Answer all multiple-choice questions on your Scantron. Select the best answer for each question. If you choose to answer the OPTIONAL essay, please do it on the blank sides of the last pages. Use as many blank pages as you need.

1. What kind of validity is most important to clinicians in evaluating the utility of a classification system?
   A) face validity
   B) internal validity
   C) external validity
   D) predictive validity*

2. The Diagnostic and Statistical Manual of Mental Disorders (presently DSM-IV) was developed by which American Association?
   A) Psychoanalytic
   B) Psychiatric*
   C) Psychological
   D) Phrenological

3. Deciding that a client's psychological problems in fact represent a particular disorder is called:
   A) psychotherapy.
   B) assessment.
   C) diagnosis.*
   D) triage.

4. Clinical interviews are the preferred assessment technique of many practitioners. One particular strength of the interview process is:
   A) validity.
   B) the reliability of the technique.
   C) the chance to get a general sense of the client.*
   D) that interviewers do not distort client information.

5. A panel of psychologists and psychiatrists evaluates the test results and clinical interviews of a client in a sanity hearing. They all arrive at the same diagnosis. The panel has high:
   A) internal validity.
   B) predictive validity.
   C) interrater reliability.*
   D) test-retest reliability.

6. An obsessive-compulsive person who was told that everyone was required to wear shoes at all times in the house and not to vacuum for a week, would be experiencing what therapy procedures?
   A) family therapy
   B) exposure and response prevention*
   C) reinforcement for compulsive behavior
   D) free association
7. Behaviorists believe that compulsive behavior:
A) is reinforced because engaging in it reduces anxiety.*
B) originally is associated with an increase in anxiety.
C) is logically rather than randomly connected to fearful situations.
D) is exhibited by everyone.

8. According to Freud, obsessive-compulsive disorders have their origin in the _____ stage of development:
A) oral.
B) anal.*
C) phallic.
D) genital.

10. Panic attacks are usually treated with cognitive therapy and/or:
A) drug therapy.*
B) habituation training.
C) classical conditioning.
D) response prevention therapy.

11. A person who experiences unpredictable panic attacks combined with dysfunctional behavior and thoughts is probably experiencing:
A) typical panic attacks.
B) panic disorder.*
C) physiological damage.
D) a normal response to stress.

12. One procedure used to treat phobic disorders involves having the therapist confront the feared object or situation while the fearful client observes. This is called:
A) flooding.
B) modeling.*
C) implosive therapy.
D) systematic desensitization.

13. The first step in treatment of systematic desensitization is:
A) role playing.
B) relaxation training*.
C) construction of a fear hierarchy.
D) graded pairings with the phobic object.

14. While walking through a forest during a rainstorm, 5-year-old Samir was almost struck by lightning. Today, as an adult, he is extremely afraid of trees. What is the conditioned stimulus in the example?
A) the trees*
B) the lightning
C) the rain storm
D) the feelings of fear

15. Which theoretical position explains the origin of anxiety disorders as due to classical conditioning?
A) biological
B) sociocultural
C) behavioral*
D) psychodynamic

16. Steve is afraid of eating in public, expecting to be judged negatively and to feel humiliated. As a result, he always makes up excuses when asked out to eat. His diagnosis would probably be:
A) a social phobia.*
B) a specific phobia.
C) generalized anxiety disorder.
D) posttraumatic stress disorder.

17. Devon is being treated for anxiety. He is connected to an instrument that tells him when he is producing alpha waves. Alpha waves reflect relaxation. His job is to try to keep the display in alpha. This is an example of:
A) biofeedback training.*
B) EMG training.
C) relaxation training.
D) self-instruction training.

21. The following is an example of which anxiety disorder? A person constantly feels upset and nervous, so much so that it interferes with work.
A) generalized anxiety disorder*
B) phobia
C) panic disorder
D) obsessive-compulsive disorder

22. Fear differs from anxiety in that:
A) fear is to a specific threat and anxiety is more general.*
B) anxiety is more likely to lead to aggression than is fear.
C) anxiety is to an interpersonal threat and fear is to an inanimate threat.
D) all of the above.

23. Maureen is learning to warm her hands. She looks at a dial that reflects the output from a heat-sensitive device on her fingers. She simply tried to make the dial go up. This is a form of:
A) meditation.
B) relaxation training.
C) biofeedback training.*
D) cognitive intervention.

24. Researchers have found a link between Type A personality and:
A) lack of aggressiveness.
B) somatoform disorder.
C) coronary heart disease.*
D) generalized anxiety disorder.

26. After the plane crash, Marie's mother came to stay with her. Her friends visited often, and went to lunch and dinner with her occasionally. This situation, which probably contributed to her coping ability after the accident, relates to ______ as a factor in her response to the stress.
A) personality
B) social support*
27. Which of the following does not characterize stress disorders?
A) recurring memories, dreams, or nightmares about the event
B) a compulsive need to engage in activities that remind one of the event*
C) reduced responsiveness to the world around one
D) signs of increased arousal, such as poor sleep and exaggerated startle reactions

28. One distinction that DSM-IV makes between acute stress disorder and posttraumatic stress disorder is based on:
A) how intense the anxiety-linked symptoms are.
B) what the cause of the anxiety-linked symptoms was.
C) how long the anxiety symptoms last.*
D) what sort of treatment is contemplated for the anxiety-linked symptoms.

29. Posttraumatic stress disorders:
A) begin immediately after the stress occurs.
B) last between 1 and 3 weeks.
C) don't begin until years after the traumatic event.
D) none of the above.*

30. A person who witnessed a horrible accident and then became unusually anxious and depressed for three weeks is probably experiencing:
A) posttraumatic stress disorder.
B) pretraumatic stress disorder.
C) combat fatigue.
D) acute stress disorder.*

32. A visitor to a local community center is surprised to see a group of people discussing their phobias and anxieties without a clinical psychologist present. Most likely, the visitor has witnessed:
A) a mutual help group.*
B) family therapy.
C) gender-sensitive therapy.
D) an example of primary prevention.

33. "When we try to establish how abnormality develops, we need to consider how individuals deal with the meaning of life, and with the value they find in living." A psychologist from which background would agree most strongly with this statement?
A) cognitive-behavioral
B) humanistic-existential*
C) psychodynamic
D) cognitive

34. Evidence that supports the effectiveness of psychodynamic therapies has come from:
A) longitudinal experimental studies.
B) individual case studies.*
C) controlled correlational studies.
D) carefully controlled experiments.

35. The part of the personality that deals with the real world is the:
A) id.
36. Freud believed that the source of energy that fuels the id:
A) are defense mechanisms.
B) is the libido.*
C) is conscious.
D) is learned.

36. The form of "psychosurgery" performed in prehistoric times is called:
A) lobotomy.
B) trephining.*
C) ECT.
D) laparoscopy.

38. The basis for moral treatment of asylum patients was the belief that:
A) mental problems had a biological basis.
B) demonology was a cause of mental illness.
C) mental illness should be treated with respectful technique.*
D) the cause of mental illness was immoral behavior.

39. What model of mental illness did most people hold during the Middle Ages?
A) the moral model
B) the medical model
C) the psychogenic model
D) the demonology model*

40. Under the Lanterman-Petris-Short Act, a person who is unable to care for her basic requirements and is in need of care and supervision as a result of mental disturbance is considered
a. socially undesirable
b. a danger to others
c. a danger to self
d. developmentally disabled
e. gravely disabled*

41. For someone to call themselves "a therapist" in California today requires that they have a(n)
a. MD or Ph.D.
b. MA or MSW
c. MFCC
d. LCSW
e. none of the above*

42. If a mental patient has a conservator appointed for him, that patient has most likely been found to be
a. a danger to himself
b. a danger to others
c. gravely disabled*
d. a mentally disordered sex offender
e. an antisocial personality
43. The employee of a mental hospital whose specific duties involve large-scale organized social activities is best described as a(n)
   a. occupational therapist
   b. recreational therapist*
   c. psychiatric technician
   d. psychiatric social worker
   e. group therapist

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

45. According to current military thinking, it is preferable to treat soldiers suffering from combat exhaustion
   a. at base hospitals away from all danger
   b. at Veterans Hospitals in the United States where adequate professional assistance is available
   c. as near as possible to their combat unit and the battle zone*
   d. in group therapy sessions with their close buddies who have been through combat

46. Recurrent nightmares such as combat dreams can 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

47. A unique part of the training of psychoanalysts is that they
   a. must undergo a personal psychoanalysis*.
   b. must first be trained in medicine.
   c. must complete a lengthy research dissertation.
   d. focus on short-term psychotherapy.
   e. do mostly group therapy.

48. The view that mental health depends on a delicate balance among the four "humors" of the body was promoted by
   a. Freud
   b. Breuer
   c. Galen
   d. Hippocrates*

49. The somatogenic model
   a. suggests that abnormal behavior results from some physical problem.*
   b. asserts that mental illness is caused by some abnormality in the mind.
   c. implies that mental illness can be cured through psychotherapy.
   d. was primarily promoted by the demonologists.
   e. was developed by Freud.
50. Which of the following is not a criterion for involuntary commitment to a mental hospital under the Lanterman-Petris-Short Act?
   a. psychotic behavior*
   b. grave disability
   c. danger to others
   d. danger to self

51. Which of the following would be considered a euphemism?
   a. Buffalo, New York
   b. Moose Jaw, Canada
   d. Cambridge, England
   e. None of the above*

52. 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.*

53. Which degree or certificate must a Psychiatric Technician working in a California mental hospital possess?
   a. Ph.D.
   b. M.D.
   c. M.A. or M.S.
   d. R.N.
   e. None of the above*

54. 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.

55. The percentage of military discharges for psychiatric reasons was highest in:
   a. World War 2*
   b. Korean War
   c. Vietnam War
   d. Persian Gulf War
   e. Equal percentage in all wars

56. Admission rates to psychiatric hospitals are highest for adults who:
   a. have never been married
   b. are divorced or separated*
   c. have been married less than 2 years
   d. have been married between 10-15 years
   e. have been widowed
57. The tendency of neurotics to carry over the crippling conflicts with significant persons of childhood into their relationships with their psychoanalyst is called:
   a. libido  
   b. transference*  
   c. benevolent neutrality  
   d. sublimination  
   e. resistance

58. Wolpe found he could reduce or remove the effects of an experimental neurosis using
   a. systematic desensitization*  
   b. operant conditioning  
   c. alcohol given to the animal after the conditioning  
   d. classical conditioning  
   e. modeling

59. Classical conditioning is based on the principle of:
   a. reward  
   b. association*  
   c. tension reduction  
   d. punishment  
   e. extinction

60. A dog is fed three seconds after a bell rings. Soon the dog begins to salivate whenever he hears the bell. The bell is the
   a. unconditioned stimulus  
   b. unconditioned response  
   c. conditioned stimulus*  
   d. conditioned response  
   e. extinction stimulus

61. According to Freud, Little Hans’ dislike of horses was a _________ of his attitude toward his father.
   a. displacement*  
   b. denial  
   c. sublimation  
   d. suppression  
   e. rejection

62. Learning theory approaches to psychotherapy (behavior therapy) had their origins in
   a. the clinic  
   b. observations of animals in their natural environment  
   c. the experimental laboratory*  
   d. the zoo  
   e. the school

63. Paleologic can best be dealt with through:
   a. euphemism  
   b. desensitization*
c. rational argument
d. dysphemism
f. substituting numbers for words

64. To wear a derogatory label as a badge of honor is called:
   a. modeling
   b. paleologic
   c. aversive conditioning
   d. humiliation
   e. dysphemism*

65. Which of the following best describes the attitude of the psychoanalyst during therapy:
   a. active and involved
   b. indifferent and detached
   c. scientific and objective
   d. benevolent neutrality*
   g. works with families

66. During the conditioning procedure, Pavlov's animals were usually:
   a. asleep
   b. actively pressing levers to obtain rewards or to avoid punishment
   c. held in restraint*
   d. given drugs
   e. stroked and petted to increase cooperation

67. A persistent fear reaction that is strongly out of proportion to the reality of the danger is called a:
   a. phobia*
   b. compulsion
   c. obsession
   d. panic idea
   e. generalized anxiety disorder

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 37 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 below and write your answer on the blank sides of the pages. Use as many pages as you want.

Essay Question

For the general public, discussion of mental illness is often difficult. Discuss various obstacles to clear thinking and open discussion, and how these obstacles might be overcome.