1. Why do some therapists believe psychotherapy to be 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.

2. If one could use only one treatment for schizophrenia and wanted the most effective treatment, one should choose:
   A) antipsychotic drugs.*
   B) psychodynamic therapy.
   C) milieu therapy.
   D) electroconvulsive therapy.

3. Donna has been treated with chlorpromazine for several years. Lately she seems to be chewing gum all the time and her arms are always in motion. She has begun to display twitches and she has a facial tic. This is an example of:
   A) dystonia.
   B) akathisia
   C) tardive dyskinesia*.
   D) neuroleptic malignant syndrome.

4. If researchers/therapists said they wanted to give patients food and a comfortable bed only when they behaved appropriately, the researchers/therapists would probably be told by hospital administrators:
   A) ok, if you have a control group.
   B) that's illegal*.
   C) tokens can be used for anything the patient chooses.
   D) ok, if you continue to do that once the patient is released to a halfway house.

5. 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

6. David Rosenhan sent eight normal people to various psychiatric hospitals complaining of hearing voices that said "empty," "hollow," and "thud." All eight people acted normally after being admitted to the hospital, yet all were diagnosed as schizophrenic. One of the conclusions from this study is that:
   A) clinicians are unable to detect "real" schizophrenia.
   B) the expectations produced by labeling can alter perception.*
   C) hospitals can produce schizophrenic behavior in normal people.
   D) auditory hallucinations are sufficient for diagnosis as schizophrenic.

7. The data from twin studies have revealed that:
   A) schizophrenia is 100% genetically transmitted.
   B) there is no important genetic component in schizophrenia.
   C) schizophrenia has a strong genetic component.*
   D) all types of twins have a relatively low concordance rate for schizophrenia.
8. A schizophrenic 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

9. A schizophrenic who is unusually silly, engages in odd mannerisms, and grimaces is most likely experiencing ______ schizophrenia.
   A) disorganized*
   B) catatonic
   C) paranoid
   D) undifferentiated

10. Schizophrenics who wave their arms around in wild motions and make kicking motions with their legs are experiencing:
    A) catatonic stupor.
    B) catatonic excitement.*
    C) catatonic rigidity.
    D) catatonic posturing.

11. A schizophrenic 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.

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

13. A schizophrenic who said, "It's time for supper, supper, supper. Supper is on in the supper room," is experiencing:
    A) loose associations.
    B) neologisms.
    C) perseveration.*
    D) clang.

14. The chief difference between hallucinations and delusions is that:
    A) hallucinations are more serious than delusions.
    B) hallucinations involve perception and delusions belief.*
    C) hallucinations are more common early in the disorder and delusions more common later.
    D) hallucinations are auditory and delusions are visual.

15. A schizophrenic 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.
16. "I like to read books. I read a book about a gilzbok... but they have nothing to interest me... it is just amudence all over again." This type of talk illustrates:
A) clang.
B) derailment.
C) neologisms.*
D) perseveration.

17. Rosa is sure that her family is planning to kidnap her and take her inheritance. She has found her husband talking on the phone in whispers and seen her children looking at her strangely. She is most likely suffering from:
A) delusions of grandeur.
B) delusions of reference.
C) delusions of control.
D) delusions of persecution.*

18. 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

19. Downward drift is best reflected in which of the following statements?
A) Poverty and social disruption cause schizophrenia.
B) Schizophrenia causes people to fall into poverty and social disruption.*
C) Genetic factors cause both schizophrenia and poverty.
D) Schizophrenia causes marital disruption, which causes poverty.

20. Which of the following is an example of a sociocultural approach to treating Alzheimer's?
A) day-care facilities*
B) behavior modification
C) medication
D) psychotherapy for caregivers

21. Problems of those who care for Alzheimer's victims include all of the following except:
A) modeling Alzheimer-like symptoms.*
B) feeling overwhelmed.
C) a decline in both physical and mental health.
D) stress buildup.

22. An individual suffering from a slowly progressive neurological disorder shows no evidence of infection or poisoning, but experiences tremors, rigidity, and unsteadiness. The most probable diagnosis is:
A) Parkinson's disease.*
B) Alzheimer's disease.
C) Huntington's disease.
D) Creutzfeldt-Jakob disease.

23. Among the proposed causes of Alzheimer's are all of the following except:
A) concussion or other brain injury.*
B) genetic factors.
C) slow-acting infections.
D) toxicity from zinc or aluminum.
24. The typical pattern of Alzheimer's for the patient is:
A) denial, anxiety, withdrawal, dependency.*
B) denial, anger, bargaining, acceptance, hope.
C) denial, projection, regression.
D) denial, acceptance, reemergence, reinforcement.

25. Which of the following statements is most accurate regarding Alzheimer's disease?
A) It is progressive and starts before age 45.
B) It is familial and starts before age 45.
C) It is familial and starts after age 80.
D) It is progressive and starts after age 65.*

26. An individual with retrograde amnesia:
A) has trouble learning new information.
B) can learn new information but does not recall old semantic information.
C) can learn new information but does not recall events of the past.*
D) has trouble with both learning new information and recalling old information.

27. 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.*

28. 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.

29. Compared to younger persons, older persons are:
A) more likely to have psychotic symptoms, and more likely to be schizophrenic.
B) more likely to have psychotic symptoms, but less likely to be schizophrenic.*
C) less likely to have psychotic symptoms, but more likely to be schizophrenic.
D) less likely to have psychotic symptoms, and less likely to be schizophrenic.

30. An elderly person who believes falsely that others are conspiring against her, cheating, or spying on her and behaves in angry, irritable, and depressed ways is exhibiting:
A) a delusional disorder.*
B) a cognitive disorder.
C) delirium.
D) acute anxiety.

31. Among the elderly, psychotic symptoms are usually due to:
A) schizophrenia.
B) delirium and dementia.*
C) delusional disorders.
D) depression.
32. An elderly individual is suffering from agoraphobia. The form of therapy that person is least likely to receive is:
A) drug.
B) psychodynamic.*
C) cognitive.
D) all of the above are used about equally often.

33. Children are more likely than the elderly to experience:
A) sleep terrors.*
B) insomnia.
C) breathing-related sleep disorder.
D) circadian rhythm disorder.

34. What is the relationship between age and anxiety in the elderly?
A) As age increases, the rate of anxiety disorders increases.*
B) As age increases, the rate of anxiety disorders decreases.
C) As age increases, the rate of anxiety disorders increases, then decreases.
D) There is no relationship between age and anxiety disorders.

35. If a person was experiencing insomnia and breathing-related sleep disorder, your best guess would be that this person was a:
A) child.
B) teenager.
C) young adult.
D) elderly person.*

36. 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.

37. 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.

38. In poor inner-city neighborhoods, children sometimes eat paint that is flaking off walls. This can lead to mental retardation because of:
A) meningitis.
B) encephalitis.
C) microcephaly.
D) lead poisoning.*
39. Mild mental retardation is most common in which socioeconomic class?
   A) lower*
   B) middle
   C) upper
   D) Mild mental retardation is about equally common across socioeconomic classes.

40. Biological factors appear not to be the most important causes of which level of mental retardation?
   A) profound
   B) moderate
   C) mild*
   D) Biological factors are the most important causes of all of the above.

41. Early home intervention programs for those in the "mild" retardation category:
   A) provide little help for children because of parental resistance.
   B) improve overall functioning, but not later school performance.
   C) do not improve overall functioning, but do improve later school performance.
   D) improve both overall functioning, and later school performance.*

42. About what percentage of those diagnosed with mental retardation fall in the DSM-IV "mild retardation" category?
   A) less than 10%
   B) 25%
   C) 55%
   D) 85%*

43. The specific symptoms associated with dyslexia include:
   A) strikingly impaired mathematical skills.
   B) having difficulty comprehending and expressing language.
   C) an impairment of the ability to recognize words and to comprehend what is being read.*
   D) extreme and repeated errors in spelling, grammar, punctuation, and paragraph organization.

44. 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 and validity.
   C) don't indicate level of adaptive behavior.*
   D) all of the above.

45. When answering the telephone of a suicide hot line, the first step for the counselor is to:
   A) formulate a plan.
   B) establish a positive relationship.*
   C) understand and clarify the problem.
   D) assess the caller's suicide potential

46. The age group most likely to commit suicide in the United States is:
   A) children.
   B) adolescents.
   C) young adults.
   D) the elderly.*
47. 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

48. A society that loses its basic family and religious core values, experiences large-scale immigration of people with very different values, and fails to provide meaning for the life of its people is in danger of an increase in what Durkheim calls:
   A) egoistic suicide.
   B) altruistic suicide.
   C) anomic suicide.*
   D) intragroup suicide.

49. Who of the following is most at risk for suicide?
   A) one with a panic or other anxiety disorder
   B) one who is depressed and dependent on alcohol*
   C) one who is schizophrenic and developmentally disabled
   D) one without a diagnosable mental disorder

50. According to current estimates, the suicide rate is highest in the United States among:
   A) African Americans.
   B) European Americans.
   C) Native Americans.*
   D) Asian Americans.

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

52. A person who becomes depressed because of several recent tragic events would be experiencing ______ depression.
   A) endogenous
   B) exogenous*
   C) experiential
   D) egocentric

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

54. 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*
55. 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

56. 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

57. Individuals who are classed as having mild (mental) subnormality:
   a. cannot hold employment
   b. cannot learn to talk
   c. do not usually possess external bodily deformities*
   d. are totally dependent on others for physical care and nourishment
   e. are likely to become psychotic

58. Which type of intelligence will show a more sharp decline with age?
   a. fluid intelligence*
   b. crystallized intelligence
   c. verbal intelligence

59. In schizophrenia, the delusions that occur are:
   a. auditory
   b. visual
   c. tactile (touch)
   d. none of the above*
   e. all of the above

60. Which of these statements is the most accurate?
   a. a high proportion of creative individuals is mentally ill*
   b. a high proportion of people with high IQ's is mentally ill
   c. a high proportion of mentally ill individuals is creative
   d. a high proportion of mentally ill individuals has high IQ's
   e. a high proportion of people with low IQ's is creative

61. An environment that enhances sensory and motor functions through environmental support is called:
   a. empathic
   b. goal directed
   c. simulated
   d. prosthetic*
   e. socialized

62. According to the video tape shown in class, the first sign of dementia is:
   a. sleep disturbance
   b. disordered mood
   c. memory loss*
   d. hyper-sensitivity
   e. difficulty in seeing whole figures
63. The phrase "mad as a hatter" refers to:
   a. Henry Hatter, a madman who attracted great notoriety in the 18th century
   b. the tendency to locate mental illness in the head
   c. madness seen as "losing one's head"
   d. the mercury poisoning in many hat workers
   e. the high incidence of mental illness in Cape Hatteras

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

65. 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

66. The Bender-Gestalt test is primarily a test of the ability:
   a. to form concepts
   b. to form words
   c. to remember information
   d. to see whole figures
   e. to ignore distracting stimuli

67. The Rorschach ink blot test is primarily a test of:
   a. intelligence
   b. personality
   c. special abilities
   d. short-term memory
   e. brain damage

68. The color-form test shown in class is a test of:
   a. the ability to see whole figures
   b. short-term memory
   c. concepts formation
   d. general intelligence
   e. specific abilities

69. The Goldstein-Scheerer tests assess the degree to which the person tested:
   a. can see whole figures
   b. can pick out details
   c. can perceive things correctly
   d. can learn the rules of testing
   e. can handle tasks on a conceptual basis

70. 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
71. In most cases of major depression:
   a. there are thoughts of suicide*
   b. there is an actual attempt at suicide
   c. there is sooner or later a successful suicide attempt
   d. none of the above

72. 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

73. If a depressed patient is given electric shock treatment, he or she is likely to first be given an injection of _________ prior to the shock.
   a. a tranquilizer
   b. a muscle relaxant*
   c. amphetamine
   d. morphine
   e. a placebo (sugar tablet)

74. Electro-shock therapy:
   a. permanently changes the patient’s personality
   b. is painful
   c. causes lapses in memory*
   d. can only be given with the patient’s consent
   e. is illegal in the state of California

75. Jung described the basic personality type of the schizophrenic as:
   a. introverted*
   b. extroverted
   c. hypnotic
   d. associational
   e. autistic

76. The psychiatrist who views psychosis as a legitimate and productive means of dealing with modern life is:
   a. Sullivan
   b. Freud
   c. Arieti
   d. Szasz
   e. Laing*

77. The positive concordance rate for schizophrenia among fraternal (DZ) twins is approximately:
   a. 1%
   b. 13%*
   c. 25%
   d. 40%
   e. 68%

78. Kay Jamison believes that artistic creativity is most related to which diagnostic category?
   a. paranoid schizophrenia
   b. schizo-affective disorder
   c. major depression
   d. cyclothemia
   e. hypomania*
79. One reason why the term *dementia praecox* was originally used, was because:
   a. there was a splitting of psychological functions.
   b. not every patient goes on to complete deterioration.
   c. patients often had delusions and hallucinations.
   d. the condition usually develops early in life (during adolescence).*
   e. diagnosis of the condition was very difficult.

80. Individuals classified as having *moderate* mental retardation are described as:
   a. having primary mental deficiency.
   b. having secondary mental deficiency.
   c. educable.
   d. trainable.*
   e. dependent retarded.

81. According to the American Psychiatric Association Classification system, a person with an IQ of 60 would be considered a case of:
   a. mild mental deficiency.*
   b. moderate mental deficiency.
   c. primary mental deficiency.
   d. secondary mental deficiency.
   e. endogenous mental deficiency.

82. On the Object Sorting portion of the Goldstein-Scheerer Test, a response that a pipe and a candle belong together because a candle can be used to light a pipe would be considered as a:
   a. major whole response.
   b. part detail response.
   c. concrete functional response.*
   d. conceptual response.
   e. secondary response.

83. When a schizophrenic patient declares, “I don’t feel I belong here. Everything around me appears unreal,” this is best described as:
   a. estrangement.*
   b. autism.
   c. delusion of reference.
   d. depersonalization.
   e. paleologic.

84. On the word association test, to the stimulus word “ring”, the response of “sing” would be considered:
   a. naming.
   b. echolalia.
   c. perseveration.
   d. clang association.*
   e. blocking.

85. 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.
86. Which of the following answers to the question, “In what way are a dog and a deer alike?” on an IQ test would be most likely to be classified as an abstract answer and receive full credit?
   a. “They are both animals.”*
   b. “They each are four-footed.”
   c. “They are both useful to humans.”
   d. “They are both alive.”
   e. “God created both.”

87. Among those intellectual abilities that hold up best (are maintained best) in old age is:
   a. reaction time.
   b. vocabulary.*
   c. digit span (remembering lists of numbers).
   d. block design (arranging small colored wooden blocks).

88. The schizoid individual is:
   a. forever searching for his identity
   b. weak in will-power and determination
   c. afraid to become emotionally involved with other people*
   d. unable to work
   e. poor powers of concentration and memory

89. In California today, which of the following terms is most likely to be used in an official report to describe the condition of people who are mentally retarded.
   a. borderline personality
   b. character disorder
   c. developmental disability*
   d. emotionally special persons (ESP)
   e. physically challenged

90. The elderly will tend to perform best on tasks:
   a. with specific time limits
   b. which involve sensory discrimination (e.g. judging specific colors or sounds)
   c. which stick to the main point and do not involve distractions*
   d. which involve fluid intelligence
   e. all of the above

91. There are several logically possible patterns of bipolar disorders. One is so rare that some researchers question whether it exists at all. Which disorder fits this description?
   a. unipolar mania*
   b. bipolar depression
   c. unipolar depression
   d. manic-depressive disorder
   e. affective disorder

92. Older people are likely to perform best in tasks:
   a. accompanied by light music
   b. when a supervisor is watching over them
   c. in early morning
   d. in early afternoon
   e. when there are no time limits*
93. Lithium is considered more effective in treating:
   a. bipolar affective disorder.*
   b. unipolar affective disorder.
   c. disorganized schizophrenia.
   d. undifferentiated schizophrenia.
   e. schizoid conditions.

94. Jung is usually credited with developing which of the following ideas?
   a. depersonalization
   b. collective unconsciousness*
   c. autism
   d. psychosexual states of development
   e. process schizophrenia

95. 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

96. When a depressive has delusions of guilt and unworthiness, these delusions:
   a. do not involve affect.
   b. are not systematized or well-organized.*
   c. are usually kept secret from other people.
   d. are logical and reasonable.
   e. are typically accurate.

97. A mental patient who is convinced that he is Jesus Christ is a(n) example of someone with a(n):
   a. hallucination.
   b. delusion.*
   c. estrangement.
   d. depersonalization.
   e. split personality.

98. Which of the following is not a characteristic of a person with bipolar disorder?
   a. his emotions are exaggerated
   b. he has periods of normality between attacks
   c. his basic personality is seclusive, quiet, and asocial*
   d. he will experience multiple attacks during his lifetime

99. In unipolar depression, thinking is
   a. delusional
   b. hallucinatory
   c. speeded up
   d. slowed down*
   e. relatively normal

100. In the United States today:
   a. depression is more common than mania*
   b. manic is more common than depression
   c. depression and mania are equally common.