2. 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) enjoying unnecessary medical tests
   E) voyeurism

3. A mother brings her young daughter into the emergency room with internal bleeding. The attending physician later concludes that the mother caused the symptoms in her daughter intentionally, to bring her to a doctor's attention. If this assessment is true, the mother would be diagnosed as having:
   A) a factitious disorder.
   B) a conversion disorder.
   C) Munchausen syndrome.
   D) Munchausen syndrome by proxy.*
   E) malingering

4. A man was certain that his chin was too big and was misshapen. He was very anxious in public and tried to work at home whenever possible. His condition could best be diagnosed as:
   A) somatization disorder.
   B) hypochondriacal disorder.
   C) body dysmorphic disorder*.
   D) factitious disorder with psychological symptoms.

5. Behavioral therapists treating an hysterical disorder would be most likely to focus on:
   A) identifying underlying emotional causes for the disorder.
   B) helping the patient gain insight into how the disorder is reinforcing.
   C) reducing the rewards available for displaying the disorder*.
   D) replacing the primary gain with a secondary gain.

6. A clinician says, “I've studied the literature carefully, and I really doubt the legitimacy of that particular diagnostic category.” The “particular diagnostic category” to which that clinician refers probably is:
   A) dissociative fugue.
   B) dissociative identity disorder*.
   C) dissociative amnesia.
   D) dementia.
   E) bulimia nervosa

7. The enduring pattern of inner experiences and outward behavior that is unique to each individual is termed:
   A) a trait.
   B) character.
   C) personality.*
   D) individuality

8. One reason that the personality disorders are difficult to treat is that the afflicted individuals:
   A) enjoy their symptoms and do not seek change.
   B) are frequently unaware that they have a problem.*
   C) experience no distress and do not want treatment.
   D) have accompanying mood disorders that must be treated first.

9. The category of “odd” personality disorders includes the traits of:
A) anxiety and fearfulness.  
B) being highly dramatic, emotional, or erratic.  
C) inflexibility and total loss of contact with reality.  
D) extreme suspiciousness, social withdrawal, and cognitive and perceptual peculiarities*.

10. An individual with a diagnosed personality disorder is jealous and sensitive, as well as extremely self-critical. This person's diagnosis is LEAST likely to be which of the following personality disorders?  
A) borderline  
B) histrionic  
C) narcissistic  
D) antisocial* 

11. An individual with a diagnosed personality disorder is emotionally unstable, as well as impulsive and reckless. This person's diagnosis is most likely to be which of the following personality disorders?  
A) borderline*  
B) schizotypal  
C) obsessive-compulsive  
D) avoidant 

12. 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.*

13. Which of the following disorders is most responsive to drug therapy?  
A) avoidant personality disorder  
B) schizoid personality disorder  
C) paranoid personality disorder  
D) schizotypal personality disorder* 

14. If you wanted to write a book about a fictional character who is a “typical” example of antisocial personality disorder, you might have the character exhibit all of the following except:  
A) frequent lying.  
B) periods of very high anxiety*.  
C) persistent violation of others' rights.  
D) lack of conscience after committing crimes. 

16. Keira has an unstable self-image, major mood shifts, and is prone to depression and impulsive behavior. She most likely should be diagnosed as having a:  
A) histrionic personality disorder.  
B) borderline personality disorder.*  
C) depressive personality disorder.  
D) narcissistic personality disorder. 

19. A client being treated for avoidant personality disorder must increase the number of social contacts per day—defined as people greeted with at least the phrase, “Hello. How are you doing?”—in order to later engage in some desired activity. Most likely, the therapist has which theoretical background?  
A) psychodynamic  
B) cognitive  
C) behavioral*  
D) sociocultural 

20. Assertiveness training would be most often effective in the treatment of which personality disorder?
21. A paraphilia:
   A) usually involves rape.
   B) is a response to a socially inappropriate object.*
   C) is an inability to experience sexual arousal.
   D) is an inability to achieve sexual satisfaction.

22. Obsessive-compulsive symptoms may contribute to hypoactive sexual desire because someone 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) is too afraid of germs to enjoy sexual activity.

23. Which is the most common male sexual dysfunction in the orgasm phase?
   A) dyspareunia
   B) sexual aversion
   C) premature ejaculation*
   D) inhibited male orgasm

24. What is the term for the use of and attraction to inanimate objects as a preferred method of achieving sexual excitement?
   A) fetishism*
   B) pedophilia
   C) voyeurism
   D) exhibitionism

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

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

27. 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

28. For people with bulimia nervosa, binge episodes produce feelings of:
   A) control.
   B) satisfaction.
   C) anxiety and mania.
D) guilt and depression*.

29. If one found that the average weight and size of cheerleaders had declined significantly over the years, and that those who aspired to be cheerleaders had a high level of eating disorders, one would have evidence for _____ causes of eating disorders.
   A) societal
   B) family
   C) psychological
   D) biological

30. The first step in treating anorexia nervosa is to:
   A) correct family coping patterns.
   B) resolve unresolved oral conflicts.
   C) correct maladaptive thought patterns.
   D) help the person to start to regain the lost weight.*

31. A frequent drug user finds that more and more drug is necessary to produce the same “high” that much lower doses once produced. That drug user is developing:
   A) withdrawal symptoms.
   B) tolerance*.
   C) hallucinosis.
   D) intoxication.

32. The long-term pattern of maladaptive behavior caused by the regular use of some chemical or drug is called:
   A) tolerance.
   B) addiction.
   C) substance abuse*.
   D) hallucinosis
   E) dependence.

33. The severe withdrawal symptoms seen in alcohol withdrawal are known as:
   A) intoxication.
   B) delirium tremens*.
   C) alcohol toxicity.
   D) alcohol-induced psychotic disorder.

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

35. “Why is crack becoming more popular in the high schools?” a friend asks. Your best data-based reply is:
   A) “Because it's relatively cheap and fast acting.”*
   B) “Because it's relatively cheap, with a prolonged effect.”
   C) “Because it's less addictive than snorted or injected cocaine.”
   D) “Because it's less likely to produce overdose effects than snorted or injected cocaine.”

36. 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.
37. Those who used marijuana in the 1960s were less likely to develop drug dependence than users around the year 2010 because marijuana available in the 1960s had:
   A) much less THC*.
   B) much more THC.
   C) no hallucinogenic effects.
   D) more powerful hallucinogenic effects.

38. 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 that the 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.

39. 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.
   E. Durham commitment

40. Evelyn Hooker of UCLA used _______ to study life in the gay community.
   a. survey research
   b. laboratory experiments
   c. deception
   d. simulation
   e. depth interviews*

41. The most common cognitive disturbance in anorexia nervosa is:
   A) a distorted body image*.
   B) a revulsion toward food.
   C) a major clinical depression.
   D) a distorted view of other people.

42. A chronic state of watching yourself as if you are outside your body, as if you were a character in a movie is closest to:
   a. dissociative amnesia
   b. dissociative fugue
   c. depersonalization disorder*
   d. dissociative identity disorder
   e. Munchausen's syndrome

43. When a police officer arrests a mentally ill person in a dangerous neighborhood for loitering, and takes them to court where the judge finds the person unable to stand trial and sends the person to Napa State Hospital, this process is called:
   a. deinstitutionalization.
   b. transinstitutionalization.
   c. dumping.
   d. compassionate care.
44. With the introduction of tranquilizing drugs in the late 1940s, the possibility of discharging chronic patients into the community led state hospitals to emphasize ___ rather than ____.
   a. therapy; punishment
   b. treatment; custody*
   c. group therapy; individual therapy
   d. individual therapy; group therapy
   e. volunteers; staff

45. Which of the promised benefits of deinstitutionalization proved most influential to state legislatures?
   a. more humane care (less brutality)
   b. care closer to the patient's home
   c. cheaper care*
   d. more effective treatments
   e. protection of civil liberties

46. During the second world war, the presence of so many ______ in mental hospitals helped to awaken the public to the need for reform.
   a. criminals
   b. antisocial personalities
   c. clinical psychologists
   d. psychiatrists
   e. conscientious objectors*

47. The new type of jail that places inmates and guards side-by-side in carpeted, furnished surroundings is called a(n):
   a. minimum security jail
   b. camp-type jail
   c. direct supervision jail*
   d. panopticon
   e. model jail

48. Which of these people conducted experiments on human sexual behavior?
   a. Alfred Kinsey
   b. William Masters*
   c. Evelyn Hooker
   d. Laud Humphries
   e. Joseph Wolpe

49. Defendants who are actively hallucinating and experiencing delusions during the time of their trials are most likely to be:
   A) judged not guilty of the crime by reason of insanity.
   B) judged not guilty of the crime due to incompetence.
   C) committed for treatment until they improve enough to be released.
   D) committed for treatment until they improve enough to defend themselves*.

50. If a patient is assigned to a community mental health center inpatient facility instead of a mental hospital, the decision makers are applying the principle of:
   A) minimum wage.
   B) aftercare.
   C) community residence/group home.
   D) least restrictive environment.*
   E) Lanterman-Petris-Short
51. The classroom video about sex offenders shown in class emphasized that sex offenses like rape tend to be:
   a. planned, if only passively*  
   b. acts of mutual consent  
   c. irrational  
   d. the result of serious mental illness  
   e. done by men with narcissistic personalities

52. Problems in American mental hospitals in the 1950s and 1960s produced two social movements with very different goals. What were these goals?
   a. end of patient abuse; more use of psychotherapy  
   b. reform of institutions; closing institutions*  
   c. more use of drug treatment; less use of drug treatment  
   d. more use of drug treatment; more use of psychotherapy  
   e. build more mental hospitals; build more prisons

53. The case of John Williams in Seattle (assigned reading on course page) illustrates the failure of:
   a. civil commitment  
   b. criminal commitment  
   c. community corrections  
   d. mental health treatment in prison  
   e. all of the above*

54. ____ refers to the mental state of the accused at the time of the alleged offense; ____ refers to his mental health at the time of the trial.
   a. criminal commitment; civil commitment  
   b. civil commitment; criminal commitment  
   c. insanity defense; competency*  
   d. M'Naghten rule; Durham rule  
   e. M'Naghten rule; ALI test

55. 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*.  

56. 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.  
   E) marijuana

57. 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.

58. The general approach of sex researcher Alfred Kinsey was most similar to that of:
   a. a lawyer.  
   b. psychotherapist.  
   c. a descriptive biologist*.  


59. 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

60. A psychiatrist is testifying in relation to a criminal defendant’s insanity plea. This expert witness asserts that the defendant has a severe 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. diminished capacity

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. The drug disulfiram (Antabuse) has been used to treat alcoholism because it causes alcoholics to become__________ when they drink alcohol:
   a. paralyzed
   b. nauseated*
   c. euphoric
   d. depressed
   e. sleepy

64. 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

65. LSD was originally synthesized from:
   a. hemp plant
   b. nutmeg
   c. "magic mushrooms"
   d. opium poppy
   e. ergot fungus in rye grain*

66. In Sweden, more people are sentenced to jail for _________ than for any other offense:
   a. drunken driving*
   b. heroin use
   c. paraphilias
   d. cocaine and crack use
   e. antisocial personality disorder

67. In the 1970s _____________ was viewed as a glamour drug, taken by "beautiful people."
   a. amphetamine
   b. heroin
   c. marijuana
   c. cocaine*
   d. crack