Student name:\_\_\_\_\_\_\_\_\_\_

**MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.**

1. The continuum model of abnormality demonstrates that
   1. there is a clear distinction between dysfunctional and deviant behavior.
   2. psychologists must make objective decisions about what warrants a diagnosis.
   3. individuals are labeled as either having a disorder or not having one.
   4. no sharp line exists between what is normal and abnormal.
2. To qualify as abnormal, behaviors, thoughts, and feelings must be
   1. diagnosable.
   2. unusual, distressing, impairing, or dangerous.
   3. identifiable in the*DSM-5-TR.*
   4. violent.
3. When determining abnormality, behaviors, thoughts, and\_\_\_\_\_\_\_\_ are assessed.
   1. family history
   2. genetics
   3. feelings
   4. medication
4. The study of abnormal psychology is the study of people who suffer mental, emotional, and often physical pain. This is also referred to as
   1. psychopathology.
   2. psychometry.
   3. parapsychology.
   4. behavioral psychology.
5. Masha is a 27-year-old soccer mom who never misses her daughter's games. Her friends argue that her behavior is embarrassing, and she is making a fool of herself when she repeatedly yells and jumps to her feet. Masha insists that no one is paying attention to her behavior and states, "It's a soccer game—people are expected to get excited!" What determines whether Masha's behavior is normal?
   1. her social status
   2. gender differences
   3. the context in which it is performed
   4. individual differences
6. When an observer takes into account the context or circumstances surrounding someone's behavior to determine whether they are normal or abnormal, it means that
   1. the observer assesses the behavior based on their own biases and prejudices.
   2. the observer considers the behavior normal if it seems appropriate for that particular situation.
   3. the observer judges the individual's personality based on the observer’s cognitive abilities.
   4. the observer's evaluation of the behavior lacks any theoretical grounding.
7. An advantage of cultural relativism is that
   1. it does not impose the standards of one culture on judgments of abnormality.
   2. there is a tendency to view all behaviors that are unusual, or deviant, as abnormal.
   3. it allows those in power to label and silence minorities by labeling them as abnormal.
   4. it does not adopt a continuum perspective of abnormal behavior; rather, it is an either/or proposition.
8. Which criterion for abnormality implies that the presence of a disease is causing given behavior?
   1. deviance
   2. unusualness
   3. distress
   4. mental illness
9. Rachel teaches the second grade and suspects that two students in her class have behavioral problems. Although she works fervently to keep the class running smoothly, the students' behaviors continually disrupt the learning environment. When the two students blurt out the answers before being called upon, push others in line, or constantly get out of their seats, other students become distracted and irritated. According to which criterion will these students' behaviors most likely be considered abnormal?
   1. cultural relativism
   2. mental illness
   3. distress
   4. gender relativism
10. What are "the four Ds" of abnormality?
    1. distress, delusion, deviance, and derision
    2. deviance, dysfunction, disorder, and danger
    3. danger, disorder, delusion, and dysfunction
    4. dysfunction, distress, deviance, and dangerousness
11. Theorists who argue that behaviors can only be abnormal relative to cultural norms are proponents of
    1. cultural hegemony.
    2. cultural regeneration.
    3. cultural imperialism.
    4. cultural relativism.
12. Cultural relativists argue that
    1. behaviors must be universally accepted to be considered normal.
    2. context, and not culture, influences the evaluation of behaviors as abnormal.
    3. the use of gender roles as a basis for assessing abnormal behaviors can be misleading.
    4. no universal standards or rules exist for labeling behaviors as abnormal.
13. \_\_\_\_\_\_\_\_ noted that, throughout history, societies have labeled individuals and groups*abnormal* in order to justify controlling or silencing them.
    1. Thomas Szasz
    2. Samuel Cartwright
    3. Clifford Beers
    4. Johann Weyer
14. In some parts of the world, corporal punishment is a traditional child rearing practice, whereas the practice is frowned upon in other places. In the context of abnormality, this is reflective of
    1. mental illness.
    2. dysfunction.
    3. distress.
    4. cultural relativism.
15. In the context of cultural relativism, when slavery was active in the United States, enslaved people who tried to escape bondage could be diagnosed with a mental disease that was said to have caused them to
    1. misunderstand their roles.
    2. desire freedom from their enslavers.
    3. refuse to work in the fields.
    4. experience delusions of grandeur.
16. Which of the following is true of the distress criterion for abnormality?
    1. The individual has no desire to be rid of the disruptive behavior.
    2. The behavior must violate societal norms.
    3. The individual must suffer as a result of the behavior.
    4. The behavior must also meet the unusualness criterion.
17. Historically, which three types of theories have been used to define abnormal behavior?
    1. sociological, religious, and psychological
    2. biological, psychological, and sociological
    3. biological, sociological, and supernatural
    4. biological, supernatural, and psychological
18. Which of the following does*not* correctly pair the historical perspective on abnormal behavior with an abnormality?
    1. psychological theories and trauma
    2. supernatural theories and chronic stress
    3. biological theories and physical disease
    4. supernatural theories and divine intervention
19. The supernatural perspective on abnormality most supported\_\_\_\_\_\_\_\_ as an approach to treatment.
    1. relaxation
    2. herbal medication
    3. exorcism
    4. restoration of bodily health
20. The practice of drilling circular holes in the skulls of people displaying abnormal behaviors in order to free evil spirits was known as
    1. trephination.
    2. exorcism.
    3. atonement.
    4. bloodletting.
21. Yin and yang (positive and negative forces) are concepts from ancient
    1. China.
    2. Greece.
    3. Egypt.
    4. Rome.
22. According to ancient Chinese medicine, excited insanity was due to the presence of a(n)
    1. minimal negative force.
    2. excessive negative force.
    3. minimal positive force.
    4. excessive positive force.
23. Xia has been feeling sad and lonely over the past several days. According to ancient Chinese medical philosophy, Xia's mood is likely the result of
    1. vital air flowing on the lungs.
    2. a lack of positive force.
    3. bewitchment.
    4. excessive chaos in Xia's life.
24. Which ancient text on abnormal behavior is the oldest?
    1. Oxyrhynchus Papyri
    2. Magdalen Papyrus
    3. Kahun Papyrus
    4. Elephantine Papyri
25. Ancient Egyptians and Greeks held that a woman's uterus
    1. caused psychological abnormalities by dislodging and wandering inside the body.
    2. contained mystical powers that caused it to create physiological harmony.
    3. made women inferior to men and made women suffer emotional pain more often than men.
    4. made women superior, as it possessed the power of creation.
26. Which Greek term is used today to refer to physiological symptoms that are probably the result of psychological processes?
    1. apathea
    2. hysteria
    3. thanatos
    4. choleric
27. Most Greeks and Romans saw madness as
    1. a cause for physical disease.
    2. a result of chronic stress.
    3. an affliction from the gods.
    4. a result of trauma.
28. Which historical figures argued that some forms of madness were divine and could be the source of great literary and prophetic gifts?
    1. Socrates and Plato
    2. Plato and Hippocrates
    3. Homer and Plato
    4. Hippocrates and Socrates
29. Hippocrates attributed abnormality to
    1. afflictions from the gods.
    2. divine intervention.
    3. chronic stress and trauma.
    4. imbalances in bodily humors.
30. According to Hippocrates, abnormal behavior could be attributed to imbalances in the four basic humors of the body. Which of the following courses of treatment was used to restore the balance?
    1. fasting
    2. ostracism
    3. bleeding the patient
    4. spiritual exorcism
31. Which of the following ancient Greeks argued that madness arose when the rational mind was overcome by impulse, passion, or appetite?
    1. Aristotle
    2. Plato
    3. Socrates
    4. Homer
32. Which of the following is true about a widespread response to individuals who were considered insane in ancient times?
    1. The state built asylums and institutions to house and care for individuals who were considered insane.
    2. The state could take rights away from people declared insane and could award the property of insane people to their relatives.
    3. People declared insane were allowed to marry and could acquire or dispose of their own property.
    4. Poor people who were considered insane were simply left to roam the streets, even if they were violent.
33. Hippocrates classified abnormal behavior into which set of categories?
    1. hysteria, phobia, mania, and epilepsy
    2. melancholia, epilepsy, phobia, and mania
    3. brain fever, hysteria, phobia, and melancholia
    4. epilepsy, mania, melancholia, and brain fever
34. Prior to the eleventh century, which of the following was most often seen as the cause of bizarre behavior?
    1. severe emotional shock
    2. demonic possession
    3. superstition
    4. religious persecution
35. Which two individuals argued that persons accused of being witches were mentally ill, and, consequently, had their writings banned by the Catholic Church in the sixteenth century?
    1. Reginald Scot and Teresa of Avila
    2. Johann Weyer and Reginald Scot
    3. Teresa of Avila and Johann Weyer
    4. Thomas Szasz and Teresa of Avila
36. Dance frenzies are examples of
    1. psychic epidemics.
    2. self-hypnotic suggestion.
    3. substance-induced psychosis.
    4. psychotic episodes.
37. Which of the following are defined as a phenomenon in which large numbers of people engage in unusual behaviors that appear to have a psychological origin?
    1. psychic catastrophes
    2. psychic epidemics
    3. psychic projections
    4. psychic illusions
38. What phenomenon, seen in Italy in the fourteenth century, was attributed to a tarantula bite, causing people to jump around, dance wildly, tear at their clothes, and beat each other with whips?
    1. tarantism
    2. tarantella
    3. Saint Vitus' dance
    4. comas enfermas
39. A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teachers experienced nausea, headaches, dizziness, and symptoms of mild carbon monoxide intoxication. The behaviors were attributed to
    1. mass hysteria prompted by fears of chemical warfare.
    2. increased violence in schools across the country.
    3. hormonal imbalances associated with adolescence.
    4. rebellious attitudes toward school authorities.
40. Which of the following is true of psychic epidemics?
    1. They are generally seen in groups that experiment with psychoactive substances.
    2. They are generally seen across all levels of socioeconomic status.
    3. They are strictly confined to spiritual experiences.
    4. They are now under study from a social psychology perspective.
41. In the twelfth century, in the Belgian town of\_\_\_\_\_\_\_\_, townspeople regularly took into their homes the mentally ill visiting the shrine of Saint Dymphna for cures.
    1. Bruges
    2. Gheel
    3. Waterloo
    4. Ostend
42. The London Hospital of Saint Mary of Bethlehem, known for its deplorable conditions, had which nickname?
    1. Dollhaus
    2. Tollkiste
    3. Bethel Prison
    4. Bedlam
43. During the sixteenth, seventeenth, and eighteenth centuries, European mental hospitals humiliated mentally ill patients by
    1. exhibiting their conditions to the public for a fee.
    2. parading them down the streets in chains.
    3. having them sentenced to prison terms.
    4. creating deplorable conditions to keep them submissive.
44. The first Act for Regulating Madhouses, enacted in England, was created in part to
    1. promote public sympathy for the people with mental illness.
    2. improve the deplorable conditions of mental institutions.
    3. provide jobs for poor people confined to madhouses.
    4. reduce crime by removing unstable people from the streets.
45. Who among the following maintained that abnormal behavior was caused by excessive blood in the brain?
    1. Dorothea Dix
    2. William Tuke
    3. Benjamin Rush
    4. Philippe Pinel
46. The nineteenth-century reformation movement that included rest, relaxation, and prayer in the treatment of mental illnesses was called the
    1. movement for moral treatment.
    2. mental hygiene movement.
    3. deinstitutionalization movement.
    4. community mental health movement.
47. Philippe Pinel was instrumental in the moral treatment of people with mental illness in
    1. England.
    2. the United States.
    3. Italy.
    4. France.
48. In the late 1700s, James was isolated from the public by his family members on account of his mental illness. His family kept him locked in a room and brought him his meals. However, his brother began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside and work in the garden. The new approach to James's caregiving is representative of the
    1. moral treatment model.
    2. community mental health movement.
    3. managed care system.
    4. psychoanalytic perspective.
49. Philippe Pinel, a leader in the moral treatment movement, ordered that the chains be removed from patients because he believed that
    1. their conditions were specifically the result of their separation from the rest of society.
    2. the patients' health could be improved by restoring their dignity and tranquility.
    3. abnormal behaviors were rooted in supernatural theories and patients needed the freedom to practice their faith.
    4. patients were virtually harmless as long as they were properly medicated.
50. Which of the following individuals opened an asylum in England called The Retreat?
    1. William Tuke
    2. Philippe Pinel
    3. Dorothea Dix
    4. Benjamin Rush
51. Tuke's idea of moral treatment meant
    1. giving patients monetary compensation for their previous maltreatment.
    2. helping patients get social support from family members and neighbors who had previously rejected them.
    3. restoring patients' self-restraint by treating them with respect and dignity and by encouraging them to exercise self-control.
    4. helping patients reconnect spiritually with their families and community.
52. One of America's most militant crusaders for the moral treatment of people with mental illness was
    1. Helen of Troy.
    2. Dorothea Dix.
    3. Teresa of Avila.
    4. Florence Nightingale.
53. Many public hospitals at the turn of the twentieth century
    1. were sufficiently staffed with professionals to provide individual attention to patients.
    2. were no better than warehouses because of reduced funding and a decline in the quality of care.
    3. had slightly lower quality of care as compared to private institutions.
    4. were generally built within the city limits in order to regain public support for people with mental illness.
54. Which of the following statements about Dorothea Dix is true?
    1. She was a European who experienced maltreatment firsthand and immigrated to the United States to escape the public's insensitivity toward people with mental illness.
    2. The United States rejected her efforts to improve conditions for people with mental illness, and her life was threatened several times.
    3. She found the treatment of people with mental illness in the United States dehumanizing and set out on a quest to improve their condition by lobbying in different states to get laws passed.
    4. Although several new hospitals for the insane were established in the United States during the mid to late 1800s, she could not get them to adopt the humanitarian treatment she advocated.
55. Which of the following was an outcome of the rapid growth of the moral treatment movement?
    1. The capacity of asylums to recruit mental health professionals significantly improved.
    2. Physicians, nurses, and other caretakers did not have enough time to give each patient the attention they needed.
    3. The number of patients who benefited from the moral treatment increased, and its effectiveness became unquestionable.
    4. All patients, even those whose problems were not due to a loss of dignity or tranquility, benefited from moral treatment.
56. Brain pathology as an explanation for psychological disorders was systematically argued by
    1. Wilhelm Wundt.
    2. Richard von Krafft-Ebing.
    3. Franz Anton Mesmer.
    4. Wilhelm Griesinger.
57. \_\_\_\_\_\_\_\_ developed a scheme of classifying symptoms into discrete disorders that became the basis for our modern classification systems.
    1. Wilhelm Griesinger
    2. Emil Kraepelin
    3. Richard Krafft-Ebing
    4. Jean Charcot
58. The Viennese psychiatrist credited with discovering a connection between paresis and syphilis was
    1. Emil Kraepelin.
    2. Richard Krafft-Ebing.
    3. Alfred Adler.
    4. Wilhelm Wundt.
59. According to Franz Anton Mesmer,
    1. animal spirits were capable of penetrating and strangling the human spirit, causing people to behave abnormally.
    2. people evolved from animals, and abnormal behaviors were simply a level above animal behaviors.
    3. the distribution of a magnetic fluid in a person could be influenced by the magnetic forces of other people, as well as by the alignments of the planets.
    4. people exhibited abnormal behaviors because of excess blood in their brains.
60. The disease\_\_\_\_\_\_\_\_ has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality.
    1. general paresis
    2. hysteria
    3. gonorrhea
    4. delirium
61. Rapid advancement in anatomy, physiology, neurology, and chemistry in the late nineteenth century led to increasing focus on\_\_\_\_\_\_\_\_ causes of abnormality.
    1. biological
    2. psychological
    3. sociological
    4. ecological
62. Which psychoanalytic theorist's method was later renamed hypnosis?
    1. Franz Gall
    2. Sigmund Freud
    3. Franz Mesmer
    4. Carl Jung
63. Which individual argued that hysteria was caused by degeneration in the brain?
    1. Franz Anton Mesmer
    2. Jean Charcot
    3. Ambroise-Auguste Liebault
    4. Hippolyte-Marie Bernheim
64. Which of the following physicians showed that they could induce symptoms of hysteria through hypnosis?
    1. Mesmer and Charcot
    2. Charcot and Bernheim
    3. Bernheim and Liebault
    4. Liebault and Mesmer
65. Which psychoanalytic theorist is noted for his study of the unconscious?
    1. Sigmund Freud
    2. Pierre Janet
    3. Jean Charcot
    4. Stanley Hall
66. When a patient experiences catharsis, it means that the person has
    1. lost physical sensation in the body.
    2. become anxious and wishes to withdraw.
    3. experienced a release of emotions.
    4. found new meaning in life.
67. Which of the following statements is true about catharsis?
    1. It focused on the realignment of people's magnetic fluids.
    2. It resulted in more censored discussions of the patient's problems under hypnosis.
    3. It allowed the therapist to elicit important psychological material more easily.
    4. It was of little, if any, therapeutic value in terms of treating abnormality.
68. Who were the authors of*On the Psychical Mechanisms of Hysterical Phenomena*, published in 1893?
    1. Freud and Breuer
    2. Freud and Charcot
    3. Freud and Adler
    4. Freud and Hall
69. Which of the following individuals is regarded as the best-known figure in psychiatry and psychology?
    1. Ivan Pavlov
    2. Sigmund Freud
    3. John Watson
    4. Erik Erikson
70. The experiment that demonstrated that dogs could be conditioned to salivate to stimuli other than food was conceptualized by
    1. Ivan Pavlov.
    2. John Watson.
    3. B. F. Skinner.
    4. Edward Thorndike.
71. Pavlov's theory of learning focused on
    1. operant conditioning.
    2. social conditioning.
    3. classical conditioning.
    4. cognitive conditioning.
72. Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?
    1. Carl Jung
    2. John Watson
    3. Sigmund Freud
    4. Abraham Maslow
73. Which of the following is an incorrect pairing?
    1. Pavlov and classical conditioning
    2. Skinner and classical conditioning
    3. Watson and classical conditioning
    4. Thorndike and operant conditioning
74. Operant or instrumental conditioning was theorized by
    1. Thorndike and Skinner.
    2. Pavlov and Watson.
    3. Watson and Skinner.
    4. Pavlov and Thorndike.
75. Operant conditioning theory states that learning
    1. requires the proper modeling of behavior.
    2. is based on a teacher who gives instructions.
    3. requires two active participants if the learning tasks involves a behavior.
    4. is affected by the consequences of behavior.
76. \_\_\_\_\_\_\_\_ emphasizes the consequences of reinforcement and punishment on behavior.
    1. Behaviorism
    2. Cognition
    3. Psychoanalysis
    4. Mesmerism
77. The thought processes that influence behavior and emotion are called
    1. insights.
    2. cognitions.
    3. feelings.
    4. behaviorisms.
78. Which of the following people conceptualized the theory of self-efficacy beliefs?
    1. Albert Bandura
    2. Albert Ellis
    3. Johann Weyer
    4. Aaron Beck
79. Albert Bandura argued that people’s beliefs about their ability to execute the behaviors necessary to control important events, which he called\_\_\_\_\_\_\_\_ beliefs, are crucial in determining people’s well-being.
    1. self-efficacy
    2. self-regulation
    3. self-esteem
    4. self-motivation
80. \_\_\_\_\_\_\_\_ argued that people prone to psychological disorders are plagued by irrational negative assumptions about themselves and the world.
    1. Albert Bandura
    2. Albert Ellis
    3. Josef Breuer
    4. Ivan Pavlov
81. \_\_\_\_\_\_\_\_ was a class of drugs discovered in the twentieth century that reduced hallucinations and delusions and made it possible for many people who had been institutionalized for years to be released from asylums and hospitals.
    1. Gentamycin
    2. Diethylstilbestrol
    3. Roxatidine
    4. Phenothiazines
82. By 1960, as part of the patients' rights movement, advocates argued that patients treated for mental disorders can recover more fully or live more satisfying lives if they are integrated into the community, with the support of community-based treatment facilities—a process known as
    1. deinstitutionalization.
    2. restoration.
    3. the community mental health movement.
    4. recuperation.
83. Identify the movement that was launched in 1963 by President John Kennedy to provide coordinated mental health services to people in local facilities.
    1. the patients' rights movement
    2. the mental hygiene movement
    3. the community mental health movement
    4. the deinstitutionalization movement
84. Which of the following is*not* an example of a cognition?
    1. attention
    2. interpretation of events
    3. unconscious drive
    4. belief
85. The cognitive revolution shifted psychological perspectives away from behavior toward
    1. unconscious processes of the mind.
    2. internal processers such as the ego, superego, and id.
    3. internal processes such as attention, interpretation of events, and beliefs.
    4. classical and operant conditioning.
86. The treatment developed by Albert Ellis for emotional problems is called
    1. psychoanalysis.
    2. instrumental conditioning.
    3. rational-emotive therapy.
    4. cognitive therapy.
87. Which of the following is true of the biomedical approach to psychological treatment?
    1. It began in the early twenty-first century.
    2. It began in the mid-twentieth century.
    3. It has replaced psychodynamic and CBT approaches.
    4. It has become so expensive that only the very rich can afford it.
88. The biomedical approach has had\_\_\_\_\_\_\_\_ effect on the way disorders are treated.
    1. no
    2. little
    3. a moderate
    4. a significant
89. Which of the following is a type of community-based treatment facility that offers people with long-term mental health problems the opportunity to live in structured, supportive environments while they are trying to reestablish a job and ties to family and friends?
    1. community mental health center
    2. halfway house
    3. day treatment center
    4. nursing home
90. Between 1955 and 2016 the number of patients in psychiatric hospitals
    1. decreased significantly.
    2. decreased slightly.
    3. increased slightly.
    4. increased significantly.
91. As a result of deinstitutionalization, which of the following have become significant providers of mental health services in parts of the United States?
    1. homeless shelters
    2. community food banks
    3. prisons
    4. private homes
92. \_\_\_\_\_\_\_\_ allow people to obtain treatment during the day, as well as occupational and rehabilitative therapies,*but* to live at home at night.
    1. Halfway houses
    2. Community mental-health centers
    3. Assisted living facilities
    4. Day treatment centers
93. The goal of managed care is to
    1. institutionalize patients treated for mental disorders for organized treatment and monitoring.
    2. provide employment opportunities for inmates in order to make them self-sufficient.
    3. coordinate services for an existing medical problem and to prevent future medical problems.
    4. channel monetary funds toward the treatment of economically weak patients.
94. Under a managed care system, primary care physicians
    1. can coordinate services offered by other providers, such as drug treatment.
    2. have the right to refuse service to specific patients regardless of their insurance status.
    3. leave it to the families of people with psychological problems to find appropriate care.
    4. do not have the option of referring their patients to outside consultants.
95. Which program covers approximately one-quarter of all mental health spending in the United States?
    1. Medicare
    2. Medicaid
    3. Veterans Administration
    4. Social Security
96. Which of the following statements is true of the state of mental health care in the United States?
    1. Many states have increased benefits for mental health care.
    2. Many states have increased copayments and controlled drug costs.
    3. Many states have offered up-front payments to providers.
    4. Many states have increased the eligibility for mental health care.
97. Which of the following is*not* true of the Affordable Care Act (ACA) of 2010?
    1. Insurance plans must cover mental health treatment.
    2. Insurance plans must cover substance abuse treatment.
    3. The U.S. government has allocated funds to treat*all* people with mental illness, whether or not they have insurance.
    4. The ACA recognizes the increasing role of primary care providers in psychiatric treatment.
98. The Affordable Care Act\_\_\_\_\_\_\_\_ mental health care access in the United States.
    1. cancels
    2. limits
    3. modestly expands
    4. significantly expands
99. Dr. Mosley has a PhD in psychology and sees patients on a regular basis, but he does *not* prescribe medication. Dr. Mosely specializes in psychotherapy for adolescents and young children. Dr. Mosley is most likely a
    1. clinical psychologist.
    2. psychiatrist.
    3. clinical social worker.
    4. psychiatric nurse.
100. \_\_\_\_\_\_\_\_ specialize in helping couples, parents, and children overcome problems that are interfering with their well-being.
     1. Marriage and family therapists
     2. Psychiatrists
     3. Clinical psychologists
     4. Psychiatric nurses
101. Individuals dealing with psychological problems related to being unemployed would most likely seek assistance in finding a job from a
     1. clinical psychologist.
     2. psychiatrist.
     3. clinical social worker.
     4. psychiatric nurse.
102. Some states have\_\_\_\_\_\_\_\_, individuals who have graduate training in counseling beyond a bachelor's degree in counseling*but* have*not* obtained a PhD.
     1. clinical social workers
     2. psychiatric nurses
     3. marriage and family therapists
     4. licensed mental health counselors
103. \_\_\_\_\_\_\_\_ have a degree in nursing and often work on inpatient psychiatric wards in hospitals, delivering medical care and certain forms of psychotherapy.
     1. Clinical psychologists
     2. Psychiatric nurses
     3. Psychiatrists
     4. Licensed mental health counselors
104. Which of the following is true of the various professions within abnormal psychology?
     1. Psychiatrists have limited prescription-writing privileges, whereas clinical psychologists have full privileges.
     2. Clinical psychologists typically have an MD degree, while psychiatrists typically have a PhD in psychology.
     3. Psychiatric nurses must have a master's degree in counseling to work with clients who have psychological problems.
     4. Psychiatric nurses have privileges to write prescriptions for psychotherapeutic drugs in some states.

**SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.**

1. Discuss the continuum model of abnormality and the different criteria used for labeling behavior as normal or abnormal.

1. Discuss the difficulty in determining abnormality.

1. Describe the ancient Chinese theories of abnormal behavior.

1. Describe the ancient Egyptian, Greek, and Roman theories of abnormal behavior.

1. Compare and contrast the treatment of people with mental health problems in ancient Greece with the moral treatment movement of the eighteenth century.

1. What were the common psychological explanations offered for persons accused of witchcraft in the Middle Ages?

1. State how and why the concept of moral treatment evolved and the problems associated with its failures, and discuss the individuals who were instrumental in its development.

1. Discuss the efforts of Philippe Pinel and Dorothea Dix to change the treatment of patients with mental disorders.

1. Describe the growth of psychoanalytic theory. Who were some of the key contributors to this school of thought?

1. Identify the forces that influence behavior and emotion from the perspective of the cognitive revolution.

1. Discuss the deinstitutionalization movement and its impact on mental health care in the United States.

1. Explain why up to two-thirds of incarcerated inmates have a diagnosable mental illness.

1. Describe the different professions within abnormal psychology.

**Answer Key**Test name: chapter 1

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C

D

A

A

C

D

B

D

Short Answer

Key terms and concepts that may be included in student responses:

* + Cultural relativism: No universal standards or rules exist for labeling behaviors as normal; instead, behaviors are classified as normal or abnormal relative to cultural norms and gender role expectations. Dangers in defining abnormality based on cultural norms include prejudicial, discriminatory, oppressive, biased, and intolerant attitudes, beliefs, behaviors, policies, laws, etc.
  + Continuum model of abnormality: No clear line exists between normal and abnormal; behaviors are classified as normal or abnormal based on the degree to which they are typical, distressful, interfering, and dangerous.
  + Unusualness: This criterion deals with whether a behavior is deviant or unusual. Problems with the unusualness criterion include that the unusualness of any behavior depends in part on cultural norms (similar to cultural relativism), there is no method of determining how unusual a behavior must be in order for it to be labeled abnormal, and many rare behaviors are positive for the individual and for society—that is, most people would object to labeling such behaviors abnormal.
  + Distress: The individual suffers distress and wishes to be rid of the behaviors. Objections to the distress criterion include that people are not always aware of how stressful their behaviors are for themselves or others, and some behaviors cause great distress in others but are not stressful to the person displaying the behaviors.
  + Mental illness: Abnormality results from a disease process. Problems with this criterion include a lack of biological tests to diagnose mental illness disease processes, and that diagnostic labels do not refer to identifiable physical processes that are evident in all people who exhibit these symptoms (i.e., diagnostic labels only refer to a set of symptoms).
  + The four Ds of abnormality: dysfunction, distress, deviance, and dangerousness.

Short Answer

Key terms and concepts that may be included in student responses:

* + Examining behaviors, thoughts, and feelings
  + Assessing in terms of being unusual, distressing, functionally impairing, or dangerous

Short Answer

Key terms and concepts that may be included in student responses:

* + Concepts of yin and yang (e.g., "excited insanity")
  + Emotions believed to be controlled by internal organs—"vital air"
  + Taoism and Buddhism—religious interpretations of abnormal behavior (evil winds and ghosts blamed for bewitching people and inciting erratic emotional displays and uncontrolled behavior)

Short Answer

Key terms and concepts that may be included in student responses:

* + Concept of the "wandering uterus": The uterus dislodged and wandered throughout a woman's body, interfering with her other organs, causing hysteria.
  + Greeks and Romans saw madness as an affliction from the gods, but Greek physicians rejected supernatural explanations.
  + Hippocrates: phobias, imbalance of four basic bodily humors—blood, phlegm, yellow bile, black bile, classification of abnormal behavior into epilepsy, mania, melancholia, and brain fever
  + Plato: some forms of madness were divine, madness related to impulse, passion, or appetite
  + Treatments: bleeding patients, rest, relaxation, change of climate, change of diet

Short Answer

Key terms and concepts that may be included in student responses:

* + Ancient Greece—state claimed no responsibility but could take rights away from people declared mad; no asylums or institutions; people considered mad were confined, could not marry or acquire property; poor people left to roam the streets; those who were considered mad and were violent were locked up
  + Moral treatment—a humane, individual approach to treating patients; patients were treated with kindness and dignity, encouraged social activity; growth of mental institutions and public hospitals

Short Answer

Key terms and concepts that may be included in student responses:

* + The Catholic Church's position on witchcraft
  + Johann Weyer's ideas
  + Reginald Scot's ideas
  + Teresa of Avila's explanation
  + Cultural implications of the existence of witches

Short Answer

Key terms and concepts that may be included in student responses:

* + Deplorable conditions in asylums in Europe and America
  + The Act for Regulating Madhouses
  + New psychological view: restoration of dignity, rest, relaxation
  + Efforts of Pinel, Tuke, and Dix
  + Training of mental health professionals
  + Increase in mental institutions and public hospitals
  + Problems associated with rapid growth: influx of immigrants, decline in humane conditions, lack of public support, and decrease in funding

Short Answer

Key terms and concepts that may be included in student responses:

* + Pinel—moral treatment, removed chains from patients, provided atmosphere conducive for restoring health and regaining tranquility, encouraged social activity for patients
  + Dix—lobbying led to passage of laws, training mental health professionals, established mental health facilities

Short Answer

Key terms and concepts that may be included in student responses:

* + Mesmer—magnetic fluids, mesmerism, hypnosis
  + Bernheim and Liebault—hysteria and hypnosis
  + Charcot—hysteria, psychological causes of abnormality
  + Freud and Breuer—the unconscious, catharsis

Short Answer

Key terms and concepts that may be included in student responses:

* + Attention
  + Interpretation of events
  + Beliefs

Short Answer

Key terms and concepts that may be included in student responses:

* + Drug therapy
  + Patient's rights movements
  + Community mental health movement
  + Community mental health centers, halfway houses, day treatment centers
  + Impact—decline in the number of patients in state psychiatric hospitals, better quality of life for patients, freedom
  + Problems—lack of resources, closure of hospitals, transfer of patients to ill-equipped nursing homes, increase of homeless persons with mental illnesses

Short Answer

Key terms and concepts that may be included in student responses:

* + Deinstitutionalization saw a significant outflow of people with mental illness from psychiatric hospitals to community mental health centers, including halfway houses and day treatment centers.
  + Inadequate resources have been made available to fund community health centers, and related support opportunities have often been inadequate to meet the needs of the many people who need services.
  + Many people with mental illness end up homeless.
  + Homeless people often behave in ways that lead to their imprisonment.

Short Answer

Key terms and concepts that may be included in student responses:

* + Psychiatrist—has an MD degree, specialized training in the treatment of psychological problems, prescribes medication
  + Clinical psychologist—generally earns a PhD, in psychology, specializes in psychological problems, limited prescription privileges in some states
  + Clinical social worker—has a master's degree in social work, helps people overcome social conditions contributing to their psychological problems
  + Psychiatric nurse—graduate-level nursing degree, works on inpatient psychiatric wards in hospitals
  + Marriage and family counselor—specializes in family problems, child adjustment
  + Licensed mental health counselor—has graduate training in counseling, but has not obtained a PhD