Answer all questions on your Scantron. Select the best answer for each question.

1. The first symptom of Alzheimer's is usually:
   a. decline in physical health
   b. wandering, getting lost
   c. memory loss*
   d. loss of interest in sex
   e. speech impairment

2. A person with an IQ of 100 is considered to have ___ mental retardation.
   a. mild
   b. moderate
   c. primary
   d. secondary*
   e. none of the above*

4. In a geriatric facility or convalescent home, ____ tries to compensate for diminished sensory abilities.
   a. medication
   b. research
   c. an empathic model*
   d. a prosthetic environment*
   e. a direct supervision model

5. The Bender-Gestalt Test for brain damage, in which the client draws designs, examines the client's ability to:
   a. understand abstract concepts
   b. see whole figures*
   c. shift from one concept to another
   d. interpret ambiguous pictures
   e. follow instructions

6. ____ highly creative artists and writers have been mentally ill; ____ mentally ill people have been highly creative artists and writers.
   a. many-few*
   b. many-many
   c. few-many
   d. few-few
   e. no-no

7. Individuals with ____ are more likely to commit suicide than individuals in any other psychiatric or medical risk group.
   a. Alzheimer's
   b. mood disorders*
   c. antisocial personality disorder
   d. borderline personality disorder
   e. schizophrenia

8. Which treatment for major depression is most affected by paleologic.
   a. Prozac
   b. tricyclic antidepressants
   c. brain imaging
   d. electroshock therapy*
   e. insulin shock therapy
9. ____ is the treatment of choice for clients with bipolar disorder.
   a. ECT
   b. tranquilizing drugs
   c. individual psychotherapy
   d. lithium carbonate*
   e. metrazol shock

10. Risk studies for schizophrenia are also known as ____ studies.
    a. twin control
    b. own control
    c. family pedigree*
    d. biochemical
    e. adoption

12. Thomas Szasz and the antipsychiatry movement reject:
    a. drug treatment
    b. individual psychotherapy
    c. a disease model of mental disorder*
    d. group psychotherapy
    e. all of the above

13. Arieti described two types of ____ as the stormy and the schizoid.
    a. schizophrenia
    b. antipsychiatrists
    c. character disorders
    d. preschizophrenic personalities*
    e. parent-child relationships

14. ____ described the basic personality type of the schizophrenic and advanced the theory of the collective unconscious.
    a. Jung*
    b. Freud
    c. Adler
    d. Sullivan
    e. Arieti

15. On the word association test, a response of "house" to the word house would be an example of:
    a. clang association
    b. echolalia*
    c. blocking
    d. naming
    e. delusion

16. Before Bleuler came up with the term "schizophrenia," the disorder had been called:
    a. paranoia
    b. chronic undifferentiated state
    c. Tardive's dyskenesia
    d. hebephrenia
    e. dementia praecox*

17. What was the dominant way of dealing with schizophrenic people during the first half of the 20th century?
   A) institutionalization*
   B) outpatient services
   C) individual psychotherapy
   D) treatment with neuroleptic drugs
18. A schizophrenic person who was mute, statuelike, and failed to participate in the hospital routine is most likely experiencing ______ schizophrenia.
A) disorganized
B) catatonic*
C) paranoid
D) undifferentiated

19. The most common type of hallucination in schizophrenia is:
A) visual.
B) tactile.
C) auditory.*
D) olfactory.

20. If an elderly person was found to have dementia, your best guess about what was causing it would be:
A) infection or alcoholism.
B) accident or drug overdose.
C) carbon monoxide or other chemical poisoning.
D) Alzheimer's or vascular problems*.

21. A clouding of consciousness that develops over a short period of time and can often be reversed if its underlying cause can be found is called:
A) dementia.
B) delirium*.
C) delusional disorder.
D) cognitive mapping.

22. Glenda is in a facility for the mentally retarded. She gets up in her apartment, dresses, and goes to the dining room, where she orders breakfast off a menu. She goes to work in a sheltered workshop. At the end of the day she goes home to her apartment and cleans up for dinner. This arrangement is part of:
A) deinstitutionalization.
B) a normalization program.*
C) mainstreaming.
D) special education.

23. One of the side effects of ECT is:
A) mania.
B) psychosis.
C) memory loss.*
D) intensification of the depression.

24. On the Object Sorting sub-test of the Goldstein Scheerer, when someone does a conceptual sorting, this means that their arrangement of objects:
   a. reveals an inability to shift
   b. reflects "grouping"
   c. is based on perceptual likeness or apparent similarity
   d. is guided by a principle*

25. The Wechsler Adult Intelligence Scale (WAIS) is a(n):
   a. individual IQ test* 
   b. group IQ test
   c. test primarily for individuals of above average intelligence
   d. test primarily for individuals of below average intelligence
   e. projective IQ test
26. A scale specifically developed to measure the abilities of people with below average intelligence is the:
   a. Wechsler Adult Intelligence Scale
   b. Goldstein-Scheerer
   c. Vineland Adaptive Behavior Scale*
   d. Bender Gestalt
   e. Stanford Binet

27. When it was first introduced, the term "schizophrenia" was expected to signify:
   a. early onset
   b. progressive mental deterioration
   c. splitting of psychological functions*
   d. multiple personalities
   e. all of the above

28. According to Plato:
   a. all people have the possibility of becoming mentally ill
   b. philosophers are more likely than others to become mentally ill
   c. madness is a logical response to the world's insanity
   d. through mania, friendships between humans and gods become possible*
   e. depression is a stimulus to poetic creativeness

29. Freud's major contribution to the understanding and treatment of schizophrenia was:
   a. psychoanalysis as a treatment method
   b. understanding the psychological content of the patient's ideas*
   c. the use of drug therapy
   d. applying hypnosis to the treatment of psychotics
   e. family therapy

30. One advantage of treating cases of severe depression using electro-shock therapy (EST), as compared with drug treatment, is that:
   a. EST has fewer side effects.
   b. EST acts more quickly*.
   c. the memory loss is temporary.
   d. it is less expensive.
   e. it can be given on an outpatient basis.

31. People with moderate mental deficiency:
   a. can respond to incentives (rewards) in a consistent manner.
   b. have an initially low level of performance compared to normals.
   c. can develop consistent work habits and perform some industrial jobs.
   d. All of the above.*
   e. None of the above.

32. On a word association test, a client responds to the word “jump” with _____. This is called a clang association.
   a. “father”
   b. “dump”*
   c. “jump”
   d. “word”
   e. No response

33. Which of the following terms would best describe the symptom of a client who says, “I don’t feel I belong here. The entire world seems unfamiliar.”
   a. autism
   b. depersonalization
c. hallucination

d. illusion

e. estrangement*

34. Which of the following is considered the most rare (statistically infrequent) diagnosis?
   a. dysthymia in a man
   b. cyclothymia in a woman
   c. mania (without any depression) in a man*
   d. major depression (without any mania) in a man
   e. seasonal affective disorder in a man

35. A false belief that is firmly and consistently held despite contradictory evidence or logic is a:
   a. distortion.
   b. loose association.
   c. delusion.*
   d. hallucination.
   e. illusion.

36. Nathan has a seven-year history of mild mood swings. When he is “high,” he is coherent; when he is “low,” he is never suicidal or unable to function. What is the best diagnosis for Nathan?
   a. Cyclothymic disorder*
   b. Bipolar disorder, mixed
   c. Major depressive disorder, mixed
   d. Dysthymic disorder
   e. Manic-depressive disorder

37. Bipolar disorder is to ____ disorder as major depression is to ____ disorder.
   a. dysthymic; cyclothymic
   b. cyclothymic; anxiety
   c. cyclothymic; dysthymic*
   d. psychotic; neurotic

38. What form of treatment revolutionized mental health care in the 1950s?
   a. Antipsychotic medications*
   b. Cognitive behavioral therapy
   c. Psychoanalytic therapy
   d. Milieu therapy
   e. Psychosurgery

39. Intelligence test results should not be the only things used to determine mental retardation, because intelligence test scores:
   A) are not positively correlated with school performance.
   B) lack reliability.
   C) don't indicate level of adaptive behavior*.
   D) lack validity.
41. About what percentage of those diagnosed with mental retardation fall in the DSM-IV-TR “mild retardation” category?
   A) less than 10%
   B) 20-25%
   C) 50-55%
   D) 80-85%*

42. Most cases of mild retardation seem to be related to:
   A) inherited traits.
   B) sociocultural and psychological factors.*
   C) fetal alcohol syndrome.
   D) organic brain syndrome.

43. An iodine deficiency in the diet of a pregnant woman may lead to a condition in which the baby has a dwarflike appearance and a defective thyroid gland. This disorder is called:
   A) cretinism.
   B) encephalitis.
   C) Down syndrome.*
   D) Tay-Sachs disease.

44. Most children with mental retardation live:
   A) at home.*
   B) in “normalization” residences.
   C) in relatively small, county-run institutions.
   D) in relatively large, state-run institutions.

45. An elderly individual is suffering from anxiety. The form of therapy that person is least likely to receive is:
   A) drug.
   B) psychodynamic.*
   C) cognitive.
   D) drug, psychodynamic, and cognitive therapies are used about equally often.

46. The case of John Nash, Nobel prize winner and schizophrenic, illustrates ______, which is often found in the elderly who have been schizophrenic.
   A) an increase in symptoms
   B) a decrease in the ability to complete cognitive tasks
   C) improvement in one's social and work skills*
   D) the emergence of schizophrenia for the second time

49. With Alzheimer's, physical health usually:
   A) declines at the same rate as mental health.
   B) declines more rapidly than mental health.
   C) declines less rapidly than mental health.*
   D) remains good until the person dies.

50. If someone asked you about the effectiveness of treatment for Alzheimer's you would have to say:
   A) “Drug treatment alone, without cognitive and behavioral therapies, is the best.”
   B) “The current focus is more on the patient than the patient's family.”
   C) “Even the best treatments have only limited success.”*
   D) “There is really no way to improve the lives of Alzheimer's patients.”
51. Why do many people feel that estimates of the rates of suicide are inaccurate?
   A) Insurance companies pay extra life insurance in cases of suicide.
   B) Many reported suicides are probably really accidents.
   C) The stigma associated with suicide make people hesitate to report it.*
   D) Suicide is not a DSM-IV-TR category.

53. A man has received a diagnosis of terminal cancer. He organizes his financial and personal affairs, tells his wife and children good-bye, and takes an overdose of sleeping pills to avoid a prolonged, painful death. According to Shneidman, this man would be classified as a:
   A) death darer.
   B) death seeker.
   C) death ignorer.
   D) death initiator.*

54. Which of the following is an example of retrospective analysis of suicide?
   A) Researchers ask college students to write suicide notes in order to study what they think is the motivation for suicide.
   B) Therapists who have patients who committed suicide are interviewed to look for commonalities*.
   C) Adolescents at high risk for suicide are treated through a suicide prevention center.
   D) Those who have made suicide attempts are part of a suicide education program.

55. What is the cause of death in the majority of male suicides?
   A) hanging
   B) car accidents
   C) drug overdose
   D) use of firearms*

56. The mood and thoughts of suicidal people are most often characterized as:
   A) anxious and irrational.
   B) angry and aggressive.
   C) sad and hopeless*.
   D) tense and manic.

57. Which is true about alcohol use and suicide in the United States?
   A) Most people who attempt suicide drink alcohol just before the act.*
   B) Most people who commit suicide are legally drunk.
   C) Alcohol helps people reduce feelings of sadness.
   D) Alcohol makes people more fearful about suicide.

58. The finding that more than 90% of adolescents who attempt suicide know someone else who has attempted it provides a case for what process in suicidal actions?
   A) modeling*
   B) reinforcement
   C) unconscious conflicts
   D) maladaptive thinking

59. At a suicide prevention center, you hear the following from the counselor: “Have you ever tried to commit suicide in the past? [If yes] How did you try to do it?” Which of the goals and techniques of suicide prevention does the quote best represent?
   A) formulating a plan
   B) assessing suicide potential*
   C) establishing a positive relationship
D) assessing and mobilizing the caller's resources

60. Schizophrenia is found in all socioeconomic classes. However, it is more likely to be found in someone from a ______ background.
   A) lower level*
   B) middle level
   C) professional level
   D) privileged (wealthy)

61. Delusions, disorganized thinking and speech, heightened perceptions and hallucinations, and inappropriate affect are examples of ______ symptoms of schizophrenia.
   A) positive*
   B) negative
   C) cognitive
   D) ineffective

62. A person with schizophrenia who said, “It's cold today. My cold is better but I got it from the nurse. She is a big blonde who lives in Manhattan. I live in Manhattan with Jimmy Carter,” is experiencing:
   A) loose associations*.
   B) neologisms.
   C) perseveration.
   D) clang.

63. A person with schizophrenia who laughs when told sad news and screams in situations that most people see as warm and tender is experiencing:
   A) cognitive distortion.
   B) delusions of control.
   C) inappropriate affect*.
   D) olfactory hallucinations.

64. What is the rate of concordance for schizophrenia in identical twins?
   A) 2-5%
   B) 15-18%
   C) 40-50%*
   D) 70-80%

65. A token economy approach to treatment is based on principles from the ______ view of abnormal behavior.
   A) cognitive
   B) biological
   C) behavioral*
   D) humanistic

66. Why do some therapists believe psychotherapy is unsuccessful in treating schizophrenia?
   A) Schizophrenia increases the strength of most ego defense mechanism.
   B) Insurance does not cover psychotherapy for patients diagnosed as schizophrenic.
   C) Unmedicated schizophrenics are too far removed from reality to form the relationship needed.*
   D) Excessive dopamine interferes with the process of free association that is requisite to the success of psychotherapy.

67. The most common form of mood disorder is:
   A) unipolar depression*.
   B) bipolar disorder.
   C) mania.
   D) manic-depression.