Answer all multiple choice questions on your Scantron. Select the best answer for each question.

1. The practice of trephination was probably used to:
   A) remove a part of the brain.
   B) relieve pressure on the brain.
   C) allow the release of evil spirits. *
   D) restore the balance among the four humors.

2. The question of whether older drivers should be tested more often than younger drivers illustrates:
   a. paleologic
   b. euphemism
   c. antimony *
   d. the danger to self criterion of abnormality
   e. the loose public image of mental disorder

3. Hippocrates attempted to treat mental disorders by:
   A) hypnotizing patients.
   B) chaining patients to walls.
   C) correcting underlying physical pathology. *
   D) encouraging patients to speak about past traumas.

4. 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 *

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

6. In many areas, asylums of the 1500s, such as Bethlehem asylum in London, became:
   A) shrines.
   B) tourist attractions. x
   C) sheltered workshops.
   D) centers of moral treatment.

7. Treatment for mental illness in crowded asylums tended to be:
   A) moral therapy.
   B) harsh and cruel. x
   C) religiously based.
   D) psychogenic therapy.

8. 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 sympathy and kindness. x
   D) the cause of mental illness was immoral behavior.
9. Which of the following is part of the legacy of Dorothea Dix?  
A) deinstitutionalization  
B) state mental hospitals  x  
C) federal prisons  
D) privatization of mental hospitals

10. The finding that syphilis causes general paresis is important because it supports the idea that:  
A) mental patients should be deinstitutionalized.  
B) organic factors can cause mental illness. x  
C) antibiotics cannot “cure” viral diseases.  
D) physicians should be the ones treating mental illnesses.

11. An otherwise “normal” person during hypnotic suggestion is made to bark, sit, and fetch like a dog. The occurrence of these “abnormal” behaviors lends support to which explanation for abnormality?  
A) psychogenic  x  
B) somatogenic  
C) parthenogenic  
D) schizophrenogenic

12. Which of the following patients is most likely to benefit most from psychoanalytic treatment?  
A) a person who needs to make profound behavioral changes very quickly  
B) a person who has difficulty expressing ideas and feelings verbally  
C) someone who is insightful and thinks clearly  x  
D) someone who is severely disturbed and in a mental hospital

13. Case studies are useful for all of the following except:  
A) studying unusual problems.  
B) learning a great deal about a particular patient.  
C) suggesting new areas for further study.  
D) determining general laws of behavior.  x

14. Which of the following would not subscribe to the psychodynamic model?  
A) Joseph Wolpe  x  
B) Alfred Adler  
C) Sigmund Freud  
D) Carl Gustav Jung

15. According to psychoanalytic theory, which of the following is true regarding dreams?  
A) They are without real importance.  
B) They reflect our unconscious desires and needs. x  
C) They are a means of reprocessing information necessary for survival.  
D) They are the brain's attempts to understand abnormal electrical activity.

16. The only time that a child gets attention is when he misbehaves in a bizarre way. Behaving bizarrely is an example of:  
A) shaping.  
B) modeling.  
C) operant conditioning.  x  
D) classical conditioning.

17. A child is bitten by a vicious dog in front of a park. The child is later very afraid of the park. According to classical conditioning, the park is a(n):  
A) conditioned stimulus.  x  
B) unconditioned stimulus.  
C) unconditioned response.  
D) conditioned response.
18. If you imagine biting into a big, juicy, sour lemon, you are likely to salivate. The lemon is an example of:
A) a conditioned stimulus.  
B) a conditioned response. 
C) an unconditioned stimulus.  x 
D) an unconditioned response. 

19. A person who witnessed a horrible accident and then became unusually anxious and depressed for 3 weeks is probably experiencing:
A) posttraumatic stress disorder.  
B) pretraumatic stress disorder. 
C) combat fatigue. 
D) acute stress disorder.  x 

20. One distinction that DSM-IV-TR 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.  x 
D) what sort of treatment is contemplated for the anxiety-linked symptoms. 

21. Which of the following is the best example of “reduced responsiveness” as it relates to posttraumatic stress disorder?  
A) feeling detached or estranged from others and loss of interest in activities  x 
B) feelings of extreme guilt for surviving the traumatic event 
C) reliving the event through day dreams and night dreams 
D) excessive talking about the event in inappropriate settings 

22. When was acute stress disorder as a result of combat (called “shell shock”) first recognized?  
A) during World War I  x 
B) during World War II 
C) after the Vietnam War 
D) during the Iraqi war. 

23. Helping survivors talk about their feelings and fears regarding a disaster is designed to:
A) provide referrals. 
B) teach self-help skills. 
C) help people express anxiety, anger, and frustration.  x 
D) normalize people's responses to the disaster. 

24. Fear differs from anxiety in that:
A) fear is to a specific threat and anxiety is more general.  x 
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) anxiety is an immediate response; fear is more vague. 

25. A person who constantly feels upset and nervous, so much so that it interferes with work is experiencing:
A) a generalized anxiety disorder.  x 
B) a phobia. 
C) a panic disorder. 
D) an obsessive-compulsive disorder. 

26. College students who always become so anxious when taking a test that they cannot remember even simple things that they know quite well are experiencing:
A) a generalized anxiety disorder.  x 
B) a phobia. 
C) a panic disorder. 
D) an obsessive-compulsive disorder.
27. 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. He would most likely be diagnosed with:
   A) a social phobia. x
   B) a specific phobia.
   C) generalized anxiety disorder.
   D) posttraumatic stress disorder.

28. If the idea of “preparedness” is accurate, then:
   A) some phobias should be acquired more easily than others. x
   B) all phobias should diminish—with treatment—at about the same rate.
   C) animals and humans should have the same phobias.
   D) phobias should be less frequent in modern than ancient times.

29. Pairing the thought of feared objects and relaxation training is:
   A) implosive therapy.
   B) systematic desensitization. x
   C) experimental extinction.
   D) self-instruction training.

30. Your fear of spiders is debilitating because you are an entomologist. To treat this phobia, your therapist puts you in a room with spiders, even asking you to handle them. This technique might be used in:
   A) modeling.
   B) flooding. x
   C) covert desensitization.
   D) systematic desensitization.

31. The drug treatment that is most effective in treating panic disorder is like that used to treat:
   A) schizophrenia.
   B) depression. x
   C) bipolar disorder.
   D) generalized anxiety.

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

33. Maxine started worrying about cleanliness when her first child was born. That worry has intensified and she cannot stop thinking that germs lurk everywhere. She is exhibiting a(n):
   A) compulsion.
   B) obsessive idea. x
   C) obsessive doubt.
   D) obsessive image.

34. 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. x
   D) that it asks only open-ended questions.
35. Compared to projective tests, personality inventories generally have:
A) greater reliability and greater validity. x
B) greater reliability and poorer validity.
C) poorer reliability but greater validity.
D) poorer reliability and poorer validity.

36. A cluster of symptoms that go together and define a mental disorder is called a:
A) syndrome. x
B) classification system.
C) DSM axis.
D) treatment approach.

37. 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. x

38. 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. x
b. classical conditioning.
c. desensitization.
d. biofeedback.
e. existential-humanist approach.

39. 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. x
d. the zoo.
e. the school.

40. Working in Pavlov’s lab, Yerofeeva produced a neurotic dog (the first one produced experimentally) when she:
a. selected dogs who were excitable and then presented them with experimental tasks involving unnecessary delay.
b. made shock the signal for food and then tried to generalize the response to other parts of the animal’s body. x
c. presented the animal with a judgment task (i.e. discrimination between two similar stimuli) that was difficult for him.
d. shocked the animal whenever he approached the food dish.

41. 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. x

42. Which of the following best expresses the primary function of an art therapist in a mental hospital?
a. uses art as a therapeutic tool to establish interpersonal relationships with patients. x
b. teaches patients about art to increase the educational value of the hospital experience.
c. teaches patients how to draw and paint with the idea that they can earn money working with art.
d. creating a pleasant diversion for long-stay patients.
e. uses art as a diagnostic tool.
43. Under the Lanterman-Petris-Short Act, when a person is first brought to a mental health facility as a danger to themselves, they can be committed for a period of _____ on the signature of the admitting physician.
   a. 24 hours
   b. 72 hours x
   c. 2 weeks
   d. 31 days
   e. until they are no longer a danger to themselves.

44. A Psychiatric Technician in a California mental hospital would most likely have a:
   a. Ph.D.
   b. M.D.
   c. MFCC
   d. R.N.
   e. None of the above. x

45. As discussed in class, paleologic can best be overcome through:
   a. desensitization. x
   b. flooding.
   c. operant conditioning.
   d. classical conditioning.
   e. a behavioral contract.

46. Which of the following behaviors is common in the recovery stage of response to a flood or tornado:
   a. hysteria.
   b. person appears stunned or dazed.
   c. person repeatedly talks about the catastrophe. x
   d. person tends to be highly suggestible.
   e. person tends to be very inefficient even when doing simple tasks.

47. Typical symptoms of post-traumatic stress disorder include all of the following except:
   a. re-experiencing the traumatic event.
   b. avoidance of situations reminding the person of the event.
   c. excessive and inappropriate laughter (at wrong times). x
   d. reduced responsiveness.
   e. increased arousal.

48. Which of the following is generally characteristic of paleologic?
   a. sweet-sounding terms (“sugar coating”) x
   b. unwillingness to hear contrary evidence
   c. attracts attention
   d. short-lived effects
   e. can be overcome through rational argument

49. At a mental hospital, the therapist who schedules the movies, the dances, and sports events is most likely to be called a _____ therapist.
   a. occupational
   b. industrial
   c. psychological
   d. recreational x
   e. dance or movement
50. If a loud siren is sounded, any newborn infant will automatically scream. In classical conditioning terminology, the siren is:
   a. a conditioned response.
   b. an unconditioned response.
   c. an unconditioned stimulus. x
   d. a conditioned stimulus.
   e. an extinguished response.

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

52. When an unacceptable behavior is paired with an unpleasant stimulus, the therapy being used is called:
   a. systematic desensitization.
   b. aversive conditioning. x
   c. a shaping procedure.
   d. a non-contingent reinforcement procedure.
   e. flooding.

53. 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 x

54. The term "8-Ball" is
   a. scientific terminology
   b. a legal concept
   c. a term of scorn and derision x
   d. a euphemism
   e. paleological

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

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

57. A rock music group calling themselves 5150 would be an example of
   a. euphemism
   b. dysphemism x
   c. paleologic
   d. moral abnormality
   e. none of the above
58. According to current military thinking it is preferable to treat soldiers suffering from combat exhaustion at base hospitals away from all danger  
   a. at base hospitals away from all danger  x  
   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  

59. 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  x  

60. A unique part of the training of psychoanalysts is that they  
   a. must undergo a personal psychoanalysis  x  
   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.  

61. In hospitals providing "moral treatment," patients received  
   a. spiritual guidance  
   b. religious rituals  
   c. direct encouragement to repent  
   d. psychotropic medication  
   e. encouragement and personal attention  x  

62. In free association, the patient is asked to  
   a. report whatever comes to mind, including trivial or unimportant details  x  
   b. report all the important events since the last session  
   c. give uninhibited answers to the analyst's open-ended questions  
   d. describe whatever dreams have occurred recently or in the past  
   e. look at inkblots  

63. The earliest studies of classical conditioning in Pavlov's lab used______as subjects.  
   a. dogs  x  
   b. rats  
   c. monkeys  
   d. humans  
   e. pigeons  

64. A child remains quiet during a religious service in order to earn a star. According to the operant conditioning approach, the star is an example of  
   a. a conditioned stimulus  
   b. a conditioned response  
   c. positive reinforcement  x  
   d. a discriminative stimulus  
   e. modeling  

65. A mental hospital rewards patients with poker chips when they make their beds, comb their hair, and complete other activities. The patients then trade in their chips for rewards. This is an example of  
   a. moral treatment  
   b. token economy  x  
   c. modeling  
   d. flooding  
   e. systematic desensitization
66. Which of the following is a compulsion?
   a. persistent fear of getting dirty
   b. persistent doubts about whether the stove was turned off that morning
   c. persistent thoughts about one's appearance
   d. persistent checking for one's keys  x
   e. dislike of other people

67. If an anxiety disorder is found to have low reliability, this means that
   a. the disorder does not have serious effects
   b. people with the disorder did not, in fact, have problems functioning normally in daily life
   c. people who had the disorder at one point in time had recovered by the follow-up assessment
   d. people with the disorder often had other personality disorders as well
   e. clinicians diagnosing patients had difficulty agreeing on whether a patient had the disorder or not  x

68. 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.  x

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

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

71. 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.  x
   e. All of the above.

72. 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  x
   d. depressed
   e. All of the above.
73. The process that had been called “mesmerism” later became known as:
   a. dancing mania.
   b. exorcism.
   c. trephining.
   d. Lycanthropy.
   e. hypnosis. x

74. 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. x
   e. desensitize negative labels.

75. 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. x
   c. indefinitely on a conservatorship.
   d. 72 hours unless he is found to be gravely disabled.
   e. a minimum of 10 days.

    OPTIONAL ESSAY

The following essay question is completely optional. If you choose to answer it on the blank side of the question booklet (and there is no pressure on you to do so), your 75 multiple choice questions will automatically count 1 credit each and the essay will count up to 25 credits. If you do not choose to answer the essay, your multiple choice questions will count 1.333 each (75x 1.333 = 100%).

Only for students who answer the essay question: NAME ________________________________

    STUDENT ID# ________________________________

   a. Describe the methods used in Pavlov's lab for creating experimental neuroses. How successful was Pavlov in treating the experimental neuroses he created.