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. Most evidence for the effectiveness of self-help programs comes from:
   A) carefully monitored longitudinal studies.
   B) laboratory experimentation and generalization of findings.
   C) cross-sectional surveys of self-help program participants.
   D) testimonials from those who have gone through such a program.*

2. Hanna goes to a meeting because her husband is an alcoholic who only occasionally can abstain from alcohol. The meetings with other people in similar situations helps her cope. She probably attends meetings of:
   A) Al Anon.*
   B) AA.
   C) alcohol maintenance.
   D) antagonistic medication.

3. The purpose of an antagonist drug is to:
   A) stimulate the client to care about becoming drug-free.
   B) block or change the effect of an addictive drug.*
   C) reduce withdrawal effects as one goes off a drug.
   D) provide a placebo effect to replace the drug effect.

4. Jason, a recovering heavy drinker, has been trained to identify the situations that might cause him to drink and to be aware of when he should stop drinking. This approach is known as:
   A) aversive therapy.
   B) ego-control therapy.
   C) relapse prevention training.*
   D) behavioral self-control training.

5. Daniel, an intravenous heroin user, feels intense cravings when he sees hypodermic needles. This might be an example of:
   A) modeling.
   B) operant conditioning.
   C) classical conditioning.*
   D) observational learning.

6. The chief danger of LSD use is:
   A) the risk of developing drug tolerance.
   B) the possibility of very powerful, sometimes negative, reactions.*
   C) the severity of withdrawal symptoms among even occasional users.
   D) the universal occurrence of "flashbacks" among former users.

7. Mario felt awake and alive after taking the drug. He felt as though he could conquer the world after taking:
   A) heroin.
   B) alcohol.
   C) cocaine.*
   D) a barbiturate.
9. A wounded veteran of the U.S. Civil War suffering from "soldiers' disease" most likely was suffering from:
   A) morphine dependence.*
   B) THC-induced symptoms from wound binding made of hemp cloth.
   C) alcohol dependence.
   D) cirrhosis caused by drinking medicine dissolved in ethyl alcohol.

10. Barbiturates were first prescribed to help people:
    A) diet.
    B) deal with the stresses of war.
    C) sleep.*
    D) deal with pain.

11. A patient in an alcohol rehabilitation center tells you a detailed story about growing up in the mountains of Tennessee. Later, you find out that the person in fact never even visited Tennessee. A day later you visit the patient again, and the patient does not recognize you. Most likely, the patient is suffering from:
    A) fetal alcohol syndrome.
    B) cirrhosis.
    C) withdrawal of delirium.
    D) Korsakoff's syndrome.*

12. The scarring of the liver caused by alcohol consumption is known as:
    A) cirrhosis.*
    B) hemorrhaging.
    C) vasoconstriction.
    D) Korsakoff's syndrome.

13. A person's hands and eyelids are shaking, and that person is experiencing visual and tactile hallucinations. Of the following, that person is most likely experiencing:
    A) Korsakoff's syndrome.
    B) narcotic attraction.
    C) delirium tremens.*
    D) cannabis toxicity.

14. Mendon began by taking one amphetamine a day to control his appetite. After a month or so it did not work as well, but two pills did. This is an example of:
    A) tolerance.*
    B) resistance.
    C) withdrawal.
    D) dependence.

15. "Intoxication" literally means:
    A) tolerance.
    B) poisoning.*
    C) hallucination.
    D) substance dependence.
16. Tanya is a behavioral therapist who exposes bulimic patients to situations that usually cause binge episodes and then prevents them from binge eating. This technique that she is using is called:
A) skillful frustration.
B) temptation-restriction.
C) willpower reinforcement.
D) exposure and response prevention.*

17. An example of a disturbed cognition that might be present in one being treated for anorexia is:
A) I don't talk about my feelings; I never have.
B) My weight and shape determine my value.*
C) I am free to speak my mind and others shouldn't turn away.
D) Whatever I feel, she has to feel too.

18. If we find that many people with eating disorders also have symptoms of depression, we know that:
A) eating disorders cause depression.
B) depression causes one to have an eating disorder.
C) something else causes both eating disorders and depression.
D) none of the above.*

19. Most people with bulimia nervosa ______ compared to people with anorexia nervosa.
A) are younger
B) have less education
C) are of more normal weight* 
D) have obsessive thoughts about food

20. Which of the following problems is common in anorexia nervosa?
A) amenorrhea*
B) increased heart rate
C) high blood pressure
D) elevated body temperature

21. The peak age range for the development of anorexia nervosa is:
A) 7-10.
B) 10-13.
C) 14-18.*
D) 20-25

22. A man who is physically masculine but considers himself a woman and would like to live as a woman is a:
A) pedophile.
B) transsexual.*
C) transvestite.
D) homosexual.

23. Exhibitionists engage in that behavior because they:
A) were sexually abused as children.
B) are trying to solicit sexual contact.
C) are unable to experience sexual relations.
D) desire a shock reaction from their victim.*

24. Which of the following is not a DSM-IV diagnostic category?
   A) voyeurism
   B) transvestism
   C) homosexuality*
   D) frotteurism

25. How does Viagra work?
   A) It increases blood flow into the penis.*
   B) It draws blood flow out of the penis to create a vacuum.
   C) It increases testosterone levels.
   D) all of the above

26. One of the most problematic aspects of treating sexual dysfunction is:
   A) the limited success possible.
   B) the prevalence of myths and sexual ignorance.*
   C) the lack of available treatment programs for people with disorders.
   D) the failure of patients with sexual dysfunctions to achieve a healthy transference.

27. Obsessive-compulsive symptoms may contribute to hypoactive sexual desire because one with this disorder:
   A) finds contact with body fluids and odors unpleasant.*
   B) compulsively seeks sexual partners.
   C) obsesses about having no sexual partners.
   D) all of the above

28. A person who becomes sexually aroused in the presence of stimuli most people in that person's society would not think appropriate is experiencing:
   A) sexual dysfunction.
   B) gender identity disorder.
   C) paraphilia.*
   D) hyperactive sexual desire.

29. Temporary commitment in an emergency situation is possible if:
   A) the family requests it.
   B) both parents request it.
   C) the M'Naghten rule is applied.
   D) two physicians certify it (the two-physician certificate-"2 PC").*

30. Iris has had a diagnosis of schizophrenia. She mutters a lot about being possessed. Lately, she has been carving her arm with a knife. You think that she requires treatment before she hurts herself any more. The authorities have a right to commit her based on the principles of:
   A) parens patriae.*
   B) habeas corpus.
   C) in loco parentis.
   D) politico parentis.

31. The process of forcing certain individuals to undergo mental health treatment is called:
   A) police power.
   B) parens patriae.
32. A person who is accused of a crime cannot be convicted if he or she is mentally unstable either at the time of the crime or at the time of the trial. Competence to stand trial is important to ensure that the person:
A) knows whether he or she is guilty.
B) may argue coherently on the witness stand.
C) understand the charges and can consult with counsel.*
D) can show the jury his or her state of mind at the time of the crime.

33. If a mentally ill person committed murder, but was convicted of committing manslaughter, that person probably lived in a state that had a ______ option.
A) guilty but mentally ill
B) guilty with diminished capacity*
C) not guilty by reason of insanity
D) guilty by reason of insanity

34. The Durham test judges a person not to be criminally responsible if he or she has acted:
A) under the influence of a mental disease or mental defect.*
B) under a compulsion or an irresistible impulse to act.
C) without the knowledge of the nature of the act or actions were wrong.
D) lacking the ability to conform his or her conduct to the requirements of law, as a result of mental disease or defect.

35. If a person accused of a crime is found not guilty by reason of insanity, he or she is committed to a psychiatric facility for treatment. This is called:
A) 2 PC.
B) incarceration.
C) civil commitment.
D) criminal commitment.*

36. What is a common reason for the hospitalization of people with borderline personality disorder?
A) They may attempt suicide or otherwise hurt themselves.*
B) They finally cannot care for themselves.
C) They voluntarily ask for hospitalization, out of desperation.
D) They are so afraid of leaving their homes that they suffer social paralysis.

37. Which of the following statements is most accurate regarding antisocial personality disorder?
A) Most who have it are not treated, and most who are treated are not helped much.*
B) Most who have it are not treated, but most who are treated are helped substantially.
C) Most who have it are treated, but most who are treated are not helped much.
D) Most who have it are treated, and most who are treated are helped substantially.

38. Wes has always been a loner. He has never much cared for being with other people. He does not form relationships easily. He appears to be without emotion. Wes may be exhibiting the ______ personality disorder.
A) schizoid*
B) paranoid
C) histrionic
D) narcissistic

39. Which of the following statements regarding the treatment of paranoid personality disorder is most accurate?
   A) Drug therapy generally works best.
   B) Psychodynamic therapy involving hypnotic regression is often effective.
   C) Behavioral therapy usually works well, and in relatively few sessions.
   D) Most therapies are of limited effectiveness, and progress slowly.*

40. Although those with paranoid personality disorder often are deeply suspicious, their suspicions usually do not:
   A) threaten their interpersonal relationships.
   B) become delusional.*
   C) result in anger.
   D) involve those with whom they work.

41. Which of the following statements is most accurate, in terms of present research findings?
   A) "Odd" personality disorders cause schizophrenia.
   B) "Odd" personality disorders are caused by schizophrenia.
   C) "Odd" personality disorders and schizophrenia are related to one another.*
   D) "Odd" personality disorders and schizophrenia are not related to one another.

42. Based on a structured interview, Diagnostician A classifies an individual's personality disorder in the "odd" cluster. Based on another structured interview of the same type, Diagnostician B classifies an individual's personality disorder in the "dramatic" cluster. If what is described here is typical of what happens when that variety of structured interview is used, one would say the structured interview has:
   A) high reliability and high validity.
   B) high reliability and low validity.
   C) low reliability and high validity.
   D) low reliability and low validity.*

43. The first step in treating people with dissociative identity disorder is to:
   A) educate them about the disorder.*
   B) integrate the subpersonalities into a unity.
   C) establish a contract with the subpersonalities to prevent self-harm.
   D) provide a forum for the subpersonalities to communicate with one another.

44. Which of the following is not one of the leading forms of therapy for dissociative disorders?
   A) behavioral*
   B) psychodynamic
   C) drug
   D) hypnotic

45. Psychodynamic theorists propose that unconscious conflicts cause conversion disorders. Their remedy is to bring these to consciousness and work them through. Knowledge of the underlying problem will make the symptom disappear. This therapy is based on:
   A) insight.*
   B) suggestion.
46. Psychodynamic theorists propose that unconscious conflicts arouse anxiety. Disorders that represent the conversion of anxiety into physical symptoms are:
   A) simple phobias.
   B) dissociative disorders.
   C) psychophysiological disorders.
   D) hysterical disorders.*

47. Which of the following is an example of malingering?
   A) intentionally faking a tic in order to avoid military service*
   B) intentionally faking back problems because the person likes being a patient
   C) experiencing chest pains in response to intense stress
   D) loving to undergo unnecessary medical tests

48. The following best describes which disorder? The patient had several surgeries over the years for vague and nonspecific sexual reproductive problems, visiting many of the best hospitals in the East during the course of treatment.
   A) conversion disorder
   B) somatization disorder*
   C) pain disorder associated with psychological factors
   D) preoccupation disorder

49. Conversion disorders most often appear in:
   A) childhood.
   B) adolescence.*
   C) middle adulthood.
   D) late adulthood.

50. The general approach of sex researcher Alfred Kinsey was most similar to that of:
   a. a lawyer.
   b. psychtherapist.
   c. a descriptive biologist.*
   d. a novelist.
   e. a clergyman.

51. Today the term “transinstitutionalization” is used to describe the shift from ______ to ______ in dealing with the mentally ill.
   a. hospital – jail*
   b. custody - treatment
   c. policy - mental health system
   d. untrained staff - trained staff
   e. psychotherapy - drug treatment

52. After the second world war, the possibilities of discharging chronic patients into the community produced an emphasis on ______ rather than ______.
   a. warehousing - deinstitutionalization
   b. warehousing - transinstitutionalization
   c. treatment – custody*
d. isolation - loss of independence
e. warehousing - stimulus deprivation

53. According to Philip Zimbardo, the goal (purpose) of the Stanford Prison Study was originally to demonstrate:
   a. new treatment methods for prisoners.
   b. the need for ethical guidelines in research.
   c. how inmates become antisocial personalities.
   d. how situations we are in determine our behavior. *
   e. new training methods for guards.

54. Laud Humphries who wrote *Tearoom Trade* found that in most homosexual encounters in public restrooms:
   a. there is a significant drug use and exchange.
   b. people will arrange dates and times for future liaisons (meetings).
   c. nothing is spoken. *
   d. people discuss personal problems.
   e. most participants are teen-agers.

55. The sex research of Masters and Johnson was based largely on:
   a. surveys (depth interviews).
   b. observations in natural settings when sexual behavior takes place.
   c. psychological tests.
   d. laboratory observations.*
   e. participant observation (spending time in the field).

56. Deinstitutionalization has failed to fulfill its early promise for the mentally ill. In particular, it has resulted in which of the following unintended consequences?
   a. a significant decrease in all forms of inpatient treatment.
   b. a large number of “criminalized” patients.*
   c. a substantial increase in the number of civil commitment procedures.
   d. a large number of criminal defendants using the insanity defense.
   e. more criminals committed to mental hospitals.

57. A psychiatrist is testifying in relation to a criminal defendant’s insanity plea. This expert witness asserts that the defendant has a several mental illness that caused the criminal action. This evidence is MOST critical to the _______ rule.
   a. mens rea
   b. Durham*
   c. McNaughton
   d. ALI
   e. GBI

58. James is being treated for a shoe fetish. The therapist pairs electric shock with sight and touch of shoes. The therapist is using:
   a. a behavior contract.
   b. a token economy.
   c. positive reinforcement.
   d. operant conditioning.
   e. classical conditioning.*

59. Drugs like LSD and mescaline were originally called psychotomimetic because:
   a. they increased colored imagery.
   b. they affected the mind.
c. they were “mind manifesting” – they sometimes brought creative thoughts and revelations.
d. they produced states of mind and behavior that resembled psychoses.*
e. they were addictive

60. The most significant ethical problem with the Stanford Prison Experiment was that:
a. nothing significant was learned.
b. the participants had not consented to be “inmates” and “guards”.
c. there was no follow-up after the experiment.
d. the experimenter (Zimbardo) had gotten too involved in the research and lost his objectivity.*
e. the “guards” had not been properly trained.

61. In their eagerness to reduce mental health costs in the 1960s and 1970s, legislators heard only half the reformers’ cry. Which half did they tend to ignore?
a. Hire more staff in mental hospitals.
b. Shut down the large, ineffective state hospitals.
c. Revise commitment laws to give more respect to civil liberties.
d. Replace state hospitals with active treatment community programs.*
e. Improve the physical conditions inside mental hospitals.

62. When a lawyer argues that his client was not insane at the time of the alleged crime, but still should receive a reduced sentence because of an abusive childhood, the lawyer is basing this on:
a. Tarasoff decision.
b. M’Naghten rule
c. Durham decision.
d. doctrine of diminished capacity.*
e. ALI test.

63. As described in class, the single argument in favor of deinstitutionalization that proved to be most persuasive to legislators was:
a. more humane care
b. more effective treatment
c. less expensive care*
d. respect for individual rights
e. least restrictive environment

64. In the United States, heroin is obtainable
a. by addicts if they register.
b. in hospitals for use by physicians for relieving pain.
c. only on the illegal market.*
d. in drug stores by patients who have a physician’s prescription for it.
e. by people with eye problems (glaucoma).

65. According to the ________, defendants can be acquitted of a crime if, at the time of their actions, they did not know what they were doing or could not comprehend that the act was wrong.
a. principle of competency to stand trial.
b. Durham standard.
c. irresistible impulse concept.
d. diminished capacity test
e. M’Naghten Rule*

66. _____ has become known as "hillbilly heroin."
   a. methadone
   b. ecstasy
   c. PCP
   d. methamphetamine
   e. OxyContin*

67. People now diagnosed as "anti-social personalities," were at one time called:
   a. developmentally disabled
   b. morally insane*
   c. arousal disordered
   d. paraphiliac
   e. schizoid personality

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 will
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.

Name (please print) ________________________________

ID Number ________________________________

Essay Question

Discuss the factors leading up to deinstitutionalization and its effects, including unanticipated
consequences.