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

1. The mental health professional in a state hospital who supervises organized sports activities would most likely be a(n):
   a. physical education therapist.
   b. occupational therapist.
   c. recreational therapist.*
   d. avocational therapist.
   e. horticultural therapist.

2. The main job of a music therapist on a mental hospital ward would be to:
   a. use music to diagnose patients’ illnesses.
   b. teach patients how to play instruments so they can eventually earn a living in some way connected with music.
   c. instruct patients in playing various music instruments so they can have music as a hobby.
   d. use music as a resocializing medium to maintain the patient’s contact with his surroundings and with other people.*
   e. soothe the mind and heart by playing music for the patients throughout the day.

3. According to the Lanterman-Petris-Short Act, a person who is considered a danger to himself can be held a maximum of _____ for a single admission to a mental hospital.
   a. 24 hours
   b. 3 days
   c. 31 days*
   d. 90 days
   e. 90 days unless there is a court hearing to determine if the person is still suicidal. At that point, this person can be held an additional 90 days.

4. 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.

5. The name “Pig Bowl” in which the Sacramento Sheriff’s Department play football against the police, is an example of:
   a. paleologic.
   b. diagnosis.
   c. prognosis.
   d. euphemism.
   e. dysphemism.*

6. Which of the following best describes the attitude of the psychoanalyst during therapy?
   a. active and involved
   b. indifferent and detached
   c. scientific and objective
   d. benevolent neutrality*
   e. works with families
7. In California, a person who advertises herself as a “Group therapist” must have:
   a. MFCC.
   b. an M.D. or Ph.D.
   c. masters degree in a human services field.
   d. bachelors degree in a human services field.
   e. None of the above.*

8. 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.

9. Which of the following is not a criterion for involuntary commitment to a mental hospital under the Lanterman-Petris-Short (LPS) Act?
   a. psychotic behavior*
   b. grave disability
   c. danger to others
   d. danger to self
   e. All are criteria under LPS.

10. Which of the following is not considered one of the most symptoms of combat exhaustion?
    a. Mania*
    b. Irritability
    c. Disorder of sleep
    d. Hyper-sensitivity

11. In his article on euphemism discussed in class, Dr. Davidson maintained that:
    a. the true meaning can never be hidden behind pleasant words.
    b. euphemism is superior to dysphemism in discussions with families.
    c. dysphemism is superior to euphemism in discussions with families.
    d. euphemism can be successful for a short time.*

12. The stressful event that is responsible for a post-traumatic stress disorder (PTSD) is typically:
    a. an event that would bother almost everyone.*
    b. an event that would bother people susceptible to stress.
    c. an event that would bother people who do not have intact (whole) families, e.g. under marital stress.
    d. an event that is extremely rare to unusual.
    e. an event without an apparent cause.

13. 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.
14. The percentage of military discharges for psychiatric reasons was highest in:
   a. World War 2.*
   b. Korean War.
   c. Vietnam War.
   d. Persian Gulf War.
   e. Equal percentage in all wars.

15. 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.

16. When a person who has been in a serious fire begins to criticize the rescue efforts and relief work, they are probably in the:
   a. disorganized stage.
   b. shock stage.
   c. denial stage.
   d. suggestible stage.
   e. recovery stage.*

17. Admission rates to psychiatric hospitals are highest for adults who:
   a. have never been married.
   b. are divorced or separated.*
   c. have been married less than 2 years.
   d. have been married between 10-15 years.
   e. have been widowed.

18. 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.

19. From the Freudian standpoint, neurosis is best described as:
   a. a product of faulty childhood development.*
   b. a conditioned anxiety reaction.
   c. dreaming while awake.
   d. a disorder of moral judgment.
   e. a problem of living.

20. In Pavlovian conditioning, the animal:
   a. must take an active role in securing reinforcement.
   b. is only reinforced when he presses the correct lever.
   c. is tied in a harness and remains relatively passive.*
   d. rejects meat powder when it is presented before the bell is rung.
21. The central idea behind operant conditioning is that:
   a. people can get used to unpleasant things presented in small doses.
   b. too much of a reinforcer becomes unpleasant.
   c. people tend to behave in ways that bring rewards and avoid behavior associated with unpleasant results.*
   d. neurosis arises in early childhood largely as a result of faulty parent-child relationships.
   e. neurosis is the product of an insane society.

22. Pavlov believed that _____ was/were a useful treatment for animals that were made neurotic in his laboratory.
   a. drugs
   b. biofeedback
   c. environmental change
   d. imitation of healthy animals
   e. rest and sleep*

23. In Pavlov’s early studies of the conditioned reflex, the **conditioned stimulus** was the:
   a. bell.*
   b. meat powder.
   c. salivation to the bell.
   d. salivation to the meat powder.
   e. experimental neuroses.

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

25. Agoraphobia literally means fear of:
   a. spiders.
   b. snakes.
   c. the market place.*
   d. enclosed spaces.
   e. death.

26. 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. unconditioned stimulus
   b. unconditioned response
   c. conditioned stimulus*
   d. conditioned response
   e. extinction stimulus

27. ______ 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
28. A student in an abnormal psychology class receives the highest test grade in a class of 50 students. This behavior is considered abnormal because it is:
   a. dangerous to self.
   b. deviant.*
   c. dysfunctional.
   d. distressful.
   e. dangerous to others.

29. Behavior that violates legal norms is:
   a. deviant and criminal.*
   b. distressful and criminal.
   c. deviant and psychopathological.
   d. distressful and psychopathological.
   e. dangerous to others.

30. 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. reduce fear to anxiety.

31. Bob is always down. His friends have given up trying to cheer him because nothing works. An ancient Greek physician would have labeled his condition:
   a. mania.
   b. hysteria.
   c. delusional.
   d. idiocy.
   e. melancholia.*

32. 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 psychoanalytic model.
   e. the supernatural model.*

33. St. Vitus’s dance, characterized by people suddenly going into convulsions, jumping around, and dancing, was also known as:
   a. lycanthropy.
   b. melancholia.
   c. phlegmatism.
   d. tarantism.*
   e. humor deficit.
34. “Moral treatment” is the best way to deal with abnormality; even the best of us at some time may break under stress.” Who of the following would agree most strongly with this statement?
   a. Henry VIII
   b. Emil Kraepelin
   c. Philippe Pinel*
   d. Friedrich Anton Mesmer
   e. St. Vitus

35. 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*
   b. somatogenic
   c. parthenogenic
   d. schizophrenogenic
   e. moral

36. Drugs designed to decrease confused and distorted thinking are termed:
   a. antidepressant.
   b. antianxiety.
   c. antihypochondriacal.
   d. psychosocial.
   e. antipsychotic.*

37. A psychiatrist receives three to four years of training in the treatment of abnormal functioning after medical school; this training is called a(n):
   a. residency.*
   b. internship.
   c. practicum.
   d. community mental health tour.
   e. community service.

38. The model of abnormality that cites learning as being at the root of the behavior is the:
   a. behavioral model.*
   b. sociocultural model.
   c. psychodynamic model.
   d. humanistic-existential model.
   e. psychoanalytic

39. The model of abnormality that cites values, choices, and individuality as being at the root of the behavior is the:
   a. cognitive model.
   b. sociocultural model.
   c. psychodynamic model.
   d. behavioral.
   e. humanistic-existential model.*
40. Messages moving from neuron to neuron must cross tiny gaps called:
   a. dendrites.
   b. axons.
   c. neurotransmitters.
   d. synapses.*
   e. nerves.

41. An assumption of determinism is that all abnormal behaviors:
   a. are learned.
   b. have causes.*
   c. have physiological bases.
   d. are due to unconscious conflicts.
   e. started in childhood.

42. The Vienna Psychoanalytic Society included all of the following except:
   a. Joseph Wolpe.*
   b. Alfred Adler.
   c. Sigmund Freud.
   d. Carl Gustav Jung.

43. “Get it, and get it now!” might be an appropriate motto for the:
   a. id.*
   b. superego.
   c. erogenous zone.
   d. ego.
   e. humor.

44. The part of the personality that deals with the real world is the:
   a. id.
   b. ego.*
   c. superego.
   d. ego ideal.

45. Moe had a grossly unhappy childhood. His needs were neglected and he was physically abused from time to time. Now, as an adult, he cannot remember a thing about it. It never enters his mind. This is an example of the defense mechanism called:
   a. fantasy.
   b. undoing.
   c. repression.*
   d. sublimation.
   e. regression.

46. According to Freud’s psychodynamic theory, ineffective interaction of the id, ego, and superego is usually seen as being caused by the parents. It can lead to entrapment at a development level. This is called:
   a. regression.
   b. neurosis.
   c. repression.
   d. displacement.
   e. fixation.*
47. According to Freud’s psychodynamic theory, at birth the child is in the:
   a. oral stage.*
   b. anal stage.
   c. phallic stage.
   d. latency stage.
   e. ego stage.

48. The following is an example of which anxiety disorder? A young child screams and trembles at the sight of a dog in a picture book.
   a. generalized anxiety disorder.
   b. phobia.*
   c. panic disorder.
   d. obsessive-compulsive disorder.
   e. fixation.

49. The following is an example of which anxiety disorder? A professor becomes anxious unless students sit in alphabetical order, turn in their papers in alphabetical order, and leave tests in that same order.
   a. generalized anxiety disorder.
   b. phobia.
   c. panic disorder.
   d. obsessive-compulsive disorder.*
   e. realistic fear.

50. A lasting and groundless fear of a specific object, activity, or situation is called a(n):
   a. panic disorder.
   b. phobic disorder.*
   c. generalized anxiety disorder.
   d. obsessive-compulsive disorder.
   e. unconditioned stimulus.

52. Free-floating anxiety is most like:
   a. trait anxiety.*
   b. state anxiety.
   c. a normal fear.
   d. a phobia.
   e. a compulsion.

54. Therapists who show unconditional positive regard and empathy for the people they treat are using _____ techniques.
   a. object relations
   b. sociocultural
   c. brief psychodynamic
   d. client-centered*
   e. cognitive awareness
56. 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. His diagnosis would probably be:
   a. a social phobia.*
   b. a specific phobia.
   c. generalized anxiety disorder.
   d. posttraumatic stress disorder.
   e. panic disorder.

58. One who is experiencing a panic disorder would most likely also be phobic about:
   a. high places.
   b. closed-in places.
   c. medical procedures.
   d. leaving home.*
   e. their clothing.

59. Investigators in the 1960s discovered that panic attacks could be reduced or eliminated by the use of:
   a. neuroleptic drugs.
   b. antipsychotic drugs.
   c. antidepressant drugs.*
   d. anticonvulsant drugs.
   e. opiate drugs.

62. When one checks the stove 10 times to make sure it is turned off before leaving in the morning, one is exhibiting a(n):
   a. obsession.
   b. Compulsion*.
   c. panic attack.
   d. phobia.
   e. existential anxiety.

63. Obsessive-compulsive disorder:
   a. typically lasts for only a short period of time.
   b. is more common in men than in women.*
   c. usually begins in older adulthood.
   d. is associated with depression and eating disorders.
   e. is related to alcoholism.

64. If one repeatedly “plays a videotape of the day’s events” in one’s mind, with excessive and vivid detail for hours at a time, one would be experiencing:
   a. obsessive wishes.
   b. obsessive impulses.
   c. obsessive images.*
   d. obsessive doubts.
   e. obsessive control.

65. An obsessive-compulsive person who was told 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. classical conditioning

67. Which of the following is the best example of “emotional anesthesia”?
   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 daydreams and night dreams.
   d. Excessive talking about the event in inappropriate settings.