Psychology 168   SS1   First Midterm   July 2, 2009

Answer all questions on your Scantron. Select the best answer to each question.

1. Which one of these statements is true?
   a. all psychologists are physicians
   b. all psychoanalysts are psychiatrists
   c. all psychiatrists are psychologists
   d. all psychiatrists are physicians *
   e. all psychoanalysts are psychologists

2. According to the Lanterman-Petris-Short Act, a person can be detained for 72 hours in a mental hospital if he or she:
   a. is a danger to himself
   b. is a danger to others
   c. has a grave disability
   d. all of the above *
   e. none of the above

3. 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 *

4. Watson and Rayner's (1920) demonstration of Little Albert's fear of rats is an example of:
   a. modeling
   b. operant conditioning
   c. classical conditioning *
   d. vicarious conditioning
   e. token economy

5. Modeling is an example of:
   a. global therapy
   b. an exposure treatment *
   c. systematic desensitization
   d. a reinforcement-based technique
   e. humanistic treatment

6. Pavlov believed that an effective treatment for neurosis was:
   a. rest *
   b. alcohol
   c. desensitization
   d. operant conditioning
   e. gentle touching (physical contact)

7. 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
8. According to current military thinking it is preferable to treat soldiers suffering from combat exhaustion:
   a. with their families in the United States
   b. at base hospitals away from all danger
   c. at Veterans hospitals in the United States where adequate professional assistance is available
   d. as near as possible to their combat unit and the battle zone *
   e. in group therapy sessions with their close buddies who have been through combat

9. 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 *
   d. an unconditioned response

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

11. 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.

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

13. 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.

14. 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
15. The process that had been called “mesmerism” later became known as:
   a. dancing mania.
   b. exorcism.
   c. trephination.
   d. lycanthropy.
   e. hypnosis. *

16. 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)

17. 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.

18. 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.

19. The professional person on the mental health team in the United States who would visit the family of a hospitalized mental patient and work intensively with the patient’s wife on a one-to-one basis would most likely be a(n)
   a. clinical psychologist
   b. psychiatrist
   c. caseworker *
   d. occupational therapist
   e. social therapist

20. Working in Pavlov’s laboratory, Yerofeeva produced an experimental neurosis in a dog when she made shock the __________ for a salivary response to meat powder.
   a. unconditional stimulus
   b. unconditional response
   c. conditioned stimulus *
   d. conditioned response
   e. extinction stimulus

21. 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.
22. Classical conditioning is based on the principle of:
   a. punishment.
   b. reward.
   c. association. *
   d. tension reduction
   e. extinction

23. 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.

24. 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

26. 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*
   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

27. 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 *
   D) normalize people's responses to the disaster.

28. A professor who becomes anxious unless students sit in alphabetical order, turn in their papers in alphabetical order, and leave tests in that same order is experiencing:
   A) a generalized anxiety disorder.
   B) a phobia.
   C) a panic disorder.
   D) an obsessive-compulsive disorder *.

29. 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.*
   B) a specific phobia.
   C) generalized anxiety disorder.
   D) posttraumatic stress disorder.
30. The model of abnormality that focuses on the roles of values and choices in behavior is the:
   A) cognitive model.
   B) sociocultural model.
   C) psychodynamic model.
   D) humanistic-existential model*.

31. Messages moving from neuron to neuron must cross tiny spaces called:
   A) dendrites.
   B) axons.
   C) neurotransmitters.
   D) synapses*.

32. Apparently, people develop phobias more readily to such objects as spiders and the dark than they do to such objects as computers and radios. This observation supports the idea of:
   A) modeling.
   B) stimulus generalization.
   C) conditioning.
   D) preparedness*.

33. 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.

34. A phobic person is exposed to computer graphics that simulate real-world situations. This is an example of the ______ technique.
   A) covert
   B) virtual reality*
   C) fear hierarchical flooding
   D) in vivo

35. The phobia most often associated with panic disorder is:
   A) claustrophobia.
   B) acrophobia.
   C) agoraphobia*.
   D) metrophobia.

36. The treatment of obsessive-compulsive disorder with exposure and response-prevention therapies has produced:
   A) considerable improvement in less than half of those treated.
   B) slight improvement in less than half of those treated.
   C) considerable improvement in more than half of those treated*.
   D) slight improvement in more than half of those treated.

38. 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.
39. An interviewer who asks a client questions such as “Where are you now?” “Why do you think you're here?” or even “Who are you?” is probably conducting a(n):
   A) mental status exam*
   B) behavioral interview.
   C) sociocultural interview.
   D) intelligence test.

40. Compared to projective tests, personality inventories generally have:
   A) greater reliability and greater validity*.
   B) greater reliability and poorer validity.
   C) poorer reliability but greater validity.
   D) poorer reliability and poorer validity.

41. The most legitimate criticism of intelligence tests concerns their:
   A) validity.
   B) cultural fairness*.
   C) reliability.
   D) standardization.

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

43. Standardizing and combining the findings of many different studies is called:
   A) outcome study.
   B) rapprochement.
   C) eclecticism.
   D) meta-analysis.*

44. 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.

45. A previously neutral environmental event that becomes associated with the unconditioned stimulus is called a(n):
   A) learned stimulus.
   B) conditioned stimulus.*
   C) unconditioned stimulus.
   D) discriminative stimulus.

46. An athlete who is in fact well prepared nevertheless thinks just before a contest, “I can't do this! I need to be perfect, and I know I'm going to fail!” The theorist who would emphasize the illogical thinking process of this athlete as a source of poor performance most likely would support which model of abnormality?
   A) psychodynamic
   B) behavioral
   C) existential
   D) cognitive*
47. Brilliant scholars or champion athletes are not considered clinically abnormal because:
   A) their behaviors are valued by the culture.*
   B) their behaviors are not sufficiently deviant.
   C) there are many people who exhibit these behaviors
   D) people who exhibit these behaviors are not unhappy.

48. Which aspect of the definition of abnormality includes the inability to care for oneself and work productively?
   A) distress
   B) deviance
   C) dysfunction*
   D) danger to self or others

49. The “moral treatment” movement rapidly declined in the late nineteenth century because:
   A) prejudice against those with mental disorders decreased.
   B) fewer and fewer immigrants were being sent to mental hospitals.
   C) all patients needing treatment had been helped.
   D) hospitals became underfunded and overcrowded*.

50. Hippocrates' model of mental illness would be described as:
   A) psychiatric.
   B) somatogenic*.
   C) psychogenic.
   D) supernatural.

51. One major difference between psychiatrists and clinical psychologists is that psychiatrists:
   A) went to medical school*.
   B) must work in a medical setting.
   C) are allowed to do psychotherapy.
   D) have more training in mental illness.

52. In the stress video shown in class, the architect and the accountant were most bothered by:
   a. broken marriages
   b. death of a loved one
   c. government inspection of their work
   d. unpredictable deadlines*
   e. uncontrollable noise in the workplace

53. The process of collecting and interpreting relevant information about a client is called:
   a. diagnosis
   b. prognosis
   c. clinical assessment*
   d. psychotherapy
   e. projective testing

55. In California, what degree is required for a person to advertise herself to the public as a therapist?
   a. MD
   b. MD or Ph.D
   c. Ph.D
   d. MA
   e. no degree is required*
56. Which of the following duties is **least** characteristic of a clinical psychologist's duties in a mental health clinic?
   a. psychological testing
   b. psychological treatment
   c. research*
   d. team consultation
   e. diagnosis

57. ____ is used to hide things that people fear, things they don't want to face directly.
   a. Grave disability
   b. A model of mental illness
   c. Antinomy
   d. Euphemism*
   e. Dysphemism

58. Deeply held fears about mental illness give rise to:
   a. antinomies
   b. models of mental illness
   c. dysphemism
   d. moral treatment
   e. paleologic*

59. Which of the following was **not** described in class as an obstacle to clear thinking about mental illness?
   a. models of mental illness*
   b. loose public image
   c. paleologic
   d. euphemism
   e. dysphemism

60. Most individuals committed today to California state (mental) hospitals are:
   a. on judicial commitments*
   b. committed under LPS
   c. on criminal commitments
   d. voluntary patients

61. California's Lanterman-Petris-Short Act brought major changes in the state's mental health budget. Money was shifted from the ____ to the ____.
   a. federal government; state
   b. federal government; private insurers
   c. state; counties*
   d. counties; state
   e. state; private insurers

62. California's Lanterman-Petris-Short (LPS) Act limits the criteria for involuntary commitment to a mental hospital. Which of the following is **not** included as a criterion?
   a. major psychosis
   b. bipolar disorder
   c. schizophrenia
   d. Alzheimer's disease
   e. none of these is an LPS criterion*

63. As described in class, the concept of deviance has two major aspects. These are:
   a. distress and dysfunction
   b. statistical rarity and distress
   c. statistical rarity and moral violation*
   d. danger to self and danger to others
e. dysfunction and moral violation

64. In 1969 the California legislature passed the Lanterman-Petris-Short Act:
   a. to make it easier for people to obtain mental health treatment.
   b. to assist families caring for a mentally ill person.
   c. to guarantee the rights of mental patients.*
   d. to make it easier to commit people for mental health treatments.
   e. to assure that patients in hospital received adequate mental health services.

65. In regard to involuntary hospitalization, society is faced with a choice between two competing, equally valued principles. This type of dilemma (difficult issue) is called a(n):
   a. euphemism.
   b. patient’s bill of rights.
   c. paleologic.
   d. social determinism.
   e. antinomy.*

66. A physical therapist in a psychiatric hospital would most likely have a:
   a. Ph.D.
   b. M.D.
   c. Psy.D.
   d. B.A. or B.S.*
   e. MFCC

67. 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.