# Chapter 1

# Examples and Definitions of Abnormal Behavior

**Total Assessment Guide (T.A.G.)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Topic** | **Question**  **Type** | **Factual** | **Conceptual** | **Applied** |
| **Overview pp. 2-3** | **Multiple Choice** | 1, 2, 3, 5, 6, 7 | 4 |  |
| **Short Answer** |  |  |  |
| **Essay** |  |  |  |
| **Recognizing the Presence of a Disorder  pp. 4-5** | **Multiple Choice** | 11 | 8 | 9, 10, 12 |
| **Short Answer** | 112, 113 |  |  |
| **Essay** |  |  | 124 |
| **Defining Abnormal Behavior pp. 5-9** | **Multiple Choice** | 15, 17, 23, 24, 28, 31 | 16, 18, 21, 22, 26, 29, 31 | 13, 14, 19, 20, 25, 27, 30 |
| **Short Answer** | 114, 115, 116 |  |  |
| **Essay** |  | 125 | 126 |
| **Who Experiences Abnormal Behavior?  pp. 10-14** | **Multiple Choice** | 32, 33, 34, 38, 41, 42, 44, 45, 46, 47, 48, 49, 50, 53, 54, 55, 57, 58, 59, 60, 61, 64 | 37, 39, 40, 56 62, 65, 66 | 35, 36, 43, 51, 52, 63 |
| **Short Answer** | 117, 118, 119, 120 |  |  |
| **Essay** |  |  |  |
| **The Mental Health Professions  pp. 14-15** | **Multiple Choice** | 67, 68, 69, 70, 71, 72, 73, 75, 77, 81, 82 | 74, 76, 78, 79, 80 |  |
| **Short Answer** | 121 |  |  |
| **Essay** |  | 127 |  |
| **Psychopathology in Historical Context  pp. 15-18** | **Multiple Choice** | 86, 88, 89, 92, 95, 97 | 83, 84, 85, 87, 90, 91, 96, 98, 100, 101, 102 | 93, 94, 99 |
| **Short Answer** |  |  |  |
| **Essay** | 128 | 129 |  |
| **Methods for the Scientific Study of Mental Disorders  pp. 18-20** | **Multiple Choice** | 108, 109, 110 | 103, 105, 106, 107, 111 | 104 |
| **Short Answer** | 122, 123 |  |  |
| **Essay** |  | 130 | 131 |

**Chapter 1: Examples and Definitions of Abnormal Behavior**

**Multiple Choice**

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

a. "Rate of Mental Disorders Considered Low"

b. "Almost Everyone Diagnosed with a Mental Disorder at Some Point in Their Life"

c. "Rate of Mental Disorders Overestimated in the Past"

d. "At Least Two out of Every Four Americans Experience a Serious Form of Abnormal Behavior at Some Point in Their Life"

Answer: d.

Difficulty: 1

Question ID: 1.1.1

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.2. In the United States and other developed countries, mental disorders are the \_\_\_leading cause of disease-related disability and mortality.

a. 2nd

b. 5th

c. 10th

d. 30th

Answer: a.

Difficulty: 2

Question ID: 1.1.2

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.3. The symptoms and signs of mental illness are known as

a. the analysis of the mind.

b. the treatment of mental disorders.

c. psychopathology.

d. the ancient philosophy of the interaction of mind and body.

Answer: c.

Difficulty: 1

Question ID: 1.1.3

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.4. The point of view of this textbook is that

a. very few people will ever come into contact with the problems that are associated with mental illness.

b. isolation between people with mental illness and people without mental illness benefits both groups.

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

d. mental illness is almost a thing of the past due to modern treatments.

Answer: c.

Difficulty: 1

Question ID: 1.1.4

Page Reference: 2

Topic: Overview

Skill: Conceptual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.5. Which is the best description of abnormal psychology?

a. a deviant personality trait

b. analysis of the childhood roots of pathology

c. study of unconscious influences on mental disorders

d. application of psychological science to the study of mental disorders

Answer: d.

Difficulty: 1

Question ID: 1.1.5

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.6. What is the literal meaning of the word “psychopathology”?

a. demons within

b. deviant behavior

c. brain dysfunction

d. pathology of the mind

Answer: d.

Difficulty: 1

Question ID: 1.1.6

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.7. According to the textbook, the line dividing normal from abnormal is

a. always clear.

b. often one of degree.

c. based on the exact form or content of behavior.

d. not a very important issue.

Answer: b.

Difficulty: 1

Question ID: 1.1.7

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

a. social withdrawal

b. difficulty in communicating

c. inability to succeed at work

d. belief that people were poisoning him

Answer: d.

Difficulty: 2

Question ID: 1.1.8

Page Reference: 2-3

Topic: Recognizing the Presence of a Disorder

Skill: Conceptual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.9. Why did the staff at the psychiatric hospital give Kevin Warner injections of antipsychotic medication?

a. People with Kevin's blood type do not respond to medication in pill form.

b. A high level of gastric juices in his digestive system destroyed the medication.

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

d. Antipsychotic drugs given by injection do not have the same serious side effects as those in pill form.

Answer: c.

Difficulty: 3

Question ID: 1.1.9

Page Reference: 3

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.10. Determining the presence of disorder is based on several criteria, including

a. the duration of a person's symptoms.

b. the presence of a specific symptom in isolation.

c. the outcome of laboratory tests.

d. a person’s culture.

Answer: a.

Difficulty: 3

Question ID: 1.1.10

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.11. Sam displays symptoms of paranoid schizophrenia; she feels ill after eating her lunch two days in a row. One of her symptoms is a paranoid belief that her coworkers are poisoning her. This type of belief is associated with

a. conflicts with society.

b. a nervous breakdown.

c. a psychosis.

d. adaptive behavior.

Answer: c.

Difficulty: 2

Question ID: 1.1.11

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.12. In what terms are mental disorders defined?

a. when a person is out of contact with reality

b. persistent maladaptive behaviors

c. inconsistent, socially unacceptable behaviors

d. unrealistic beliefs

Answer: b.

Difficulty: 2

Question ID: 1.1.12

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

a. syndrome.

b. sign.

c. psychosis.

d. disease.

Answer: a.

Difficulty: 1

Question ID: 1.1.13

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.14. Specific laboratory tests to confirm the presence of psychopathology

a. do not at present exist.

b. are used by psychologists but not by psychiatrists.

c. are used by psychiatrists but not by psychologists.

d. are used to test for the presence of some viral infection or brain lesion to confirm a diagnosis.

Answer: a.

Difficulty: 3

Question ID: 1.1.14

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.1.15. Nate is a clinical psychologist and is trying to determine if Jennifer has schizophrenia. In what way will he make this determination?

a. blood tests

b. studying the concentration of schizophrenia in Jennifer's geographic area

c. heredity

d. making observations of Jennifer's behavior and her descriptions of personal experience

Answer: d.

Difficulty: 2

Question ID: 1.1.15

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

a. "The key to identifying insanity is the presence of delusions."

b. "In order to be insane, a person must show evidence of some biological cause of the symptoms."

c. "Insanity is a general term that refers to the presence of severe signs of mental deterioration."

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

Answer: d.

Difficulty: 2

Question ID: 1.1.16

Page Reference: 3-4

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

a. focuses only on very rare conditions.

b. focuses only on conditions that are actually relatively common.

c. does not specify how unusual the behavior must be to be considered abnormal.

d. only considers deviations that are harmful.

Answer: c.

Difficulty: 3

Question ID: 1.1.17

Page Reference: 5

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.18. If a person with an abnormal behavior is unable to or unwilling to appreciate the extent of their problem or the impact it had on other people, what would psychologists say that person lacked?

a. ignorance

b. insight

c. logic

d. common sense

Answer: b.

Difficulty: 2

Question ID: 1.1.18

Page Reference: 5

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.19. Which of the following is a rare form of psychopathology?

a. schizophrenia

b. panic disorder

c. major depression

d. gender identity disorder

Answer: d.

Difficulty: 3

Question ID: 1.1.19

Page Reference: 5

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

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

a. statistical rarity.

b. one distinguishing symptom.

c. an individual's subjective distress.

d. tissue damage revealed by medical tests.

Answer: c.

Difficulty: 2

Question ID: 1.1.20

Page Reference: 5-6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.21. In the term "harmful dysfunction," the word “dysfunction” refers to

a. a mental disorder.

b. a set of distinguishing symptoms.

c. a disruption of thought, feeling, or perception.

d. the inability of the person to function at work or school.

Answer: c.

Difficulty: 2

Question ID: 1.1.21

Page Reference: 5-6

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.22. Applying the concept of harmful dysfunction to the case of Kevin Warner, we can emphasize Kevin's failures of several mental mechanisms, including

a. perception.

b. motivation.

c. learning.

d. feeling.

Answer: a.

Difficulty: 2

Question ID: 1.1.22

Page Reference: 5-6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.23. What dysfunctions are considered to be disorders?

a. those resulting in significant harm to the person

b. those differing in any way from the ordinary function of a biological process

c. those eliciting abnormal behavior characteristics.

d. those leading to the inability to occasionally misconstrue reality.

Answer: a.

Difficulty: 2

Question ID: 1.1.23

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

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

a. Some statistically rare forms of behavior are desirable.

b. Some mental disorders have symptoms that are not harmful.

c. A behavior is not dysfunctional unless it is statistically unusual.

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

Answer: d.

Difficulty: 3

Question ID: 1.1.24

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.25. On what does the *DSM-5* place primary emphasis?

a. mechanisms that regulate emotion

b. the ability to distinguish between real or imagined auditory sensations

c. the consequences of certain behavioral syndromes

d. a person's social or occupational role

Answer: c.

Difficulty: 2

Question ID: 1.1.25

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

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

a. Cultural factors do not affect the definition.

b. The definition is based on established humanistic criteria.

c. The meaning of harmful is limited to life-threatening conditions.

d. As much as possible objective evaluation is used to define the dysfunction.

Answer: d.

Difficulty: 3

Question ID: 1.1.26

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.27. Beliefs and actions that are shared by religious, political, or sexual minority groups are not considered evidence of a mental disorder because such behaviors

a. are voluntary.

b. are rare and unusual.

c. can cause harm.

d. deviate from society's standards of proper behavior.

Answer: a.

Difficulty: 2

Question ID: 1.1.27

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

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

a. are physical.

b. do not cause any harm.

c. are rare.

d. are not easily diagnosed.

Answer: b.

Difficulty: 1

Question ID: 1.1.28

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.29. Which organization publishes the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)*?

a. World Health Organization

b. American Psychiatric Association

c. American Psychological Association

d. National Institute of Mental Health

Answer: b.

Difficulty: 1

Question ID: 1.1.29

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

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

a. *Physicians' Desk Reference*

b. *Syndromes of Mental Disorders*

c. *Diagnostic and Statistical Manual of Mental Disorders*

d. *American Psychiatric Association Guidelines for Diagnosis*

Answer: c.

Difficulty: 1

Question ID: 1.1.30

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.31. What is the emphasis of the definition of abnormal behavior in the *DSM‑5*?

a. statistical rarity

b. biological etiology

c. biological disadvantage in terms of reproduction

d. personal distress or impairment in social functioning

Answer: d.

Difficulty: 2

Question ID: 1.1.31

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.32. What principle guided developers of the *DSM-5* as they wrote definitions of mental disorders?

a. Definitions should consider political factors.

b. Disorders should be associated with distress or disability.

c. Deviant behaviors that are encouraged by certain religions should be included.

d. Abnormal behaviors should have a biological basis to be considered mental disorders.

Answer: b.

Difficulty: 2

Question ID: 1.1.32

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.33. The *DSM* definition of mental disorder excludes which of the following?

a. behaviors caused by personal distress

b. beliefs and actions shared by a religious group

c. impairment in social functioning

d. behavior of which the individual is unaware

Answer: b.

Difficulty: 2

Question ID: 1.1.33

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.34. Why were the actions of the Yippie Party not considered dysfunctional?

a. Their actions were an expectable response to cultural events.

b. The leaders of the party suffered from significant clinical distress.

c. Their actions were considered intentional political gestures.

d. Party members suffered psychological dysfunction.

Answer: c.

Difficulty: 2

Question ID: 1.1.34

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.1.35. Culture is defined in terms of the

a. level of education attained by most people in a specific group.

b. degree of emphasis a community places on art and literature.

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

d. similarity of people within a group.

Answer: c.

Difficulty: 1

Question ID: 1.1.35

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.36. How often is the official diagnostic manual for mental disorders revised by the American Psychiatric Association?

a. every year

b. every other year

c. every 5 to 10 years

d. every 15 to 20 years

Answer: d.

Difficulty: 1

Question ID: 1.1.36

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.37. Olivia grew up in a society where mourners pull out their hair, go into an emotional frenzy, and speak in tongues. On a visit to the United States, she did these things in public when she heard that a relative had died. According to *DSM-5,* her behavior would be considered

a. psychopathological, because of her personal distress.

b. not psychopathological, because it is part of her culture.

c. psychopathological, because it disrupted her social functioning.

d. not psychopathological, because it caused no disruption in social functioning.

Answer: b.

Difficulty: 2

Question ID: 1.1.37

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

1.1.38. A woman who is unable to achieve orgasm and who lives in a society that discourages female sexuality would probably not be given the *DSM* diagnosis of female orgasmic disorder because she

a. probably would not experience any distress or impairment.

b. would be distressed but not impaired.

c. would be impaired but not distressed.

d. would probably be both distressed and impaired.

Answer: a.

Difficulty: 2

Question ID: 1.1.38

Page Reference: 8

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

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

a. Homosexuality was never a diagnosis in the *DSM.*

b. Homosexuality was, and is, a possible diagnosis in the *DSM.*

c. Homosexuality was a diagnosis in the first two editions of the *DSM,* taken out for the third edition, and then reintroduced in the 4th.

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

Answer: d.

Difficulty: 2

Question ID: 1.1.39

Page Reference: 7-9

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

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

a. sexual abuse throughout childhood

b. being prone to sleepwalking episodes

c. a genetic predisposition to high levels of anxiety

d. being determined that she would never gain as much weight as her mother had

Answer: d.

Difficulty: 2

Question ID: 1.1.40

Page Reference: 10

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.41. What are common digestive problems associated with eating problems similar to Mary's?

a. ulcers and reflux

b. throat infections and stomach pains

c. constipation and Crohn's disease

d. gallstones and lactose intolerance

Answer: b.

Difficulty: 2

Question ID: 1.1.41

Page Reference: 10

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.42. What vital organs are affected by eating disorders?

a. the spleen and appendix

b. the gall bladder and lungs

c. the heart and kidneys

d. the large intestine and heart

Answer: c.

Difficulty: 2

Question ID: 1.1.42

Page Reference: 10

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.43. Why are Mary Childress and Kevin Warner's behaviors considered abnormal?

a. because they found it impossible to see reality

b. because they were both acutely aware of their disorders

c. because their disorders affected their physical health

d. because both of their behaviors fits the criteria for one of the *DSM-5* categories and they each suffered from a dysfunction

Answer: d.

Difficulty: 2

Question ID: 1.1.43

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.44. In addition to incidence, what other term is particularly important in epidemiological research?

a. statistical validity

b. correlation

c. prevalence

d. N

Answer: c.

Difficulty: 2

Question ID: 1.1.44

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. loss of hearing

b. teeth/gum problems

c. frequent bone fractures

d. fluctuating dopamine levels

Answer: b.

Difficulty: 2

Question ID: 1.1.45

Page Reference: 10

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. loss of neurons

b. mechanisms that regulate appetite

c. failure to process dream memories

d. poor motor skills resulting from lack of oxygen at birth

Answer: b.

Difficulty: 2

Question ID: 1.1.46

Page Reference: 10

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

1.1.47. Compared to Kevin Warner, Mary Childress was much more acutely aware of her disorder; this tells us that

a. Mary has a disorder and Kevin doesn't.

b. Kevin has a disorder and Mary doesn't.

c. Mary probably experiences more distress than Kevin.

d. Mary is probably more impaired than Kevin.

Answer: c.

Difficulty: 3

Question ID: 1.1.47

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

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

a. encourage people with the flu to avoid alcohol

b. study rates of alcoholism in urban versus rural areas

c. investigate the effects of clothing preference on social communication

d. study chromosomes to find abnormal genes associated with various diseases

Answer: b.

Difficulty: 2

Question ID: 1.1.48

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.1.49. Epidemiology is the scientific study of the

a. effects of diets.

b. biological treatment of diseases.

c. frequency and distribution of disorders.

d. classification systems for mental disorders.

Answer: c.

Difficulty: 1

Question ID: 1.1.49

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.50. An epidemiologist studies rates of depression in a community over a one-year period. Her calculation of incidence will be based on the

a. average time between diagnosis and cure.

b. proportion of people who had ever been depressed.

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

d. total number of active cases on the day of calculation.

Answer: c.

Difficulty: 3

Question ID: 1.1.50

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

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

a. incidence (this year) = 5; lifetime prevalence = 6

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

c. lifetime prevalence = 5; lifetime prevalence = 3

d. lifetime prevalence = 5; incidence (this year) = 11

Answer: b.

Difficulty: 3

Question ID: 1.1.51

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

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

a. More men than women will be diagnosed with bipolar disorder.

b. More women than men will be diagnosed with bipolar disorder.

c. Almost twice as many women will receive this diagnosis.

d. The rates for this disorder are the same for men and women.

Answer: d.

Difficulty: 2

Question ID: 1.1.52

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.53. Which of the following disorders is more common in women than men?

a. schizophrenia

b. anxiety disorders

c. bipolar disorder

d. alcoholism

Answer: b.

Difficulty: 1

Question ID: 1.1.53

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. somewhat lower than

b. much higher than

c. equal to

d. much lower than

Answer: b.

Difficulty: 2

Question ID: 1.1.54

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

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

a. schizophrenia

b. major depression

c. bipolar mood disorder

d. obsessive-compulsive disorder

Answer: b.

Difficulty: 2

Question ID: 1.1.55

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.56. Which disorder is about equally common in men and women in the United States?

a. depression

b. bipolar mood disorder

c. alcohol abuse/dependence

d. antisocial personality disorder

Answer: b.

Difficulty: 2

Question ID: 1.1.56

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.57. Which disorder is more common in men than women?

a. depression

b. schizophrenia

c. bipolar disorder

d. alcohol abuse/dependence

Answer: d.

Difficulty: 1

Question ID: 1.1.57

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. twin diagnosis.

b. double diagnosis.

c. comorbidity.

d. confounded morbidity.

Answer: c.

Difficulty: 1

Question ID: 1.1.58

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.59. According to the textbook, some disorders, such as \_\_\_\_\_\_\_\_\_\_, are found in virtually every culture social scientists have studied.

a. sleep apnea

b. alcoholism

c. schizophrenia

d. bulimia

Answer: c.

Difficulty: 2

Question ID: 1.1.59

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. closed head injury.

b. alcohol addiction.

c. cancer.

d. cardiovascular disease.

Answer: d.

Difficulty: 2

Question ID: 1.1.60

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.61. Comorbidity exists when

a. two people have the same disorder.

b. one person has first one disorder, then later develops another.

c. one person has more than one condition within the same period of time.

d. a health professional cannot distinguish between two different conditions.

Answer: c.

Difficulty: 1

Question ID: 1.1.61

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.62. How has research on comorbidity changed the focus of epidemiological research?

a. shifted the focus from the psychotic disorders to milder disorders that affect more people

b. higher than expected prevalence of mental retardation led to more emphasis on intellectual ability

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

d. evidence for the biological etiology of more mental disorders has switched the focus to identifying the genes responsible for particular disorders

Answer: c.

Difficulty: 3

Question ID: 1.1.62

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

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

a. Most mental disorders have a biological basis.

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

c. We have underestimated the role of toxins as the cause of disorders.

d. The majority of mental disorders tend to "run in families" as a result of genetic anomalies.

Answer: b.

Difficulty: 3

Question ID: 1.1.63

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

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

a. mortality and disability

b. infection rates and poverty levels

c. physician visits and pollution levels

d. daily caloric intake and hospitalization rates

Answer: a.

Difficulty: 2

Question ID: 1.1.64

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.65. In research on disease burden, the disability associated with schizophrenia is considered to be comparable to that associated with

a. diabetes.

b. hypertension.

c. quadriplegia.

d. Alzheimer's disease.

Answer: c.

Difficulty: 1

Question ID: 1.1.65

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. mania: heart disease

b. panic disorder: cancer

c. depression: blindness

d. schizophrenia: diabetes

Answer: c.

Difficulty: 2

Question ID: 1.1.66

Page Reference: 12

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. Medical illnesses and mental disorders are associated with equal levels of disease burden.

b. Although quite prevalent, mental disorders account for insignificant levels of disease burden.

c. Mental disorders are responsible for more disease burden than all of the medical illnesses combined.

d. Although mental disorders account for a small number of deaths, they are a significant cause of disease burden.

Answer: d.

Difficulty: 3

Question ID: 1.1.67

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.1.68. The World Health Organization estimates that all mental disorders combined account for \_\_\_\_\_ percent of all disability worldwide.

a. less than 1

b. 11

c. 28

d. 52

Answer: c.

Difficulty: 2

Question ID: 1.1.68

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. cardiovascular conditions, all drug use, all mental disorders

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

c. all drug use, all infectious and parasitic diseases, all respiratory diseases

d. all mental disorders, all respiratory conditions, all cardiovascular conditions

Answer: b.

Difficulty: 2

Question ID: 1.1.69

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. increase

b. decrease

c. stay about the same

d. increase in developing countries and decrease in developed countries

Answer: a.

Difficulty: 2

Question ID: 1.1.70

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.71. Which of the following is the most accurate situation in the United States?

a. The incidence of bulimia is higher among university women and it is more common in older women.

b. The incidence of bulimia is higher in working women and it is more common in younger women.

c. The incidence of bulimia is higher among university women and it is more common in younger women.

d. The incidence of bulimia is higher in working women and it is more common in younger women.

Answer: c.

Difficulty: 2

Question ID: 1.1.71

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. The prevalence is higher in Western nations than other parts of the world, and the number of cases increased during the latter part of the twentieth century.

b. The prevalence is lower in Western nations than other parts of the world, and the number of cases increased during the latter part of the twentieth century.

c. The prevalence is higher in Western nations than other parts of the world, and the number of cases decreased during the latter part of the twentieth century.

d. The prevalence is higher in developing nations than other parts of the world, and the number of cases increased during the latter part of the twentieth century.

Answer: a.

Difficulty: 2

Question ID: 1.1.72

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.1.73. Which of the following can be concluded from cross-cultural studies?

a. All mental disorders are shaped, to some extent, by cultural factors.

b. Several mental disorders are due entirely to cultural or social factors.

c. Psychotic disorders are more influenced by culture than other disorders.

d. The symptoms of certain disorders are just as likely to vary across cultures as are the disorders themselves.

Answer: a.

Difficulty: 3

Question ID: 1.1.73

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.1.74. Which individual is most likely to suffer bulimia nervosa?

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

b. Michael, a 30-year-old auto mechanic

c. Joe, a 45-year-old air traffic controller

d. Isabel, a 10-year-old grade-school student

Answer: a.

Difficulty: 3

Question ID: 1.1.74

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.3: What are the most common mental disorders?

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

a. anxiety

b. neurotic

c. psychotic

d. personality

Answer: c.

Difficulty: 2

Question ID: 1.1.75

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

a. The incidence is declining among all groups.

b. The rate is relatively even across socioeconomic and age groups.

c. The incidence is much higher among university women than among working women.

d. The incidence is high among older women who have recently entered the workforce.

Answer: c.

Difficulty: 3

Question ID: 1.1.76

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.1.77. Epidemiological evidence suggests that which of the following factors is an important ingredient in establishing risk for developing an eating disorder?

a. comorbidity

b. genetics

c. holding particular sets of values related to women’s appearance

d. early family relations

Answer: c.

Difficulty: 1

Question ID: 1.1.77

Page Reference: 14

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.1.78. Specialized mental health professionals treat \_\_\_\_\_ percent of those who seek help for mental disorders.

a. 10

b. 20

c. 40

d. 60

Answer: c.

Difficulty: 1

Question ID: 1.1.78

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.79. People who seek help for mental disorders are most likely to receive help from which of the following?

a. primary care physicians

b. social workers

c. psychiatrists

d. psychologists

Answer: a.

Difficulty: 2

Question ID: 1.1.79

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.80. The largest group of clinically trained professionals providing mental health services in the United States are

a. psychiatrists.

b. clinical psychologists.

c. social workers.

d. psychiatric nurses.

Answer: c.

Difficulty: 2

Question ID: 1.1.80

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. It is necessary to pursue a degree in medicine.

b. It is desirable to pursue a degree in medicine.

c. It is necessary to pursue an advanced degree in psychology.

d. There are many forms of appropriate specialized training available.

Answer: d.

Difficulty: 1

Question ID: 1.1.81

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.82. One specific difference between psychiatrists and psychologists is that psychiatrists

a. are able to provide psychotherapy.

b. can prescribe medication.

c. use the *DSM* to diagnose mental disorders.

d. have had supervised clinical experience.

Answer: b.

Difficulty: 1

Question ID: 1.1.82

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.83. Which physician has received specialized training in the diagnosis and treatment of mental disorders?

a. neurologist

b. psychiatrist

c. dermatologist

d. clinical physician

Answer: b.

Difficulty: 1

Question ID: 1.1.83

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. psychiatrists

b. family physician

c. clinical psychologists

d. marriage and family therapists

Answer: b.

Difficulty: 1

Question ID: 1.1.84

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. podiatrist.

b. psychiatrist.

c. social worker.

d. clinical psychologist.

Answer: b.

Difficulty: 3

Question ID: 1.1.85

Page Reference: 14

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.86. What is the best description of clinical psychology?

a. a branch of medicine concerned with the treatment of mental disorders

b. a legal term used to identify practitioners who use various forms of psychotherapy

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

d. a newly established branch of medicine that has connections to both psychiatry and psychology

Answer: c.

Difficulty: 1

Question ID: 1.1.86

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. counseling

b. social work

c. social management

d. psychosocial rehabilitation

Answer: d.

Difficulty: 3

Question ID: 1.1.87

Page Reference: 14-15

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. treatment methods.

b. assessment methods.

c. research methods.

d. the uses of medications.

Answer: c.

Difficulty: 1

Question ID: 1.1.88

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. psychiatrist

b. social worker

c. medical therapist

d. clinical psychologist

Answer: d.

Difficulty: 2

Question ID: 1.1.89

Page Reference: 14

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. clinical co-worker.

b. psychosocial rehabilitation.

c. marriage and family therapy.

d. psychiatric nursing.

Answer: b.

Difficulty: 2

Question ID: 1.1.90

Page Reference: 15

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.91. What type of degree is required to become a professional in the field of psychosocial rehabilitation?

a. high school or bachelor's degree

b. master’s degree

c. MBA

d. PhD

Answer: a.

Difficulty: 2

Question ID: 1.1.91

Page Reference: 15

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. boundaries between professions will become less rigid.

b. boundaries between professions will become more rigid.

c. restricting the rights of non-psychologists to administer tests will increase.

d. legislation restricting the use of psychological terminology to licensed personnel will be adopted.

Answer: a.

Difficulty: 2

Question ID: 1.1.92

Page Reference: 15

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.93. According to the text, managed care in the United States puts a high premium on

a. psychiatric care.

b. evaluation of treatment compatibility.

c. cost containment.

d. volunteers as treatment assistants.

Answer: c.

Difficulty: 1

Question ID: 1.1.93

Page Reference: 15

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. finance their own services.

b. prescribe medications.

c. perform brain surgery.

d. practice in hospitals.

Answer: b.

Difficulty: 1

Question ID: 1.1.94

Page Reference: 15

Topic: The Mental Health Professions

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. held quite different views.

b. held very similar views.

c. almost always emphasized natural explanations.

d. almost always emphasized supernatural explanations.

Answer: a.

Difficulty: 1

Question ID: 1.1.95

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. "How Demons Cause Deviant Behavior"

b. "The Humors That Control Our Behavior"

c. "Severe Disorders Require Radical Treatments"

d. "Rely on Authority When Searching for Answers"

Answer: b.

Difficulty: 2

Question ID: 1.1.96

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.97. Ancient explanations for abnormal behavior include

a. disfavor from the gods or mischief of demons.

b. a full moon.

c. ancient aliens.

d. black magic.

Answer: a.

Difficulty: 2

Question ID: 1.1.97

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. supernatural causes.

b. the influence of culture.

c. natural causes.

d. unconscious mental processes.

Answer: c.

Difficulty: 1

Question ID: 1.1.98

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. urine

b. plasma

c. yellow bile

d. cerebrospinal fluid

Answer: c.

Difficulty: 1

Question ID: 1.1.99

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.100. Which of the following treatments is most consistent with the view that bodily fluids cause mental disorders?

a. purging

b. exorcism

c. fever therapy

d. electroconvulsive therapy

Answer: a.

Difficulty: 1

Question ID: 1.1.100

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.101. How did people trained in the Hippocratic tradition view disease?

a. an invasion of the body by evil spirits

b. given as a punishment to people by vengeful gods

c. as a unitary concept

d. the absence of good morals and faith

Answer: c.

Difficulty: 1

Question ID: 1.1.101

Page Reference: 15

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. confined to large mental institutions or asylums.

b. imprisoned or placed in almshouses for the poor.

c. treated with respect and even worshipped.

d. viewed as pretty much the same as everybody else.

Answer: b.

Difficulty: 1

Question ID: 1.1.102

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. urbanization

b. widespread famines

c. spread of viral diseases

d. rapid development of surgical techniques

Answer: a.

Difficulty: 1

Question ID: 1.1.103

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.104. The improvement in conditions of mental hospitals in the 1800s was based in part on the belief that

a. humanistic care would help to relieve mental illness.

b. patients, though incurable, deserved compassionate care.

c. patients with mental disorders were not really dangerous.

d. patients had the right to sue to gain better treatment.

Answer: a.

Difficulty: 2

Question ID: 1.1.104

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. "Restraints force patients to recognize the need for morality."

b. "Until patients face their moral shortcomings, there is no hope for recovery."

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

d. "Patients have no right to special treatment because of the havoc they cause in the lives of loved ones."

Answer: c.

Difficulty: 2

Question ID: 1.1.105

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. decreased dramatically.

b. increased dramatically.

c. remained mostly constant.

d. cannot be determined because no statistics were collected.

Answer: b.

Difficulty: 1

Question ID: 1.1.106

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.107. The large patient populations placed in mental hospitals in the 1800s are important in the history of abnormal psychology because they

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

b. created growing awareness of the need for psychological rather than medical interventions.

c. gave public officials a new way to deal with dangerous criminals.

d. led to a steady reduction in the number of people with mental illness.

Answer: a.

Difficulty: 3

Question ID: 1.1.107

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Applied

LO 1.4: Can people with mental disorders function in everyday life?

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

a. opium or morphine

b. alcohol or marijuana

c. yellow bile or black bile

d. saltpeter or cod liver oil

Answer: a.

Difficulty: 2

Question ID: 1.1.108

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Applied

LO 1.4: Can people with mental disorders function in everyday life?

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

a. common symptoms of mental disorders.

b. frequent causes of mental disorders.

c. problems resulting from overcrowding of mental hospitals.

d. irrelevant to an understanding of mental disorders.

Answer: b.

Difficulty: 1

Question ID: 1.1.109

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.110. Samuel Woodward of the Worcester Lunatic Hospital is getting ready to write his annual report on the hospital and its patients. Which of the following titles would most accurately reflect the body of that report?

a. "No Cure, Little Hope"

b. "Exorcism Instead of Exercise"

c. "The Need for Greater Restraints Is Evident"

d. "High Rates of Successful Treatment of Insanity"

Answer: d.

Difficulty: 2

Question ID: 1.1.110

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. moral and physical

b. viral and bacteria

c. conscious and unconscious

d. poverty and lack of will power

Answer: a.

Difficulty: 2

Question ID: 1.1.111

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. was backed by rigorous scientific evidence.

b. reflects his lack of training in scientific research.

c. was a tactic he used to increase state funding for his hospital.

d. was based on the value of such treatments as bleeding and purging.

Answer: b.

Difficulty: 2

Question ID: 1.1.112

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.1.113. An emphasis on masturbation as a cause of mental disorder, or the deliberate injection of mentally ill patients with malaria, can be viewed as examples of

a. excessive emphasis on biological explanations.

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

c. how little psychiatry has changed in the past 100 years.

d. the contempt with which most medical professionals viewed their patients.

Answer: b.

Difficulty: 2

Question ID: 1.1.113

Page Reference: 17

Topic: Psychopathology in Historical Context

Skill: Applied

LO 1.4: Can people with mental disorders function in everyday life?

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

a. The patients' immoral behaviors had to be punished with illness.

b. The high fever would divert patients' attention from the symptoms of mental disorders.

c. It was a desperate attempt to shock the afflicted individual's system back to normality.

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

Answer: d.

Difficulty: 1

Question ID: 1.1.114

Page Reference: 18

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

a. The patient had to be tied to the bed to reduce violent outbursts.

b. Repeated electroconvulsive treatments were required to reduce the patient's stupor.

c. A surgical procedure cut nerve tracts between the frontal lobes and the rest of the brain.

d. As a last resort, the patient's stomach was pumped and his blood was purified in order to remove potentially harmful substances.

Answer: c.

Difficulty: 1

Question ID: 1.1.115

Page Reference: 18

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.116. What type of hypothesis is a new prediction called?

a. a null hypothesis

b. an experimental hypothesis

c. an alternative hypothesis

d. a scientific hypothesis

Answer: b.

Difficulty: 1

Question ID: 1.1.116

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.117. You are a member of a research team that is about to begin research on the effectiveness of a drug called Relax on the symptoms of anxiety. One of the researchers asks you to describe the null hypothesis for this study. What will you say?

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

b. The null hypothesis states that the dependent variable in this experiment must be objectively measured.

c. The null hypothesis means the researchers must be blind to the identity of the individuals who are receiving the drug.

d. The null hypothesis means there are no differences in demographic characteristics between the control and the experimental groups.

Answer: a.

Difficulty: 2

Question ID: 1.1.117

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

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

a. typical cutoffs for passing academic exams

b. the assumption of innocence in the legal system

c. a round robin tournament to find the best golfer

d. ratings of multiple judges during the Olympics ice skating competition

Answer: b.

Difficulty: 2

Question ID: 1.1.118

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.119. If the null hypothesis had influenced how psychiatrists thought about inducing fevers and carrying out lobotomies in the 1920s and 1930s, they would have

a. moved even more quickly to accept these new treatments.

b. been even more likely to emphasize underlying biological causes of disorder.

c. dismissed the need for more research.

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

Answer: d.

Difficulty: 2

Question ID: 1.1.119

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Applied

LO 1.5: What can I do if I'm worried about someone's mental health?

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

a. The defendant is guilty and sentenced to prison.

b. The judge calls a mistrial after unreliable evidence is introduced.

c. The defendant is not guilty although he is not necessarily innocent.

d. The defendant is found not guilty by reason of insanity and sent to a mental hospital.

Answer: c.

Difficulty: 2

Question ID: 1.1.120

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

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

a. a detailed description of one person

b. a psychological evaluation for legal purposes

c. an analysis of the daydreams of college students

d. a large scale study of the rates of a disorder

Answer: a.

Difficulty: 2

Question ID: 1.1.121

Page Reference: 18

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.122. What is one of the major uses of case studies?

a. studying unusual conditions

b. verifying the effectiveness of therapies

c. validating correlations established in the laboratory

d. establishing the borderline between normal and abnormal behaviors

Answer: a.

Difficulty: 2

Question ID: 1.1.122

Page Reference: 18

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.123. Abraham Lincoln suffered through periods of profound depression throughout his life. What do some historians believe his mood disorder can be traced to?

a. his poverty-stricken upbringing on the Western frontier

b. his father losing his property due to faulty property titles

c. the death of his mother when he was nine years old

d. insomnia

Answer: c.

Difficulty: 1

Question ID: 1.1.123

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.124. It is likely that \_\_\_\_\_\_\_\_ played a role in the recurring depression of Abraham Lincoln.

a. heredity

b. lack of sleep and drugs

c. early childhood sexual abuse

d. social isolation

Answer: a.

Difficulty: 1

Question ID: 1.1.124

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.125. What is one of the primary limitations of case studies?

a. focused on childhood

b. useful only for rare disorders

c. requires breaking confidentiality

d. can be viewed from many different perspectives

Answer: d.

Difficulty: 1

Question ID: 1.1.125

Page Reference: 18

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.1.126. After reading details about the life of Abraham Lincoln, we must remember that

a. case studies are not conclusive.

b. heredity and loss of a parent are rarely causes of depression.

c. her case is very typical and thus very informative.

d. severe childhood punishment almost always leads to depression.

Answer: a.

Difficulty: 2

Question ID: 1.1.126

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.2.127. What term describes the symptoms and signs of mental disorders, including phenomena as depressed mood, panic attacks, and bizarre beliefs?

Answer: psychopathology

Difficulty: 1

Question ID: 1.2.127

Page Reference: 2

Topic: Overview

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

**Short Answer**

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

Answer: psychosis.

Difficulty: 1

Question ID: 1.2.128

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

Answer: syndrome.

Difficulty: 1

Question ID: 1.2.129

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Factual

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

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

Answer: Psychiatric

Difficulty: 1

Question ID: 1.2.130

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.2: What are the most common mental disorders?

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

Answer: flourishing.

Difficulty: 1

Question ID: 1.2.131

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.2.132. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is defined in terms of the values, beliefs, and practices that are shared by a specific community or group of people.

Answer: Culture

Difficulty: 1

Question ID: 1.2.132

Page Reference: 7

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.3: What are the most common mental disorders?

1.2.133. When did the American Psychiatric Association launch the original version of the *DSM*?

Answer: 1952

Difficulty: 1

Question ID: 1.2.133

Page Reference: 8

Topic: Defining Abnormal Behavior

Skill: Factual

LO 1.3: What are the most common mental disorders?

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

Answer: epidemiology.

Difficulty: 2

Question ID: 1.2.134

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.2.135. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the number of new cases of a disorder that appear in the population during a specific period of time.

Answer: Incidence

Difficulty: 2

Question ID: 1.2.135

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

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

Answer: Prevalence

Difficulty: 2

Question ID: 1.2.136

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.2.137. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of a disorder is the total proportion of people in a given population who have been affected by the disorder at some point during their lives.

Answer: lifetime prevalence

Difficulty: 1

Question ID: 1.2.137

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.2.138. The presence of more than one condition within the same period of time in an individual is known as

Answer: comorbidity.

Difficulty: 2

Question ID: 1.2.138

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.2.139. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the branch of medicine that is concerned with the study and treatment of mental disorders.

Answer: Psychiatry

Difficulty: 1

Question ID: 1.2.139

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.2.140. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychology is concerned with the application of psychological science to the assessment and treatment of mental disorders.

Answer: Clinical

Difficulty: 1

Question ID: 1.2.140

Page Reference: 14

Topic: The Mental Health Professions

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

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

Answer: case study.

Difficulty: 1

Question ID: 1.2.141

Page Reference: 18

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

1.2.142. In scientific research the alternative to the experimental hypothesis is known as the \_\_\_\_\_\_\_\_\_\_ hypothesis.

Answer: null

Difficulty: 1

Question ID: 1.2.142

Page Reference: 19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Factual

LO 1.5: What can I do if I'm worried about someone's mental health?

**Essay**

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

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

Difficulty: 2

Question ID: 1.3.143

Page Reference: 4-5

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.3.144. Explain why the duration of a person's symptoms are important.

Answer: The duration of a person's symptoms is important because mental disorders are defined in terms of persistent maladaptive behaviors. Many unusual behaviors and inexplicable experiences are short lived; if we ignore them, they go away. Some forms of problematic behavior are not transient, and they eventually interfere with the person's social and occupational functioning.

Difficulty: 2

Question ID: 1.3.144

Page Reference: 4

Topic: Recognizing the Presence of a Disorder

Skill: Applied

LO 1.1: Is there an obvious line that divides normal from abnormal behavior?

1.3.145. Explain how abnormal behavior can be defined in terms of statistical norms.

Answer: Statistical norms define abnormal behavior in terms of how common or rare it is in the general population. By this definition, people with unusually high levels of anxiety or depression would be considered abnormal because their experience deviates from the expected norm. Difficulty: 3

Question ID: 1.3.145

Page Reference: 5

Topic: Defining Abnormal Behavior

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.3.146. Describe the categories of behavior that are excluded from categorization as mental illness in the *DSM-5,* and give an example of each.

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

Difficulty: 3

Question ID: 1.3.146

Page Reference: 6

Topic: Defining Abnormal Behavior

Skill: Conceptual

LO 1.2: Who decides what's abnormal and what isn't?

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

Answer: Disease burden is a combination of measures of mortality and disability. By equating certain medical diseases and injuries with specific mental disorders, epidemiologists estimate the disease burden due to various conditions. Their results indicate that the top three conditions in terms of disease burden are all cardiovascular conditions; all mental disorders, including suicide; and all malignant disease (cancer). The specific mental disorder that accounts for the greatest disease burden is unipolar major depression.

Difficulty: 3

Question ID: 1.3.147

Page Reference: 11

Topic: Who Experiences Abnormal Behavior?

Skill: Applied

LO 1.2: Who decides what's abnormal and what isn't?

1.3.148. Describe the results of the Global Burden of Disease Study sponsored by the World Health Organization and predictions of mental disorders in the future.

Answer: The Global Burden of Disease Study evaluated and compared the impact of more than 100 forms of disease and injury throughout the world. The study revealed that mental disorders are responsible for only 1 percent of all deaths, and produce 47 percent of all disability in economically developed countries, such as the United States, and 28 percent of all disabilities worldwide. The combined index reveals that, as a combined category, mental disorders are the second leading source of disease burden in developed countries. Investigators in the WHO study predict that, relative to other types of health problems, the burden of mental disorders will increase by the year 2020. These results indicate that mental disorders are one of the world's greatest health challenges.

Difficulty: 3

Question ID: 1.3.148

Page Reference: 13

Topic: Who Experiences Abnormal Behavior?

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

1.3.149. Discuss the different types of specialized mental health professionals, their role in the treatment of people with mental disorders, and how people are most likely to receive mental health care.

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

Difficulty: 3

Question ID: 1.3.149

Page Reference: 14-15

Topic: The Mental Health Professions

Skill: Conceptual

LO 1.3: What are the most common mental disorders?

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

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

Difficulty: 3

Question ID: 1.3.150

Page Reference: 15-16

Topic: Psychopathology in Historical Context

Skill: Factual

LO 1.4: Can people with mental disorders function in everyday life?

1.3.151. Explain how the American Psychiatric Association came into being.

Answer: By the middle of the 1800s, superintendents of asylums for the insane were practically all physicians who had experience in the care of people with severe mental disorders. The Association of Medical Superintendents of American Institutions for the Insane later became the American Psychiatric Association in 1844.

Difficulty: 3

Question ID: 1.3.151

Page Reference: 16

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

1.3.152. During the 1920s and 1930s several somatic treatments were widely used to treat mental disorders. Give a brief description of the procedure and the rationale for the following: fever therapy, insulin coma therapy, and lobotomy.

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

Difficulty: 2

Question ID: 1.3.152

Page Reference: 18

Topic: Psychopathology in Historical Context

Skill: Conceptual

LO 1.4: Can people with mental disorders function in everyday life?

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

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

Difficulty: 2

Question ID: 1.3.153

Page Reference: 18-19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Conceptual

LO 1.5: What can I do if I'm worried about someone's mental health?

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

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

Difficulty: 3

Question ID: 1.3.154

Page Reference: 18-19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Applied

LO 1.5: What can I do if I'm worried about someone's mental health?

1.3.155. Explain the two risks associated with studying abnormal psychology.

Answer: The first risk associated with studying abnormal psychology is the medical student's syndrome. Similar to how medical students learn about new illnesses—they often develop the symptoms of each successive disease they study—the same is true for a student of abnormal psychology. Second, if you are genuinely concerned about your own problems or those of a loved one, you will likely have to consult various self-help resources. Don't accept uncritically the treatment programs they may suggest. You probably know that not everything you hear or read is true, and psychological advice is no exception.

Difficulty: 3

Question ID: 1.3.155

Page Reference: 18-19

Topic: Methods for the Scientific Study of Mental Disorders

Skill: Applied

LO 1.5: What can I do if I'm worried about someone's mental health?