1. Psychiatrists and psychologists label behavior as disordered when it is
   A) aggressive, persistent, and intentional.
   B) selfish, habitual, and avoidable.
   C) deviant, distressful, and dysfunctional.
   D) biologically influenced, unconsciously motivated, and difficult to change.
   E) instinctual, obsessive, and harmful.

2. To call psychological disorders “sicknesses” is especially likely to encourage research supporting
   A) the biopsychosocial approach.
   B) the learning perspective.
   C) the social-cognitive perspective.
   D) the medical model.
   E) the psychoanalytic model.

3. The conception of psychological disorders as biologically based sicknesses is known as the
   A) psychoanalytic theory.
   B) humanistic perspective.
   C) medical model.
   D) biopsychosocial approach.
   E) DSM-IV-TR.

4. After Anika learned that her history professor had suffered an anxiety disorder, she concluded that the professor's tendency to talk loudly was simply a way of disguising feelings of personal insecurity. This best illustrates the
   A) value of the psychoanalytic perspective.
   B) shortcomings of the medical model.
   C) unreliability of DSM-IV-TR.
   D) biasing power of diagnostic labels.
   E) impact of student expectations on professors' behavior.
5. If individuals expect someone labeled as mentally ill to be hostile, they may act in unfriendly ways that provoke that person to respond with hostility. This illustrates the dangers of
   A) the medical model.
   B) linkage analysis.
   C) self-fulfilling prophecies.
   D) the biopsychosocial approach.
   E) the DSM-IV-TR.

6. In which of the following disorders is a person continually tense, apprehensive, and in a state of autonomic arousal?
   A) generalized anxiety disorder
   B) antisocial personality disorder
   C) dysthymic disorder
   D) dissociative identity disorder
   E) bipolar disorder

7. Freud suggested that for those suffering a generalized anxiety disorder, the anxiety is
   A) learned.
   B) cyclical.
   C) free-floating.
   D) narcissistic.
   E) completely outside of conscious awareness.

8. Phobias are most likely to be characterized by
   A) a persistent, irrational fear of a specific object or situation.
   B) offensive and unwanted thoughts that persistently preoccupy the person.
   C) the misinterpretation of normal physical sensations as signs of a disease.
   D) a continuous state of tension, apprehension, and autonomic nervous system arousal.
   E) alternations between extreme hopelessness and unrealistic optimism.

9. Jeremy experiences so much anxiety about taking the elevator that he climbs 10 flights of stairs to get to his office each workday. Jeremy appears to suffer from
   A) post-traumatic stress disorder.
   B) specific phobia.
   C) bipolar disorder.
   D) obsessive-compulsive disorder.
   E) generalized anxiety disorder.
10. Mrs. Swift is alarmed by her own intrusive and irrational thoughts that her house is contaminated by germs. Her experience best illustrates the agitating effects of
A) a delusion.
B) mania.
C) an obsession.
D) agoraphobia.
E) panic disorder.

11. While driving to work, Pedro hears a radio advertisement for a new restaurant. Throughout the day, the tune associated with the advertisement keeps running through his head. Pedro's inability to stop thinking about the tune best illustrates the nature of a(n)
A) delusion.
B) hallucination.
C) obsession.
D) compulsion.
E) phobia.

12. Repeated distressing dreams and intrusive memories of an intensely fearful and life-threatening experience are symptoms most commonly associated with
A) panic disorder.
B) agoraphobia.
C) generalized anxiety disorder.
D) post-traumatic stress disorder.
E) dysthymia.

13. Melissa is fearful of men and refuses to go out on dates. Her therapist suggests that she is fearful because she was sexually abused by her father when she was young. The therapist's suggestion most clearly reflects a ________ perspective.
A) humanistic
B) learning
C) biological
D) psychoanalytic
E) trait

14. A rape victim may experience a panic attack when she sees anyone wearing a coat that resembles the one worn by her attacker. This reaction best illustrates the process of
A) observational learning.
B) reinforcement.
C) stimulus generalization.
D) linkage analysis.
E) generalized anxiety
15. After watching her sister's fearful response to the sight of a spider, Kerri became intensely fearful of spiders. This best illustrates that a specific phobia can be learned through
   A) reinforcement.
   B) classical conditioning.
   C) linkage analysis.
   D) observational learning.
   E) genetic predispositions.

16. During a stressful military battle, Fong suddenly went blind. When hypnotized by an army psychiatrist, his blindness vanished. Fong apparently suffered from a
   A) dissociative disorder.
   B) conversion disorder.
   C) generalized anxiety disorder.
   D) bipolar disorder.
   E) post-traumatic stress disorder.

17. The experience of multiple personalities is most likely to be characterized by
   A) a massive dissociation of self from ordinary consciousness.
   B) offensive and unwanted thoughts that persistently preoccupy a person.
   C) delusions of persecution and grandiosity.
   D) a lack of guilt feelings.
   E) alternations between extreme hopelessness and unrealistic optimism.

18. The dramatic increase in reported cases of dissociative identity disorder during the past 40 or so years most strongly suggests that symptoms of this disorder involve
   A) low self-esteem.
   B) illicit drug usage.
   C) promiscuous sexual behavior.
   D) internal attribution of blame.
   E) role-playing.

19. Norby, an 18-year-old college freshman, has missed almost all his classes during the past month. He spends most of his time in his bedroom, frequently not even bothering to get dressed or eat meals. He thinks his whole life has been a failure and blames himself for being a social misfit. Norby is most likely suffering from
   A) major depressive disorder.
   B) an antisocial personality disorder.
   C) a dissociative disorder.
   D) an obsessive-compulsive disorder.
   E) agoraphobia.
20. Elmer, the owner of an auto service station, suddenly began smashing the front fenders and hoods of two customers' cars. When asked why, he excitedly explained that he was transforming the cars into "real racing machines." When an employee tried to restrain him, he shouted that everybody was fired and quickly began breaking the car windows. Elmer is exhibiting symptoms of
A) a dysthymic disorder.
B) catatonia.
C) a panic attack.
D) a phobia.
E) mania.

21. George Frideric Handel composed his Messiah during three weeks of intense, creative energy. Many believe Handel suffered a mild form of
A) agoraphobia.
B) dysthymic disorder.
C) dissociative disorder.
D) bipolar disorder.
E) schizophrenia.

22. Since the early 1990s, adolescents with strong mood swings have been increasingly likely to be diagnosed as suffering from
A) panic disorder.
B) hypochondriasis.
C) bipolar disorder.
D) agoraphobia.
E) major depression.

23. According to the psychoanalytic perspective, depression results from
A) the internalization of anger.
B) learned helplessness.
C) self-defeating attributions.
D) a weak conscience.
E) genetic predispositions.

24. Learned helplessness is most closely associated with
A) depression.
B) schizophrenia.
C) compulsions.
D) antisocial personality disorder.
E) dissociative disorders.
25. A therapist believes that Chet is chronically depressed because he takes too little credit for his many achievements and assumes too much responsibility for his few failures. The therapist's interpretation reflects a ________ perspective.
   A) psychoanalytic
   B) social-cognitive
   C) trait
   D) humanistic
   E) biological

26. People who suffer chronic depression are at high risk for experiencing
   A) unrealistic optimism.
   B) reduced self-awareness.
   C) excessive levels of norepinephrine.
   D) social rejection.
   E) hallucinations and delusions.

27. The social-cognitive perspective has emphasized that depression is perpetuated by
   A) motivational conflict.
   B) self-blaming attributions.
   C) egocentrism.
   D) conscious role playing.
   E) feelings of ambivalence.

28. False beliefs of persecution that may accompany schizophrenia are called
   A) obsessions.
   B) compulsions.
   C) delusions.
   D) phobias.
   E) hallucinations.

29. Evidence that dissociative identity disorder is not simply a product of conscious role playing is most clearly provided by the
   A) periodic intervals during which patients with this disorder become violent.
   B) distinct brain and body states associated with differing personalities.
   C) inability of psychiatric experts to hypnotize patients with this disorder.
   D) dramatic increase in reported cases of this disorder during the past 40 or so years.
   E) persistent autonomic nervous system arousal experienced by patients with this disorder.
30. Which of the following disorders is classified as a mood disorder?
   A) catatonia
   B) bipolar disorder
   C) generalized anxiety disorder
   D) agoraphobia
   E) antisocial personality disorder

31. Mr. Hunt believes that he is the president of the United States and that he will soon become the “King of the Universe.” Mr. Hunt is most clearly suffering from
   A) delusions.
   B) obsessions.
   C) hallucinations.
   D) dissociative identity disorder.
   E) fugue.

32. Schizophrenia is associated with an excess of receptors for
   A) norepinephrine.
   B) dopamine.
   C) serotonin.
   D) acetylcholine.
   E) insulin.

33. Evidence suggests that prenatal viral infections contribute to
   A) generalized anxiety disorders.
   B) obsessive-compulsive disorder.
   C) schizophrenia.
   D) bipolar disorders.
   E) dissociative disorders.

34. Disruptive or withdrawn behavior, poor peer relations, and solo play have been noted as early warning signs of
   A) panic disorder.
   B) hypochondriasis.
   C) schizophrenia.
   D) obsessive-compulsive disorder.
   E) major depressive disorder.
35. The distinctive features used to identify the three clusters of personality disorders are
   A) obsessions, compulsions, and delusions.
   B) genetics, culture, and self-awareness.
   C) optimism, pessimism, and perfectionism.
   D) anxiety, eccentricity, and impulsivity.
   E) depression, mania, and catatonia.

36. Anthony is 32 years old, well above average in intelligence, and quite charming. He has
   swindled several elderly people out of their life savings, and he seems to have little
   feeling for his victims, nor does he fear the consequences of getting caught. His behavior
   is evidence of
   A) bipolar disorder.
   B) schizophrenia.
   C) obsessive-compulsive disorder.
   D) a personality disorder.
   E) a dissociative disorder.

37. The symptoms of ________ are likely to appear at an earlier age than the symptoms of
   ________.
   A) antisocial personality; schizophrenia
   B) major depression; bipolar disorder
   C) obsessive-compulsive disorder; phobias
   D) schizophrenia; obsessive-compulsive disorder
   E) major depression; alcohol abuse
Answer Key

1. C  
2. D  
3. C  
4. D  
5. C  
6. A  
7. C  
8. A  
9. B  
10. C  
11. C  
12. D  
13. B  
14. C  
15. D  
16. B  
17. A  
18. E  
19. A  
20. E  
21. D  
22. C  
23. A  
24. A  
25. B  
26. D  
27. B  
28. C  
29. B  
30. B  
31. A  
32. B  
33. C  
34. C  
35. D  
36. D  
37. A