

Quiz 10 – Psychological Disorders & Stress

What breaks us and what can we do about it?

Question 1

Which of the following psychological disorders have a strong genetic basis?

1. Somatic Symptom Disorder
2. Borderline personality Disorder
3. Schizophrenia
4. Anti-social Personality Disorder
5. Phobias

- ☐ All of the above
- ☐ None of the above
- ☐ 1, 2 and 4
- ☒ 2, 3 and 4
- ☐ 3 and 5

The answer is Somatic Symptom Disorder and Phobias are not known to have a strong genetic basis, while Borderline Personality Disorder and Anti-social Personality Disorder have been found to have a genetic component. Schizophrenia also has a strong genetic basis.

Question 2

Which of the following statements about anxiety-related disorders is correct?

- ☐ A student who experiences worry about final exams every semester may have generalized anxiety disorder.
- ☒ Adults with anxiety disorders usually have the ability to think realistically.
- ☐ Individuals with social anxiety disorder are still able to calmly handle simple social tasks, such as a self-introduction at a party.
- ☐ An Iraq War veteran who experienced panic attacks twice should be diagnosed with panic disorder.

In the textbook, p. 576: “unlike most other types of psychological disorders, anxiety disorders do not impair a person’s ability to think realistically. In most cases, adults with anxiety disorders recognize that their circumstances do not warrant their extremely anxious responses, but they feel unable to control them. A person looking out the window of a skyscraper is well aware that the likelihood of falling is quite low, but feelings of fear and anxiety persist. Young children with anxiety disorders are usually less aware than adults that their feelings are unrealistic.”

Question 3

Jane is a first year student keen to major in psychology, she is attending her first tutorial. Although she made some new friends during the orientation camps, she felt rather anxious about the class as she didn't recognize anyone in it when she went in. Midway through, the TA asked Jane to respond to a question, Jane found that though she thought she knew the answer, she was completely unable to respond to the TA, lapsing into an awkward silence. Which disorder might Jane be suffering from?

- ☐ Social Anxiety Disorder
- ☐ Generalized Anxiety Disorder
- ☐ Antisocial Personality Disorder
- ☒ Not enough information to tell
- ☐ Imposter Syndrome

While there are indicators of social anxiety disorder, there are also major contradictions here that would indicate otherwise (New friends made at orientation camp) - at the end of the day, being called up in class to speak can be a scary experience, as well as entering a class filled with unfamiliar people – therefore, feeling anxious is normal here, which might result in an inability to respond. Keep in mind that singular incidents might not be indicative of a full blown disorder.

Question 4

Which of the following is true?

- ☐ ~~The prescription of dopamine has been observed to result in hallucinations in patients with Alzheimer's dementia.~~
- ☐ ~~Dissociative identity disorder is no longer termed as multiple personality disorder because it was confused with borderline personality disorder which led to erroneous diagnoses.~~
- ☐ ~~The behaviour exhibited by patients suffering from OCD serves to relieve themselves from panic attacks.~~
- ☒ There is an increased likelihood of suicidal tendencies for patients who are on SSRIs as a treatment to depression during their first month of administration.
- ☐ ~~All the options are true.~~

The behaviour exhibited by patients suffering from OCD appears to relieve themselves from anxiety.

In 1994, the term multiple personality disorder was changed to dissociative identity disorder to reflect a better understanding of the condition and to avoid misunderstandings and stigmatization. The term dissociative identity disorder emphasizes the dissociative aspect of the condition, which involves a disruption in a person's sense of identity, rather than the presence of multiple personalities.

The prescription of dopamine has been observed to result in hallucinations in patients with Parkinson's Disease.

Question 5

Which of the following is a critique of the 4 'D's of psychological disorder?

1. Patients sometimes do not feel particularly bothered by their psychological disorder.
2. What is normal in one culture may not be normal in another.
3. Personal biases may affect the diagnosis of a patient.
4. Patients sometimes fake their diagnosis to get a lighter criminal sentence.

- ☐ ~~1, 2, 3, 4~~
- ☒ 1, 2 and 3 only.
- ☐ ~~2 and 4 only.~~
- ☐ ~~2, 3 and 4 only.~~
- ☐ ~~None of the above~~

1. This is a critique of the distress criterion of the 4D's model, as some patients may not feel particularly bothered by their psychological disorder despite exhibiting symptoms.
2. This is a critique of the deviance criterion of the 4D's model, as cultural norms and values can influence what is considered normal or abnormal behavior.
3. This is a critique of the danger criterion of the 4D's model, as personal biases of clinicians or diagnosticians may affect their judgment when evaluating the level of danger posed by a patient.
4. This statement is not a critique of the 4D's model, as it is related to the issue of malingering or faking a diagnosis rather than a limitation of the model itself.

Question 6

Which of the following are possible causes to OCD?

1. High Serotonin Activity
2. Overly active anterior cingulate gyrus and caudate nucleus
3. Conditioned to feel reduced anxiety during obsessive behavior

- ☒ 2, 3

2 and 3 are basically potential causes, 1 should be Low Serotonin activity

However, as option 3 should have been 'compulsive behaviours' instead, 3 is actually not entirely correct either. As there are no options for 2 only, this is rather problematic. In light of this, this question will not be counted for the quiz.

Question 7

John wakes up in the morning feeling a heavy weight on his chest. He can't bring himself to get out of bed and faces the day. The things that he used to enjoy, like playing his guitar or watching movies, no longer bring him any pleasure. He feels like he is just going through the motions of life. His thoughts are consumed with feelings of worthlessness and hopelessness. He can't shake the feeling that he is a burden to his family and friends, and that they would be better off without him.

What mental health disorder is John likely experiencing based on his symptoms?

- ☐ ~~Anxiety disorder~~
- ☒ Major depressive Disorder
- ☐ ~~Bipolar disorder~~
- ☐ ~~Obsessive compulsive disorder~~

Based on John's symptoms, he is likely experiencing Major Depressive Disorder (MDD), also known as clinical depression. MDD is a mood disorder characterized by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities that were once enjoyable. Other common symptoms include fatigue, changes in appetite and sleep patterns, difficulty concentrating, and feelings of worthlessness or guilt. The thoughts of worthlessness and hopelessness that John is experiencing are also common in MDD.

Question 8

John has been excessively washing his hands for several hours a day, leading to red and sore skin. Which of the following describes John's behaviour that is considered abnormal based on the 4Ds of abnormality?

- ☐ ~~Dysfunctional~~
- ☐ ~~Distress~~
- ☐ ~~Danger~~
- ☒ Deviant

John's behaviour of excessive hand washing is certainly atypical or statistically unusual, making it a deviant behaviour according to the 4Ds of abnormal behaviour. Distressful behaviour refers to the person finding the behaviour upsetting, while dysfunctional behaviour interferes with a person's ability to function effectively. Dangerous behaviour refers to behaviors or thoughts that can pose a danger to self or others.