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

2. One advantage of treating cases of severe depression using electro-shock therapy (EST), as compared with drug treatment, is that:
   a. EST has fewer side effects.
   b. EST acts more quickly.*
   c. the memory loss is temporary.
   d. it is less expensive.
   e. it can be given on an outpatient basis.

3. In most cases of major depression:
   a. there are thoughts of suicide.*
   b. there is an actual attempt at suicide.
   c. there is sooner or later a successful suicide attempt.
   d. None of the above.

4. Which of the following is not among the clinical criteria for cyclothemia?
   a. onset in teens or early adulthood
   b. clinical presentation as a personality disorder
   c. short cycles, usually days
   d. major psychotic depression*
   e. endogenous

5. Which sub-test of the Wechsler Adult Intelligence Scale (WAIS) is least likely to hold up with age?
   a. digit span*
   b. ink blot
   c. information
   d. vocabulary
   e. comprehension

6. The Goldstein-Scheerer tests were developed primarily to explore:
   a. abstract and concrete thinking.*
   b. illusions, hallucination, and delusions.
   c. orientation and memory.
   d. creativity.
   e. the ability to see whole figures.

7. The Wechsler Adult Intelligence Scale (WAIS) is a(n):
   a. individual IQ test.*
   b. group IQ test.
   c. test primarily for individuals of above average intelligence.
   d. test primarily for individuals of below average intelligence.
   e. projective test.

8. People with moderate mental deficiency:
   a. can respond to incentives (rewards) in a consistent manner.
   b. have an initially low level of performance compared to normals.
   c. can develop consistent work habits and perform some industrial jobs.
   d. All of the above.*
   e. None of the above.
9. A scale specifically developed to measure the abilities of people with below average intelligence is the:
   a. Wechsler Adult Intelligence Scale.
   b. Goldstein-Scheerer.
   c. Vineland Adaptive Behavior Scale.*
   d. Bender Gestalt.
   e. Stanford Binet.

10. Freud’s major contribution to the understanding and treatment of schizophrenia was:
    a. psychoanalysis as a treatment method.
    b. understanding the psychological content of the patient’s ideas.*
    c. the use of drug therapy.
    d. applying hypnosis to the treatment of psychotics.
    e. family therapy.

11. A mental patient who is convinced that he is Jesus Christ is a(n) example of someone with a(n):
    a. hallucination.
    b. delusion.*
    c. estrangement.
    d. depersonalization.
    e. split personality.

12. Elderly people will tend to perform best on tasks:
    a. with specific time limits.
    b. which involve sensory discrimination (judging colors or sounds).
    c. which stick to the main point and do not involve distractions.*
    d. which involve fluid intelligence.
    e. All of the above.

13. A risk in long-term drug treatment of schizophrenia is:
    a. drug addiction.
    b. drug habit.
    c. paranoid behavior.
    d. cyclothymia.
    e. Tardive’s dyskenisia.*

14. The behavior of a person with paranoid schizophrenia resembles that of:
    a. dysthymia.
    b. cyclothymia.
    c. bulimia nervosa.
    d. delirium tremens.
    e. amphetamine psychosis.*

15. Instead of sorting the colored squares, circles, and triangles in the Goldstein-Scheerer test as he was directed to do, a client uses the pieces to build a castle. A clinical psychologist would be likely to describe these behaviors as:
    a. concrete perceptual performance.
    b. delusional thinking.
    c. grouping.*
    d. a sign of depression.
    e. an indication of at least moderate mental retardation.
16. On a word association test, a client responds to the word “jump” with _____. This is called a clang association.
   a. “father”
   b. “dump”*
   c. “jump”
   d. “word”
   e. No response

17. On a word association test, a client responds to the word “find” with _____. This is called blocking.
   a. “father”
   b. “grind”
   c. “find”
   d. “word”
   e. No response*

18. The _____ rate for schizophrenia is higher for identical (one-egg) than for fraternal (two-egg) twins.
   a. negative
   b. positive
   c. symptom remission
   d. cure
   e. concordance*

19. Treatment using a change in lighting is most likely to be recommended for a person diagnosed with:
   a. dysthymia.
   b. cyclothymia.
   c. bipolar I.
   d. seasonal affective disorder.*
   e. major depressive disorder.

20. Which of the following terms would best describe the symptom of a client who says, “I don’t feel I belong here. The entire world seems unfamiliar.”
   a. autism
   b. depersonalization
   c. hallucination
   d. illusion
   e. estrangement*

21. Research suggests that there is a connection between ______ and creativity.
   a. estrangement
   b. distorted body image
   c. dysthymia
   d. hypomania*
   e. seasonal affective disorder

22. Which of the following is considered the most rare (statistically infrequent) diagnosis?
   a. dysthymia in a man
   b. cyclothymia in a woman
   c. mania (without any depression) in a man*
   d. major depression (without any mania) in a man
   e. seasonal affective disorder in a man

23. Hallucinations and delusions are considered _____ symptoms of schizophrenia.
   a. negative
b. positive*
c. physiological
d. emotional
e. sexual

24. Which of the following symptoms is critical for the diagnosis of schizophrenia?
a. short-term memory deficits
b. fear of being left alone
c. feelings of worthlessness
d. marked disturbances in thinking*
e. marked disturbance in body image

25. Sylvia says, “I run the FBI, and I know everyone in the Mafia. My husband is Michael Jordan, and Madonna is my sister.” Sylvia is suffering from:
a. thought withdrawal.
b. delusions of grandeur.*
c. auditory hallucinations.
d. delusions of reference.
e. delusions of persecution.

26. “My father poisons my food, and my mother has hired a hit man to shoot me. My boss is plotting to humiliate me, and my neighbor spies on me.” These comments illustrate the schizophrenic symptom called:
a. anhedonia.
b. catatonia.
c. delusions of reference.
d. delusions of grandeur.
e. delusions of persecution.*

27. Angela hears voices that tell her to commit suicide. She also tends to use many neologisms when she speaks and believes that the FBI is spying on her. Which of the following statements regarding Angela is accurate?
a. Angela’s negative symptoms are atypical for a psychotic disorder.
b. Angela exhibits positive symptoms of schizophrenia.*
c. Angela exhibits negative symptoms of schizophrenia.
d. Angela could be diagnosed with residential schizophrenia.
e. Angela probably has catatonic schizophrenia.

28. A false belief that is firmly and consistently held despite contradictory evidence or logic is a:
a. distortion.
b. loose association.
c. delusion.*
d. hallucination.
e. illusion.

29. Tuyet-Hoa hears voices in her head. These voices often tell her that she is a bad person and does not deserve to live. Tuyet-Hoa suffers from:
a. auditory hallucinations.*
b. somatic hallucinations.
c. visual hallucinations.
d. thought insertion.
e. delusions of reference.
30. Rudolph is experiencing the most common form of hallucination found in schizophrenia. He:
   a. has no feeling in his fingers or toes.
   b. is hearing voices that no one else can hear.*
   c. is seeing images of God that no one else can see.
   d. believes he is being threatened by forces that want to kill him.
   e. is seeing spiders and rodents on his body.

31. Daria has been diagnosed with schizophrenia and is being given an intelligence test. The examiner asks Daria what it means when one says, “Strike while the iron is hot.” Daria replies, “You cannot iron clothes with a cold iron.” Daria’s response demonstrates:
   a. concrete thinking.*
   b. the use of neologisms.
   c. delusional thinking.
   d. echolalia.
   e. clang association.

32. The abnormal lack of emotion seen in schizophrenics is termed:
   a. emotional rigidity.
   b. affective apathy.
   c. catatonia.
   d. autism.
   e. flat affect.*

33. Which statement best describes the relationship between schizophrenia and social class?
   a. There is no consistent relationship between schizophrenia and social class.
   b. Schizophrenia is most common in the lower classes.*
   c. Schizophrenia is found equally in all social classes.
   d. Schizophrenia is most common in the upper middle class.
   e. Schizophrenia is most common in the upper class.

34. The director of a new mental health center is developing plans to provide treatment for the disorder that is the most common complaint for those who come for mental health care. That disorder is:
   a. depression.*
   b. manic depression.
   c. anxiety.
   d. hyperactivity.
   e. schizophrenia.

35. Which of the following is a behavioral symptom of depression?
   a. Slowing down all body movements and speech.*
   b. Becoming more and more involved with other people’s problems.
   c. Having trouble getting to sleep but feeling full of energy.
   d. Having thoughts of suicide.
   e. Delusions of persecution.

36. Carrie has terrible episodes of depression. Most of the time she is depressed, but one time in the past two years she experienced a week-long episode during which her energy level increased dramatically. She developed a grandiose and irritable mood and became pleasure seeking in her behavior. What is Carrie’s probably diagnosis?
   a. Cyclothymia
   b. Depression with psychotic features
   c. Major depressive episode.
   d. Amphetamine psychosis
38. Nathan has a seven-year history of mild mood swings. When he is “high,” he is coherent; when he is “low,” he is never suicidal or unable to function. What is the best diagnosis for Nathan?
   a. Cyclothymic disorder*
   b. Bipolar disorder, mixed
   c. Major depressive disorder, mixed
   d. Dysthymic disorder
   e. Manic-depressive disorder

39. Electroconvulsive therapy is generally reserved for:
   a. mild depressions such as dysthymia.
   b. manic episodes that have not responded to lithium treatment.
   c. severe depressions that have not responded to drug treatment.*
   d. bipolar disorder.
   e. paranoid schizophrenia.

40. Bipolar disorder is to ____ disorder as major depression is to _____ disorder.
   a. dysthymic; cyclothymic
   b. cyclothymic; anxiety
   c. cyclothymic; dysthymic*
   d. psychotic; neurotic

41. Which of the following is not a physiological symptom of depression?
   a. Disruption of normal menstrual cycle.
   b. Lack of interest in eating and weight loss.
   c. Difficulty getting to sleep or waking up early.
   d. Decreased need for sleep and high arousal.*

42. If there is one common motive for suicide, it is:
   a. the person’s desire to gain attention from others.
   b. the person’s desire to seek revenge against others.
   c. the person’s desire for relief from an unbearable situation.*
   d. the person’s need to be remembered by others.

43. Anger at others is so violently directed at the self that suicide is the outcome. This is a ______ explanation for suicide.
   a. psychodynamic*
   b. socio-cultural
   c. cognitive
   d. behavioral
   e. biological

44. Some clues of suicide intent are direct, and some are indirect. Which of the following is an indirect clue?
   a. A person loading a pistol and saying he knows how to use it on himself.
   b. A student giving away his treasured collection of CDs.*
   c. An employee saying, “If I don’t get the promotion, I’ll kill myself.”
   d. A teenager storing up depressant drugs and scheduling a time to take them.

45. “I’d make everyone happier if I just shot myself” is an example of a ______; revising one’s will and giving away one’s record collection are examples of _____.
   a. psychodynamic clue of suicide; behavioral clues of suicide
b. behavioral clue of suicide; suicidal gestures
   c. suicidal gesture; suicide attempts
   d. verbal clue of suicide; behavioral clues of suicide

46. Which statement about electroconvulsive therapy (ECT) is accurate?
   a. ECT is an effective treatment for both schizophrenia and endogenous depression.
   b. ECT improves the mood of depressed individuals by changing their hormones.
   c. Although it is clear that ECT cures schizophrenia, the reasons for its success are not clear.
   d. Although it is clear that ECT effectively treats depression, the reasons for its success are not clear.

47. Laura suffers from major depression. She is treated with electroshock applied to one hemisphere of her brain. The shock lasts about six minutes but produces only slight memory loss for events just before and after treatment. What aspect of Laura’s treatment is unusual?
   a. It is unusual for shock to produce memory loss.
   b. It is unusual to treat major depression with electroshock.
   c. It is unusual for electroshock to be applied to one hemisphere.
   d. It is unusual to give shock for more than one-half second.

48. Yussef is scheduled to have an electroconvulsive therapy treatment tomorrow. He can expect:
   a. some confusion and short-term memory loss after the treatment.
   b. to remain awake throughout the procedure.
   c. to feel alert and less depressed immediately after the treatment.
   d. that the shock will be applied to his hands and feet.

49. Imagine that you are reading the medical chart for a psychiatric patient treated for schizophrenia during the 1930s and 1940s. Which of the following notes would not be included in the chart?
   a. “Patient has not responded well to electroconvulsive therapy.”
   b. “Patient given another dose of phenothiazines.”
   c. “Considering giving patient another insulin shock treatment.”
   d. “Patient may be a good candidate for psychosurgery.”

50. In 1946, Mrs. Mendez was treated for schizophrenia in a way that left her calm but impaired cognitively. The treatment produced permanent brain damage. Mrs. Mendez was probably treated with:
   a. high doses of lithium carbonate.
   b. high doses of phenothiazines.
   c. electroconvulsive therapy.
   d. psychosurgery.
   e. psychoanalysis.

51. What form of treatment revolutionized mental health care in the 1950s?
   a. Antipsychotic medications
   b. Cognitive behavioral therapy
   c. Psychoanalytic therapy
   d. Milieu therapy
   e. Psychosurgery

52. Which pairing of drug and disorder is most appropriate?
   a. Schizophrenia – barbiturates
b. Schizophrenia – imipramine

c. Depression – phenothiazines

d. Bipolar disorder – lithium carbonate*

e. Alzheimer’s – barbiturates

53. Iris is on a drug to control her mood swings. Because its effective dosage is close to its toxic level, Iris is supposed to have her blood levels of the drug monitored often. The drug is probably:

a. lithium.*

b. Clozapine.

c. imipramine.

d. Prozac.

54. In cognitive disorders:

a. social and psychological factors play no role.

b. brain pathology causes behavioral disturbance.*

c. there may be symptoms of brain pathology.

d. psychological factors cause the brain to malfunction.

e. environmental factors cause the brain to malfunction.

55. Sanjay was diagnosed with a cognitive disorder. Which of the following could not be the specific diagnosis?

a. Dementia caused by infection

b. Amnestic disorder

c. Delirium caused by general medical condition

d. Schizoaffective disorder*

e. Alzheimer’s

58. Which of the following is a good example of an exogenous form of brain damage?

a. Cerebral atrophy due to a genetic disorder.

b. A loss of blood flow due to a stroke.

c. A trauma due to an automobile accident.*

d. An infection such as meningitis.

59. Late on Saturday night, Dennis is taken to the hospital after drinking twenty beers. His confusion and hallucinations stop as soon as the alcohol is out of his system. This incident illustrates an _____ cognitive disorder.

a. endogenous and acute

b. endogenous and diffuse

c. exogenous and acute*

d. exogenous and chronic

62. Ian suddenly became incoherent at 3 a.m. yesterday. He was agitated and unable to focus his attention and did not know where he was when taken to the hospital. After two days, the cocaine was out of his system and his cognitive functioning returned to normal. What form of cognitive disorder did he display?

a. None; he was experiencing withdrawal.

b. Amnestic disorder

c. Delirium.*

d. Dementia

e. Asperger’s syndrome
63. The famous case of Phineas Gage, the man who had a 3-foot iron rod shot through his brain, illustrates the fact that:
   a. brain trauma can alter personality.*
   b. brain trauma is the leading cause of aphasia and apraxia.
   c. dementia and delirium cannot be distinguished from one another.
   d. the amount of tissue lost is proportionate to the severity of functional loss.
   e. Alzheimer’s can have an exogenous cause.

66. A series of small strokes or incidents in which portions of the brain die leads to uneven deterioration of intellectual functioning. This is called:
   b. vascular dementia.*
   c. atherosclerosis.
   d. presenile dementia.
   e. closed-head injury.

67. Bud, age ten, was born with short fingers, slanted eyes, and a protruding tongue; he is moderately retarded. His parents were both in their forties when he was born. He probably has the form of retardation called _____ and has a high likelihood of developing _____.
   a. Alzheimer’s disease; fetal alcohol syndrome
   b. Down syndrome; heart problems*
   c. fetal alcohol syndrome; Alzheimer’s disease
   d. microcephaly; heart problems