whose value is the outcome of the experimenter's manipulation of the independent variable.
   B. the variable whose value is adjusted or controlled by the experimenter.
   C. the variable over which the investigator has the maximum control.
   D. the variable whose value is representative of the input that causes the outcome of a study.

54. Studies that investigate differences among groups not determined by random assignment are known as _____.
   A. double-blind trials
   B. triple-blind trials
   C. observational studies
   D. quasi-experimental

55. Clients with schizophrenia are informed that they would be part of an experiment. Then they are separated on the basis of their sex and the intensity of the symptoms they exhibit is studied. This is an example of
   A. double-blind design.
   B. quasi-experimental design.
   C. triple-blind design.
   D. gene mapping.
56. Which of the following is true of the placebo condition?
   A. Studies evaluating therapy effectiveness rarely have a placebo condition.
   B. If the study is evaluating effectiveness of medication, the placebo has inert ingredients.
   C. In a placebo condition, participants receive a treatment that is substantially different from the experimental treatment.
   D. Ideally, the researchers would want the placebo participants to receive treatments of a different frequency and duration than the experimental group participants who are receiving psychotherapy.

57. In ______ participants receive a treatment similar to the experimental treatment, but lacking the key feature of the treatment of interest.
   A. family therapies
   B. a placebo condition
   C. classical conditioning
   D. operant conditioning

58. Hanna is participating as a member of the control group in an experimental study and she is trying to figure out what the study is about so that she can be a "good" subject. This behavior of Hanna has the potential of compromising the conclusions of the experiment and is an example of
   A. demand characteristics.
   B. deinstitutionalization.
   C. double-blind.
   D. negative psychology.

59. Participants' expectations of what is going to happen to them in an experiment are referred to as
   A. independent variables.
   B. double-blind variables.
   C. demand characteristics.
   D. dependent variables.

60. The best way to eliminate demand characteristics is to use _____.
   A. a double-blind method
   B. a multiple baseline method
   C. placebo control groups
   D. statistical analyses

61. Gracie, a researcher, is interested in analyzing the relationship between smoking and life span. The results of her correlational study indicate that as the number of cigarettes smoked per day increases, life span decreases. This is an example of the _____ kind of correlation.
   A. positive
   B. negative
   C. direct
   D. transverse

62. In the context of correlational design, _____ correlations indicate that, as scores on one variable increase, scores on the second variable decrease.
   A. positive
   B. negative
   C. indirect
   D. primary

63. In the context of correlational design, _____ correlations indicate that, as scores on one variable increase, scores on the second variable also increase.
   A. positive
   B. negative
   C. indirect
   D. inverse
64. The findings of an experiment conducted by a group of researchers prove that with the increase in the consumption of marijuana, the vulnerability of developing mental disorders increases. This is an example of the _____ kind of correlation.
   A. positive
   B. negative
   C. inverse
   D. transverse

65. The results of a study indicate that there is a strong positive correlation between cigarette smoking and lung cancer. Which of the following can be concluded from this study?
   A. Smoking does not cause lung cancer.
   B. The incidence of lung cancer in people who do not smoke is no lesser than that in those who do.
   C. The more people smoke, the greater the risk of developing lung cancer.
   D. People who do not smoke will never develop lung cancer.

66. A study evaluating the effect of stress on the overall quality of life indicated that increased stress was instrumental in substantially lowering the overall quality of life. This is an example of the _____ kind of correlation.
   A. negative
   B. primary
   C. positive
   D. transverse

67. _____ refers to a research tool used to gather information from a sample of people considered representative of a particular population, in which participants are asked to answer questions about the topic of concern
   A. A search engine
   B. A survey
   C. A blog
   D. A probabilistic design

68. In a _____, the same person serves as the subject in both the experimental and control conditions.
   A. cross-cultural study
   B. survey
   C. comparative study
   D. single case experimental design

69. The frequency of new cases of a disorder within a given time period is referred to as
   A. prevalence.
   B. incidence.
   C. base-rate.
   D. probability.

70. The _____ of a disorder refers to the number of people who have ever had the disorder over a specified period of time.
   A. prevalence
   B. incidence
   C. probability
   D. validity

71. A group of researchers studying the effects of alcohol on the overall health of urban adults asked respondents whether they drank alcohol during the past month. In this instance, the researchers were collecting _____ data.
   A. tangential
   B. incidence
   C. prevalence
   D. secondary
72. The findings of a research states that in July 2003, 18 cases of suicides due to severe depression occurred in the city of San Francisco. This reflects the _____ of suicides due to severe depression in San Francisco during July 2003.
   A. concordance rate
   B. probability
   C. prevalence
   D. incidence

73. A _____ refers to an intensive study of a single person described in detail.
   A. case study
   B. multiple baseline experiment
   C. survey
   D. comparative study

74. _____ refers to a method of analyzing data that provides researchers with methods of analyzing complex relationships that do not easily lend themselves to conventional statistical methods.
   A. Masking
   B. Sampling
   C. Qualitative research
   D. Statistical survey

75. The agreement ratio between people diagnosed as having a disorder and their relatives is defined as the _____ rate.
   A. concordance
   B. correlation
   C. incidence
   D. prevalence

76. The profession also refers to single case experimental designs as _____ designs.
   A. ABCD
   B. AABB
   C. ABBA
   D. ABAB

77. Which of the following is true with regard to case studies?
   A. Classic studies in early abnormal psychology rarely used the case study as a reliable research method.
   B. The case study method is ideal for researchers who intend to conduct an intensive investigation of an individual or a small group of individuals.
   C. An in-depth case study involves high experimental control and is likely to make a useful addition to the literature.
   D. Investigators using case studies must adopt a subjective approach in order to obtain the best results.

78. The attempt by biological researchers to identify the structure of a gene and the characteristics it controls is referred to as
   A. gene pooling.
   B. cognitive mapping.
   C. gene mapping.
   D. sensory gating.

79. The study of how genes translate hereditary information is referred to as
   A. gene pooling.
   B. cognitive mapping.
   C. molecular genetics.
   D. sensory gating.
80. In an experimental study involving psychological disorders, a researcher observed that 7 out of a sample of 10 participants have the same diagnosed condition. This would mean that, among this sample, there is a concordance rate of _____.
   A. 10  
   B. 0.70  
   C. 0.10  
   D. 17

81. The most significant threat to the usefulness of twin studies is the fact that the majority of monozygotic twins
   A. do not share the same amniotic sac during prenatal development.  
   B. do not develop from the same zygote.  
   C. develop from two separate eggs that are fertilized by two separate sperms.  
   D. always share 100 percent of the same DNA.

82. To decide on whether a given individual fits the criteria for abnormality, the mental health community maintains that the behavior need not be linked to some underlying disturbance within the individual, whether psychological or biological.
   True  False

83. People with psychological disorders may inherit a predisposition to developing behavioral disturbances.
   True  False

84. Dysfunctional relationships have the potential of lowering an individual's vulnerability to psychological disorders.
   True  False

85. The technique of trephining is a recently developed treatment procedure for treating psychological disorders.
   True  False

86. During the Middle Ages, the predominant model for explaining the causes of abnormality was the scientific model.
   True  False

87. The humanitarian approach developed throughout history, in part as a reaction against the scientific approach.
   True  False

88. Many of the promises and programs hailed as alternatives to institutionalization ultimately failed to come through because of inadequate planning and insufficient funds.
   True  False

89. Psychoanalysis is a treatment that relies heavily on the concept of the conscious mind.
   True  False

90. Positive psychology movement emphasizes the potential for growth and change throughout life.
   True  False

91. The essence of the scientific method is objectivity.
   True  False

92. It is a rather uncommon practice in studies evaluating therapy effectiveness to have a placebo condition.
   True  False

93. The best way to eliminate demand characteristics is to use a multiple baseline method.
   True  False
94. Surveys are primarily used in studies involving a correlational design when investigators seek to find out whether potentially related variables actually do relate to each other as hypothesized.
   True    False

95. One of the disadvantages of an in-depth case study is that it does not involve enough experimental control to make a useful addition to the literature.
   True    False

96. The incidence rate is the agreement ratio between people diagnosed as having a disorder and their relatives.
   True    False

97. Match the term with the appropriate definition or description.

1. Psychoanalysis
   the notion that people could develop self-control over their behaviors if they had a quiet and restful environment

2. Deinstitutionalization
   a theory and system of practice developed by Sigmund Freud in the early 1900s that relied heavily on the concepts of the unconscious mind, inhibited sexual impulses, and early development

3. Gene mapping
   promoted the release of psychiatric patients into community treatment sites

4. Moral treatment
   the variable whose level is adjusted or controlled by the experimenter

5. Double-blind method
   the group that receives no treatment or a different treatment

6. Prevalence
   an experimental procedure in which neither the person giving the treatment nor the person receiving the treatment has knowledge of whether the participant is in the experimental or the control group

7. Control group
   the number of people who have ever had a disorder at a given time or over a specified period

8. Independent variable
   the attempt by biological researchers to identify the structure of each gene and the characteristics it controls
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1. Quasi-experimental social scientists use this term to refer to the interaction in which biological, psychological, and sociocultural factors play a role in the development of an individual's symptoms.

2. Demand characteristics expectations that participants in a study have about what is going to happen and how they should respond.

3. Concordance rate studies that investigate differences among groups not determined by random assignment.


5. Single-subject design agreement ratios between people diagnosed as having a particular disorder and their relatives.

6. Biopsychosocial design in which the same person serves as the subject in both the experimental and control conditions.

99. The prehistoric practice of cutting a hole in the skull of individuals to release the evil spirits from their body is referred to as _____.

100. The idea of _____ refers to the notion that people could develop self-control over their behaviors if they had a quiet and restful environment.

101. The _____ theory proposed by Sigmund Freud relies heavily on the concepts of the unconscious mind, inhibited sexual impulses, and early development.

102. In 1963, the _____ proposed patient treatment in clinics and treatment centers outside of mental hospitals.

103. The _____ variable is the variable that researchers observe in an experiment.

104. In a(n) _____, participants receive a treatment similar to the experimental treatment, but lacking the key feature of the treatment of interest.

105. Positive numbers represent positive correlations meaning that, as scores on one variable increase, scores on the second variable _____.
106. A _____ refers to a design in which the same person serves as the subject in both the experimental and control conditions.

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108. In _____ studies, researchers examine the frequency of a particular disorder in children whose biological parents had no disorder, but whose adoptive parents do.

109. Briefly discuss the criteria set by the mental health community for the diagnosis of psychological disorders.

110. Three prominent themes in explaining psychological disorders recur throughout history. Write a short note on each.

111. What is concordance rate? What is its importance in the context of behavioral genetics?

112. What are some of the drawbacks associated with the various approaches in behavioral genetics?

113. What is gene mapping?
1 Key

1. Which of the following is one of the criteria stated by the mental health community for a diagnosis of psychological disorder?
   A. The individual must be engaging in behaviors that present the risk of death, hospitalization, or incarceration.
   B. The individual's behavior must be a socially expectable response to a particular event such as the death of a close friend or relative.
   C. The individual's family must have a traceable history of mental illness.
   D. The individual must be an introvert.

2. Calvin works at a paper manufacturing company. The bleaching agents used by the company are toxic in nature and as a result of being exposed to these substances, Calvin has been experiencing intense depressive episodes. From the available information, it would be most accurate to conclude that _____ causes are responsible for Calvin's depression.
   A. supernatural
   B. biological
   C. mystical
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3. People with psychological disorders may inherit a predisposition to developing behavioral disturbances. This provides evidence that _____ causes are responsible for many of the prevalent abnormalities.
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   B. abnormal structure of certain chromosomes
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7. The term _____ refers to the various circles of influence on the individual ranging from close friends and family to the institutions and policies of a country or the world as a whole.
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C. psychological
D. scientific

18. Father Moore had conducted a number of exorcisms during his tenure as pastor in a suburban church in New England. The members of his congregation suggest that Father Moore was successful in driving away evil spirits that caused individuals to behave abnormally through the exorcisms, a feat that earned him substantial fame in the locality. This is an example of the _____ approach in addressing abnormality in individuals.
A. scientific
B. psychological
C. medical
D. spiritual

19. In prehistoric times, skulls of the living had holes cut out of them, a process called _____, apparently in an effort to release the evil spirits from the person's head.
A. trephining
B. agnosia
C. akinesia
D. lobotomy

20. The ritual of driving away evil spirits which involves a physically and mentally painful form of torture carried out by a shaman, priest, or medicine is referred to as
A. cognitive restructuring.
B. exorcism.
C. trephining.
D. electro convulsive therapy.

21. The idea of "moral treatment" holds the notion that
A. abnormalities in behavior were mainly the result of possessions by evil spirits.
B. immoral people were cursed and they suffered from incurable mental disorders.
C. people with psychological disorders can be treated through exorcism.
D. people could develop self-control over their behaviors if they had a quiet and restful environment.
22. _____ was a Massachusetts reformer who sought to improve the treatment of people with psychological disorders in the mid-1800s.
   A. John Collier
   B. Martin Luther King
   C. Emmeline Pankhurst
   D. Dorothea Dix

23. Which of the following was one of the most significant reasons for the declining conditions in mental institutions during the 1800s?
   A. overcrowding
   B. lack of faith in religion
   C. non-availability of patients
   D. the increasing popularity of science

24. Which of the following promoted the release of psychiatric patients into community treatment sites?
   A. deinstitutionalization movement
   B. dual-process theory
   C. five factor model
   D. behaviorist movement

25. In late 2010, the U.S. government's Healthy People project released goals for the coming decade. These goals include
   A. decrease the proportion of homeless adults with mental health problems who receive mental health services.
   B. decrease depression screening by primary care providers.
   C. increase the proportion of adults with mental disorders who receive treatment.
   D. increase the proportion of persons with serious mental illness (SMI) who are unemployed.

26. Who is considered the founder of modern medicine?
   A. Aristotle
   B. Dr. Benjamin Rush
   C. Socrates
   D. Hippocrates

27. Which Greek physician developed the theory that psychological disorders are caused by imbalances in bodily fluids?
   A. Hippocrates
   B. Heraclitus
   C. Galen
   D. Aristotle
28. Hippocrates believed that the treatment of psychological disorder would require
A. getting rid of evil spirits responsible for abnormalities in human behaviors.
B. ridding the body of the excess fluid that influenced physical and mental health.
C. drilling holes into the skull of the affected individuals to release negative energy.
D. stabilizing the emotional state of the affected individuals through catharsis.

29. Who among the following is a physician who developed a system of medical knowledge based on anatomical studies?
A. Horace
B. Socrates
C. Galen
D. Aristotle

30. Who is known as the founder of American psychiatry?
A. Dorothea Dix
B. Benjamin Rush
C. William Tuke
D. Clifford Beers

31. In the context of treating psychological disorders, the "tranquilizer" chair was used to
A. purify the body of evil spirits.
B. induce the emotion of fear in patients.
C. make individuals aware of their repressed desires.
D. reduce blood flow to the brain.

32. The Association of Medical Superintendents of American Institutions for the Insane later became
A. American Medical Association.
B. American Psychological Association.
C. American Psychiatric Association.
D. Psychonomic Society.

33. The German psychiatrist Wilhelm Greisinger proposed that _____ were the cause of psychological disorders.
A. single nucleotide polymorphisms
B. automatic thoughts
C. neuropathologies
D. exorcisms
34. Emil Kraepelin, promoted a classification system much like that applied to medical diagnoses. He proposed that
A. mental disorders primarily resulted from social causes.
B. disorders could best be understood by probing into an individual's unconscious mind.
C. disorders could be identified by their patterns of symptoms.
D. mental disorders were mainly caused by evil spirits.

35. The _____ approach to psychological disorders gained momentum as psychiatrists and psychologists proposed behavior models that included explanations of abnormality in the nineteenth century.
A. spiritual
B. scientific
C. mystical
D. social

36. Who among the following developed psychoanalysis in the early 1900s?
A. Anton Mesmer
B. Josef Breuer
C. Sigmund Freud
D. Emil Kraepelin

37. The _____ theory sought explanations of abnormal behavior in the unconscious psychological processes.
A. spiritual
B. mystical
C. humanitarian
D. psychoanalytic

38. Dr. Andrew's system of practice for treating individuals with abnormalities relies heavily on the concepts of the unconscious mind, dream analysis, and inhibited sexual impulses. Dr. Andrew is most likely to be a proponent of the _____ theory.
A. spiritual
B. social conflict
C. cognitive
D. psychoanalytic

39. The physiologist who discovered the principles of classical conditioning was
A. Edward Thorndike.
B. Albert Bandura.
C. Ivan Pavlov.
D. Albert Ellis.
40. The work of Ivan Pavlov became the basis for the _____ movement begun in the United States by John B. Watson.
   A. deinstitutionalization  
   B. behaviorist  
   C. operant conditioning  
   D. socialist

41. Which of the following is true with regard to John B. Watson?
   A. He initiated the behaviorist movement in the United States.  
   B. He developed psychoanalysis in the early 1900s.  
   C. He is known for his discovery of classical conditioning.  
   D. He formulated a systematic approach to operant conditioning, specifying the types and nature of reinforcement as a way to modify behavior.

42. Who started the behaviorist movement in the United States?
   A. Albert Bandura  
   B. Ivan Pavlov  
   C. Sigmund Freud  
   D. John B. Watson

43. Who among the following formulated a systematic approach to operant conditioning, specifying the types and nature of reinforcement as a way to modify behavior?
   A. B. F. Skinner  
   B. Sigmund Freud  
   C. Emil Kraepelin  
   D. Wilhelm Greisinger

44. Which of the following is primarily associated with Albert Bandura?
   A. the discovery of classical conditioning  
   B. genome-wide association study  
   C. five factor model  
   D. social learning theory

45. Which of the following is primarily associated with Albert Ellis?
   A. acceptance and commitment therapy  
   B. rational-emotive therapy approach  
   C. hypnotic therapy  
   D. transpersonal approach
46. In the _____, scientists experimenting with pharmacological treatments invented medications that for the first time in history could successfully control the symptoms of psychological disorders.
   A. 1920s  
   B. 1950s  
   C. 1870s  
   D. 1890s

47. In 1963, the Mental Retardation Facilities and Community Mental Health Center Construction Act proposed patient treatment in clinics and treatment centers outside of mental hospitals. This legislation paved the way for the _____ movement.
   A. behaviorist  
   B. civil rights  
   C. spiritual  
   D. deinstitutionalization

48. Which of the following movements views psychological disorders as difficulties that inhibit the individual's ability to achieve highly subjective well-being and feelings of fulfillment?
   A. the positive psychology movement  
   B. the transcendental movement  
   C. the behaviorist movement  
   D. the cognitive movement

49. Which of the following is the essence of the scientific method in the understanding and treatment of abnormal behavior?
   A. subjectivity  
   B. objectivity  
   C. mysticism  
   D. spirituality

50. The process of testing ideas about the nature of psychological phenomena without bias before accepting these ideas as adequate explanations is the basis for the _____ method of research.
   A. historical  
   B. socio-cultural  
   C. scientific  
   D. humanitarian
51. An experimenter gives one group of depressed subjects a certain amount of the medication Prozac and another group of depressed subjects a comparatively higher dose. Then she measures the number of violent or suicidal thoughts members of both groups have. In this situation, the independent variable is
A. the measure of medication administered.
B. the initial level of depression of the subjects.
C. the number of violent thoughts the subjects report.
D. the number of suicidal thoughts the subjects report.

52. When using the experimental design, the variable whose level is adjusted or controlled by the experimenter is known as the _____ variable.
A. relational
B. dependent
C. independent
D. secondary

53. A dependent variable is best defined as
A. the variable whose value is the outcome of the experimenter's manipulation of the independent variable.
B. the variable whose value is adjusted or controlled by the experimenter.
C. the variable over which the investigator has the maximum control.
D. the variable whose value is representative of the input that causes the outcome of a study.

54. Studies that investigate differences among groups not determined by random assignment are known as _____.
A. double-blind trials
B. triple-blind trials
C. observational studies
D. quasi-experimental

55. Clients with schizophrenia are informed that they would be part of an experiment. Then they are separated on the basis of their sex and the intensity of the symptoms they exhibit is studied. This is an example of
A. double-blind design.
B. quasi-experimental design.
C. triple-blind design.
D. gene mapping.
56. Which of the following is true of the placebo condition?
A. Studies evaluating therapy effectiveness rarely have a placebo condition.
B. If the study is evaluating effectiveness of medication, the placebo has inert ingredients.
C. In a placebo condition, participants receive a treatment that is substantially different from the experimental treatment.
D. Ideally, the researchers would want the placebo participants to receive treatments of a different frequency and duration than the experimental group participants who are receiving psychotherapy.

57. In _____ participants receive a treatment similar to the experimental treatment, but lacking the key feature of the treatment of interest.
A. family therapies
B. a placebo condition
C. classical conditioning
D. operant conditioning

58. Hanna is participating as a member of the control group in an experimental study and she is trying to figure out what the study is about so that she can be a "good" subject. This behavior of Hanna has the potential of compromising the conclusions of the experiment and is an example of
A. demand characteristics.
B. deinstitutionalization.
C. double-blind.
D. negative psychology.

59. Participants' expectations of what is going to happen to them in an experiment are referred to as
A. independent variables.
B. double-blind variables.
C. demand characteristics.
D. dependent variables.

60. The best way to eliminate demand characteristics is to use _____.
A. a double-blind method
B. a multiple baseline method
C. placebo control groups
D. statistical analyses

61. Gracie, a researcher, is interested in analyzing the relationship between smoking and life span. The results of her correlational study indicate that as the number of cigarettes smoked per day increases, life span decreases. This is an example of the _____ kind of correlation.
A. positive
B. negative
C. direct
D. transverse
62. In the context of correlational design, _____ correlations indicate that, as scores on one variable increase, scores on the second variable decrease.
   A. positive  
   B. negative  
   C. indirect  
   D. primary  

   Blooms: Remember  
   Difficulty: Easy  
   Objective: 01-08  
   Whitbourne - Chapter 01 #62

63. In the context of correlational design, _____ correlations indicate that, as scores on one variable increase, scores on the second variable also increase.
   A. positive  
   B. negative  
   C. indirect  
   D. inverse  

   Blooms: Remember  
   Difficulty: Easy  
   Objective: 01-08  
   Whitbourne - Chapter 01 #63

64. The findings of an experiment conducted by a group of researchers prove that with the increase in the consumption of marijuana, the vulnerability of developing mental disorders increases. This is an example of the _____ kind of correlation.
   A. positive  
   B. negative  
   C. inverse  
   D. transverse  

   Blooms: Apply  
   Difficulty: Medium  
   Objective: 01-08  
   Whitbourne - Chapter 01 #64

65. The results of a study indicate that there is a strong positive correlation between cigarette smoking and lung cancer. Which of the following can be concluded from this study?
   A. Smoking does not cause lung cancer.  
   B. The incidence of lung cancer in people who do not smoke is no lesser than that in those who do.  
   C. The more people smoke, the greater the risk of developing lung cancer.  
   D. People who do not smoke will never develop lung cancer.  

   Blooms: Understand  
   Difficulty: Medium  
   Objective: 01-08  
   Whitbourne - Chapter 01 #65

66. A study evaluating the effect of stress on the overall quality of life indicated that increased stress was instrumental in substantially lowering the overall quality of life. This is an example of the _____ kind of correlation.
   A. negative  
   B. primary  
   C. positive  
   D. transverse  

   Blooms: Apply  
   Difficulty: Medium  
   Objective: 01-08  
   Whitbourne - Chapter 01 #66
67. _____ refers to a research tool used to gather information from a sample of people considered representative of a particular population, in which participants are asked to answer questions about the topic of concern
   A. A search engine
   B. A survey
   C. A blog
   D. A probabilistic design

   Blooms: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #67

68. In a _____, the same person serves as the subject in both the experimental and control conditions.
   A. cross-cultural study
   B. survey
   C. comparative study
   D. single case experimental design

   Blooms: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #68

69. The frequency of new cases of a disorder within a given time period is referred to as
   A. prevalence.
   B. incidence.
   C. base-rate.
   D. probability.

   Blooms: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #69

70. The _____ of a disorder refers to the number of people who have ever had the disorder over a specified period of time.
   A. prevalence
   B. incidence
   C. probability
   D. validity

   Blooms: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #70

71. A group of researchers studying the effects of alcohol on the overall health of urban adults asked respondents whether they drank alcohol during the past month. In this instance, the researchers were collecting _____ data.
   A. tangential
   B. incidence
   C. prevalence
   D. secondary

   Blooms: Apply
   Difficulty: Medium
   Objective: 01-09
   Whitbourne - Chapter 01 #71

72. The findings of a research states that in July 2003, 18 cases of suicides due to severe depression occurred in the city of San Francisco. This reflects the _____ of suicides due to severe depression in San Francisco during July 2003.
   A. concordance rate
   B. probability
   C. prevalence
   D. incidence

   Blooms: Apply
   Difficulty: Medium
   Objective: 01-09
   Whitbourne - Chapter 01 #72
73. A _____ refers to an intensive study of a single person described in detail.
   A. case study
   B. multiple baseline experiment
   C. survey
   D. comparative study
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #73

74. _____ refers to a method of analyzing data that provides researchers with methods of analyzing complex relationships that do not easily lend themselves to conventional statistical methods.
   A. Masking
   B. Sampling
   C. Qualitative research
   D. Statistical survey
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #74

75. The agreement ratio between people diagnosed as having a disorder and their relatives is defined as the _____ rate.
   A. concordance
   B. correlation
   C. incidence
   D. prevalence
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #75

76. The profession also refers to single case experimental designs as _____ designs.
   A. ABCD
   B. AABB
   C. ABBA
   D. ABAB
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #76

77. Which of the following is true with regard to case studies?
   A. Classic studies in early abnormal psychology rarely used the case study as a reliable research method.
   B. The case study method is ideal for researchers who intend to conduct an intensive investigation of an individual or a small group of individuals.
   C. An in-depth case study involves high experimental control and is likely to make a useful addition to the literature.
   D. Investigators using case studies must adopt a subjective approach in order to obtain the best results.
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #77

78. The attempt by biological researchers to identify the structure of a gene and the characteristics it controls is referred to as
   A. gene pooling.
   B. cognitive mapping.
   C. gene mapping.
   D. sensory gating.
   
   Bloom's: Remember
   Difficulty: Easy
   Objective: 01-09
   Whitbourne - Chapter 01 #78
The study of how genes translate hereditary information is referred to as
A. gene pooling.
B. cognitive mapping.
C. molecular genetics.
D. sensory gating.

In an experimental study involving psychological disorders, a researcher observed that 7 out of a sample of 10 participants have the same diagnosed condition. This would mean that, among this sample, there is a concordance rate of _____.
A. 10
B. 0.70
C. 0.10
D. 17

The most significant threat to the usefulness of twin studies is the fact that the majority of monozygotic twins
A. do not share the same amniotic sac during prenatal development.
B. do not develop from the same zygote.
C. develop from two separate eggs that are fertilized by two separate sperms.
D. always share 100 percent of the same DNA.

To decide on whether a given individual fits the criteria for abnormality, the mental health community maintains that the behavior need not be linked to some underlying disturbance within the individual, whether psychological or biological.
FALSE

People with psychological disorders may inherit a predisposition to developing behavioral disturbances.
TRUE

Dysfunctional relationships have the potential of lowering an individual's vulnerability to psychological disorders.
FALSE

The technique of trephining is a recently developed treatment procedure for treating psychological disorders.
FALSE
86. During the Middle Ages, the predominant model for explaining the causes of abnormality was the scientific model.
   **FALSE**

87. The humanitarian approach developed throughout history, in part as a reaction against the scientific approach.
   **FALSE**

88. Many of the promises and programs hailed as alternatives to institutionalization ultimately failed to come through because of inadequate planning and insufficient funds.
   **TRUE**

89. Psychoanalysis is a treatment that relies heavily on the concept of the conscious mind.
   **FALSE**

90. Positive psychology movement emphasizes the potential for growth and change throughout life.
   **TRUE**

91. The essence of the scientific method is objectivity.
   **TRUE**

92. It is a rather uncommon practice in studies evaluating therapy effectiveness to have a placebo condition.
   **FALSE**

93. The best way to eliminate demand characteristics is to use a multiple baseline method.
   **FALSE**

94. Surveys are primarily used in studies involving a correlational design when investigators seek to find out whether potentially related variables actually do relate to each other as hypothesized.
   **TRUE**
95. One of the disadvantages of an in-depth case study is that it does not involve enough experimental control to make a useful addition to the literature.

TRUE

96. The incidence rate is the agreement ratio between people diagnosed as having a disorder and their relatives.

FALSE

97. Match the term with the appropriate definition or description.

1. Psychoanalysis  the notion that people could develop self-control over their behaviors if they had a quiet and restful environment

2. Deinstitutionalization  a theory and system of practice developed by Sigmund Freud in the early 1900s that relied heavily on the concepts of the unconscious mind, inhibited sexual impulses, and early development

3. Gene mapping  promoted the release of psychiatric patients into community treatment sites

4. Moral treatment  the variable whose level is adjusted or controlled by the experimenter

5. Double-blind method  the group that receives no treatment or a different treatment

6. Prevalence  an experimental procedure in which neither the person giving the treatment nor the person receiving the treatment has knowledge of whether the participant is in the experimental or the control group

7. Control group  the number of people who have ever had a disorder at a given time or over a specified period

8. Independent variable  the attempt by biological researchers to identify the structure of each gene and the characteristics it controls
98. Match the term with the appropriate definition or description.
1. Quasi-experimental social scientists use this term to refer to the interaction in which biological, psychological, and sociocultural factors play a role in the development of an individual's symptoms.

2. Demand characteristics expectations that participants in a study have about what is going to happen and how they should respond.

3. Concordance rate studies that investigate differences among groups not determined by random assignment.


5. Single-subject design agreement ratios between people diagnosed as having a particular disorder and their relatives.

6. Biopsychosocial design in which the same person serves as the subject in both the experimental and control conditions.

99. The prehistoric practice of cutting a hole in the skull of individuals to release the evil spirits from their body is referred to as _____.

   trephining

100. The idea of _____ refers to the notion that people could develop self-control over their behaviors if they had a quiet and restful environment.

    moral treatment

101. The _____ theory proposed by Sigmund Freud relies heavily on the concepts of the unconscious mind, inhibited sexual impulses, and early development.

    psychoanalytic

102. In 1963, the _____ proposed patient treatment in clinics and treatment centers outside of mental hospitals.

    Mental Retardation Facilities and Community Mental Health Center Construction Act

103. The _____ variable is the variable that researchers observe in an experiment.

    dependent
104. In a(n) _____, participants receive a treatment similar to the experimental treatment, but lacking the key feature of the treatment of interest.  
**placebo condition**

105. Positive numbers represent positive correlations meaning that, as scores on one variable increase, scores on the second variable _____.

**increase**

106. A _____ refers to a design in which the same person serves as the subject in both the experimental and control conditions.

**single case experimental design**

107. Agreement ratios between people diagnosed as having a particular disorder and their relatives is referred to as the _____.

**concordance rate**

108. In _____ studies, researchers examine the frequency of a particular disorder in children whose biological parents had no disorder, but whose adoptive parents do.  
**cross-fostering**

109. Briefly discuss the criteria set by the mental health community for the diagnosis of psychological disorders.

The mental health community currently uses diagnostic procedures to decide on whether a given individual fits the criteria for abnormality. There are currently five criteria for a psychological disorder. The first is that of "clinical significance," meaning that the behavior involves a measurable degree of impairment. Second, the individual must be experiencing distress or must be engaging in behaviors that present the risk of death, hospitalization, or incarceration. Third, the individual's behavior cannot be a socially expectable response to a particular event such as the death of a close friend or relative. Fourth, the behavior must be linked to some underlying disturbance within the individual, whether psychological or biological. Fifth, the individual's behavior cannot be defined solely in terms of social rebellion or deviance.
Three prominent themes in explaining psychological disorders recur throughout history. Write a short note on each.

The earliest approach to understanding abnormal behavior is spiritual. Spiritual explanations regard psychological disorders as the product of possession by evil or demonic spirits.

The humanitarian approach developed throughout history, in part as a reaction against the spiritual approach and its associated punishment of people with psychological disorders. Humanitarian explanations regard psychological disorders as the result of cruelty, stress, or poor living conditions.

Early Greek philosophers were the first to attempt a scientific approach to understanding psychological disorders. Scientific explanations regard psychological disorders as the result of causes that we can objectively measure, such as biological alterations, faulty learning processes, or emotional stressors.

What is concordance rate? What is its importance in the context of behavioral genetics?

Behavioral geneticists typically begin an investigation into a disorder's genetic inheritance after observing that the disorder shows a distinct pattern of family inheritance. This process requires obtaining complete family histories from people whom they can identify as having symptoms of the disorder. The investigators then calculate the concordance rate, or agreement ratios, between people diagnosed as having the disorder and their relatives. We would expect an inherited disorder to have the highest concordance between monozygotic or identical twins (whose genes are the same), with somewhat lower rates between siblings and dizygotic or fraternal twins (who are no more alike genetically than siblings of different ages), and even lower rates among more distant relatives.

What are some of the drawbacks associated with the various approaches in behavioral genetics?

These kinds of studies are imprecise and have several potential serious flaws. Adoption studies can be suggestive, but are hardly definitive. There may be unmeasured characteristics of the adoptive parents that influence the development of the disorder in the children. The most significant threat to the usefulness of twin studies is the fact that the majority of monozygotic twins do not share the same amniotic sac during prenatal development. Furthermore, they may not even share 100 percent of the same DNA.

What is gene mapping?

Gene mapping refers to the attempt by biological researchers to identify the structure of a gene and the characteristics it controls. In gene mapping, researchers examine and connect variations in chromosomes to performance on psychological tests or diagnosis of specific disorders.
## 1 Summary

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