Chapter 13: Gender and Psychological Health

Test Bank

# Multiple Choice

1. Which of the following most closely reflects the definition of psychological disorders that clinical psychologists generally agree upon?

A. a persistent mental disruption that causes impairment in functioning

B. any emotional disturbance that causes distress

C. a prolonged mental state characterized by anxiety

D. significant distress experienced in response to a traumatic event

Ans: A

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Comprehension

Answer Location: How Are Mental Illness Is Defined, Classified, and Conceptualized?

Difficulty Level: Medium

2. If you were looking for an official resource that categorizes disorders based on the primary symptoms you might look to \_\_\_\_\_\_.

A. the APA manual

B. the IRB guidelines

C. the DSM-5

D. the Belmont report

Ans: C

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: How Are Mental Illness Is Defined, Classified, and Conceptualized?

Difficulty Level: Easy

3. The \_\_\_\_\_\_ approach organizes psychological disorders into internalizing and externalizing categories.

A. cognitive-behavioral

B. socio-behavioral

C. American Psychological Association

D. transdiagnostic

Ans: D

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Easy

4. Which of the following is an example of an internalizing disorder?

A. antisocial personality

B. anxiety disorders

C. substance abuse

D. impulsivity disorders

Ans: B

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Easy

5. Which of the following is a core assumption of the transdiagnostic approach?

A. Most psychological disorders are different manifestations of a few underlying dimensions.

B. Psychological disorders are orthogonal to one another.

C. Chronic anxiety is at the core of every psychological disorder.

D. Subconscious thoughts must be accessed to treat disorders effectively.

Ans: A

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Comprehension

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Medium

6. Which group of disorders is characterized by blaming and punishing the self?

A. internalizing

B. externalizing

C. personality

D. learning

Ans: A

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Easy

7. Which of the following disorders are men more likely to develop relative to women?

A. impulsivity disorders

B. bipolar disorder

C. generalized anxiety disorder

D. posttraumatic stress disorder

Ans: A

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Application

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Hard

8. \_\_\_\_\_\_ propose(s) that as adolescent girls adopt feminine tendencies they develop a helpless coping style that increases depressive tendencies.

A. Social psychological theories

B. Response style theory

C. The transdiagnostic approach

D. The gender intensification hypothesis

Ans: D

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Gender Role Factors

Difficulty Level: Easy

9. \_\_\_\_\_\_ focuses on the role of rumination in explaining sex differences in internalizing disorders.

A. The expansion hypothesis

B. Response style theory

C. The transdiagnostic approach

D. The gender intensification hypothesis

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Gender Role Factors

Difficulty Level: Easy

10. Larissa and Andre both interview for a marketing position and do not get the job. Afterwards, Larissa spends more time dwelling on her mistakes during the interview than Andre and becomes more distressed. This pattern would be consistent with which of the following theories?

A. the expansion hypothesis

B. response style theory

C. the transdiagnostic approach

D. the gender intensification hypothesis

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Application

Answer Location: Gender Role Factors

Difficulty Level: Hard

11. Which of the following theories is dependent upon the assumption that occupying multiple social roles buffers against distress?

A. the expansion hypothesis

B. response style theory

C. the transdiagnostic approach

D. the gender intensification hypothesis

Ans: A

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Gender Role Factors

Difficulty Level: Medium

12. Women and girls are disproportionately affected by \_\_\_\_\_\_, which has profound consequences for mental health.

A. violent crimes

B. stressful jobs

C. sexual abuse

D. social exclusion

Ans: C

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Abuse and Violence Factors

Difficulty Level: Easy

13. Sex differences in the personality trait \_\_\_\_\_\_ may partly explain the increased frequency of internalizing disorders among women.

A. openness

B. extraversion

C. conscientiousness

D. neuroticism

Ans: D

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Personality Factors

Difficulty Level: Medium

14. Which of the following is TRUE of the relationship between estrogen and stress?

A. It buffers against the negative effects of stress.

B. It enhances the sensitivity of the stress response.

C. It is unrelated to stress responses.

D. It causes stress to be more fleeting and intense rather than constant and dull.

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Biological Factors

Difficulty Level: Medium

15. Which of the following disorders are men the least likely to experience relative to women on average?

A. ADHD

B. bipolar disorder

C. substance use disorder

D. antisocial personality disorder

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: What Factors Contribute to Sex Differences in Externalizing Disorders?

Difficulty Level: Easy

16. From an early age boys are socialized to view expressions of \_\_\_\_\_\_ as more acceptable for them to display, potentially contributing to sex differences in externalizing disorders.

A. anxiety

B. jealousy

C. anger

D. interest

Ans: C

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: What Factors Contribute to Sex Differences in Externalizing Disorders?

Difficulty Level: Easy

17. Boys are more likely to experience \_\_\_\_\_\_ from their parents, which in turn predicts aggressive behavior and delinquency in youth.

A. punishment involving yelling and physical aggression

B. sexual abuse

C. grounding

D. excessive praise and expectations of success

Ans: A

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: What Factors Contribute to Sex Differences in Externalizing Disorders?

Difficulty Level: Easy

18. Researchers have found evidence that each of the following contribute to sex differences in externalizing disorders EXCEPT \_\_\_\_\_\_.

A. emotional display rules

B. coping strategies

C. number of meaningful social roles

D. parental discipline

Ans: C

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: What Factors Contribute to Sex Differences in Externalizing Disorders?

Difficulty Level: Medium

19. Greater prevalence of \_\_\_\_\_\_ traits among adolescent boys may help explain their increased tendencies toward antisocial disorders.

A. agentic

B. callous-unemotional

C. neurotic

D. system justifying

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Personality Factors

Difficulty Level: Easy

20. Mark is especially high on sensation and novelty seeking traits. Which of the following psychological disorders might Mark be more susceptible to developing?

A. posttraumatic stress disorder

B. generalized depressive disorder

C. generalized anxiety disorder

D. antisocial personality disorder

Ans: D

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Application

Answer Location: Personality Factors

Difficulty Level: Hard

21. Prenatal exposure to testosterone affecting which part of the brain would help the most in explaining sex differences in externalizing disorders?

A. the hippocampus, involved in memory

B. the hypothalamus, involved in regulating the autonomic nervous system

C. the prefrontal cortex; involved in impulse control

D. the amygdala; involved in emotional behavior and motivation

Ans: C

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Biological Factors

Difficulty Level: Medium

22. On average, women tend to show advanced functioning of the neurotransmitter \_\_\_\_\_\_ which may protect them against disorders characterized by poor impulse control.

A. serotonin

B. dopamine

C. oxytocin

D. norepinephrine

Ans: B

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Biological Factors

Difficulty Level: Easy

23. Which of the following mental illnesses is associated with the highest mortality rate?

A. major depressive disorder

B. generalized anxiety disorder

C. posttraumatic stress disorder

D. anorexia nervosa

Ans: D

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: What Roles Do Sex and Gender Play in Eating and Body Image Disorders?

Difficulty Level: Easy

24. Each of the following groups of people are especially vulnerable to developing eating disorder EXCEPT \_\_\_\_\_\_.

A. women in Eastern cultures

B. transgender people

C. adolescent and young women

D. athletes in aesthetic such as gymnastics

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: What Roles Do Sex and Gender Play in Eating and Body Image Disorders?

Difficulty Level: Easy

25. \_\_\_\_\_\_ argues that being raised in a sociocultural context that routinely sexualizes the female body leads to the dehumanization of women.

A. Infrahumanization

B. Objectification theory

C. The stereotype content model

D. Response style theory

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Objectification Theory, Body Image, and Eating Disorders

Difficulty Level: Easy

26. An initial test of objectification theory found that doing what prompted feelings of body shame among women but not men?

A. reading literature

B. thinking about their ideal selves

C. wearing a swimsuit in front of a mirror

D. constructing a hypothetical diet plan

Ans: C

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Objectification Theory, Body Image, and Eating Disorders

Difficulty Level: Easy

27. Theories regarding women’s mental health and self-objectification often argue that body shame \_\_\_\_\_\_ the relationship between sell-objectification and psychological well-being.

A. moderates

B. mediates

C. exacerbates

D. attenuates

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Comprehension

Answer Location: Links to Women’s Mental Health

Difficulty Level: Medium

28. Which of the following behaviors is most likely to increase self-objectification for the individual in question?

A. Gen watches a lot of foreign films from China.

B. Daisy watches a lot of Western television.

C. Alec goes to movie theaters in the U.S. every weekend.

D. George spends a lot of his spare time on YouTube.

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Application

Answer location: Roles of Media and Culture

Difficulty Level: Hard

29. According to objectification theory, the objectification of women is primarily perpetuated by \_\_\_\_\_\_.

A. the mass media

B. word-of-mouth

C. authority figures

D. explicit prejudice

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Roles of Media and Culture

Difficulty Level: Easy

30. Whether or not the outcomes predicted by objectification theory generalize to non-Western cultures depends upon which of the following?

A. whether non-Western media sexualize women to the same degree as Western media

B. how gender egalitarian the culture is

C. whether or not women have access to education

D. people’s tendencies to hold system justifying beliefs

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Comprehension

Answer Location: Roles of Media and Culture

Difficulty Level: Medium

31. Ferguson’s (2013) objects to some of self-objectification theory by arguing that \_\_\_\_\_\_.

A. implicit stereotypes rather than mass media perpetuate objectification

B. only women with specific predispositions suffer negative consequences of media images of thin women

C. men self-objectify more than women do

D. that it is not the overt sexualization of women in media that leads to object vacation, but rather the power dynamics on display

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Comprehension

Answer Location: Roles of Media and Culture

Difficulty Level: Medium

32. Black women tend to score lower on which risk factor for developing eating disorders?

A. thin ideal internalization

B. body shame

C. social anxiety

D. depression

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Roles of Media and Culture

Difficulty Level: Easy

33. Which of the following attenuates the relationship between thin ideal internalization and eating pathology among racial and ethnic minority women?

A. socioeconomic status

B. living in urban versus rural environments

C. a warm personality

D. a strong ethnic identity

Ans: D

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Roles of Media and Culture

Difficulty Level: Easy

34. Which of the following best describes why transgender people are at especially high risk of eating disorders?

A. body dissatisfaction resulting when physical features remind them of their assigned sex

B. hormonal imbalances that produce a litany of internalizing disorders

C. general emotional disorders that produce more negative construals of social feedback

D. increased desires to constantly want to alter their appearance

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Comprehension

Answer Location: Gender Identity, Body Dissatisfaction, and Eating Disorders

Difficulty Level: Medium

35. Women tend to feel shame for not being \_\_\_\_\_\_ enough and men tend to feel shame for not being \_\_\_\_\_\_ enough.

A. introverted; extraverted

B. thin; muscular

C. conscientious; openminded

D. popular; intelligent

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

36. Which of the following disorders affects men at a higher rate than women?

A. muscle dysmorphia

B. bulimia nervosa

C. binge eating disorder

D. anorexia nervosa

Ans: A

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

37. A replication of the self-objectification study asking participants to look at themselves in swimsuits found that relative to heterosexual men, gay men \_\_\_\_\_\_.

A. felt less body shame

B. self-objectified in front of an audience but not in front of a mirror

C. were more likely to self-objectify

D. Felt no more or less body shame

Ans: C

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

38. Relative to other minorities, sexual minorities are especially at risk for negative mental health outcomes resulting from \_\_\_\_\_\_

A. rejection by parents and family

B. poor nutrition

C. discrimination

D. low socioeconomic status

Ans: A

Learning Objective: 13-4: Describe the unique mental health vulnerabilities experienced by LGBT individuals.

Cognitive Domain: Comprehension

Answer Location: Victimization, Discrimination, and Rejection

Difficulty Level: Medium

39. Eisenberg and Resnick (2006) found what to be the single best protector against suicidal behavior among both sexual minority and heterosexual adolescents?

A. positive connections with parents and family

B. physical activity

C. number of friends

D. neurotic personality traits

Ans: A

Learning Objective: 13-4: Describe the unique mental health vulnerabilities experienced by LGBT individuals.

Cognitive Domain: Knowledge

Answer Location: Victimization, Discrimination, and Rejection

Difficulty Level: Easy

40. Pervasive body image problems may actually be rooted in objectification by the male gaze specifically, which refers to \_\_\_\_\_\_.

A. the tendency to glorify masculine appearance

B. a sexual mode of viewing others that reflects men’s power

C. focusing on men featured in pictures more than women

D. a bias among males to avoid eye contact during social interactions

Ans: B

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

41. Sexual minority adults who live in states that \_\_\_\_\_\_ experience disproportionately high rates of mood and anxiety disorders.

A. are located in the south

B. are more rural than urban

C. Do not provide legal protections based on sexual orientation

D. provide poor access to affordable healthcare professionals

Ans: C

Learning Objective: 13-4: Describe the unique mental health vulnerabilities experienced by LGBT individuals.

Cognitive Domain: Knowledge

Answer Location: Institutional Discrimination: A Hostile Environment

Difficulty Level: Easy

42. Sometimes sexual minorities may experience self-directed, prejudiced attitudes increasing risks for a variety of mental illnesses. One example of such negative, self-directed attitudes is \_\_\_\_\_\_.

A. minority stress

B. cognitive dissonance

C. internalized transphobia

D. sexual anxiety

Ans: C

Learning Objective: 13-4: Describe the unique mental health vulnerabilities experienced by LGBT individuals.

Cognitive Domain: Knowledge

Answer Location: Internalized Stigma: Homophobia and Transphobia from Within

Difficulty Level: Easy

43. The idea of double stigma--in which occupying more than one stigmatized group has compounding, negative impacts upon mental health--is directly supportive of which theory?

A. the expansion hypothesis

B. response style theory

C. minority stress theory

D. the gender intensification hypothesis

Ans: C

Learning Objective: 13-4: Describe the unique mental health vulnerabilities experienced by LGBT individuals.

Cognitive Domain: Comprehension

Answer Location: Internalized Stigma: Homophobia and Transphobia from Within

Difficulty Level: Medium

44. Which of the following is FALSE regarding the utilization of psychological help services in the US?

A. Men are less likely to seek help for mental health problems than women.

B. Sex differences in seeking help for mental health problems are smaller when seeking help from mental health professionals than from informal sources (e.g., self-help groups).

C. Men who more strongly endorse male role norms hold more negative attitudes towards seeking mental health help.

D. Men, but not women, underutilize psychological help services.

Ans: D

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Comprehension

Answer Location: Sex Differences in Rates of Help-Seeking

Difficulty Level: Medium

45. Based on research investigating mental health help seeking behavior among men, a man from which of the following backgrounds would you expect to be most likely to seek help for a mental illness?

A. competitive sports

B. urban community

C. the military

D. rural community

Ans: B

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Application

Answer Location: Sex Differences in Rates of Help-Seeking

Difficulty Level: Hard

46. Which of the following may reduce mental health help seeking behavior specifically among Black women?

A. strong Black Woman Schemas

B. cultures of masculinity

C. socioeconomic status

D. internalized, double stigma

Ans: A

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Knowledge

Answer Location: Intersectionality and Help-Seeking

Difficulty Level: Easy

47. Women tend to be at a disadvantage for each of the following EXCEPT \_\_\_\_\_\_.

A. depression

B. happiness

C. anxiety

D. experience of negative emotions

Ans: B

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Knowledge

Answer Location: Subjective Well-Being

Difficulty Level: Easy

48. What best describes the influence sex and gender have upon overall happiness and life satisfaction?

A. Men tend to report higher happiness and women report higher life satisfaction.

B. Across culture women report slightly higher subjective well-being than men.

C. Across culture men report slightly higher subjective well-being than women.

D. Gender has no substantial impact upon happiness or life satisfaction.

Ans: D

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Comprehension

Answer Location: Subjective Well-Being

Difficulty Level: Medium

49. Gina constantly worries about other people to the extent that she neglects her own needs and rarely makes decisions with her own best interest in mind. As a result, Gina finds herself chronically in a state of high anxiety. Gina’s anxiety ultimately stems from \_\_\_\_\_\_.

A. unmitigated agency

B. unmitigated communion

C. internalized stigma

D. neuroticism

Ans: B

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Application

Answer Location: Communion, Agency, and Well-Being

Difficulty Level: Hard

50. Balanced authenticity argues that \_\_\_\_\_\_ has a litany of positive mental health benefits.

A. flexibly exhibiting both feminine and masculine tendencies

B. diet and exercise

C. engaging in both private reflection and social interactions daily

D. mindfulness meditation

Ans: A

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Knowledge

Answer Location: Communion, Agency, and Well-Being

Difficulty Level: Easy

# True/False

1. The United States has among the highest lifetime rates of psychological disorders in the world.

Ans: T

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: Gender and Psychological Health

Difficulty Level: Easy

2. Feeling sad and lonely for several weeks after a breakup qualifies as a psychological disorder.

Ans: F

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: How Are Mental Illness Is Defined, Classified, and Conceptualized?

Difficulty Level: Easy

3. Depressive and anxiety disorders are examples of internalizing disorders.

Ans: T

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Easy

4. In general, women have higher rates for internalizing disorders and men have higher rates for externalizing disorders.

Ans: T

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Knowledge

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Easy

5. Sex differences in mental illness emerge as a result of gender intensification during adolescence in the United States.

Ans: F

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Gender Role Factors

Difficulty Level: Medium

6. Sex differences in depression tend to be smaller in some cultures that place great value and importance in homemaker roles.

Ans: T

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Gender Role Factors

Difficulty Level: Medium

7. Across cultures women tend to score higher on neuroticism than men.

Ans: T

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Personality Factors

Difficulty Level: Easy

8. Meta-analyses reveal a large effect size for boys’ lower levels of effortful control.

Ans: T

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Personality Factors

Difficulty Level: Easy

9. Evidence from neuroscience suggests that prenatal testosterone exposure may explain sex differences in externalizing disorders via its impact upon the formation of the hippocampus.

Ans: F

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Biological Factors

Difficulty Level: Easy

10. Anorexia nervosa carries the highest mortality rate of all mental illnesses.

Ans: T

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: What Roles Do Sex and Gender Play in Eating and Body Image Disorders?

Difficulty Level: Easy

11. Women who use more social media in the US report higher levels of self-objectification.

Ans: T

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: Roles of Media and Culture

Difficulty Level: Easy

12. Greater exposure to idealized images of men’s bodies also encourages men to self-objectify.

Ans: T

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

13. Research on telomeres, or DNA sequences at the ends of chromosomes, reveal that males’ telomeres shorten more quickly than females’.

Ans: T

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Knowledge

Answer Location: Genetic Factors

Difficulty Level: Easy

14. Studies reveal that nearly 90% of women who meet diagnostic criteria for mood or anxiety disorders seek help for it.

Ans: F

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Knowledge

Answer Location: Sex Differences in Rates of Help-Seeking

Difficulty Level: Easy

15. There is little evidence of a consistent sex differences in subjective well-being.

Ans: T

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Knowledge

Answer Location: Subjective Well-Being

Difficulty Level: Easy

# Short Answer

1. Briefly describe the transdiagnostic approach to categorizing psychological disorders.

Ans: The transdiagnostic approach assumes that most psychological disorders are actually different manifestations of a few core underlying dimensions. It divides disorders into two categories, internalizing disorders, such as depressive and anxiety disorders, and externalizing disorders, such as antisocial, conduct, substance use, and impulsivity related disorders.

Learning Objective: 13-1: Define psychological disorders and explain the major approaches to classifying them.

Cognitive Domain: Comprehension

Answer Location: The Transdiagnostic Approach: Internalizing and Externalizing Disorders

Difficulty Level: Medium

2. Explain how rumination may help explain sex differences in internalizing disorders.

Ans: Rumination involves passively and persistently focusing attention on one’s negative mood. Women tend to be more likely than men to ruminate when distressed, and engaging in rumination positively relates to internalizing disorders such as depression.

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Gender Role Factors

Difficulty Level: Medium

3. Sex differences in what brain structure may play a role in developing certain externalizing disorders? Identify the region and explain why it may have such an impact.

Ans: The prefrontal cortex may play a role in sex differences in the development of externalizing conditions. It may be affected by prenatal testosterone exposure where greater exposure predicts lower PFC volume among young boys. It also develops more slowly in boys than in girls. Decreased PFC volume in turn correlates with vulnerability to externalizing disorders such as ADHd.

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Comprehension

Answer Location: Biological Factors

Difficulty Level: Medium

4. Define self-objectification and explain the relevance of the results from Fredrickson and colleagues’ (1998) “swimsuit study.”

Ans: Self-objectification refers to the internalization of beliefs that the value of one’s body predominantly stems from its use to others. Beliefs among girls and women that their self-worth depends upon their appearance rather than their actions or accomplishments reflect self-objectification. The swimsuit study induced self-objectification by having participants wear a swimsuit (versus a sweater), finding that women wearing a swimsuit reported more body shame and consumed fewer cookies relative to women wearing a sweater. This demonstrates that self-objectification may increase women’s shame about their appearance.

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Comprehension

Answer Location: Objectification Theory, Body Image, and Eating Disorders

Difficulty Level: Medium

5. What is muscle dysmorphia and what type of body image concerns drive body shame among men and women respectively?

Ans: Muscle dysmorphia refers to a body image does order characterized by an obsessive preoccupation with increasing wants muscularity and maintaining low body fat. While women tend to feel body shame about not being thin enough, men tend to feel shame about not being muscular enough.

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Knowledge

Answer Location: The Desire for Muscularity

Difficulty Level: Easy

6. Describe race differences within women regarding mental health help seeking behaviors. Explain the contribution of the Strong Black Woman Schema in your answer.

Ans: Black women are less likely than White women to utilize professional psychological services. Researchers argue that the Strong Black Woman Schema--a set of beliefs and attitudes that argue being a Black woman entails being strong, selfless, and resilient--while a source of strength and self-efficacy for Black women, may also entail reduced tendencies to seek help for psychological problems.

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Comprehension

Answer Location: Intersectionality and Help-Seeking

Difficulty Level: Medium

7. What does Yi Wang (2016) mean by “balanced authenticity,” and what does it suggest about the relationship between feminine and masculine tendencies and mental health?

Ans: Balanced authenticity refers to finding a middle ground between competing needs for agency and communion. From this perspective, the capacity to move flexibly between both feminine/communal tendencies and masculine/agentic tendencies predicts optimal mental health.

Learning Objective: 13-6: Understand how sex and gender relate to happiness and well-being.

Cognitive Domain: Comprehension

Answer Location: Communion, Agency, and Well-Being

Difficulty Level: Medium

# Essay

1. Explain how gender role factors may contribute to increased susceptibility to internalizing disorders among women. Include in your answer a discussion of response style theory and the expansion hypothesis (along with evidence relevant to each).

Ans: There are several ways that gender roles contribute to sex differences in internalizing disorders. Response style theory focuses on sex differences in the likelihood to ruminate, or to passively and persistently focus on one’s negative mood. Women score higher than men in the tendency to ruminate when distressed, which in turn predicts depression and other internalizing disorders. Furthermore, the expansion hypothesis argues that women become depressed more frequently than men because they occupy a narrower range of social roles. According to this theory, occupying multiple social roles helps to buffer against distress by imbuing one’s life with meaning. However, more recent studies have failed to replicate the relationship between the number of social roles women occupy and their susceptibility to internalizing disorders.

Learning Objective: 13-2: Analyze the various factors (e.g., gender roles, abuse, personality, and biology) that contribute to sex differences in rates of internalizing and externalizing disorders.

Cognitive Domain: Analysis

Answer Location: What Factors Contribute to Sex Differences in Internalizing Disorders?

Difficulty Level: Medium

2. Explain the contributions of Western media to self objectification and describe evidence that supports its impact upon women’s self objectification. To what extent do these media effects generalize to Eastern cultures? Why or why not?

Ans: The mass media (e.g., social networks, magazines, television, and movies) are a primary way that people are exposed to objectified (thin, flawless, sexualized) images of women. Object location theory predicts that exposure to this hyper- sexualized imagery will have a negative impact on women’s self views. In agreement with this, young Western women who use more social media and read more magazines also report higher self-objectification. However, media depictions of women’s bodies vary widely across cultures. Evidence suggests that the media in non-Western cultures do not objectify women to the same degree as they do in Western cultures. For instance, magazines in Asian countries (such as China) show relatively few models in a nude, partially nude, or sexual manner, and women in Western cultures self-objectify more than women in Eastern cultures overall.

Learning Objective: 13-3: Explain the roles of gender and self-objectification in eating and body image disorders.

Cognitive Domain: Analysis

Answer Location: Roles of Media and Culture

Difficulty Level: Medium

3. Describe sex differences in rates of seeking mental health help. Identify one explanation from gender psychology that may account disparities in mental health help seeking between men and women. Finally, describe how these differences vary across different racial and ethnic groups.

Ans: On average, men are less likely to seek help for mental health problems than women are, but this difference depends upon the type of help provider. Sex differences in help-seeking for mental health problems from medical doctors and informal sources tend to be large, but sex differences in help-seeking from mental health professionals are relatively smaller. Seeking help for emotional pain involves expressing emotions and making oneself vulnerable, behaviors that are inconsistent with male role norms of toughness, self-reliance, and stoicism. Men who conform more strongly to these male role norms, and who endorse more traditional gender ideologies, also tend to hold more negative attitudes toward seeking mental health help. Thus masculine norms for toughness and self-reliance likely contribute to sex differences in help seeking behavior for mental health problems, and these disparities are likely largest among men in environments where these norms are strongest (e.g., the military). This sex difference also varies somewhat between Black and White Americans. Among Black women there also exist strong norms for self-reliance and resilience (i.e., the Strong Black Woman schema) that may reduce this sex difference among African-Americans.

Learning Objective: 13-5: Evaluate the roles of sex and gender in help-seeking.

Cognitive Domain: Analysis

Answer Location: Sex Differences in Rates of Help-Seeking

Difficulty Level: Medium