

1. A child typically enters the mental health system \_\_\_\_.
- a. by asking for a referral from a pediatrician
  - b. through the criminal justice system
  - c. by the actions, positive or negative, of peers
  - d. through teachers, counselors, or parents

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Introduction

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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2. Many child and adolescent problems can be best described as the \_\_\_\_.
- a. failure to demonstrate expected developmental progress
  - b. absence of the key survival skills needed to thrive
  - c. result of excessive expectations by parents
  - d. stresses associated with educational demands

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Introduction

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: understand

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3. Patterns of behavioral, cognitive, emotional, or physical symptoms shown by an individual are defined as \_\_\_\_.
- a. psychological disorders
  - b. defiance of norms
  - c. disobedience
  - d. distress

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Remember

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4. Interventions for children and adolescents are often intended to \_\_\_\_.
- a. restore previous levels of functioning
  - b. serve as a warning for negative behavior
  - c. reform behavior to conform to norms
  - d. eliminate distress and promote further development

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Introduction

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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5. In the seventeenth and eighteenth centuries, children's mental health problems were attributed to \_\_\_\_.
- a. possession by the devil or other evil forces
  - b. poor parenting practices
  - c. chemical imbalances
  - d. low self-esteem

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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6. In the seventeenth and eighteenth centuries, acts of child maltreatment were \_\_\_\_.
- a. illegal and punishable by severe fines
  - b. very uncommon but largely overlooked
  - c. practiced primarily among lower socioeconomic classes
  - d. considered to be a parent's right for educating or disciplining a child

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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7. John Locke (1632–1704) advanced the belief that children were \_\_\_\_.
- a. possessed by the devil
  - b. uncivilized
  - c. emotionally sensitive beings
  - d. young adults

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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8. The work of Jean-Marc Gaspard Itard (1775–1838) is notable in that \_\_\_\_.
- a. his orientation toward children was one of care and helping, in contrast to the times
  - b. he was the first documented individual to use behavioral techniques with children
  - c. he was a strong advocate for sending disturbed children to asylums
  - d. he initiated the Massachusetts' Stubborn Child Act

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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9. How did Jean-Marc Gaspard Itard believe he could tame the “wild boy of Aveyron”?

- a. Exorcism
- b. Environmental stimulation
- c. Allow him to behave as he did in the wild
- d. Peer modeling

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Understand

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10. Which method did Jean-Marc Gaspard Itard use to tame the “wild boy of Aveyron”?

- a. Cold showers
- b. Tranquilizers
- c. Timeouts
- d. Massages

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Understand

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11. At the end of the nineteenth century, children with intellectual disabilities were regarded as \_\_\_\_.
- a. suffering from “moral insanity”
  - b. imbeciles
  - c. lunatics
  - d. possessed by the devil

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Understand

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12. At the end of the nineteenth century, children with normal cognitive abilities but disturbing behavior were thought to be \_\_\_\_.
- a. suffering from “moral insanity”
  - b. imbeciles
  - c. diseased
  - d. possessed by the devil

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Understand

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13. The first disorder unique to children and adolescents was \_\_\_\_.
- a. masturbatory insanity
  - b. schizoid disorder
  - c. moral insanity
  - d. manic depression

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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14. During the early part of the twentieth century, the biological disease model of mental problems led to \_\_\_\_.
- a. the belief that mental illness had no physical basis
  - b. improved treatments
  - c. more controlled research methods
  - d. eugenics and segregation

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Analyze

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15. Freud was the first to link mental disorders to \_\_\_\_\_.

- a. neurotransmitter imbalances
- b. early childhood experiences
- c. possession by evil spirits
- d. classical conditioning

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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16. Freud's theory focused on \_\_\_\_\_.

- a. single causes of behavior
- b. multiple causes of behavior
- c. diseases of the mind
- d. neurological causes of behavior

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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17. Efforts to classify psychiatric disorders into descriptive categories are called \_\_\_\_.
- a. etiologies
  - b. differentials
  - c. nosologies
  - d. prescriptives

*ANSWER:* c  
*POINTS:* 1  
*DIFFICULTY:* EASY  
*REFERENCES:* Historical Views and Breakthroughs  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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18. Who is referred to as the “Father of Behaviorism”?
- a. Freud
  - b. Albert
  - c. Watson
  - d. Rayner

*ANSWER:* c  
*POINTS:* 1  
*DIFFICULTY:* Easy  
*REFERENCES:* Historical Views and Breakthroughs  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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19. The development of \_\_\_\_ treatment can be traced back to the rise of behaviorism in the early 1900s.
- a. psychodynamic
  - b. evidence-based
  - c. group-based
  - d. humanist

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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20. In the first half of the twentieth century, most children with mental disorders were \_\_\_\_.
- a. institutionalized
  - b. treated with behavior therapy
  - c. treated with psychoanalysis
  - d. overlooked

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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21. The work of Rene Spitz \_\_\_\_.
- a. led to the development of an organic model of mental illness
  - b. is the first documented attempt to help a special needs child
  - c. led to some of the first empirically supported behavioral techniques for eliminating children's fears
  - d. raised serious questions about the harmful impact of institutionalization on children's development

*ANSWER:* d  
*POINTS:* 1  
*DIFFICULTY:* Easy  
*REFERENCES:* Historical Views and Breakthroughs  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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22. During the 1950s and 1960s, \_\_\_\_ emerged as a systematic approach to the treatment of childhood disorders.
- a. psychoanalysis
  - b. family therapy
  - c. behavior therapy
  - d. institutionalization

*ANSWER:* c  
*POINTS:* 1  
*DIFFICULTY:* Easy  
*REFERENCES:* Historical Views and Breakthroughs  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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23. The Individuals with Disabilities Education Act (IDEA; Public Law 104-446) mandates \_\_\_\_.
- segregated education for children with special needs
  - the use of IQ tests for assessing children
  - standardized programs for children identified as special needs
  - education in the least restrictive environment possible

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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24. What is the purpose of an Individualized Educational Plan (IEP)?
- To test the child using standardized tests
  - To accurately diagnose each child's illness against a model
  - To tailor the child's school program to his or her needs
  - To understand the role of family history in mental health

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Analyze

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25. The 2007 United Nations Treaty adopted a new convention to \_\_\_\_.
- a. provide free and appropriate education to children with special needs
  - b. improve disability rights and abolish discrimination
  - c. provide psychotherapy services to children with special needs
  - d. improve test measures to diagnose children with special needs

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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26. Psychological disorders are defined as patterns of behavioral, cognitive, emotional, or physical symptoms that are associated with \_\_\_\_.
- a. deviance
  - b. defiance of norms
  - c. disobedience
  - d. distress

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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27. In contrast to adults, abnormality in children is often defined in terms of \_\_\_\_.
- a. stage of development
  - b. everyday stress
  - c. disability
  - d. addiction

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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28. Which description of a child would be considered labeling a child rather than describing her behavior?
- a. Ashley is a child with mental retardation.
  - b. Karlee is an anxious child.
  - c. Amber is a child with autism.
  - d. Robyn is a child who is small.

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Apply

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29. Boundaries between abnormal versus normal functioning are \_\_\_\_.
- a. scientifically defined
  - b. relatively arbitrary
  - c. well-established
  - d. determined by each family

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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30. What concept states that various outcomes may stem from similar beginnings such as child maltreatment?
- a. Trifinality
  - b. Ethnic finality
  - c. Equifinality
  - d. Multifinality

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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31. Successful adaptation to the environment varies across \_\_\_\_\_.

- a. psychological theories
- b. developmental stages
- c. region of the country
- d. culture and ethnicity

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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32. The ability to successfully adapt in the environment is referred to as \_\_\_\_\_.

- a. intelligence
- b. adjustment
- c. resilience
- d. coping

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Risk and Resilience

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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33. To determine a child's competencies, it is useful to have some knowledge of \_\_\_\_.
- a. institutional norms
  - b. animal behavior
  - c. adult dysfunctions
  - d. developmental tasks

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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34. Which of the following is not a developmental task of middle childhood?
- a. Academic achievement
  - b. Getting along with peers
  - c. Differentiating self from environment
  - d. Rule-governed conduct

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Apply

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35. Which of the following is not a developmental task of adolescence?

- a. Academic achievement
- b. Self-control and compliance
- c. Forming a cohesive sense of self-identity
- d. Involvement in extracurricular activities

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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36. Which of the following is not a developmental task of infancy?

- a. Attachment to caregiver
- b. Language
- c. Differentiation of self from environment
- d. Forming close friendships within and across gender

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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37. Which of the following is not an affect that occurs because of stigma?

- a. Fear
- b. Rejection
- c. Avoidance
- d. Motivation

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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38. Multifinality refers to the observation that \_\_\_\_.

- a. different disorders may stem from similar causes
- b. various outcomes may stem from similar beginnings
- c. the same disorder may have different causes
- d. developmental pathways may converge at the end

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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39. Conduct disorder may arise from different developmental pathways, a concept known as \_\_\_\_.
- a. equifinality
  - b. multifinality
  - c. developmental diversity
  - d. disordered beginnings

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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40. Which is an example of resiliency?
- a. Submissiveness
  - b. Coping skills
  - c. Networking skills
  - d. Physical aptitude

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Risk and Resilience

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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41. A risk factor is a variable that \_\_\_\_.
- a. follows a negative outcome
  - b. increases the likelihood that a negative outcome will occur
  - c. indicates positive outcomes
  - d. decreases the likelihood that negative outcome will occur

*ANSWER:* b  
*POINTS:* 1  
*DIFFICULTY:* Easy  
*REFERENCES:* Risk and Resilience  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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42. Which of the following is true with respect to resilience?
- a. Resilience is relevant to a few, traumatic life events.
  - b. Resilience cannot be learned or taught.
  - c. Resilience remains consistent over time.
  - d. Resilience may vary over time and across situations.

*ANSWER:* d  
*POINTS:* 1  
*DIFFICULTY:* Easy  
*REFERENCES:* Risk and Resilience  
*QUESTION TYPE:* Multiple Choice  
*HAS VARIABLES:* False  
*KEYWORDS:* Bloom's: Understand  
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43. By the year 2020, global child and adolescent mental health issues, in terms of disability, will \_\_\_\_.
- a. decrease by 50%
  - b. remain the same as the present day
  - c. slightly increase
  - d. surpass physical health issues

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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44. Which risk factor is most likely to increase a child's vulnerability to psychopathology?
- a. Chronic poverty
  - b. Impulsivity
  - c. Two-career families
  - d. Lack of siblings

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* Risk and Resilience

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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45. "Forming a cohesive sense of self-identity" is a task done by children in which age group?
- a. Infancy to preschool
  - b. Middle childhood
  - c. Adolescence
  - d. None of these are correct

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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46. Girls have higher rates of \_\_\_\_ than boys.
- a. illiteracy
  - b. autism
  - c. depression
  - d. ADHD

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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47. Childhood poverty is a daily reality for about one in \_\_\_\_ children in the United States.

- a. four
- b. five
- c. seven
- d. eight

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

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48. Which statement about children's mental health is false?

- a. About 1 in 15 children has a mental health problem that impairs their functioning.
- b. Approximately 75% of children with mental health problems receive proper services.
- c. Race plays more of a role than socioeconomic status (SES) in disorder rates among children.
- d. About 1 in 10 children meets the criteria for a specific psychological disorder.

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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49. A significant number of children today \_\_\_\_.
- a. will have the same development trajectory to adulthood
  - b. do not grow out of their childhood difficulties by adulthood
  - c. face greater stressors at earlier ages than children of the past
  - d. have the same types of problems as children of the past

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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50. Which children are disproportionately afflicted with mental health problems?
- a. Those who are recent immigrants
  - b. Those who are only children
  - c. Those with more than two siblings
  - d. Those born to parents with mental health issues

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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51. The significant difficulties that children in chronic poverty experience may be due to \_\_\_\_.
- a. damage to the cerebellum
  - b. an underactive amygdala
  - c. certain genetic markers
  - d. impaired prefrontal cortex development

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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52. Which statement is true regarding LGBT youth?
- a. They are more likely to seek help from adults.
  - b. They often experience verbal and physical abuse.
  - c. They have fewer academic problems.
  - d. They are more likely to be bullies.

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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53. Which statement reflects the differences in mental health problems between boys and girls?

- a. Anxiety disorders are more common in boys than girls.
- b. Sex differences in problem behaviors exhibit by early infancy.
- c. Boys demonstrate more difficulties than girls starting in early adolescence.
- d. Boys' externalizing problems are more prevalent than girls' in the preschool years.

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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54. Which statement is true about children with mental health problems from ethnic and racial minority groups?

- a. Minority children in the United States are overrepresented in rates of some disorders.
- b. No differences emerge in relation to race and mental health even when controlling for other factors.
- c. Minority children and youth do not face any more disadvantages in life than other children.
- d. Ethnic representation in research studies has received a great deal of attention in studies of child psychopathology.

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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55. Each year nearly \_\_\_\_\_ verified reports of child abuse and neglect are reported in the United States.
- a. 100,000
  - b. 200,000
  - c. 500,000
  - d. 1,000,000

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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56. U.S. phone surveys suggest that about \_\_\_\_ of 10- to 16-year-olds experience physical and/or sexual abuse.
- a. one-tenth
  - b. one-fourth
  - c. one-third
  - d. one-half

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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57. Phone surveys suggest that about \_\_\_\_ of 12- to 17-year-olds met criteria for either post-traumatic stress disorder, major depressive episode, or substance abuse/dependence.
- a. 1% to 5%
  - b. 5% to 9%
  - c. 16% to 19%
  - d. 20% to 35%

*ANSWER:* c

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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58. Which of the following issues make adolescence a particularly vulnerable period?
- a. Risky sexual behavior
  - b. Sporting teams
  - c. Chores at home
  - d. Technology use

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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59. Children with the most chronic and serious disorders \_\_\_\_.
- a. are more likely to receive help, and therefore, to succeed in school
  - b. face sizable difficulties throughout their lives
  - c. are less likely to have social problems in online venues
  - d. do not tend to carry a psychiatric disorder into adulthood

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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60. What might be one consequence associated with child psychopathology?
- a. Increased demands on community resources, such as health systems
  - b. Less funding for educational institutions
  - c. Less interest in interventions
  - d. Increased funding for criminal justice systems

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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61. The most dangerous place for a child to try to grow up in America is at the intersection of \_\_\_\_\_.
- a. race and poverty
  - b. race and ethnicity
  - c. child maltreatment and nonaccidental trauma
  - d. poverty and ethnicity

*ANSWER:* a

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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62. Which of the following disadvantages can impair a child's developmental progress significantly?
- a. Less education
  - b. Limited resources
  - c. Greater exposure to violence
  - d. All of these are correct

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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63. \_\_\_\_\_ % of homeless families in the United States are headed by women.

- a. 100
- b. 40
- c. 88
- d. 90

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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64. Until the mid-twentieth century, which mental condition was believed to be caused by inadequate, uncaring parents?

- a. Bipolar disorder
- b. Autism
- c. Depression
- d. Obsessive compulsive disorder (OCD)

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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65. According to surveys conducted in North America, one in eight children has a mental health problem that

- \_\_\_\_\_.
- a. impairs functioning
  - b. results in poor development
  - c. results in malnutrition
  - d. All of these are correct

*ANSWER:* b

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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66. Mental health and substance abuse social workers are projected to have the largest shortage of more than \_\_\_\_\_ counselors nationwide in 2025.

- a. 50,000
- b. 2,000
- c. 30,000
- d. 10,000

*ANSWER:* d

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* The Significance of Mental Health Problems among Children and Youths

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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67. How has the societal view of children changed throughout history and who were some of the major historical figures responsible for these changes?

*ANSWER:* Early writings suggest that children were considered servants of the state in the city-states of early Greece. Ancient Greek and Roman societies believed that any person—young or old—with a physical or mental handicap, disability, or deformity was an economic burden and a social embarrassment, and thus was to be scorned, abandoned, or put to death. Today we recognize children as valuable, independent of any other purpose, to help them develop normal lives and competencies. Some of the major influences were Freud, Watson, and Locke.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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68. Compare and contrast various childhood risk factors that increase a child's vulnerability for developing a psychological disorder.

*ANSWER:* Children who face many known risk factors, such as community violence and parental divorce, are vulnerable to abnormal development. Acute, stressful situations as well as chronic adversity put children's successful development at risk. Chronic poverty, serious care-giving deficits, parental mental illness, divorce, homelessness, and racial prejudice are known risk factors that increase children's vulnerability to psychopathology—especially in the absence of compensatory strengths and resources.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Risk and Resilience

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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69. In regard to legislation pertaining to children with special needs and education, what is IDEA and what does it mandate?

*ANSWER:* In the United States, the Individuals with Disabilities Education Act (IDEA; Public Law 104-446) mandates free and appropriate public education for any child with special needs in the least restrictive environment for that child; each child with special needs, regardless of age, must be assessed with culturally appropriate tests; each of these children must have an individualized education program (IEP) tailored to his or her needs, and must be reassessed.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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70. What is an IEP and what is its purpose?

*ANSWER:* An IEP is an individualized education program tailored to his or her needs and must be reassessed.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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71. What is the goal of the Treaty that the United Nations General Assembly adopted in 2007 regarding persons with disabilities?

*ANSWER:* In 2007, the United Nations General Assembly adopted a new convention to protect the rights of persons with disabilities around the world. This convention represents an important shift from addressing the “special needs” of children to realizing their rights and removing the physical, linguistic, social, and cultural barriers that remain. Countries that ratify the convention agree to enact laws and other measures to improve disability rights, and also to abolish legislation, customs, and practices that discriminate against persons with disabilities.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Historical Views and Breakthroughs

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Apply

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72. What should be considered when diagnosing most child and adolescent psychological disorders?

*ANSWER:* To judge what is abnormal, we need to be sensitive to each child’s stage of development and consider each child’s unique methods of coping and way of compensating for difficulties.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Think Critically

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73. In what ways can low income and/or poverty affect children’s development?

*ANSWER:* Poverty has a significant, yet indirect, effect on children’s adjustment, most likely because of its association with negative influences—particularly harsh, inconsistent parenting and elevated exposure to acute and chronic stressors—that define the day-to-day experiences of children in poverty.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom’s: Think Critically

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74. Define the concept of competence. How may competence be assessed?

*ANSWER:* Definitions of abnormal child behavior must consider the child's competence—that is, the ability to successfully adapt in the environment. Developmental tasks, which include broad domains of competence such as conduct and academic achievement, tell how children typically progress within each domain as they grow. Knowledge of the developmental tasks provides an important backdrop for considering a child or adolescent's developmental progress and impairments.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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75. Distinguish between the concepts of multifinality and equifinality. Provide an example of each concept.

*ANSWER:* Multifinality is a concept that proposes that various outcomes may stem from similar beginnings (in this case, child maltreatment). Equifinality is a concept that proposes that similar outcomes stem from different early experiences and developmental pathways.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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76. Distinguish between risk and resilience.

*ANSWER:* A risk factor is a variable that precedes a negative outcome of interest and increases the chances that the outcome will occur. Children who survive risky environments by using their strong self-confidence, coping skills, and abilities to avoid risk situations may be considered resilient—they seem able to fight off or recover from their misfortune.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* Risk and Resilience

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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77. What are some of the key factors affecting rates and expression of mental disorders?

*ANSWER:* New pressures and social changes may place children at increasing risk for the development of disorders at younger ages (Obradovic et al., 2010). Many stressors today are quite different from those faced by our parents and grandparents. Some have been around for generations: chronic poverty, inequality, family breakup, single parenting, and so on. Others are more recent or are now more visible: homelessness, adjustment problems of children in immigrant families, inadequate child care available to working parents, and conditions associated with the impact of prematurity, parental HIV, and cocaine or alcohol abuse on children's growth and development.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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78. What are some of the findings regarding sex differences in children's mental health problems?

*ANSWER:* Hyperactivity, autism, childhood disruptive behavior disorders, and learning and communication disorders are more common in boys than in girls; the opposite is true for most anxiety disorders, adolescent depression, and eating disorders.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Understand

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79. What child-rearing environment predicts the best resiliency for boys, and which predicts the best for girls?

*ANSWER:* Resilience in boys is associated with households in which there is a male role model (such as a father, grandfather, or older brother); structure; rules; and some encouragement of emotional expressiveness. In contrast, girls who display resilience come from households that combine risk taking and independence with support from a female caregiver.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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80. Discuss the influence of race and ethnicity in the development of psychological disorders.

*ANSWER:* Children from certain ethnic and racial groups in the United States are overrepresented in rates of some disorders, such as substance abuse, delinquency, and teen suicide (Nguyen et al., 2007). However, once the effects of socioeconomic status (SES), sex, age, and referral status are controlled for (i.e., the unique contributions of these factors are removed or accounted for), few differences in the rate of children's psychological disorders emerge in relation to race or ethnicity.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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81. Discuss the difficulties sexual minority youth experience in society and which mental health disorders they are most at risk for developing.

*ANSWER:* According to several large surveys of LGBT youths in middle and high schools, they are more likely to be victimized by their peers as well as by family members, and they report more bullying, teasing, harassment, and physical assault than other students. Given the stigma and prejudice that exist in many parts of society, it is not surprising that young people who are LGBT have higher rates of mental health problems, including depression and suicidal behavior, substance abuse, and risky sexual behavior, as compared with their heterosexual counterparts.

*POINTS:* 1

*DIFFICULTY:* Easy

*REFERENCES:* What Affects Rates and Expression of Mental Disorders? A Look at Some Key Factors

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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82. Compare and contrast the factors that are most associated with the standard of "normal" behavior between adults and children. How are the standards of "normal" differently assessed for children as compared to adults and what are some potential problems with a system that involves an arbitrary standard for determining who is normal versus abnormal?

*ANSWER:* The current system involves an arbitrary line that determines normal versus abnormal behavior that can lead to problems with labels, stigma, incorrect diagnosis, and ineffective treatments. Adult patterns of abnormal behavior include personal distress, impairment of daily function, and increased risk of harm to self or others. Childhood abnormal behavior is assessed in terms of developmental pathways, which include reviewing various domains of competency, resiliency, and risk factors that may increase vulnerability. The process for both children and adults involves agreement about particular patterns of behavior, emotional and physical symptoms show by the individual.

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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83. Do the majority of children with psychological disorders have access to appropriate mental health services? Support your answer with evidence and discuss the long-term implications for this current mental health system.

*ANSWER:* No, fewer than 10% of children with mental health problems receive appropriate services at the appropriate time. Limited access to appropriate services increases long-term vulnerability and dysfunction.

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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84. Compare and contrast the psychoanalytic perspective with behaviorism. Discuss the key figures associated with each area of psychology and major theories. Identify the perspective that has contributed the most to current treatments for childhood psychological disorders.

*ANSWER:* Freud is most associated with psychoanalytic theory, which asserted that behaviors are the result of unresolved, unconscious conflicts. Freud is the first to associate childhood experiences with mental disorders. Behaviorism includes theories that highlight the influence of the environment on behavior and include classical conditioning. Pavlov, Watson, and Skinner are most associated with this perspective. The development of evidence-based treatments are most associated with behaviorism.

*POINTS:* 1

*DIFFICULTY:* Moderate

*REFERENCES:* What Is Abnormal Behavior in Children and Adolescents?

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*KEYWORDS:* Bloom's: Think Critically

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