

Student: \_\_\_\_\_

1. The movement started by Clifford Beers for the reformation of the treatment of mental health was called the:
    - A. movement for moral treatment.
    - B. mental hygiene movement.
    - C. deinstitutionalization movement.
    - D. community mental health movement.
  2. The study of abnormal psychology is the study of people who suffer mental, emotional, and often physical pain. This is also referred to as \_\_\_\_\_.
    - A. psychopathology
    - B. psychometry
    - C. parapsychology
    - D. behavioral psychology
  3. When an observer takes into account the context or circumstances surrounding someone's behaviors to determine whether they are "normal" or "abnormal," it means that:
    - A. the observer assesses the behavior based on her/his own biases and prejudices.
    - B. the observer considers the behavior normal if it seems appropriate for that particular situation.
    - C. the observer uses the behavior to judge the individual's personality.
    - D. the observer's evaluation of the behavior lacks any theoretical grounding.
  4. Margaret is a 27 year-old soccer mom, who never misses her daughter's games. Her friends argue that her behavior is embarrassing, and she is making a fool of herself when she repeatedly yells, and jumps to her feet. Margaret insists that no one is paying attention to her behavior and states, "It's a soccer game—people are expected to get excited!" Which of the following should determine whether Margaret's behavior is abnormal?
    - A. Margaret's behavior should be evaluated based on her social status.
    - B. Margaret's behavior should be evaluated based on gender differences.
    - C. Margaret's behavior should be evaluated based on the context in which it is performed.
    - D. Margaret's behavior should be evaluated based on individual differences.
  5. Theorists who argue that behaviors can only be abnormal relative to cultural norms, are proponents of:
    - A. cultural hegemony.
    - B. cultural regeneration.
    - C. cultural imperialism.
    - D. cultural relativism.
  6. Cultural relativists argue that:
    - A. behaviors must be universally accepted to be considered normal.
    - B. culture, and not context, influences the evaluation of behaviors as abnormal.
    - C. the use of gender roles as a basis for assessing abnormal behaviors can be misleading.
    - D. no universal standard or rules exist for labeling behaviors as abnormal.
  7. \_\_\_\_\_ noted that, throughout history, societies have labeled individuals and groups abnormal in order to justify controlling or silencing them.
    - A. Thomas Szasz
    - B. Dr. Samuel Cartwright
    - C. Clifford Beers
    - D. Johann Weyer
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8. In some parts of the world, corporal punishment is a traditional child rearing practice, while in other places, the practice is frowned upon. This is an example of which of the following criteria for abnormality?
    - A. Mental illness
    - B. Dysfunction
    - C. Distress
    - D. Cultural relativism
  9. In addition to context, which of the following criteria have been used over the years to determine what is normal and what is abnormal?
    - A. Delusion, cultural relativism, unusualness, deviance.
    - B. Cultural relativism, unusualness, distress, mental illness.
    - C. Unusualness, mental illness, eccentricity, distress.
    - D. Dysfunction, dangerousness, psychosis, psychopathy.
  10. The continuum model of abnormality illustrates that:
    - A. there is a clear distinction between normal and abnormal behavior.
    - B. psychologists must make objective decisions about what warrants a diagnosis or treatment.
    - C. individuals are labeled as either having a disorder or not having one.
    - D. no clear line exists between what is normal and abnormal.
  11. When the slave trade was active in the United States, slaves who tried to escape bondage could be diagnosed with drapetomania—a sickness that:
    - A. caused them to misunderstand their roles.
    - B. caused them to desire freedom from their masters.
    - C. caused them to refuse to work in the fields.
    - D. caused them to revolt against their masters.
  12. Which of the following statements is NOT true regarding the cultural relativism perspective?
    - A. Culture and gender can influence the way people express symptoms of abnormal behavior.
    - B. Culture and gender can influence people's willingness to admit to certain types of behaviors.
    - C. Culture and gender do not pose any real difficulties in defining abnormality.
    - D. Culture and gender can influence the types of treatments that are deemed acceptable for maladaptive behaviors.
  13. The unusualness standard refers to:
    - A. behaviors that seem unusual regardless of the culture in which they occur.
    - B. behaviors that seem atypical or deviant within a particular culture.
    - C. behaviors that cause the individual severe distress.
    - D. behaviors that cause others discomfort.
  14. A problem with the unusualness criterion for abnormality is that:
    - A. most people would object to labeling rare behaviors that are positive for the individual and society as abnormal.
    - B. there is a tendency to view behaviors that are unusual, or *deviant*, as abnormal.
    - C. only 10 percent of all populations, on an average, display unusual behaviors and hence this criterion has limited applicability.
    - D. it does not adopt a continuum perspective of abnormal behavior; rather it is an either/or proposition.
  15. Which of the following is true concerning the distress criterion for abnormality?
    - A. The individual has no desire to be rid of the disruptive behavior.
    - B. The behavior must violate societal norms.
    - C. The individual must suffer as a result of the behavior.
    - D. The behavior must also meet the unusualness criteria.
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16. A therapist might object to the distress criterion for abnormality because:
- A. it suggests that the individual wants to rid herself/himself of the disruptive behavior.
  - B. many people experience distress, so this criterion provides an avenue for labeling normal people mentally ill.
  - C. it focuses on distress in others rather than the individual who is experiencing the distress.
  - D. people may not be aware that their behaviors are creating problems and may not seek help.
17. Rachel teaches the 2nd Grade and suspects that two students in her class have behavioral problems. Although she works fervently to keep the class running smoothly, the students' behaviors continually disrupts the learning environment. When the two students blurt out the answers before being called upon, push others in line, or constantly get out of their seats, other students become distracted and irritated. These students' behaviors might be considered abnormal by which criterion?
- A. Cultural relativism
  - B. Mental illness
  - C. Distress
  - D. Gender relativism
18. This criterion for abnormality implies that there is a disease process that is causing the behavior.
- A. Deviance
  - B. Unusualness
  - C. Distress
  - D. Mental Illness
19. Which of the following statements is true regarding the mental illness criterion for abnormality?
- A. Several biological tests are available to diagnose the different types of abnormality.
  - B. Most mental health problems are due to a single abnormal gene or disease process.
  - C. When we give a person's psychological symptoms a diagnosis, it is simply a label for that set of symptoms.
  - D. The idea that mental health problems are due to complex biological and psychosocial factors has been highly refuted.
20. Which of the following are "the four Ds" of abnormality?
- A. Distress, delusion, deviance, and derision
  - B. Deviance, dysfunction, disorder, and danger
  - C. Danger, disorder, delusion, and dysfunction
  - D. Dysfunction, distress, deviance, and dangerousness
21. Historically, abnormal behaviors have been defined by these three types of theories:
- A. biological, religious, and psychological.
  - B. biological, psychological, and sociological.
  - C. biological, sociological, and supernatural.
  - D. biological, supernatural, and psychological.
22. Which of the following is improperly paired?
- A. Psychological theories/trauma
  - B. Supernatural theories/chronic stress
  - C. Biological theories/physical diseases
  - D. Supernatural theories/divine intervention
23. According to supernatural beliefs, the typical treatment for abnormality was \_\_\_\_\_.
- A. relaxation
  - B. herbal medication
  - C. exorcism
  - D. restoration of bodily health
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24. Drilling circular holes in the skulls of people displaying abnormal behaviors in order to free evil spirits was known as \_\_\_\_\_.
- trephination
  - exorcism
  - atonement
  - blood letting
25. Yin and yang (positive and negative forces) are concepts of \_\_\_\_\_.
- ancient China
  - ancient Greece
  - ancient Egypt
  - ancient Rome
26. According to ancient Chinese medicine, excited insanity was:
- the presence of a negative force.
  - the presence of excessive negative force.
  - the presence of a positive force.
  - the presence of excessive positive force.
27. Xia has been feeling sad and lonely over the last several days. According to the ancient Chinese medical philosophy, Xia's mood is the result of:
- "vital air" flowing on a specific internal organ.
  - the lack of a positive force.
  - bewitchment.
  - excessive order in her life.
28. The oldest of ancient writings on abnormal behavior is the \_\_\_\_\_.
- Oxyrhynchus Papyri
  - Magdalen Papyrus
  - Kahun Papyrus
  - Elephantine Papyri
29. Ancient Egyptians and Greeks held that a woman's uterus:
- could dislodge and wander inside the body causing psychological abnormalities.
  - contained mystical powers that caused the uterus to create physiological symptoms that led to psychological distress.
  - made women inferior to men because women suffered from emotional pain more often than men.
  - dislodges when psychological symptoms are present and returns to its original position when the psychological symptoms subside.
30. These days, the Greek term \_\_\_\_\_, is used to refer to physiological symptoms that are probably the result of psychological processes.
- apathea
  - hysteria
  - thanatos
  - choleric
31. Most Greeks and Romans saw madness as:
- similar to physical disease.
  - a result of chronic stress.
  - an affliction from the gods.
  - a result of trauma.
32. \_\_\_\_\_ argued that some forms of madness were divine and could be the source of great literary and prophetic gifts.
- Socrates and Plato
  - Plato and Hippocrates
  - Homer and Plato
  - Hippocrates and Socrates

33. Hippocrates attributed abnormality to:
- afflictions from the gods.
  - divine intervention.
  - chronic stress and trauma.
  - imbalances in the body's essential humors.
34. Hippocrates classified abnormal behavior into:
- hysteria, phobia, mania, and epilepsy.
  - melancholia, epilepsy, phobia, and mania.
  - brain fever, hysteria, phobia, and melancholia.
  - epilepsy, mania, melancholia, and brain fever.
35. Hippocrates attributed abnormality to four basic humors: blood, phlegm, yellow bile, and black bile. These beliefs led to treatments such as:
- induced vomiting and fasting.
  - stoning and ostracizing the individual.
  - bleeding the patient.
  - spiritual exorcism by the temple priests.
36. Which of the following ancient Greeks argued that madness arose when the rational mind was overcome by impulse, passion, or appetite?
- Aristotle
  - Plato
  - Socrates
  - Homer
37. Which of the following is true regarding individuals who were considered mad in ancient times?
- The state built asylums and institutions to house and care for individuals who were considered mad.
  - The state could take rights away from people declared mad and could award the property of insane people to their relatives.
  - People declared mad were allowed to marry and could acquire or dispose of their own property.
  - Poor people who were considered mad were simply left to roam the streets, even if they were violent.
38. Prior to the eleventh century, which of the following was most often seen as the cause of bizarre behavior?
- Severe emotional shock and physical illness or injury
  - Demons
  - Curses and superstition
  - Religious persecution
39. The Catholic Church banned all writings by \_\_\_\_\_ and \_\_\_\_\_, because they argued that persons accused of witchcraft were mentally ill.
- Reginald Scot and Teresa of Avila
  - Johann Weyer and Reginald Scot
  - Teresa of Avila and Johann Weyer
  - Thomas Szasz and Teresa of Avila
40. A \_\_\_\_\_ is defined today as a phenomenon in which large numbers of people engage in unusual behaviors that appear to have a psychological origin.
- psychic catastrophe
  - psychic epidemic
  - psychic projection
  - psychic illusion
41. Dance frenzies are examples of \_\_\_\_\_.
- psychic epidemics
  - self-hypnotic suggestion
  - substance-induced psychosis
  - psychotic episodes

42. A phenomenon known as \_\_\_\_\_, seen in Italy as early as the fourteenth century, was attributed to the bite of a tarantula. It caused people to jump around, dance wildly, tear at their clothes, and beat each other with whips.
- A. tarantism
  - B. tarantella
  - C. Saint Vitus' dance
  - D. comas enfermas
43. A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teachers experienced nausea, headaches, dizziness, and symptoms of mild carbon monoxide intoxication. The behaviors were attributed to:
- A. mass hysteria associated with the Persian Gulf War.
  - B. the increase in violence found in high schools.
  - C. the hormonal imbalances associated with adolescence.
  - D. rebellious attitudes toward school authorities.
44. Psychic epidemics are:
- A. generally seen in groups that experiment with psychoactive substances.
  - B. seen across all levels of socioeconomic status.
  - C. strictly confined to spiritual experiences.
  - D. currently being studied from a social psychology perspective.
45. In the twelfth century, in the Belgian town of \_\_\_\_\_, townspeople regularly took into their homes the mentally ill who visited the shrine of Saint Dymphna for cures.
- A. Bruges
  - B. Gheel
  - C. Waterloo
  - D. Ostend
46. The Hospital of Saint Mary of Bethlehem in London was noted for its deplorable conditions and earned the nickname \_\_\_\_\_.
- A. Dollhaus
  - B. Tollkiste
  - C. Bethel Prison
  - D. Bedlam
47. During the sixteenth, seventeenth, and eighteenth centuries, European mental hospitals humiliated mentally ill patients by:
- A. exhibiting their conditions to the public for a fee.
  - B. parading them down the streets chained like animals.
  - C. sentencing them to jail and selling them into slavery.
  - D. intentionally creating deplorable conditions to keep them submissive.
48. The Act for Regulating Madhouses, enacted in England, was created to:
- A. promote public sympathy for the mentally ill and reduce the public's fear responses.
  - B. improve the deplorable conditions of mental institutions and protect people from being unjustly jailed for insanity.
  - C. provide services for poor people confined to workhouses.
  - D. reduce crime in the neighborhoods by removing unstable people from the streets.
49. Who among the following was one of the founders of American psychiatry, and believed that abnormal behavior was caused by excessive blood in the brain?
- A. Dorothea Dix
  - B. William Tuke
  - C. Benjamin Rush
  - D. Philippe Pinel
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50. Philippe Pinel, a physician, was instrumental in the moral treatment of the mentally ill in which of the following countries?
- A. England
  - B. America
  - C. Italy
  - D. France
51. For many years, James had been isolated from the public by his family members on account of his mental illness. His family kept him locked in a room, and brought him his meals. Suddenly, they began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside, and work in the garden. The new approach to James' caregiving is representative of \_\_\_\_\_.
- A. the moral treatment model.
  - B. the community mental health movement.
  - C. the managed care system.
  - D. the psychoanalytic perspective.
52. Philippe Pinel, a strong leader of the moral treatment movement, ordered that the chains be removed from patients because:
- A. he believed their mental illnesses were specifically the result of their separation from the rest of society.
  - B. he believed that the patients' health could be restored if shame and humiliation were replaced with dignity and tranquility.
  - C. abnormal behaviors were rooted in supernatural theories, and the patients needed the freedom to practice their faith.
  - D. he believed that with proper medication, the patients were virtually harmless.
53. Which of the following individuals opened an asylum in England called The Retreat?
- A. William Tuke
  - B. Philippe Pinel
  - C. Dorothea Dix
  - D. Benjamin Rush
54. Tuke's idea of moral treatment meant:
- A. that patients would receive monetary compensation for their previous maltreatment.
  - B. that patients would receive social support from family members and neighbors who had previously rejected them.
  - C. restoring patients' self-restraint by treating them with respect and dignity, and by encouraging them to exercise self-control.
  - D. helping patients reconnect spiritually with their families and community.
55. One of America's strongest advocates for the humane treatment of the mentally ill was \_\_\_\_\_.
- A. Benjamin Rush
  - B. Dorothea Dix
  - C. Teresa of Avila
  - D. Florence Nightingale
56. Which of the following statements is true concerning Dorothea Dix?
- A. Dorothea was a European who experienced maltreatment first hand, and immigrated to America to . escape the public's insensitivity toward the mentally ill.
  - B. America rejected Dorothea Dix's efforts to improve conditions for the mentally ill, and her life was threatened several times.
  - C. Dorothea found the treatment of the mentally ill in America dehumanizing, and set out on a quest to . improve their condition by lobbying in different states to get laws passed.
  - D. Several new hospitals for the insane were established in America during the mid to late 1800s, yet very . few adopted the humanitarian treatment set forth by Dorothea Dix.
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57. Which of the following was the outcome of the rapid growth of the moral treatment movement?
- A. The capacity of asylums to recruit mental health professionals significantly improved.
  - B. Physicians, nurses, and other caretakers did not have enough time to give each patient the attention he or she needed.
  - C. The number of patients who benefited from the moral treatment increased, and its effectiveness became unquestionable.
  - D. All patients, even those whose problems were not due to a loss of dignity or tranquility, benefited from moral treatment.
58. Which of the following statements best characterizes the public sentiment of Americans during the nineteenth century concerning the mentally ill?
- A. Public sympathy for asylum patients grew, and the public embraced the moral treatment of lower socioeconomic classes that had immigrated to the United States.
  - B. The public grew discouraged with the failures of moral treatment and demanded new treatment models for the large numbers of mentally ill patients.
  - C. American prejudices against immigrants and the failure rate of moral treatment led to decreased funding because of declining public support.
  - D. The American public insisted that the federal government deport immigrants who were mentally ill, to reduce government spending.
59. Public mental institutions at the turn of the twentieth century:
- A. were sufficiently staffed with professionals to provide individual attention to patients.
  - B. were like warehouses, with patients receiving less personal attention than the moral treatment model had offered.
  - C. had slightly lower quality of care as compared to private institutions.
  - D. were generally built in the city limits, to regain public support for the mentally ill.
60. Rapid advancement in anatomy, physiology, neurology, and chemistry in the late nineteenth century led to the advancement of \_\_\_\_\_ perspectives in abnormal behavior.
- A. biological
  - B. psychological
  - C. sociological
  - D. ecological
61. Brain pathology as an explanation for psychological disorders was systematically argued by \_\_\_\_\_.
- A. Wilhelm Wundt
  - B. Richard Krafft-Ebing
  - C. Franz Anton Mesmer
  - D. Wilhelm Griesinger
62. \_\_\_\_\_ developed a scheme of classifying symptoms into discrete disorders that is the basis for our modern classification systems.
- A. Wilhelm Griesinger
  - B. Emil Kraepelin
  - C. Richard Krafft-Ebing
  - D. Jean Charcot
63. The disease, \_\_\_\_\_, leads to paralysis, insanity, and eventually death. This disease has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality.
- A. general paresis
  - B. neurosyphilis
  - C. gonorrhea
  - D. delirium
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64. The Viennese psychiatrist credited with discovering a connection between paresis and syphilis was \_\_\_\_\_.
- A. Emil Kraepelin
  - B. Richard Krafft-Ebing
  - C. Alfred Adler
  - D. Wilhelm Wundt
65. According to Mesmer:
- A. animal spirits were capable of penetrating and strangling the human spirit causing people to behave abnormally.
  - B. people evolved from animals and the abnormal behaviors are simply a level above animal behaviors.
  - C. the distribution of a magnetic fluid in a person could be influenced by the magnetic forces of other people, as well as by the alignments of the planets.
  - D. people exhibit abnormal behaviors because magnetic fluids solidify and get lodged at the base of the brain.
66. Which psychoanalytic theorist's method was later renamed as hypnosis?
- A. Franz Gall
  - B. Sigmund Freud
  - C. Franz Mesmer
  - D. Carl Jung
67. \_\_\_\_\_ argued that hysteria was caused by degeneration in the brain.
- A. Franz Anton Mesmer
  - B. Jean Charcot
  - C. Ambroise-Auguste Liebig
  - D. Hippolyte-Marie Bernheim
68. Which of the following physicians showed that they could induce symptoms of hysteria through hypnosis?
- A. Mesmer and Charcot
  - B. Charcot and Bernheim
  - C. Bernheim and Liebig
  - D. Liebig and Mesmer
69. Which psychoanalytic theorist is noted for his study of the unconscious?
- A. Sigmund Freud
  - B. Pierre Janet
  - C. Jean Charcot
  - D. Stanley Hall
70. When a patient experiences catharsis, it means that:
- A. the person has lost sensation in the upper extremities.
  - B. the person has become anxious and wishes to withdraw.
  - C. the person has experienced a release of emotions.
  - D. the person has found a new meaning in life.
71. Which of the following statements is true regarding catharsis?
- A. It focused on the realignment of people's magnetic fluids.
  - B. It resulted in more censored discussions of the patient's problems under hypnosis.
  - C. It allowed the therapist to elicit important psychological material more easily.
  - D. It was of little, if any, therapeutic value.
72. Who were the authors of 'On the Psychical Mechanism of Hysterical Phenomena,' published in 1893?
- A. Freud and Breuer
  - B. Freud and Charcot
  - C. Freud and Adler
  - D. Freud and Hall
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73. Which of the following individuals is considered to be the best-known figure in psychiatry and psychology?
- A. Ivan Pavlov
  - B. Sigmund Freud
  - C. John Watson
  - D. Erik Erikson
74. The experiment that demonstrated that dogs could be conditioned to salivate to stimuli other than food was conceptualized by \_\_\_\_\_.
- A. Ivan Pavlov
  - B. John Watson
  - C. B.F. Skinner
  - D. Edward Thorndike
75. Pavlov's theory is known as \_\_\_\_\_.
- A. operant conditioning
  - B. social conditioning
  - C. classical conditioning
  - D. learning conditioning
76. Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?
- A. B. F. Skinner
  - B. John Watson
  - C. Edward Thorndike
  - D. Abraham Maslow
77. Which of the following is improperly paired?
- A. Pavlov/classical conditioning
  - B. Skinner/psychoanalytic perspective
  - C. Watson/classical conditioning
  - D. Thorndike/operant conditioning
78. Operant or instrumental conditioning was theorized by \_\_\_\_\_.
- A. Thorndike and Skinner
  - B. Pavlov and Watson
  - C. Watson and Skinner
  - D. Pavlov and Thorndike
79. Operant conditioning theory states that:
- A. behavior must be modeled before it is performed.
  - B. learning is based on the teacher who gives the instructions.
  - C. learning behavior requires two active participants.
  - D. learning is based on the consequences of behavior.
80. \_\_\_\_\_ is the study of the impact of reinforcements and punishments on behavior.
- A. Behaviorism
  - B. Cognition
  - C. Psychoanalysis
  - D. Mesmerism
81. The thought processes that influence behavior and emotion are called \_\_\_\_\_.
- A. insights
  - B. cognitions
  - C. feelings
  - D. behaviorisms
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82. Which of the following people conceptualized self-efficacy beliefs?
- Albert Bandura
  - Albert Ellis
  - Johann Weyer
  - Aaron Beck
83. \_\_\_\_\_ relates to people's beliefs about their ability to execute the behaviors necessary to control important events.
- Self-efficacy
  - Self-regulation
  - Self-esteem
  - Self-motivation
84. \_\_\_\_\_ argued that people prone to psychological disorders are plagued by irrational negative assumptions about themselves and the world.
- Albert Bandura
  - Albert Ellis
  - Josef Breuer
  - Aaron Beck
85. The therapy developed by Albert Ellis for emotional problems is called:
- psychoanalysis.
  - instrumental conditioning.
  - rational-emotive therapy.
  - cognitive therapy.
86. \_\_\_\_\_ was a class of drugs discovered in the twentieth century that reduced hallucinations and delusions, and made it possible for many people who had been institutionalized for years to be released from asylums and hospitals.
- Gentamycin
  - Diethylstilbestrol
  - Roxatidine
  - Phenothiazines
87. By 1960, as part of the patients' rights movement, patients' rights advocates argued that mental patients can recover more fully or live more satisfying lives if they are integrated into the community, with the support of community-based treatment facilities—a process known as \_\_\_\_\_.
- deinstitutionalization
  - restoration
  - the community mental health movement
  - recuperation
88. Launched in 1963 by President John Kennedy, this movement attempted to provide coordinated mental health services to people in community-based centers.
- The patients' rights movement
  - The mental hygiene movement
  - The community mental health movement
  - The deinstitutionalization movement
89. This type of a community-based treatment facility offers people with long-term mental health problems the opportunity to live in structured, supportive environments while they are trying to reestablish a job and ties to family and friends.
- Community mental health centers
  - Halfway houses
  - Day treatment centers
  - Nursing homes
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90. \_\_\_\_\_ allow people to obtain treatment during the day, as well as occupational and rehabilitative therapies, but to live at home at night.
- Halfway houses
  - Community mental-health centers
  - Assisted living facilities
  - Day treatment centers
91. Which of the following best describes the managed care system?
- Managed care attempts to provide coordinated mental health services to people in community-based centers.
  - Managed care maintains that patients' health will improve if they are integrated in the community.
  - Managed care tries to organize health care and coordinate services for existing medical problems and prevent future problems.
  - Managed care was conceptualized to fix the problem of deplorable conditions in state institutions.
92. Under the managed care system, primary care physicians:
- can coordinate services offered by other providers such as drug treatment, psychotherapy, and rehabilitation services.
  - have the right to refuse service to specific patients regardless of their insurance status.
  - leave it to the families of people with psychological problems to find appropriate care.
  - do not have the option of referring their patients to outside consultants.
93. Which program covers approximately one-fifth of all mental health spending in the United States?
- Medicare
  - Medicaid
  - Veterans Administration
  - Social Security
94. Which of the following statements is true regarding the state of mental health care in the United States?
- Many states have increased benefits for mental health care.
  - Many states have increased copayments and controlled drug costs.
  - Many states have offered up-front payments to providers.
  - Many states have increased the eligibility for mental health care.
95. Dr. M is the acting director of the Midway Behavioral Clinic. However, he still sees patients on a regular basis. His patients must have referrals for their medication. Dr. M is most likely a \_\_\_\_\_.
- clinical psychologist
  - psychiatrist
  - clinical social worker
  - psychiatric nurse
96. \_\_\_\_\_ specialize in helping families, couples, and children overcome problems that are interfering with their well-being.
- Marriage and family therapists
  - Psychiatrists
  - Clinical psychologists
  - Psychiatric nurses
97. Individuals dealing with psychological problems related to not having a job would mostly likely seek assistance from a \_\_\_\_\_.
- clinical psychologist
  - psychiatrist
  - clinical social worker
  - psychiatric nurse
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98. Some states have\_\_\_\_\_, individuals who have graduate training in counseling beyond the bachelor's degree in counseling, but have not obtained a Ph.D.
- A. clinical social workers
  - B. psychiatric nurses
  - C. marriage and family therapists
  - D. licensed mental health counselors
99. \_\_\_\_\_ have a degree in nursing and often work on inpatient psychiatric wards in hospitals, delivering medical care and certain forms of psychotherapy.
- A. Clinical psychologists
  - B. Psychiatric nurses
  - C. Psychiatrists
  - D. Licensed mental health counselors
100. Which of the following is true regarding the various professions within abnormal psychology?
- A. Psychiatrists have limited prescription writing privileges, whereas clinical psychologists have full privileges.
  - B. Clinical psychologists typically have an M.D. degree, while psychiatrists typically have a Ph.D in psychology.
  - C. Psychiatric nurses and clinical social workers must have a master's degree to work with clients who have psychological problems.
  - D. Psychiatric nurses have privileges to write prescriptions for psychotherapeutic drugs in some states.
101. Discuss the continuum model of abnormality and the different criteria used for labeling behavior as normal or abnormal.

102. Describe the ancient Chinese theories of abnormal behavior.

103. Describe the ancient Egyptian, Greek, and Roman theories of abnormal behavior.

104. Compare and contrast the treatment of people with mental health problems in ancient Greece with the moral treatment movement of the eighteenth century.
105. What were the psychological explanations given for persons accused of witchcraft in the Middle Ages?
106. Discuss how and why the concept of moral treatment evolved and the problems associated with its failures. Include those individuals who were instrumental in its development.
107. Discuss the efforts Philippe Pinel and Dorothea Dix made to change the treatment of mentally ill patients.
108. Describe the growth of psychoanalytic theory. Who were some of the key contributors to this school of thought?
109. Discuss the deinstitutionalization movement and its impact on mental health care in the United States.
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110. Describe the different professions that are concerned with abnormal or maladaptive behavior.

# 1 Key

1. The movement started by Clifford Beers for the reformation of the treatment of mental health was called the:
- (p. 2)
- A. movement for moral treatment.
  - B. mental hygiene movement.**
  - C. deinstitutionalization movement.
  - D. community mental health movement.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #1*

2. The study of abnormal psychology is the study of people who suffer mental, emotional, and often physical pain. This is also referred to as \_\_\_\_\_.
- (p. 3)
- A. psychopathology**
  - B. psychometry
  - C. parapsychology
  - D. behavioral psychology

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #2*

3. When an observer takes into account the context or circumstances surrounding someone's behaviors to determine whether they are "normal" or "abnormal," it means that:
- (p. 4)
- A. the observer assesses the behavior based on her/his own biases and prejudices.
  - B. the observer considers the behavior normal if it seems appropriate for that particular situation.**
  - C. the observer uses the behavior to judge the individual's personality.
  - D. the observer's evaluation of the behavior lacks any theoretical grounding.

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #3*

4. Margaret is a 27 year-old soccer mom, who never misses her daughter's games. Her friends argue that her behavior is embarrassing, and she is making a fool of herself when she repeatedly yells, and jumps to her feet. Margaret insists that no one is paying attention to her behavior and states, "It's a soccer game—people are expected to get excited!" Which of the following should determine whether Margaret's behavior is abnormal?
- (p. 4)
- A. Margaret's behavior should be evaluated based on her social status.
  - B. Margaret's behavior should be evaluated based on gender differences.
  - C. Margaret's behavior should be evaluated based on the context in which it is performed.**
  - D. Margaret's behavior should be evaluated based on individual differences.

*Blooms: Application  
Difficulty: Medium  
Nolen - Chapter 01 #4*

5. Theorists who argue that behaviors can only be abnormal relative to cultural norms, are proponents of:
- (p. 4)
- A. cultural hegemony.
  - B. cultural regeneration.
  - C. cultural imperialism.
  - D. cultural relativism.**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #5*

6. Cultural relativists argue that:  
(p. 4) A. behaviors must be universally accepted to be considered normal.  
B. culture, and not context, influences the evaluation of behaviors as abnormal.  
C. the use of gender roles as a basis for assessing abnormal behaviors can be misleading.  
**D.** no universal standard or rules exist for labeling behaviors as abnormal.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #6*

7. \_\_\_\_\_ noted that, throughout history, societies have labeled individuals and groups abnormal in order  
(p. 4) to justify controlling or silencing them.  
**A.** Thomas Szasz  
B. Dr. Samuel Cartwright  
C. Clifford Beers  
D. Johann Weyer

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #7*

8. In some parts of the world, corporal punishment is a traditional child rearing practice, while in  
(p. 4-6) other places, the practice is frowned upon. This is an example of which of the following criteria for abnormality?  
A. Mental illness  
B. Dysfunction  
C. Distress  
**D.** Cultural relativism

*Blooms: Application  
Difficulty: Medium  
Nolen - Chapter 01 #8*

9. In addition to context, which of the following criteria have been used over the years to determine what  
(p. 4-8) is normal and what is abnormal?  
A. Delusion, cultural relativism, unusualness, deviance.  
**B.** Cultural relativism, unusualness, distress, mental illness.  
C. Unusualness, mental illness, eccentricity, distress.  
D. Dysfunction, dangerousness, psychosis, psychopathy.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #9*

10. The continuum model of abnormality illustrates that:  
(p. 5) A. there is a clear distinction between normal and abnormal behavior.  
B. psychologists must make objective decisions about what warrants a diagnosis or treatment.  
C. individuals are labeled as either having a disorder or not having one.  
**D.** no clear line exists between what is normal and abnormal.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #10*

11. When the slave trade was active in the United States, slaves who tried to escape bondage could be  
(p. 5) diagnosed with drapetomania—a sickness that:  
A. caused them to misunderstand their roles.  
**B.** caused them to desire freedom from their masters.  
C. caused them to refuse to work in the fields.  
D. caused them to revolt against their masters.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #11*

12. Which of the following statements is NOT true regarding the cultural relativism perspective?  
(p. 6)
- A. Culture and gender can influence the way people express symptoms of abnormal behavior.
  - B. Culture and gender can influence people's willingness to admit to certain types of behaviors.
  - C.** Culture and gender do not pose any real difficulties in defining abnormality.
  - D. Culture and gender can influence the types of treatments that are deemed acceptable for maladaptive behaviors.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #12*

13. The unusualness standard refers to:  
(p. 6)
- A. behaviors that seem unusual regardless of the culture in which they occur.
  - B.** behaviors that seem atypical or deviant within a particular culture.
  - C. behaviors that cause the individual severe distress.
  - D. behaviors that cause others discomfort.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #13*

14. A problem with the unusualness criterion for abnormality is that:  
(p. 7)
- A.** most people would object to labeling rare behaviors that are positive for the individual and society as abnormal.
  - B. there is a tendency to view behaviors that are unusual, or *deviant*, as abnormal.
  - C. only 10 percent of all populations, on an average, display unusual behaviors and hence this criterion has limited applicability.
  - D. it does not adopt a continuum perspective of abnormal behavior; rather it is an either/or proposition.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #14*

15. Which of the following is true concerning the distress criterion for abnormality?  
(p. 8)
- A. The individual has no desire to be rid of the disruptive behavior.
  - B. The behavior must violate societal norms.
  - C.** The individual must suffer as a result of the behavior.
  - D. The behavior must also meet the unusualness criteria.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #15*

16. A therapist might object to the distress criterion for abnormality because:  
(p. 8)
- A. it suggests that the individual wants to rid herself/himself of the disruptive behavior.
  - B. many people experience distress, so this criterion provides an avenue for labeling normal people mentally ill.
  - C. it focuses on distress in others rather than the individual who is experiencing the distress.
  - D.** people may not be aware that their behaviors are creating problems and may not seek help.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #16*

17. Rachel teaches the 2nd Grade and suspects that two students in her class have behavioral problems. Although she works fervently to keep the class running smoothly, the students' behaviors continually disrupts the learning environment. When the two students blurt out the answers before being called upon, push others in line, or constantly get out of their seats, other students become distracted and irritated. These students' behaviors might be considered abnormal by which criterion?  
(p. 8)
- A. Cultural relativism
  - B. Mental illness
  - C.** Distress
  - D. Gender relativism

*Blooms: Application  
Difficulty: Medium  
Nolen - Chapter 01 #17*

18. This criterion for abnormality implies that there is a disease process that is causing the behavior.  
(p. 8)
- A. Deviance
  - B. Unusualness
  - C. Distress
  - D. Mental Illness**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #18*

19. Which of the following statements is true regarding the mental illness criterion for abnormality?  
(p. 8)
- A. Several biological tests are available to diagnose the different types of abnormality.
  - B. Most mental health problems are due to a single abnormal gene or disease process.
  - C. When we give a person's psychological symptoms a diagnosis, it is simply a label for that set of symptoms.**
  - D. The idea that mental health problems are due to complex biological and psychosocial factors has been highly refuted.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #19*

20. Which of the following are "the four Ds" of abnormality?  
(p. 8)
- A. Distress, delusion, deviance, and derision
  - B. Deviance, dysfunction, disorder, and danger
  - C. Danger, disorder, delusion, and dysfunction
  - D. Dysfunction, distress, deviance, and dangerousness**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #20*

21. Historically, abnormal behaviors have been defined by these three types of theories:  
(p. 9)
- A. biological, religious, and psychological.
  - B. biological, psychological, and sociological.
  - C. biological, sociological, and supernatural.
  - D. biological, supernatural, and psychological.**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #21*

22. Which of the following is improperly paired?  
(p. 9)
- A. Psychological theories/trauma
  - B. Supernatural theories/chronic stress**
  - C. Biological theories/physical diseases
  - D. Supernatural theories/divine intervention

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #22*

23. According to supernatural beliefs, the typical treatment for abnormality was \_\_\_\_\_.  
(p. 9)
- A. relaxation
  - B. herbal medication
  - C. exorcism**
  - D. restoration of bodily health

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #23*

24. Drilling circular holes in the skulls of people displaying abnormal behaviors in order to free evil spirits was known as \_\_\_\_\_.  
(p. 10)
- A. trephination**
  - B. exorcism
  - C. atonement
  - D. blood letting

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #24*

25. Yin and yang (positive and negative forces) are concepts of \_\_\_\_\_.  
(p. 10) **A.** ancient China  
B. ancient Greece  
C. ancient Egypt  
D. ancient Rome

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #25*

26. According to ancient Chinese medicine, excited insanity was:  
(p. 10) A. the presence of a negative force.  
B. the presence of excessive negative force.  
C. the presence of a positive force.  
**D.** the presence of excessive positive force.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #26*

27. Xia has been feeling sad and lonely over the last several days. According to the ancient Chinese medical philosophy, Xia's mood is the result of:  
(p. 10) **A.** "vital air" flowing on a specific internal organ.  
B. the lack of a positive force.  
C. bewitchment.  
D. excessive order in her life.

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #27*

28. The oldest of ancient writings on abnormal behavior is the \_\_\_\_\_.  
(p. 11) A. Oxyrhynchus Papyri  
B. Magdalen Papyrus  
**C.** Kahun Papyrus  
D. Elephantine Papyri

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #28*

29. Ancient Egyptians and Greeks held that a woman's uterus:  
(p. 11) **A.** could dislodge and wander inside the body causing psychological abnormalities.  
B. contained mystical powers that caused the uterus to create physiological symptoms that led to psychological distress.  
C. made women inferior to men because women suffered from emotional pain more often than men.  
D. dislodges when psychological symptoms are present and returns to its original position when the psychological symptoms subside.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #29*

30. These days, the Greek term \_\_\_\_\_, is used to refer to physiological symptoms that are probably the result of psychological processes.  
(p. 11) A. apatheia  
**B.** hysteria  
C. thanatos  
D. choleric

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #30*

31. Most Greeks and Romans saw madness as:  
(p. 11)  
A. similar to physical disease.  
B. a result of chronic stress.  
**C.** an affliction from the gods.  
D. a result of trauma.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #31*

32. \_\_\_\_\_ argued that some forms of madness were divine and could be the source of great literary and prophetic gifts.  
(p. 11)  
**A.** Socrates and Plato  
B. Plato and Hippocrates  
C. Homer and Plato  
D. Hippocrates and Socrates

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #32*

33. Hippocrates attributed abnormality to:  
(p. 11)  
A. afflictions from the gods.  
B. divine intervention.  
C. chronic stress and trauma.  
**D.** imbalances in the body's essential humors.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #33*

34. Hippocrates classified abnormal behavior into:  
(p. 11)  
A. hysteria, phobia, mania, and epilepsy.  
B. melancholia, epilepsy, phobia, and mania.  
C. brain fever, hysteria, phobia, and melancholia.  
**D.** epilepsy, mania, melancholia, and brain fever.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #34*

35. Hippocrates attributed abnormality to four basic humors: blood, phlegm, yellow bile, and black bile. These beliefs led to treatments such as:  
(p. 11)  
A. induced vomiting and fasting.  
B. stoning and ostracizing the individual.  
**C.** bleeding the patient.  
D. spiritual exorcism by the temple priests.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #35*

36. Which of the following ancient Greeks argued that madness arose when the rational mind was overcome by impulse, passion, or appetite?  
(p. 11)  
A. Aristotle  
**B.** Plato  
C. Socrates  
D. Homer

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #36*

37. Which of the following is true regarding individuals who were considered mad in ancient times?  
(p. 11)
- A. The state built asylums and institutions to house and care for individuals who were considered mad.
  - B.** The state could take rights away from people declared mad and could award the property of insane people to their relatives.
  - C. People declared mad were allowed to marry and could acquire or dispose of their own property.
  - D. Poor people who were considered mad were simply left to roam the streets, even if they were violent.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #37*

38. Prior to the eleventh century, which of the following was most often seen as the cause of bizarre behavior?  
(p. 12)
- A.** Severe emotional shock and physical illness or injury
  - B. Demons
  - C. Curses and superstition
  - D. Religious persecution

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #38*

39. The Catholic Church banned all writings by \_\_\_\_\_ and \_\_\_\_\_, because they argued that persons accused of witchcraft were mentally ill.  
(p. 12)
- A. Reginald Scot and Teresa of Avila
  - B.** Johann Weyer and Reginald Scot
  - C. Teresa of Avila and Johann Weyer
  - D. Thomas Szasz and Teresa of Avila

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #39*

40. A \_\_\_\_\_ is defined today as a phenomenon in which large numbers of people engage in unusual behaviors that appear to have a psychological origin.  
(p. 12)
- A. psychic catastrophe
  - B.** psychic epidemic
  - C. psychic projection
  - D. psychic illusion

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #40*

41. Dance frenzies are examples of \_\_\_\_\_.  
(p. 13)
- A.** psychic epidemics
  - B. self-hypnotic suggestion
  - C. substance-induced psychosis
  - D. psychotic episodes

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #41*

42. A phenomenon known as \_\_\_\_\_, seen in Italy as early as the fourteenth century, was attributed to the bite of a tarantula. It caused people to jump around, dance wildly, tear at their clothes, and beat each other with whips.  
(p. 13)
- A.** tarantism
  - B. tarantella
  - C. Saint Vitus' dance
  - D. comas enfermas

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #42*

43. (p. 13) A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teachers experienced nausea, headaches, dizziness, and symptoms of mild carbon monoxide intoxication. The behaviors were attributed to:
- A.** mass hysteria associated with the Persian Gulf War.
  - B. the increase in violence found in high schools.
  - C. the hormonal imbalances associated with adolescence.
  - D. rebellious attitudes toward school authorities.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #43*

44. (p. 13) Psychic epidemics are:
- A. generally seen in groups that experiment with psychoactive substances.
  - B. seen across all levels of socioeconomic status.
  - C. strictly confined to spiritual experiences.
  - D.** currently being studied from a social psychology perspective.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #44*

45. (p. 13) In the twelfth century, in the Belgian town of \_\_\_\_\_, townspeople regularly took into their homes the mentally ill who visited the shrine of Saint Dymphna for cures.
- A. Bruges
  - B.** Gheel
  - C. Waterloo
  - D. Ostend

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #45*

46. (p. 13) The Hospital of Saint Mary of Bethlehem in London was noted for its deplorable conditions and earned the nickname \_\_\_\_\_.
- A. Dollhaus
  - B. Tollkiste
  - C. Bethel Prison
  - D.** Bedlam

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #46*

47. (p. 13) During the sixteenth, seventeenth, and eighteenth centuries, European mental hospitals humiliated mentally ill patients by:
- A.** exhibiting their conditions to the public for a fee.
  - B. parading them down the streets chained like animals.
  - C. sentencing them to jail and selling them into slavery.
  - D. intentionally creating deplorable conditions to keep them submissive.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #47*

48. (p. 14) The Act for Regulating Madhouses, enacted in England, was created to:
- A. promote public sympathy for the mentally ill and reduce the public's fear responses.
  - B.** improve the deplorable conditions of mental institutions and protect people from being unjustly jailed for insanity.
  - C. provide services for poor people confined to workhouses.
  - D. reduce crime in the neighborhoods by removing unstable people from the streets.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #48*

49. (p. 14) Who among the following was one of the founders of American psychiatry, and believed that abnormal behavior was caused by excessive blood in the brain?
- A. Dorothea Dix
  - B. William Tuke
  - C. Benjamin Rush**
  - D. Philippe Pinel

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #49*

50. (p. 15) Philippe Pinel, a physician, was instrumental in the moral treatment of the mentally ill in which of the following countries?
- A. England
  - B. America
  - C. Italy
  - D. France**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #50*

51. (p. 15) For many years, James had been isolated from the public by his family members on account of his mental illness. His family kept him locked in a room, and brought him his meals. Suddenly, they began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside, and work in the garden. The new approach to James' caregiving is representative of \_\_\_\_\_.
- A. the moral treatment model.**
  - B. the community mental health movement.
  - C. the managed care system.
  - D. the psychoanalytic perspective.

*Blooms: Application  
Difficulty: Medium  
Nolen - Chapter 01 #51*

52. (p. 15) Philippe Pinel, a strong leader of the moral treatment movement, ordered that the chains be removed from patients because:
- A. he believed their mental illnesses were specifically the result of their separation from the rest of society.
  - B. he believed that the patients' health could be restored if shame and humiliation were replaced with dignity and tranquility.**
  - C. abnormal behaviors were rooted in supernatural theories, and the patients needed the freedom to practice their faith.
  - D. he believed that with proper medication, the patients were virtually harmless.

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #52*

53. (p. 15) Which of the following individuals opened an asylum in England called The Retreat?
- A. William Tuke**
  - B. Philippe Pinel
  - C. Dorothea Dix
  - D. Benjamin Rush

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #53*

54. Tuke's idea of moral treatment meant:  
(p. 15) A. that patients would receive monetary compensation for their previous maltreatment.  
B. that patients would receive social support from family members and neighbors who had previously rejected them.  
**C.** restoring patients' self-restraint by treating them with respect and dignity, and by encouraging them to exercise self-control.  
D. helping patients reconnect spiritually with their families and community.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #54*

55. One of America's strongest advocates for the humane treatment of the mentally ill was \_\_\_\_\_.  
(p. 15) A. Benjamin Rush  
**B.** Dorothea Dix  
C. Teresa of Avila  
D. Florence Nightingale

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #55*

56. Which of the following statements is true concerning Dorothea Dix?  
(p. 15) A Dorothea was a European who experienced maltreatment first hand, and immigrated to America to . escape the public's insensitivity toward the mentally ill.  
B. America rejected Dorothea Dix's efforts to improve conditions for the mentally ill, and her life was threatened several times.  
**C**Dorothea found the treatment of the mentally ill in America dehumanizing, and set out on a quest to . improve their condition by lobbying in different states to get laws passed.  
DSeveral new hospitals for the insane were established in America during the mid to late 1800s, yet . very few adopted the humanitarian treatment set forth by Dorothea Dix.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #56*

57. Which of the following was the outcome of the rapid growth of the moral treatment movement?  
(p. 15) A. The capacity of asylums to recruit mental health professionals significantly improved.  
**B.** Physicians, nurses, and other caretakers did not have enough time to give each patient the attention he or she needed.  
C. The number of patients who benefited from the moral treatment increased, and its effectiveness became unquestionable.  
D. All patients, even those whose problems were not due to a loss of dignity or tranquility, benefited from moral treatment.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #57*

58. Which of the following statements best characterizes the public sentiment of Americans during the nineteenth century concerning the mentally ill?  
(p. 16) A Public sympathy for asylum patients grew, and the public embraced the moral treatment of lower . socioeconomic classes that had immigrated to the United States.  
B The public grew discouraged with the failures of moral treatment and demanded new treatment . models for the large numbers of mentally ill patients.  
**C** American prejudices against immigrants and the failure rate of moral treatment led to decreased . funding because of declining public support.  
D.The American public insisted that the federal government deport immigrants who were mentally ill, to reduce government spending.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #58*

59. Public mental institutions at the turn of the twentieth century:  
(p. 16) A. were sufficiently staffed with professionals to provide individual attention to patients.  
**B.** were like warehouses, with patients receiving less personal attention than the moral treatment model had offered.  
C. had slightly lower quality of care as compared to private institutions.  
D. were generally built in the city limits, to regain public support for the mentally ill.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #59*

60. Rapid advancement in anatomy, physiology, neurology, and chemistry in the late nineteenth century  
(p. 16) led to the advancement of \_\_\_\_\_ perspectives in abnormal behavior.  
**A.** biological  
B. psychological  
C. sociological  
D. ecological

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #60*

61. Brain pathology as an explanation for psychological disorders was systematically argued by  
(p. 16) \_\_\_\_\_.  
A. Wilhelm Wundt  
B. Richard Krafft-Ebing  
C. Franz Anton Mesmer  
**D.** Wilhelm Griesinger

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #61*

62. \_\_\_\_\_ developed a scheme of classifying symptoms into discrete disorders that is the basis for our  
(p. 16) modern classification systems.  
A. Wilhelm Griesinger  
**B.** Emil Kraepelin  
C. Richard Krafft-Ebing  
D. Jean Charcot

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #62*

63. The disease, \_\_\_\_\_, leads to paralysis, insanity, and eventually death. This disease has been  
(p. 17) characterized as one of the single most important discoveries underpinning modern biological theories of abnormality.  
**A.** general paresis  
B. neurosyphilis  
C. gonorrhea  
D. delirium

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #63*

64. The Viennese psychiatrist credited with discovering a connection between paresis and syphilis was  
(p. 17) \_\_\_\_\_.  
A. Emil Kraepelin  
**B.** Richard Krafft-Ebing  
C. Alfred Adler  
D. Wilhelm Wundt

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #64*

65. According to Mesmer:  
(p. 17) A. animal spirits were capable of penetrating and strangling the human spirit causing people to behave abnormally.  
B. people evolved from animals and the abnormal behaviors are simply a level above animal behaviors.  
**C.** the distribution of a magnetic fluid in a person could be influenced by the magnetic forces of other people, as well as by the alignments of the planets.  
D. people exhibit abnormal behaviors because magnetic fluids solidify and get lodged at the base of the brain.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #65*

66. Which psychoanalytic theorist's method was later renamed as hypnosis?  
(p. 17) A. Franz Gall  
B. Sigmund Freud  
**C.** Franz Mesmer  
D. Carl Jung

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #66*

67. \_\_\_\_\_ argued that hysteria was caused by degeneration in the brain.  
(p. 17) A. Franz Anton Mesmer  
**B.** Jean Charcot  
C. Ambroise-Auguste Liebault  
D. Hippolyte-Marie Bernheim

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #67*

68. Which of the following physicians showed that they could induce symptoms of hysteria through hypnosis?  
(p. 17) A. Mesmer and Charcot  
B. Charcot and Bernheim  
**C.** Bernheim and Liebault  
D. Liebault and Mesmer

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #68*

69. Which psychoanalytic theorist is noted for his study of the unconscious?  
(p. 18) **A.** Sigmund Freud  
B. Pierre Janet  
C. Jean Charcot  
D. Stanley Hall

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #69*

70. When a patient experiences catharsis, it means that:  
(p. 18) A. the person has lost sensation in the upper extremities.  
B. the person has become anxious and wishes to withdraw.  
**C.** the person has experienced a release of emotions.  
D. the person has found a new meaning in life.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #70*

71. Which of the following statements is true regarding catharsis?  
(p. 18)  
A. It focused on the realignment of people's magnetic fluids.  
B. It resulted in more censored discussions of the patient's problems under hypnosis.  
**C.** It allowed the therapist to elicit important psychological material more easily.  
D. It was of little, if any, therapeutic value.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #71*

72. Who were the authors of 'On the Psychological Mechanism of Hysterical Phenomena,' published in 1893?  
(p. 18)  
**A.** Freud and Breuer  
B. Freud and Charcot  
C. Freud and Adler  
D. Freud and Hall

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #72*

73. Which of the following individuals is considered to be the best-known figure in psychiatry and psychology?  
(p. 18)  
A. Ivan Pavlov  
**B.** Sigmund Freud  
C. John Watson  
D. Erik Erikson

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #73*

74. The experiment that demonstrated that dogs could be conditioned to salivate to stimuli other than food was conceptualized by \_\_\_\_\_.  
(p. 18)  
**A.** Ivan Pavlov  
B. John Watson  
C. B.F. Skinner  
D. Edward Thorndike

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #74*

75. Pavlov's theory is known as \_\_\_\_\_.  
(p. 18)  
A. operant conditioning  
B. social conditioning  
**C.** classical conditioning  
D. learning conditioning

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #75*

76. Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?  
(p. 18)  
A. B. F. Skinner  
**B.** John Watson  
C. Edward Thorndike  
D. Abraham Maslow

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #76*

77. Which of the following is improperly paired?

(p. 18)

- A. Pavlov/classical conditioning
- B. Skinner/psychoanalytic perspective**
- C. Watson/classical conditioning
- D. Thorndike/operant conditioning

*Blooms: Comprehension  
Difficulty: Easy  
Nolen - Chapter 01 #77*

78. Operant or instrumental conditioning was theorized by \_\_\_\_\_.

(p. 18)

- A. Thorndike and Skinner**
- B. Pavlov and Watson
- C. Watson and Skinner
- D. Pavlov and Thorndike

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #78*

79. Operant conditioning theory states that:

(p. 18)

- A. behavior must be modeled before it is performed.
- B. learning is based on the teacher who gives the instructions.
- C. learning behavior requires two active participants.
- D. learning is based on the consequences of behavior.**

*Blooms: Comprehension  
Difficulty: Easy  
Nolen - Chapter 01 #79*

80. \_\_\_\_\_ is the study of the impact of reinforcements and punishments on behavior.

(p. 18)

- A. Behaviorism**
- B. Cognition
- C. Psychoanalysis
- D. Mesmerism

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #80*

81. The thought processes that influence behavior and emotion are called \_\_\_\_\_.

(p. 19)

- A. insights
- B. cognitions**
- C. feelings
- D. behaviorisms

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #81*

82. Which of the following people conceptualized self-efficacy beliefs?

(p. 19)

- A. Albert Bandura**
- B. Albert Ellis
- C. Johann Weyer
- D. Aaron Beck

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #82*

83. \_\_\_\_\_ relates to people's beliefs about their ability to execute the behaviors necessary to control important events.

(p. 19)

- A. Self-efficacy**
- B. Self-regulation
- C. Self-esteem
- D. Self-motivation

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #83*

84. \_\_\_\_\_ argued that people prone to psychological disorders are plagued by irrational negative assumptions about themselves and the world.  
(p. 19)
- A. Albert Bandura
  - B. Albert Ellis**
  - C. Josef Breuer
  - D. Aaron Beck

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #84*

85. The therapy developed by Albert Ellis for emotional problems is called:  
(p. 19)
- A. psychoanalysis.
  - B. instrumental conditioning.
  - C. rational-emotive therapy.**
  - D. cognitive therapy.

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #85*

86. \_\_\_\_\_ was a class of drugs discovered in the twentieth century that reduced hallucinations and delusions, and made it possible for many people who had been institutionalized for years to be released from asylums and hospitals.  
(p. 19)
- A. Gentamycin
  - B. Diethylstilbestrol
  - C. Roxatidine
  - D. Phenothiazines**

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #86*

87. By 1960, as part of the patients' rights movement, patients' rights advocates argued that mental patients can recover more fully or live more satisfying lives if they are integrated into the community, with the support of community-based treatment facilities—a process known as \_\_\_\_\_.  
(p. 19)
- A. deinstitutionalization**
  - B. restoration
  - C. the community mental health movement
  - D. recuperation

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #87*

88. Launched in 1963 by President John Kennedy, this movement attempted to provide coordinated mental health services to people in community-based centers.  
(p. 19)
- A. The patients' rights movement
  - B. The mental hygiene movement
  - C. The community mental health movement**
  - D. The deinstitutionalization movement

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #88*

89. This type of a community-based treatment facility offers people with long-term mental health problems the opportunity to live in structured, supportive environments while they are trying to reestablish a job and ties to family and friends.  
(p. 20)
- A. Community mental health centers
  - B. Halfway houses**
  - C. Day treatment centers
  - D. Nursing homes

*Blooms: Knowledge*  
*Difficulty: Easy*  
*Nolen - Chapter 01 #89*

90. \_\_\_\_\_ allow people to obtain treatment during the day, as well as occupational and rehabilitative therapies, but to live at home at night.
- A. Halfway houses
  - B. Community mental-health centers
  - C. Assisted living facilities
  - D. Day treatment centers**

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #90*

91. Which of the following best describes the managed care system?
- A. Managed care attempts to provide coordinated mental health services to people in community-based centers.
  - B. Managed care maintains that patients' health will improve if they are integrated in the community.
  - C. Managed care tries to organize health care and coordinate services for existing medical problems and prevent future problems.**
  - D. Managed care was conceptualized to fix the problem of deplorable conditions in state institutions.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #91*

92. Under the managed care system, primary care physicians:
- A. can coordinate services offered by other providers such as drug treatment, psychotherapy, and rehabilitation services.**
  - B. have the right to refuse service to specific patients regardless of their insurance status.
  - C. leave it to the families of people with psychological problems to find appropriate care.
  - D. do not have the option of referring their patients to outside consultants.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #92*

93. Which program covers approximately one-fifth of all mental health spending in the United States?
- A. Medicare
  - B. Medicaid**
  - C. Veterans Administration
  - D. Social Security

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #93*

94. Which of the following statements is true regarding the state of mental health care in the United States?
- A. Many states have increased benefits for mental health care.
  - B. Many states have increased copayments and controlled drug costs.**
  - C. Many states have offered up-front payments to providers.
  - D. Many states have increased the eligibility for mental health care.

*Blooms: Knowledge  
Difficulty: Easy  
Nolen - Chapter 01 #94*

95. Dr. M is the acting director of the Midway Behavioral Clinic. However, he still sees patients on a regular basis. His patients must have referrals for their medication. Dr. M is most likely a \_\_\_\_\_.
- A. clinical psychologist**
  - B. psychiatrist
  - C. clinical social worker
  - D. psychiatric nurse

*Blooms: Application  
Difficulty: Medium  
Nolen - Chapter 01 #95*

96. \_\_\_\_\_ specialize in helping families, couples, and children overcome problems that are interfering with their well-being.

(p. 22)

- A.** Marriage and family therapists
- B. Psychiatrists
- C. Clinical psychologists
- D. Psychiatric nurses

*Blooms: Knowledge*

*Difficulty: Easy*

*Nolen - Chapter 01 #96*

97. Individuals dealing with psychological problems related to not having a job would mostly likely seek assistance from a \_\_\_\_\_.

(p. 22)

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

*Blooms: Application*

*Difficulty: Medium*

*Nolen - Chapter 01 #97*

98. Some states have \_\_\_\_\_, individuals who have graduate training in counseling beyond the bachelor's degree in counseling, but have not obtained a Ph.D.

(p. 22)

- A. clinical social workers
- B. psychiatric nurses
- C. marriage and family therapists
- D.** licensed mental health counselors

*Blooms: Knowledge*

*Difficulty: Easy*

*Nolen - Chapter 01 #98*

99. \_\_\_\_\_ have a degree in nursing and often work on inpatient psychiatric wards in hospitals, delivering medical care and certain forms of psychotherapy.

(p. 22)

- A. Clinical psychologists
- B.** Psychiatric nurses
- C. Psychiatrists
- D. Licensed mental health counselors

*Blooms: Knowledge*

*Difficulty: Easy*

*Nolen - Chapter 01 #99*

100. Which of the following is true regarding the various professions within abnormal psychology?

(p. 22)

- A. Psychiatrists have limited prescription writing privileges, whereas clinical psychologists have full privileges.
- B. Clinical psychologists typically have an M.D. degree, while psychiatrists typically have a Ph.D in psychology.
- C. Psychiatric nurses and clinical social workers must have a master's degree to work with clients who have psychological problems.
- D.** Psychiatric nurses have privileges to write prescriptions for psychotherapeutic drugs in some states.

*Blooms: Knowledge*

*Difficulty: Medium*

*Nolen - Chapter 01 #100*

101. Discuss the continuum model of abnormality and the different criteria used for labeling behavior as normal or abnormal.  
(p. 4-8)

Key terms and concepts that may be included in student responses:

- Cultural relativism—no universal standards or rules exist for labeling behaviors as normal; instead, behaviors are classified as normal/abnormal relative to cultural norms and gender role expectations; dangers in defining abnormality based on cultural norms include prejudicial, discriminatory, oppressive, biased, and intolerant attitudes, beliefs, behaviors, policies, laws, etc.
- Continuum model of abnormality—no clear line exists between normal and abnormal; behaviors are classified as normal or abnormal based on the degree to which they are typical, distressful, interfering, and dangerous
- Unusualness—behaviors that are deviant or unusual; problems with the unusualness criterion: the unusualness of any behavior depends in part on cultural norms (similar to cultural relativism), there is no method of determining how unusual a behavior must be in order for it to be labeled abnormal, many rare behaviors are positive for the individual and for society—most people would object to labeling such behaviors abnormal
- Distress—the individual suffers distress and wishes to be rid of the behaviors; objections to the distress criterion: people are not always aware of how stressful their behaviors are for themselves or others, some behaviors cause great distress in others (but are not stressful to the person displaying the behaviors)
- Mental illness—abnormality results from a disease process; problems with this criterion include a lack of biological tests to diagnose mental illness disease processes, diagnostic labels do not refer to identifiable physical processes that are evident in all people who exhibit these symptoms (i.e., diagnostic labels only refer to a set of symptoms)
- The four Ds of abnormality—dysfunction, distress, deviance, and dangerousness

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #101*

102. Describe the ancient Chinese theories of abnormal behavior.  
(p. 10-11)

Key terms and concepts that may be included in student responses:

- Concepts of yin and yang (e.g., "excited insanity")
- Emotions believed to be controlled by internal organs—"vital air"
- Taoism and Buddhism—religious interpretations of abnormal behavior (evil winds and ghosts blamed for bewitching people and inciting erratic emotional displays and uncontrolled behavior)

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #102*

103. Describe the ancient Egyptian, Greek, and Roman theories of abnormal behavior.  
(p. 11)

Key terms and concepts that may be included in student responses:

- Concept of "wandering uterus"—the uterus dislodged and wandered throughout a woman's body, interfering with her other organs, causing hysteria
- Greeks and Romans saw madness as an affliction from the gods, but Greek physicians rejected supernatural explanations
- Hippocrates—phobias, imbalance of four basic bodily humors (blood, phlegm, yellow bile, black bile), classification of abnormal behavior into epilepsy, mania, melancholia, and brain fever
- Plato—some forms of madness were divine, madness related to impulse, passion, or appetite
- Treatments—bleeding patients, rest, relaxation, change of climate, change of diet

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #103*

104. Compare and contrast the treatment of people with mental health problems in ancient Greece with the moral treatment movement of the eighteenth century.  
(p. 11; 14-16)

Key terms and concepts that may be included in student responses:

- Ancient Greece—state claimed no responsibility but could take rights away from people declared mad; no asylums or institutions; people considered mad were confined, could not marry or acquire property, left to roam the streets; those who were considered mad and were violent were locked up
- Moral treatment—a humane, individual approach to treating patients, patients were treated with kindness and dignity, encouraged social activity; growth of mental institutions and public hospitals

*Blooms: Analysis  
Difficulty: Medium  
Nolen - Chapter 01 #104*

105. What were the psychological explanations given for persons accused of witchcraft in the Middle Ages?  
(p. 12)

Key terms and concepts that may be included in student responses:

- The Church's position on witchcraft
- Johann Weyer
- Reginald Scott
- Teresa of Avila
- Cultural implications of the existence of witches

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #105*

106. Discuss how and why the concept of moral treatment evolved and the problems associated with its failures. Include those individuals who were instrumental in its development.  
(p. 13-16)

Key terms and concepts that may be included in student responses:

- Deplorable conditions in asylums (Europe and America)
- The Act for Regulating Madhouses
- New psychological view—restoration of dignity, rest, relaxation
- Pinel, Tuke, Dix,
- Training of mental health professionals
- Increase in mental institutions and public hospitals
- Problems associated with rapid growth—influx of immigrants, decline in humane conditions, lack of public support, decrease in funding

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #106*

107. Discuss the efforts Philippe Pinel and Dorothea Dix made to change the treatment of mentally ill patients.  
(p. 15)

Key terms and concepts that may be included in student responses:

- Pinel—moral treatment, removed chains from patients, provided atmosphere conducive for restoring health, encouraged social activity
- Dix—lobbying, passage of laws, training mental health professionals, established mental health facilities

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #107*

108. Describe the growth of psychoanalytic theory. Who were some of the key contributors to this school of thought?  
(p. 17-18)

Key terms and concepts that may be included in student responses:

- Mesmer—magnetic fluids, mesmerism, hypnosis
- Bernheim and Liebault—hysteria and hypnosis
- Jean Charcot
- Freud and Josef Breuer—the unconscious, catharsis

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #108*

109. Discuss the deinstitutionalization movement and its impact on mental health care in the United States.  
(p. 19-20)

Key terms and concepts that may be included in student responses:

- Drug therapy
- Patient's rights movements
- Community mental-health movement
- Community mental-health centers, halfway houses, day treatment centers
- Impact—decline in the number of patients in state psychiatric hospitals, better quality of life for patients, freedom
- Problems—lack of resources, closure of hospitals, transfer of patients to ill-equipped nursing homes, increase of homeless persons with mental illnesses

*Blooms: Comprehension  
Difficulty: Medium  
Nolen - Chapter 01 #109*

110. Describe the different professions that are concerned with abnormal or maladaptive behavior.  
(p. 22)

Key terms and concepts that may be included in student responses:

- Psychiatrist—medical doctor specializing in the treatment of psychological problems, prescribes medication
- Clinical psychologist—generally earns a Ph.D. in psychology, specializes in psychological problems, limited prescription privileges in some states
- Clinical social worker—has a master's degree in social work, helps people overcome social conditions contributing to their psychological problems
- Psychiatric nurse—graduate-level nursing degree, works on inpatient psychiatric wards in hospitals
- Marriage and family counselor—specializes in family problems, child adjustment
- Licensed mental health counselor—has graduate training in counseling, but has not obtained a Ph.D.

*Blooms: Knowledge  
Difficulty: Medium  
Nolen - Chapter 01 #110*

# 1 Summary

| <u>Category</u>       | <u># of Questions</u> |
|-----------------------|-----------------------|
| Blooms: Analysis      | 1                     |
| Blooms: Application   | 6                     |
| Blooms: Comprehension | 8                     |
| Blooms: Knowledge     | 95                    |
| Difficulty: Easy      | 75                    |
| Difficulty: Medium    | 35                    |
| Nolen - Chapter 01    | 110                   |