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| 1. Explain how to differentiate between a behavior that would be considered disordered and a behavior that is considered normal.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 2. Compare and contrast the medical model and the biopsychosocial approach in terms of how each explains psychological disorders. What are the pros and cons of each perspective, and how has each view affected the treatment of those with psychological disorders?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 3. A guest on a TV talk show claims that “major depressive disorder is not a psychological problem; it's an illness that can be medically treated.” Evaluate the strengths and weaknesses of this claim.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 4. Thomas and Jordan are concerned that their teenage son, Drew, may have a psychological disorder. Thomas is reluctant to bring Drew to a mental health professional, where he worries Drew will be arbitrarily labeled and stigmatized. Jordan, on the other hand, believes it is important to have Drew evaluated and diagnosed. Using your knowledge of the benefits and drawbacks of diagnostic classification and labels, describe the points that both Thomas and Jordan may make in their conversation.  ​   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 5. Explain the factors that increase the risk of suicidal thoughts and behaviors, and compare this with the factors that increase the risk of nonsuicidal self-injury. Finally, explain the steps you would take if someone you knew seemed to be contemplating suicide.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 6. Heidi has just donated to the political campaign of a mayoral candidate who promises to increase mental health screenings in the community, which Heidi believes will decrease violent crime. What evidence could you provide to convince Heidi that she is mistaken in her assumptions?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 7. Staceylee is at an increased risk for developing a psychological disorder during her lifetime. Explain some risk factors that she may have or be experiencing.  ​   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 8. Maya is terrified of spiders. If a psychologist were evaluating Maya, what might indicate that Maya’s fear has crossed the line from normality to disorder? If Maya’s fear is indeed disordered, what DSM-5 diagnostic criteria would the psychologist likely use to classify it?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 9. Alexandra has been diagnosed with agoraphobia. Describe the symptoms of Alexandra’s disorder, including the events that might have led to this diagnosis.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 10. Explain the diagnostic criteria for OCD.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 11. Haydee survived a natural disaster and has developed PTSD as a result of her experience. Describe the symptoms that predispose a diagnosis of this disorder.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 12. Provide an example of illness anxiety disorder and indicate what makes this disorder unique as a psychological disorder.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 13. Explain how different aspects of our individual biology—our genes, our brain, and our evolutionary predispositions—work together to make us more or less vulnerable to anxiety-related disorders.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 14. Harris is intensely preoccupied by a fear of bacteria and viruses. He spends so much time cleaning and disinfecting his home that he has little time to interact with his family and is frequently late to work. When Harris tries to discontinue these behaviors, he experiences strong feelings of discomfort. Use the conditioning and biological perspectives to explain what may be responsible for Harris’ behavior.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 15. Discuss the difference between feeling discouraged or sad because of a failure to accomplish some goal and experiencing major depressive disorder.  ​   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 16. Denny’s psychologist has just diagnosed Denny with bipolar II disorder. Describe the symptoms Denny is most likely experiencing, and explain how his psychologist might have distinguished between bipolar I disorder, bipolar II disorder, and major depressive disorder.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 17. Outline and explain the findings related to major depressive disorder that any theory of depression must be able to explain.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 18. Francesca is often depressed and has a tendency to overthink her problems. What are the potential biological and social-cognitive factors that may have influenced the development of Francesca’s depression? How would her tendency to overthink likely factor into her depression?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 19. What biological factors may influence the development of a bipolar disorder? How are the risk factors for bipolar disorders and major depressive disorder similar to and different from one another?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 20. Describe and give examples of the positive and negative symptoms of schizophrenia. Discuss how these symptoms are related to the chronic and acute patterns of development in schizophrenia.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 21. Chris has been diagnosed with chronic schizophrenia, and Joey has been diagnosed with acute schizophrenia. Explain how these two types of schizophrenia differ, and describe the likely timeline for and development of each person’s symptoms.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 22. Craig is receiving treatment for schizophrenia. Discuss some of the causes proposed to explain his development of the disorder.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 23. Discuss the potential influences of prenatal environment on the development of schizophrenia, and describe some of the research that has bolstered this view.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 24. Describe how genes, epigenetic factors, and the prenatal environment operate together to make individuals more or less likely to develop schizophrenia.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 25. Describe the characteristics of dissociative identity disorder, and discuss the factors that have been implicated in its development. Why are some mental health professionals skeptical about the validity of this disorder?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 26. Outline the three clusters of personality disorders and provide at least one example from each cluster. How does antisocial personality disorder fit into this framework?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 27. Identify some of the biological and psychological factors associated with the development of antisocial personality disorder. Do these factors necessarily lead to criminality? Why or why not?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 28. Compare and contrast the characteristics of anorexia nervosa, bulimia nervosa, and binge-eating disorder. What are the similarities and differences between them? In what ways are eating disorders similar to anxiety disorders?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 29. In Western cultures, the rise in eating disorders over the last 50 years has coincided with a dramatic decline in women’s body image. Describe how popular media contribute to the idealization of thinness, and identify steps that could be taken to counter this trend and reduce people’s feelings of dissatisfaction with their bodies.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 30. What are the defining characteristics of an intellectual disability? Provide an example of a set of symptoms that would make this diagnosis more likely.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 31. Lee, who is 4 years old, has been diagnosed with autism spectrum disorder. Explain how this disorder may be related to theory of mind, and provide some examples of the types of behavior that Lee may exhibit that would provide support for this relationship.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 32. How does brain functioning differ between people with autism spectrum disorder and those without the disorder, particularly in the realm of imitation and mirroring? How might this difference make social interaction more difficult for those with ASD?  ​   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 33. Diagnoses of both autism spectrum disorder and attention-deficit hyperactivity disorder have increased significantly in recent years. Provide some reasons for this in each case. What are the implications of these diagnoses for the children who receive them?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 34. Describe the characteristics of attention-deficit/hyperactivity disorder, and explain the controversy surrounding its increased diagnosis.   |  |  | | --- | --- | | *ANSWER:* |  | |