1. Having to walk the dog several times a day when it is raining or snowing is an example of a:
   A) stressor.*
   B) stress response.
   C) stress disorder.
   D) psychophysiological disorder.
   E) anxiety response

2. I am generally a calm, relaxed person. If you are generally a tense, excitable person, we differ in:
   A) trait anxiety*.
   B) state anxiety.
   C) situational anxiety.
   D) content anxiety.
   E) superior anxiety

3. 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.*
   D) what sort of treatment is contemplated for the anxiety-linked symptoms.
   E) whether or not there are physiological symptoms

4. Which of the following typifies posttraumatic stress disorder?
   A) increased arousal, anxiety, and guilt*
   B) inability to remember the event that led to the stress.
   C) increased responsiveness and emotion right after the event.
   D) a tendency to want to go back to see the site of the stress.
   E) all of the above

5. Which of these concepts of abnormality is most likely to bring people into psychotherapy?
   a. statistical
   b. moral
   c. distress*
   d. dysfunction
   e. danger

6. 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.

8. 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
   E) depression
9. 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.
   E) drain excess physical energy

10. The use of exorcism suggests a belief that what we call mental illness was caused by:
    A) germs.
    B) poisons.
    C) evil spirits*. 
    D) psychological trauma.
    E) association with the wrong sorts of people

11. 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*
    E) the deviance model

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

13. 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*.
    C) antibiotics cannot “cure” viral diseases.
    D) physicians should be the ones treating mental illnesses.

14. The early psychogenic treatment that was advocated by Mesmer was:
    A) prayer.
    B) bleeding.
    C) hypnotism*.
    D) trephining.
    E) psychoanalysis

15. 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*
    D) someone who is severely disturbed and in a mental hospital

16. Clinicians use ____ which influence how they interpret a client's symptoms and how they will treat those symptoms.
   a. relationships
   b. euphemisms
   c. medications
   d. models*
   e. behaviors
17. A physician who offers psychotherapy is called a:
   A) psychiatrist.*
   B) clinical psychologist.
   C) psychodiagnostician.
   D) psychoanalyst.
   E) psychopathologist

18. The flight-or-fight system is controlled in part by the:
   A) somatic nervous system.
   B) peripheral nervous system.
   C) sympathetic nervous system.*
   D) parasympathetic nervous system.

19. Fear of mental illness can give rise to
   a. stigma
   b. paleologic.*
   c. euphemism
   d. all of the above
   e. none of the above

20. 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 it asks only open-ended questions.
   E) it is a nomothetic approach

21. Which of the following is not a form of neuroimaging?
   A) MRI
   B) CAT scan
   C) GSR* 
   D) PET

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

23. Therapies that have received clear research support are called:
   A) meta-analyses.
   B) idiographic.
   C) evidence-based.*
   D) outcome complex.

24. 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) anxiety is an immediate response; fear is more vague.

25. Which of the following is an anxiety disorder?
   A) schizophrenia
   B) bipolar disorder
   C) major depression
   D) obsessive-compulsive disorder*
   E) PTSD (post-traumatic stress disorder)

26. Max is upset because he cannot stop thinking that he has forgotten something and is constantly going back to his apartment to check. It is interfering with his life because he does it so often. This behavior is an example of:
   A) panic disorder.
   B) phobic disorder.
   C) generalized anxiety disorder.
   D) obsessive-compulsive disorder*.
   E) acute stress disorder

27. Cognitive therapists believe that generalized anxiety disorder is induced by:
   A) maladaptive assumptions*.
   B) lack of empathy.
   C) interpersonal loss.
   D) overactive id impulses.
   E) overactive super-ego

28. Little Karen was bitten by a tan pony she was riding at a carnival. It hurt and frightened her. The next month she was visiting her uncle, who had a tan Great Dane (dog). It frightened her even though she had never had a bad experience with a dog. Fear of this dog is an example of:
   A) response discrimination.
   B) modeling.
   C) stimulus generalization.*
   D) vicarious reinforcement.
   E) flooding

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

30. Your fear of spiders is bothersome because you are an entomologist (you study bugs). 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*.
   C) covert desensitization.
   D) systematic desensitization.

31. Dr. Carlat, author of "Mind over meds" (part of Required Reading) believes that the newer generation of psychiatrists has been trained in programs increasingly skeptical of ____ and instead are emphasizing ____.
a. psychoanalysis; behavior therapy  
b. behavior therapy; psychoanalysis  
c. hypnosis; talk therapy  
d. biochemistry; talk therapy  
e. psychotherapy; medication*  

32. Dr. Carlat, author of "Mind over meds" (in Required Reading) states that managed care companies (Health Plans) discourage psychiatrists from:  
a. prescribing medication  
b. doing psychotherapy*  
c. scheduling office visits  
d. doing therapy on the Internet  
e. all of the above  

33. The statement that "People who commit murder must be abnormal" primarily reflects a ____ view of abnormality.  
a. statistical  
b. moral*  
c. distress  
d. dysfunction  
e. danger  

34. Which of the following is not characteristic of paleologic?  
a. lack of emotion*  
b. certainty of the correctness of one's position  
c. unwillingness to hear contrary opinion  
d. cannot be overcome through rational argument  
e. All of these are characteristic of paleologic  

35. In science, a model:  
a. is a perspective used to explain events  
b. spells out a researcher's basic assumptions  
c. gives order to a field  
d. sets guidelines for investigations  
e. all of the above*  

36. Today a psychoanalyst would be found most likely working:  
a. for a County Department of Mental Health  
b. in a state mental hospital  
c. in a university Department of Psychiatry  
d. in a university Department of Psychology  
e. in private practice*  

37. A research psychologist who studies bipolar disorder would be called a(n):  
a. psychoanalyst  
b. clinical psychologist  
c. psychotherapist  
d. psychopathologist*  
e. psychiatric technician
38. The staff employee at Napa State Hospital who uses craft work (weaving, ceramics) therapeutically is best described as a(n):
   a. art therapist
   b. occupational therapist*
   c. industrial therapist
   d. psychiatric aide
   e. recreation therapist

39. A psychiatric aide in a state hospital is most likely to have which degree?
   a. MD
   b. Ph.D
   c. MSW
   d. RN
   e. none of the above*

40. In clinical practice, making a prognosis is:
   a. the same as making a diagnosis
   b. using a mental status exam
   c. fitting the client's symptoms into a DSM category
   d. predicting an outcome*
   e. finding the correct medication to relieve symptoms

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

42. For a woman in California to call herself a therapist, requires that she have a:
   a. M.A. or M.S.W.
   b. Ph.D. or M.D.
   c. 3000 hours of supervised training
   d. State certificate
   e. none of the above*

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

44. Describing the participants in a sophisticated bank robbery plan as "sick individual" probably is based on the __________ concept of abnormality.
   a. statistical
   b. moral*
   c. situational
   d. personal discomfort
   e. effect without an apparent cause

45. In Pavlov's lab, when an excitable dog was made neurotic:
   a. he attacked the researcher
   b. he gave increased response to all stimuli*
   c. he responded to only negative stimuli
d. his responses to all stimuli were reduced
e. he only responded to positive stimuli

46. The central idea of classical (Pavlovian) conditioning is that people and animals will:
   a. associate events linked together in time and space
   b. give less of a response to things they have seen many times
   c. repeat behaviors for which they have been rewarded
   d. come to dislike excessive quantities of a reinforcer (satiation)
   e. stop doing things associated with punishment

47. 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

48. Most patients today in California mental hospitals are:
   A. committed through Lanterman-Petris-Short (LPS)
   B. on conservatorships
   C. on judicial commitments
   D. not guilty by reason of insanity
   E. are gravely disabled

49. The model of abnormality that focuses on values and choices is the:
   A) cognitive model.
   B) sociocultural model.
   C) psychodynamic model.
   D) biogenic model
   E) humanistic-existential model.

50. The theories and rationale of psychoanalysis originally came from:
   a. the clinic.
   b. the laboratory.
   c. observation of wild animals in their natural habitat.
   d. the work of distinguished university scholars and researchers.
   e. observations of children interacting with their parents.

51. A physical therapist would most likely have a:
   a. Ph.D.
   b. M.D.
   c. M.S.W.
   d. MFCC
   e. B.A. or B.S.
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.*.

54. During a diagnostic interview, a psychiatrist asks the client if he or she knows what day it is, what his or her name is, and where he or she is. These questions are designed to assess:
   a. disorientation*.
   b. discomfort.
   c. subjective distress.
   d. dysfunction.
   e. danger to others.

57. 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.
   E) conditioned response

58. When was acute stress disorder as a result of combat (called “shell shock”) first recognized?
   A) during World War I*
   B) during World War II
   C) after the Vietnam War
   D) during the first Iraq War.
   E) during the second Iraq War.

59. Combat veterans in a therapy group express a great deal of guilt and rage. Most likely, the veterans are in a:
   A) desensitization and reprocessing group.
   B) suicide prevetnion
   C) “experience writing” group.
   D) exposure group.
   E) "rap" group*

60. The most common mental disorders in the United States are the:
   A) mood disorders.
   B) psychoses
   C) personality disorders.
   D) sexual disorders.
   E) anxiety disorders.*

61. 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.
E) obsessive-compulsive disorder (OCD)

62. If the idea of “preparedness” is accurate, then:
   A) some phobias should be acquired more easily than others.*
   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.

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

64. The cognitive explanation for panic disorders is that people who have them:
   A) have relatives who are atypically anxious.
   B) are prone to allergies and have immune deficiencies.
   C) misinterpret bodily sensations*.
   D) experience more stress than average.
   E) are malingering

65. People who experience obsessions show:
   A) typical levels of worry about real problems.
   B) thoughts that are intrusive and foreign to them*.
   C) thoughts that they can easily ignore and resist.
   D) a lack of awareness that the thoughts are inappropriate.
   E) detachment from reality

66. 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
   E) controlled modeling

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