1. A grieving husband insists his dead wife will return from the dead. This is an example of:
   A. antinomy
   B. euphemism
   C. dysphemism
   D. paleologic *

2. Most patients today in California mental hospitals are:
   A. committed through Lanterman-Petris-Short (LPS)
   B. on conservatorships
   C. on judicial commitments*
   D. not guilty by reason of insanity

4. In California, a man calling himself a "counselor" is legally required to have a:
   A. BA
   B. MA
   C. Ph.D
   D. none of the above*

5. Standardizing and combining the findings of many different studies is called:
   A) outcome study.
   B) rapprochement.
   C) eclecticism.
   D) meta-analysis.*

6. An institutionalized individual behaving abnormally says, "The doctor claims I'm schizophrenic! How else would you expect me to act?" The individual's comments reflect:
   A) misdiagnosis.
   B) reading-in-syndrome.
   C) a misunderstanding of multiaxial diagnosis.
   D) self-fulfilling prophesy.*

7. Dr. Ross and Dr. Carman agree that Suzette is suffering from posttraumatic stress disorder. Their judgment is said to have:
   A) reliability.*
   B) generalizability.
   C) external validity.
   D) internal validity.

8. A clinician who is using naturalistic observation would be most likely to do which of the following?
   A) observe parent-child interactions in an office setting
   B) observe parent child interactions in the family's home*
   C) have a parent self-monitor family interactions in an office setting
   D) have a parent self-monitor family interactions at home

9. Which of the following is NOT a form of neuroimaging?
   A) MRI
   B) CAT scan
   C) GSR*
   D) PET
10. Compared to projective tests, personality inventories generally have:
A) greater reliability and greater validity.*
B) greater reliability and poorer validity.
C) poorer reliability but greater validity.
D) poorer reliability and poorer validity.

11. In his article on euphemism discussed in class, Dr. Davidson maintained that
   a. the true meaning can never be hidden behind pleasant words
   b. euphemism is superior to dysphemism in discussions with families
   c. euphemism can be successful for a short time*
   d. dysphemism is superior to euphemism in discussions with families

12. A patient looks at a series of black-and-white pictures, making up a dramatic story about each. The patient is taking:
   A) the Rorschach Test.
   B) the Thematic Apperception Test.*
   C) the Minnesota Multiphasic Personality Inventory.
   D) an affective inventory.

13. When one checks the stove 10 times to make sure it is turned off before leaving in the morning, one is exhibiting a(n):
   A) obsession.
   B) compulsion.*
   C) panic attack.
   D) phobia.

14. People develop phobias more readily to such objects as spiders and the dark than they do to such objects as computers and radios. This observation supports the ______ explanation of phobias.
   A) modeling
   B) behavioral
   C) sociocultural
   D) preparedness*

15. Davon watched his father recoil from a snake in fear. Now he is afraid of snakes. This apparent acquisition of fear of snakes is an example of:
   A) modeling.*
   B) response discrimination.
   C) escape response.
   D) stimulus generalization.

16. The following is an example of which anxiety disorder? A person frequently experiences terror attacks, and goes to the emergency room complaining of shortness of breath, rapid heart rate, and feelings of impending death, although nothing is medically wrong.
   A) generalized anxiety disorder
   B) phobia
   C) panic disorder*
   D) obsessive-compulsive disorder

17. A client in a totally relaxed state vividly imagines formerly anxiety-arousing situations without feeling any lingering anxiety. Most likely, that client has just completed what type of therapy?
   A) Freudian psychoanalysis
   B) family systems
C) systematic desensitization
D) cognitive therapy

20. The model of abnormality that focuses on values and choices is the:
A) cognitive model.
B) sociocultural model.
C) psychodynamic model.
D) humanistic-existential model.*

21. "Abnormal" behaviors--indeed, all behaviors--are acquired through learning." Which model of abnormality does this quote most closely represent?
A) behavioral*
B) psychodynamic
C) cognitive
D) humanistic-existential

22. The model of abnormality that focuses on unconscious internal processes and conflicts is the:
A) cognitive model.
B) behavioral model.
C) sociocultural model.
D) psychodynamic model.*

23. "What the #@%$!! is going on? The insurance company says I have to stop my anger management program now!" The client who says this is most likely voicing concern about a:
A) managed care program.*
B) private psychotherapist.
C) community mental health agency.
D) sociocultural resource center.

24. Those most often in charge of treating abnormality in the Middle Ages in Europe were the:
A) physicians.
B) nobility.
C) peasants.
D) clergy.*

26. Brilliant scholars or champion athletes are not considered clinically abnormal because:
A) their behaviors are valued by the culture.*
B) their behaviors are not sufficiently deviant.
C) there are many people who exhibit these behaviors
D) people who exhibit these behaviors are not unhappy.

27. A researcher spends 15 or more hours per day conducting experiments or doing library reading and records observations on color-coded index cards. This person lives alone in the country, but doesn't interfere with others' lives. The best description of the researcher's behavior is that it is:
A) deviant.*
B) abnormal.
C) a and b.
D) neither a nor b
Note some of these items have FIVE alternatives (A-E)

28. The term "8-Ball" is
   a. scientific terminology
   b. a legal concept
   c. a term of scorn and insult*
   d. a euphemism
   e. paleological

30. The token economy developed directly from research using
   a. classical conditioning
   b. operant conditioning*
   c. desensitization
   d. flooding
   e. modeling

31. The architect and accountant in the stress video say their jobs are stressful because of
   a. constant intellectual demands
   b. overwhelming responsibilities
   c. low pay for the job requirements
   d. insecurity; likely to be laid off
   e. sudden, uncontrollable deadlines*

32. Which view of abnormality is most applicable to someone suffering from chronic anxiety
   a. statistical infrequency
   b. violation of norms
   c. personal distress*
   d. danger to self

33. Agoraphobia literally means fear of:
   a. spiders
   b. snakes
   c. the market place*
   d. enclosed spaces
   e. death

34. A person committed involuntarily (against their will) to a mental hospital as a danger to
    others can be kept a total (including all present and future certifications) of:
   a. 17 days.
   b. 31 days.
   c. 6 months.
   d. 1 year.
   e. There is no upper limit to how long the person can be kept.*

35. The tendency of neurotics to carry over the crippling conflicts with significant persons of
    childhood into their relations with their psychoanalyst is called:
   a. libido.
   b. transference.*
   c. benevolent neutrality.
   d. sublimination.
   e. resistance.
36. When Little Hans feared horses instead of his father, this is an example of:
   a. hysteria.
   b. conversion.
   c. euphemism.
   d. displacement.*
   e. fugue.

37. A behavioral contract in which a client agrees to donate money to a disliked charity if he violates the terms of the contract, is an example of:
   a. operant conditioning.*
   b. classical conditioning.
   c. desensitization.
   d. biofeedback.
   e. existential-humanist approach.

38. The basis of operant conditioning is that:
   a. things that occur together in time or space will become associated and one will evoke the other.
   b. organisms faced with impossible choices will become neurotic.
   c. suppression of the classic fight-flight pattern will produce neurosis.
   d. organisms tend to behave in ways that pay off and avoid behavior associated with bad effects.*
   e. All of the above.

39. Which of the following behaviors is common in the recovery stage of response to a flood or tornado?
   a. dissociative amnesia
   b. Person appears stunned or dazed
   c. Person repeatedly talks about the catastrophe.*
   d. Person tends to be highly suggestible.
   e. Person tends to be very inefficient even when doing simple tasks.

40. When a court decides that a patient in Napa State Hospital is gravely disabled, the court appoints a _____ for the patient.
   a. psychiatrist
   b. therapist who must be a trained mental health professional
   c. social worker
   d. conservator*
   e. self-help group

41. Under the Lanterman-Petris-Short (LPS) Act, if a woman brought to a mental hospital involuntarily (against her will) is found to be _____, she can be certified and held for 72 hours.
   a. schizophrenic
   b. manic
   c. suicidal*
   d. depressed
   e. All of the above
42. According to the DSM, if the anxiety-linked symptoms begin within four weeks of the traumatic event, and last from 2 to 28 days, the diagnosis should be:
   a. conversion disorder.
   b. acute stress disorder*.
   c. dissociative amnesia.
   d. dissociative fugue.
   e. post-traumatic stress disorder.

43. The process that had been called “mesmerism” later became known as:
   a. dancing mania.
   b. exorcism.
   c. trephining.
   d. lycanthropy.
   e. hypnosis*.

44. As described in class, Madman Muntz and the Mad Butcher, use images of mental illness in their advertising primarily to:
   a. change attitudes toward mental illness.
   b. encourage discussion with customers.
   c. reduce stigma.
   d. attract attention.*
   e. desensitize negative labels.

45. The most effective way to overcome paleologic is through:
   a. rational argument.
   b. euphemism.
   c. dysphemism.
   d. classical conditioning.
   e. desensitization.*

46. Which of the following is not typically characteristic of paleological thinking?
   a. primitive
   b. sugar-coated*
   c. emotionally laden
   d. outside ordinary rational constraints
   e. unwillingness to hear contrary opinions

47. A man who is brought to a mental hospital, and certified under Lanterman-Petris-Short as a danger to self, may be held:
   a. for as long a time as he appears suicidal.
   b. a maximum of 31 days.*
   c. indefinitely on a conservatorship.
   d. 72 hours unless he is found to be gravel disabled.
   e. a minimum of 10 days.

48. Psychiatrists must have an M.D.; clinical psychologists must have a Ph.D. or Psy.D. Psychoanalysts must have:
   a. a master’s (M.S.) degree.
   b. an M.D.
   c. only a bachelor’s (B.S.) degree.
   d. training in behavioral medicine.
   e. an intensive personal analysis as part of psychoanalytic training *
49. The first biogenic approach to abnormal behavior can be traced to:
   a. the rise of the Christian Church during the Dark Ages.
   c. Hippocrates in ancient Greece.*
   d. Galen in ancient Rome.
   e. Freud in 19th Century Vienna.

50. The two main distinguishing ideas in the psychodynamic model are:
   a. childhood experiences explain adult personality; anxiety results from unconscious conflicts.*
   b. the causes of disorders are largely conscious; culture determines the expression of symptoms of disorder.
   c. diathesis and stress.
   d. parents teach children abnormality; symptoms start with biology.
   e. people strive for rewards; people avoid punishment.

51. Which client would be most likely to benefit from psychoanalysis?
   a. a poor person with limited verbal skills
   b. an older woman in immediate crisis
   c. a well-educated anxious man*
   d. a psychotic older man
   e. a disaster victim (flood or fire)

52. In his original experiments, Pavlov paired a bell tone with the presentation of food. After a while, the bell tone alone could provoke salivation. When this happened,
   a. the bell became a conditioned stimulus.*
   b. the animal learned a new operant.
   c. the animal showed a neurotic pattern of behavior.
   d. the salivation became an unconditioned response.
   e. the bell became the conditioned response.

53. Which of the following is the best example of operant conditioning?
   a. A man gets nauseated when he smells the same kind of food that once caused him food poisoning.
   b. A man asks for a raise because, in the past, his requests were successful.*
   c. A woman has been frightened by thunderstorms all her life.
   d. A child watches a friend steal from a store, so he thinks he might steal sometime in the future.

54. Cognitive theorists emphasize that disturbed individuals:
   a. come from disturbed families.
   b. live in stressful environments.
   c. have irrational and maladaptive thoughts.*
   d. are deficient in interpersonal skills.
   e. have unresolved sexual problems.

55. Are traditional psychoanalytic therapy and humanistic psychotherapies effective in helping severely disturbed people?
   a. Only humanistic psychotherapies are effective; traditional psychoanalytic therapy is not.
   b. No, neither is designed to help these people.*
   c. Yes, both are designed to help these people.
d. Only traditional psychoanalytic therapy is effective; humanistic psychotherapies are not.

56. Which diagnosis is most closely associated with panic disorder?
   a. Posttraumatic stress disorder (PTSD)
   b. Obsessive-compulsive disorder
   c. Specific phobia
   d. Agoraphobia*
   e. Generalized anxiety disorder

57. An extreme and irrational fear of a specific object such as snakes or crowded elevators is a definition of:
   a. specific obsession.
   b. social compulsion.
   c. social phobia.
   d. generalized anxiety disorder (GAD).
   e. specific phobia. *

58. Suppose you could not get a television advertising jingle out of your head. Unwanted and persistent, the stupid melody ran through your mind for days and weeks without end. This would be similar to:
   a. the obsessions seen in obsessive-compulsive disorder.*
   b. the fear seen in generalized anxiety disorder.
   c. the compulsions seen in obsessive-compulsive disorder.
   d. the avoidance seen in social phobias.
   e. the startle response in posttraumatic stress disorders.

60. Systematic desensitization is based on ____ learning principles.
   a. observational
   b. operant conditioning
   c. psychodynamic
   d. classical conditioning*
   e. contract

61. The professional person on the mental health team in the United States who would visit the family of a hospitalized mental patient and work intensively with the patient’s wife on a one-to-one basis would most likely be a(n)
   a. clinical psychologist
   b. psychiatrist
   c. caseworker*
   d. occupational therapist
   e. social therapist

62. An art therapist in a mental hospital would probably have a(n) _____ degree.
   a. A.A.
   b. M.D.
   c. Ph.D.
   d. R.N.
   e. B.A. or M.A* 

63. A personality disorder characterized by reliance in others and an unwillingness to assume responsibility:
   a. borderline
   b. dependent*
   c. histrionic
   d. narcissistic
64. Recurrent nightmares such as combat dreams have a positive value since they
   a. make the person face his problem.
   b. reduce fatigue.
   c. lead the person to seek out the root of his difficulties.
   d. gradually discharge tension.*
   e. make the person sleep better.

65. During the Vietnam War, the rate of emotional breakdowns in combat was:
   a. low compared to past conflicts.*
   b. higher than in past conflicts.
   c. about the same rate as in past conflicts.

66. Working in Pavlov’s laboratory, Yerofeeva produced an experimental neurosis in a dog
    when she made shock the ___________ for a salivary response to meat powder.
   a. unconditional stimulus
   b. unconditional response
   c. conditioned stimulus*
   d. conditioned response
   e. extinction stimulus

67. A persistent fear reaction that is strongly out of proportion to the reality of the danger is
    called a(n)
   a. phobia*
   b. compulsion
   c. obsession
   d. generalized anxiety disorder
   e. chronic panic attack
OPTIONAL essay

As mentioned in class, there is no pressure on you to write an essay. If you choose to do so, your multiple-choice questions will automatically count 1.0 each and the essay can receive up to 33 points. If you choose not to write the essay, your multiple choice questions count 1.492 each. There is no extra credit for answering the essay; it only lessens the weight of the multiple-choice questions. It gives you an opportunity to do some critical thinking on an important subject. If you choose to answer the essay, please write your name, and your ID number below, and your answer on the blank sides of the pages. Use as many pages as you want.

Name_______________________________________________________

ID Number ___________________________________________________

Essay Question

You are a clinical psychologist meeting with parents whose son has just had a schizophrenic breakdown. What are the advantages and disadvantages of using a) euphemism, b) dysphemism, and c) technical vocabulary in your discussion of their son's condition.