Answer all questions on your Scantron. Select the best answer for each question. 1 _ credits each.

1. 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.*

2. 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.

3. _____ is an irrational fear about situations in which the person can be observed by others.
   a. Generalized anxiety disorder
   b. Agoraphobia
   c. Acute stress disorder
   d. Social phobia*
   e. Panic disorder

4. When Little Hans feared horses instead of his father, this is an example of:
   a. hysteria.
   b. conversion.
   c. euphemism.
   d. displacement.*
   e. fugue.

5. 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.

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

7. 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.

8. An ongoing inability to form new memoirs following a trauma is called:
   a. dissociation.
   b. fugue.
   c. anterograde amnesia.*
   d. retrograde amnesia.
   e. Korsakoff’s syndrome.

9. 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.

11. 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

12. Which of the following was not a method of treatment commonly used by the military in the Korean
   and Vietnam wars to treat cases of combat exhaustion?
   a. immediacy
   b. proximity
   c. psychic numbing*
   d. expectancy
   e. All these methods were used.

13. 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*.

14. The person on the mental health team whose specialty is using crafts therapeutically is the:
   a. occupational therapist.*
   b. recreational therapist.
   c. industrial therapist.
   d. LVN or LPN.
   e. art therapist.

15. 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.

16. A psychoanalyst:
   a. becomes deeply involved in his patient’s life.
   b. tells the patient how to conduct his life.
   c. maintains an attitude of benevolent neutrality during therapy.*
   d. acts as if he were the patient’s father (or mother).
   e. must have an MD degree.

17. According to the DSM, if the anxiety-linked symptoms begin within four weeks after the traumatic event, and lasts 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.

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

19. A case worker working for the California Department of Mental Health is most likely to do:
   a. craft work.
   b. diagnosis.
   c. counseling.*
   d. testing.
   e. research.

20. 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.

21. The most effective way to overcome paleologic is through:
   a. rational argument.
   b. euphemism.
   c. dysphemism.
   d. classical conditioning.
   e. desensitization.*
22. 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

23. According to the California Lanterman-Petris-Short (LPS) Act, a person brought to the hospital as ______ can be committed (held against their will).
   a. schizophrenic
   b. depressive
   c. anti-social personality
   d. having a grave disability*
   e. All of the above.

24. 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 gravely disabled.
   e. a minimum of 10 days.

25. In conducting a psychodiagnosis, psychologists _____ abnormal behavior.
   a. eliminate
   b. control
   c. describe*
   d. predict
   e. ignore

26. The fact that different psychologists have different theoretical orientations most directly affects how they _____ abnormality.
   a. classify
   b. explain*
   c. define
   d. describe
   e. test

28. Harold is a mental health professional who has a medical degree and prescribes antidepressants and antipsychotic medication. He completed a three-year residency in order to complete his training. We can guess that Harold is a:
   a. social worker.
   b. psychiatrist.*
   c. clinical psychologist.
   d. psychoanalyst.
   e. psychotherapist.

29. 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.

31. Research shows that in the United States, women are more likely than men to have problems with:
   a. hallucinations.
   b. schizophrenia.
   c. alcohol.
   d. depression.*
   e. delusions.

32. It is generally believed that prehistoric people considered the major cause of serious abnormal behavior to be:
   a. biological disequilibrium.
   b. genetic inheritance.
   c. childhood mistreatment.
   d. demonology.*
   e. trephination.

33. 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.

34. Who ordered the chains to be removed from inmates at a mental asylum and is considered a founder of the moral treatment movement?
   a. Clifford Beers
   b. Johann Weyer
   c. Phillippe Pinel*
   d. Dorothea Dix
   e. B.F. Skinner

35. A history book states, “Benjamin Rush introduced humane policies into American mental hospitals, but it took Dorothea Dix to make significant positive reforms in mental hospital care. After her work, inhumane treatment was eliminated in the United States.” What, if anything is incorrect in this statement?
   a. No portion of the statement is incorrect.
   b. It is incorrect to say that Dix made significant positive reforms.
   c. It is incorrect to say that inhumane treatment was eliminated by Dix.*
   d. It is incorrect to say that Rush introduced humane policies.
   e. The entire statement is incorrect.

36. Mesmer’s lasting contribution to psychology is his:
   a. research showing the relationship between syphilis and the mental deterioration seen in general paresis.
   b. development of a textbook for psychiatry that described the major disorders.
   c. demonstration that psychological factors like suggest can cure mental problems.*
   d. demonstration that the masses can fall for a false set of beliefs.
   e. mental patients do not require chains.
38. 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.

39. Suppose Steven V. feels an overwhelming need for sex and a complete inability to delay his desires. According to a psychoanalytic thinker, at that moment Steven’s personality is dominated by the:
   a. superego.
   b. reality principle.
   c. id.*
   d. ego.
   e. ego ideal.

40. According to Freud, the two most important instincts in people are:
   a. pleasure and reality.
   b. responsibility and irresponsibility.
   c. sex and aggression.*
   d. fear and happiness.
   e. ego and ideal.

41. Defense mechanisms are used to protect:
   a. unconscious material from being exposed to the id.
   b. the ego from anxiety and guilt caused by unacceptable impulses.*
   c. the id from being deceived by the superego.
   d. the ego from an unrealistic perception of reality.

42. 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)

43. 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.

44. 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.

45. In classical conditioning, behaviors are controlled by events that ____ the response, whereas in operant conditioning, they are controlled by events that ____ the response.
a. intensify; reduce  
b. follow; precede  
c. precede; follow*  
d. increase; decrease  
e. weaken; strengthen  

46. 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.  

47. These approaches developed as a reaction against the deterministic and mechanistic quality of psychoanalytic thinking. They emphasize the subjective world of the individual. What is being described?  
   a. humanistic and existential approaches*  
   b. cognitive approaches  
   c. multicultural models  
   d. behavioral models  
   e. biological models  

48. 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 are 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.  

49. 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  

50. 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. *  

51. Tamisha is so afraid of knives that she cannot enter a kitchen. Her psychoanalytic therapist would probably diagnose her with ____ and explain the problem in terms of _____.  
   a. generalized anxiety disorder; faulty reasoning  
   b. agoraphobia; pairing knives and pain  
   c. social phobia; repression and denial  
   d. specific phobia; unresolved aggressive conflicts*  
   e. generalized anxiety disorder; projection
52. Maya has a phobia about elevators. Her therapist has her watch other people getting into elevators and coping with crowds inside them. Maya becomes less fearful because she sees how others behave. The therapy being described can be called:
   a. cognitive-behavioral.
   b. modeling.*
   c. psychoanalytic.
   d. flooding.
   e. systematic desensitization.

53. 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.

54. A compulsive handwasher is in therapy in which the therapist conjures up several images of filthy clothes and dishes. The client gets the feeling of being “contaminated” but it not allowed to resort to the usual ritual of handwashing. This therapy is called:
   a. desensitization and relapse prevention.
   b. exposure with response prevention.*
   c. systematic desensitization.
   d. cognitive restructuring.
   e. modeling.

56. Kyle says, “I want a therapist who focuses on the wholeness of a person and how that person sees the world. My self-concept is what’s important, not my unconscious.” Kyle will feel most comfortable seeing a ____ therapist.
   a. biofeedback
   b. psychoanalytic
   c. behavior
   d. biologically-oriented
   e. humanistic-existential*

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

58. Jerald wakes up in New Jersey, some four hundred miles from his home in New Hampshire. He cannot remember how he got there, and he has no memory of his former life. He establishes a new identity in New Jersey. This illustrates:
   a. dissociative identity disorder.
   b. localized amnesia.
   c. depersonalization disorder.
   d. dissociative fugue.*
   e. conversion disorder.
62. Dr. Penn believes that dissociative amnesias are due to avoidance of unpleasant emotional conflicts. People with this disorder run from stressful situations by blocking out all disturbing thoughts of them. Furthermore, they gain attention by developing these symptoms. Dr. Penn probably supports the ____ perspective.
   a. iatrogenic
   b. behavioral
   c. psychodynamic*
   d. socio-cultural
   e. biological

63. Saying that dissociative identity disorder is iatrogenic means that it is:
   a. caused by blocking the full expression of id impulses.
   b. a fictitious or made-up diagnosis.
   c. an unintended result of therapy.*
   d. an unacceptable way of avoiding social responsibilities.
   e. an immoral condition.

65. A psychologist says, “We know it is a psychological disorder because the physical symptoms have no physiological basis and the symptoms are not under voluntary control.’ What is the psychologist describing?
   a. Somatoform disorders*
   b. Anxiety disorders
   c. Dissociative amnesia
   d. Dissociative disorders
   e. Post traumatic stress disorder

66. As Will approached the witness stand, he stopped and clutched his throat. He had to leave the courtroom because he was unable to speak. His condition might be diagnosed as:
   a. panic disorder.
   b. social phobia.
   c. agoraphobia.
   d. depersonalization disorder.
   e. conversion disorder.*