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| 1. Two months after experiencing a terrifying home invasion, Jack finds himself constantly scanning his environment for possible threats and jumping at the slightest noises. Jack may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | generalized anxiety disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 2. Anorexia nervosa is typically characterized by   |  |  |  | | --- | --- | --- | |  | a. | an unusually high rate of metabolism. | |  | b. | repeated episodes of binge eating that alternate with compensatory behaviors. | |  | c. | a self-focused, self-inflating perspective. | |  | d. | an inaccurate self-perception. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 3. The social withdrawal and haunting nightmares of war veterans best illustrate symptoms of   |  |  |  | | --- | --- | --- | |  | a. | GAD. | |  | b. | SAD. | |  | c. | OCD. | |  | d. | PTSD. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 4. Fifteen-year-old Jeanie, who has always been a healthy weight, began a drastic weight-loss diet several months ago. Although her weight is now far below normal for her height and her health has begun to suffer, Jeanie believes she is overweight and maintains a distorted image of her body. Jeanie is exhibiting symptoms of   |  |  |  | | --- | --- | --- | |  | a. | borderline personality disorder. | |  | b. | bulimia nervosa. | |  | c. | a dissociative disorder. | |  | d. | anorexia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. Three years after being robbed at gunpoint, Brittany still experiences jumpy anxiety and has haunting memories of the robbery. She also has trouble sleeping. Brittany is most clearly showing signs of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | generalized anxiety disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 6. Fourteen-year-old Ana has long felt dissatisfied with her body and preoccupied with how others perceive her. After restricting her food intake and losing several pounds, she was pleased to receive compliments from her mother and sister, both of whom struggle with disordered eating. She has since begun skipping meals, portioning and weighing her food, and exercising excessively. As a result, her weight has plummeted, and she is exhibiting symptoms of malnutrition. Ana might be experiencing   |  |  |  | | --- | --- | --- | |  | a. | bulimia nervosa. | |  | b. | dissociative disorder. | |  | c. | anorexia nervosa. | |  | d. | personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 7. Elly was in a convenience store when a man burst in and robbed the cashier. Elly has since been unable to return to work. She can't seem to stop thinking about the event. She has recurrent nightmares, is unable to sleep, and does not want to leave her home. It is most likely that Elly is experiencing   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 8. Severely restricted eating and an intense fear of weight gain is to \_\_\_\_\_\_\_\_ as binge eating followed by self-induced vomiting is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa; bulimia nervosa | |  | b. | bulimia nervosa; anorexia nervosa | |  | c. | binge-eating disorder; anorexia nervosa | |  | d. | bulimia nervosa; binge-eating disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 9. By recovering after a trauma, many people display   |  |  |  | | --- | --- | --- | |  | a. | survivor resiliency. | |  | b. | social anxiety. | |  | c. | free-floating anxiety. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 10. The onset of \_\_\_\_\_\_\_\_ may begin after a person has broken diet restrictions and gorged.   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa | |  | b. | borderline personality disorder | |  | c. | bulimia nervosa | |  | d. | dissociative identity disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Mandi experienced extreme stress related to a natural disaster that affected her neighborhood. It’s 10 days later and she has fully recovered from the experience. This is known as   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | reinforcement. | |  | c. | posttraumatic growth. | |  | d. | survivor resiliency. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 12. Food binges that alternate with behaviors to compensate are most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | stress-related eating. | |  | c. | bulimia nervosa. | |  | d. | binge-eating disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 13. Positive psychological changes that result from struggling with extremely challenging life crises demonstrate   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | conditioning. | |  | c. | posttraumatic growth. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 14. Jessica’s weight is within the normal range for her height. She often binge-eats, then compensates by taking laxatives. Jessica may be exhibiting   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | bulimia nervosa. | |  | c. | a personality disorder. | |  | d. | a fugue state. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 15. The \_\_\_\_\_\_\_\_ the emotional distress after experiencing a trauma, the \_\_\_\_\_\_\_\_ the risk for developing PTSD.   |  |  |  | | --- | --- | --- | |  | a. | greater; greater | |  | b. | greater; lower | |  | c. | lower; greater | |  | d. | lower; lower |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 16. After attempting a restrictive diet and ultimately binging on foods she had forbidden herself to eat, 22-year-old Tasha has become preoccupied with food. She frequently binge-eats sweet, high-fat foods, then takes laxatives and vomits. Tasha is exhibiting symptoms of   |  |  |  | | --- | --- | --- | |  | a. | bulimia nervosa. | |  | b. | anorexia nervosa. | |  | c. | a fugue state. | |  | d. | narcissistic personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 17. Andrea and Jen recently completed military service in a war zone. Upon returning home, Andrea developed PTSD but Jen did not. Why might this be the case?   |  |  |  | | --- | --- | --- | |  | a. | As compared with Andrea, Jen experienced higher levels of emotional distress. | |  | b. | As compared with Jen, Andrea experienced higher levels of emotional distress. | |  | c. | Jen is experiencing posttraumatic growth and Andrea is not. | |  | d. | Andrea is experiencing posttraumatic growth and Jen is not. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 18. Unlike those with bulimia nervosa, those with binge-eating disorder are NOT likely to \_\_\_\_\_\_\_\_ following binge eating.   |  |  |  | | --- | --- | --- | |  | a. | experience remorse | |  | b. | gain weight | |  | c. | purge or fast | |  | d. | experience indigestion |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 19. In one study, those who had more difficulty \_\_\_\_\_\_\_\_were more likely to experience PTSD after a trauma.   |  |  |  | | --- | --- | --- | |  | a. | remembering emotional distress | |  | b. | experiencing negative emotions | |  | c. | inhibiting unwanted memories | |  | d. | recalling negative events |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 20. When Dimitri feels anxious, he eats excessive amounts of sweet, high-fat food. Afterward, Dimitri feels remorse but does not purge or exercise excessively. Dimitri is demonstrating the symptoms of   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | anorexia nervosa. | |  | c. | binge-eating disorder. | |  | d. | bulimia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 21. Which of the following does NOT influence the development of PTSD after a trauma?   |  |  |  | | --- | --- | --- | |  | a. | individual differences in memory processing | |  | b. | experiencing systemic racism | |  | c. | experiencing a significant level of emotional distress | |  | d. | interpreting normal stress-related memories as pathological |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 22. People with anorexia nervosa often come from families that   |  |  |  | | --- | --- | --- | |  | a. | are not protective of children. | |  | b. | are high achieving and competitive. | |  | c. | are experiencing poverty. | |  | d. | don't care about physical appearance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 23. Some psychologists believe that mental health professionals have been diagnosing normal stress-related bad memories and dreams as   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | PTSD. | |  | c. | OCD. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 24. Kai is an adolescent male who aims to be excessively muscular. Which of the following factors is NOT associated with this pursuit?   |  |  |  | | --- | --- | --- | |  | a. | high self-evaluation | |  | b. | fret about falling short of expectations | |  | c. | perfectionist standards | |  | d. | concern about how others view him |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 25. Which of the following common problems brings people into primary care doctors’ offices?   |  |  |  | | --- | --- | --- | |  | a. | specific phobias | |  | b. | survivor resiliency | |  | c. | medically unexplained illnesses | |  | d. | PTSD |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 26. In one analysis of 222 studies, the rise in eating disorders in the last half of the twentieth century coincided with   |  |  |  | | --- | --- | --- | |  | a. | an increase in the heritability of anorexia. | |  | b. | a reduction in the family ideal of high achievement. | |  | c. | a dramatic decline in Western women’s body image. | |  | d. | an increase in the consumption of fast foods. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 27. A psychological disorder in which the symptoms take a bodily form without apparent physical causes is called   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | somatic symptom disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. Which of the following does NOT represent a possible cultural influence on the development of eating disorders?   |  |  |  | | --- | --- | --- | |  | a. | images of unnaturally thin models and celebrities | |  | b. | the tendency of identical twins to share a genetic vulnerability to eating disorders | |  | c. | the variability of body ideals across time and place | |  | d. | the decline in Western women’s body image |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 29. Jerri’s stomach hurts frequently but the doctors aren’t able to identify a physical cause. Jerri may have symptoms associated with   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | somatic symptom disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Frequent exposure to images of unnaturally thin fashion models and celebrities is most likely to be a factor contributing to the development of   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | antisocial personality disorder. | |  | c. | binge-eating disorder. | |  | d. | bulimia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. What is the most common psychological disorder in China?   |  |  |  | | --- | --- | --- | |  | a. | obsessive compulsive disorder | |  | b. | anxiety disorders | |  | c. | posttraumatic stress disorder | |  | d. | somatic symptom disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 32. Those most vulnerable to anorexia nervosa and bulimia nervosa are those who \_\_\_\_\_\_\_\_ value thinness and have the \_\_\_\_\_\_\_\_ body dissatisfaction.   |  |  |  | | --- | --- | --- | |  | a. | least; least | |  | b. | most; greatest | |  | c. | least; greatest | |  | d. | most; least |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. People who interpret normal sensations as symptoms of a dreaded disease may be demonstrating symptoms of   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | generalized anxiety disorder. | |  | c. | obsessive-compulsive disorder. | |  | d. | posttraumatic stress disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 34. Which of the following might be useful in preventing the development of eating disorders?   |  |  |  | | --- | --- | --- | |  | a. | recognize that the diagnostic criteria in the DSM-5 are incorrect | |  | b. | use interactive programs to teach body acceptance to those at risk for developing eating disorders | |  | c. | understand that the eating disorder classification criteria do not generalize well outside of the United States | |  | d. | accurately measure genetic risk factors in the development of eating disorders |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 35. Illness anxiety disorder, in which a person interprets normal physical sensations as symptoms of a disease, was formerly known as   |  |  |  | | --- | --- | --- | |  | a. | somatic symptom disorder. | |  | b. | hypochondriasis. | |  | c. | generalized anxiety disorder. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. Prevention of eating disorders is \_\_\_\_\_\_\_\_. Where prevention does not work, it is \_\_\_\_\_\_\_\_ that the person will improve with time.   |  |  |  | | --- | --- | --- | |  | a. | possible; likely | |  | b. | not possible; not likely | |  | c. | possible; not likely | |  | d. | not possible; likely |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. Ivy has a pain in her side and is convinced that her kidneys are failing. Ivy may have symptoms associated with   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | somatic symptom disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 38. Which of the following is NOT a characteristic of a neurodevelopmental disorder?   |  |  |  | | --- | --- | --- | |  | a. | central nervous system abnormalities | |  | b. | altered thinking | |  | c. | altered behavior | |  | d. | early adulthood onset |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 39. Both William and Linda frequently interpret their normal body sensations as symptoms of disease. William responds to these fears by visiting several physicians each month. Linda responds by avoiding medical care completely. It is likely that William is experiencing \_\_\_\_\_\_\_\_ and Linda is experiencing \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | somatic symptom disorder; somatic symptom disorder | |  | b. | illness anxiety disorder; somatic symptom disorder | |  | c. | somatic symptom disorder; illness anxiety disorder | |  | d. | illness anxiety disorder; illness anxiety disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 40. Intellectual disability was formerly referred to as   |  |  |  | | --- | --- | --- | |  | a. | mental retardation. | |  | b. | Down syndrome. | |  | c. | autism spectrum disorder. | |  | d. | cognitive disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 41. Rats that received unpredictable electric shocks in a laboratory experiment became apprehensive when returned to that same setting. This illustrates that anxiety may result from   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | epigenetic marks. | |  | c. | reinforcement. | |  | d. | classical conditioning.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. Amanda’s score on an intelligence test is less than 70. This means that   |  |  |  | | --- | --- | --- | |  | a. | she may be diagnosed as having an intellectual disability. | |  | b. | she is on the autism spectrum. | |  | c. | she has rigidly fixated interests. | |  | d. | she tends to be overly active and impulsive. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 43. Those who suggest that specific phobias are learned would be most likely to emphasize the role of \_\_\_\_\_\_\_\_ in the onset of anxiety disorders.   |  |  |  | | --- | --- | --- | |  | a. | the amygdala | |  | b. | epigenetics | |  | c. | glutamate | |  | d. | conditioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. A condition of varying intellectual disability caused by an extra copy of chromosome 21 is   |  |  |  | | --- | --- | --- | |  | a. | autism spectrum disorder. | |  | b. | Asperger syndrome. | |  | c. | Down syndrome. | |  | d. | attention-deficit/hyperactivity disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 45. Marilyn is afraid of dogs and refuses to walk alone in her neighborhood, where many people have dogs. Her therapist suggests that she is fearful because she was bitten by a dog when she was young; thus, she has generalized her fear to all dogs. The therapist’s suggestion most clearly reflects a view that her fear is caused by   |  |  |  | | --- | --- | --- | |  | a. | cognition. | |  | b. | conditioning. | |  | c. | genes. | |  | d. | anxiety. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 46. Adrianne is 5 years old and has an extra copy of chromosome 21. She has been diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | Down syndrome. | |  | c. | autism spectrum disorder. | |  | d. | cognitive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 47. Asher experiences claustrophobia, a fear of closed spaces. His therapist suggests that his reaction to closed spaces is a generalization of the fear triggered by his childhood experience of being accidentally locked in his closet. The therapist’s suggestion indicates a belief that Asher’s fear results from   |  |  |  | | --- | --- | --- | |  | a. | conditioning. | |  | b. | repression. | |  | c. | epigenetic marks. | |  | d. | a biological predisposition. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 48. Which of the following people would NOT be diagnosed with an intellectual disability?   |  |  |  | | --- | --- | --- | |  | a. | Twenty-one-year-old Jack has Down syndrome and lives in a supervised residential treatment facility. | |  | b. | Thomas has an IQ of 80 and is able to live on his own with some help from his family. | |  | c. | Fourteen-year-old Jujuan has extreme difficulty with language, cannot read, cannot follow basic rules, and needs help with his personal hygiene. | |  | d. | Twenty-five-year-old Christine has an IQ of 65 and lives at home, where she receives assistance with learning practical and social skills. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Which classical conditioning process is associated with the development of specific phobias?   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization | |  | b. | reinforcement | |  | c. | repression | |  | d. | displacement |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 50. Janet’s 27-year-old daughter, Anne, has an intellectual disability. It is most likely that Anne   |  |  |  | | --- | --- | --- | |  | a. | is unusually creative. | |  | b. | received an intelligence test score between 80 and 100. | |  | c. | was born with a missing chromosome. | |  | d. | has difficulty adapting to the demands of independent adult life. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 51. A person scratched by a stray cat develops a fear of all cats. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | survivor resiliency. | |  | b. | agoraphobia. | |  | c. | stimulus generalization. | |  | d. | operant conditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 52. An IQ of approximately 70 or below and difficulty adapting to the normal demands of life is most clearly an indication of   |  |  |  | | --- | --- | --- | |  | a. | a cognitive disorder. | |  | b. | attention-deficit/hyperactivity disorder. | |  | c. | autism spectrum disorder. | |  | d. | an intellectual disability. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 53. Davey’s fear of heights prevents him from entering tall buildings, flying, or driving over bridges. Davey's fear illustrates   |  |  |  | | --- | --- | --- | |  | a. | survivor resiliency. | |  | b. | agoraphobia. | |  | c. | stimulus generalization. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 54. Those diagnosed with an intellectual disability score approximately 70 or below on an intelligence test and also demonstrate a limitation in   |  |  |  | | --- | --- | --- | |  | a. | factor analysis. | |  | b. | physical health. | |  | c. | adaptive behavior. | |  | d. | creative intelligence. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 55. A single painful and frightening event may trigger the development of a specific phobia. This may be related to   |  |  |  | | --- | --- | --- | |  | a. | natural selection. | |  | b. | heredity. | |  | c. | repetitive thoughts. | |  | d. | stimulus generalization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 56. Steven, who has an intellectual disability, has never learned how to speak, read, or write. Which area of independent living is he having difficulties with?   |  |  |  | | --- | --- | --- | |  | a. | conceptual skills | |  | b. | social skills | |  | c. | verbal skills | |  | d. | practical skills |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 57. Anything that enables us to avoid or escape a feared situation can \_\_\_\_\_\_\_\_ our maladaptive behaviors.   |  |  |  | | --- | --- | --- | |  | a. | generalize to | |  | b. | encourage | |  | c. | reduce | |  | d. | reinforce |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 58. Mark has an intellectual disability and has difficulties following basic rules and laws. He also has poor interpersonal skills. Which area of independent living is he having difficulties with?   |  |  |  | | --- | --- | --- | |  | a. | conceptual skills | |  | b. | social skills | |  | c. | verbal skills | |  | d. | practical skills |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 59. Which operant conditioning process is associated with the development of specific phobias?   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization | |  | b. | reinforcement | |  | c. | repression | |  | d. | displacement |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. The criterion/criteria for being diagnosed with an intellectual disability is/are   |  |  |  | | --- | --- | --- | |  | a. | having a low intelligence test score. | |  | b. | difficulty with independent living demands. | |  | c. | both having a low intelligence test score and difficulty with independent living demands. | |  | d. | neither having a low intelligence test score nor difficulty with independent living demands. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 61. Behaviors such as avoiding insects or snakes may increase in frequency because they reduce anxiety. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | observation. | |  | b. | panic. | |  | c. | reinforcement. | |  | d. | survivor resiliency. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 62. Recent estimates indicate that almost \_\_\_\_\_\_\_\_ children in Canada are diagnosed with autism spectrum disorder.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 4 | |  | b. | 1 in 12 | |  | c. | 1 in 62 | |  | d. | 1 in 100 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 63. Compulsive hand washing often increases in frequency because it relieves feelings of anxiety. This best illustrates the impact of \_\_\_\_\_\_\_\_ on compulsive behaviors.   |  |  |  | | --- | --- | --- | |  | a. | reinforcement | |  | b. | panic | |  | c. | cognition | |  | d. | stimulus generalization |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 64. People with autism spectrum disorder may have difficulty inferring others’ thoughts and feelings. This is known as   |  |  |  | | --- | --- | --- | |  | a. | an exceptional skill in a specific area. | |  | b. | an impaired theory of mind. | |  | c. | an inability to pay attention for long periods. | |  | d. | an absence of conceptual or social skills. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 65. Jeremy is obsessed with avoiding germs. He feels compelled to disinfect his apartment every day and will not allow anyone to touch him. His therapist suggests that Jeremy continues his maladaptive behavior because it temporarily reduces his anxiety. The therapist’s suggestion most directly reflects a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | biological | |  | b. | conditioning | |  | c. | generalized | |  | d. | cognitive |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 66. Dom, who has autism spectrum disorder, likely has   |  |  |  | | --- | --- | --- | |  | a. | an impaired theory of mind. | |  | b. | increased emotional intelligence. | |  | c. | low impulsivity. | |  | d. | reduced anxiety. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 67. Margo is afraid of germs and contamination. She has learned that washing her hands every 30 minutes makes her feel better. This demonstrates how maladaptive behaviors can be   |  |  |  | | --- | --- | --- | |  | a. | generalized. | |  | b. | reduced. | |  | c. | reinforced. | |  | d. | enhanced. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 68. Philip looks less at others’ eyes and has difficulty reading other people’s thoughts and feelings. These are characteristics of   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | empathizing. | |  | c. | autism spectrum disorder. | |  | d. | Down syndrome. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 69. Obsessive thoughts typically \_\_\_\_\_\_\_\_ anxiety and compulsive behaviors typically \_\_\_\_\_\_\_\_ anxiety.   |  |  |  | | --- | --- | --- | |  | a. | increase; increase | |  | b. | decrease; decrease | |  | c. | increase; decrease | |  | d. | decrease; increase |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. Damaris was diagnosed with Asperger syndrome when he was 6 years old. His disorder is now referred to as   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | an intellectual disability. | |  | c. | Down syndrome. | |  | d. | autism spectrum disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 71. Seven-year-old Carson is in the kitchen when his sister burns her hand on a hot cookie sheet. Carson is now intensely afraid of cookie sheets. This best illustrates that fear can be learned through   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | observation. | |  | c. | survivor resiliency. | |  | d. | reinforcement. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 72. In the DSM-5, a condition formerly known as “Asperger syndrome” is now included under the label   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | adult posttraumatic stress disorder. | |  | c. | generalized anxiety disorder. | |  | d. | autism spectrum disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 73. Hypervigilance, including the interpretation of harmless stimuli as threatening, can contribute to feelings of anxiety. This best illustrates that feelings of anxiety are affected by   |  |  |  | | --- | --- | --- | |  | a. | conditioning. | |  | b. | repressed memories. | |  | c. | stimulus generalization. | |  | d. | cognitive influences. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 74. People working in STEM fields are somewhat more likely than others to exhibit traits of   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | autism spectrum disorder. | |  | c. | generalized anxiety disorder. | |  | d. | intellectual disability. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 75. Whether a creak in an old house triggers feelings of panic depends on whether we interpret the sound as a breeze or as a possible knife-wielding intruder. This best illustrates the importance of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization | |  | b. | cognitive processes | |  | c. | natural selection | |  | d. | operant conditioning |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 76. Which of the following would provide support for the idea that people with ASD are “systemizers”?   |  |  |  | | --- | --- | --- | |  | a. | underconnectivity in the brains of people with ASD | |  | b. | people in STEM fields’ exhibiting of ASD-like traits | |  | c. | females’ skill at reading facial expressions and understanding others’ feelings | |  | d. | the fact that many genes appear to contribute to ASD |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 77. Kylee tends to misinterpret stimuli as threatening, such as interpreting heart palpitations as signs of a heart attack. This demonstrates that Kylee is   |  |  |  | | --- | --- | --- | |  | a. | learning through classical conditioning. | |  | b. | hypervigilant. | |  | c. | experiencing PTSD. | |  | d. | experiencing OCD. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. Some studies have found that those with ASD have fewer-than-normal fiber tracts connecting the front and back of the brain. This is known as   |  |  |  | | --- | --- | --- | |  | a. | underconnectivity. | |  | b. | synchrony. | |  | c. | heritability. | |  | d. | mirroring. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. In one study, \_\_\_\_\_\_\_\_ percent of the worries experienced by those with anxiety disorders were NOT based on real threats.   |  |  |  | | --- | --- | --- | |  | a. | 10 | |  | b. | 25 | |  | c. | 60 | |  | d. | 90 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 80. Matthew, who has autism spectrum disorder, is having a conversation with some friends who do not have this disorder. As they speak and gesture, Matthew is \_\_\_\_\_\_\_\_ likely than his friends to feel some of what the others are feeling, and his brain is \_\_\_\_\_\_\_\_ likely to be active in areas involved in mirroring others’ actions.   |  |  |  | | --- | --- | --- | |  | a. | more; more | |  | b. | more; less | |  | c. | less; more | |  | d. | less; less |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 81. Support for the genetic basis for the development of OCD comes from   |  |  |  | | --- | --- | --- | |  | a. | field studies. | |  | b. | inner psychological dynamics. | |  | c. | twin studies. | |  | d. | cultural studies. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 82. Inattention and/or hyperactivity and impulsivity are major symptoms of   |  |  |  | | --- | --- | --- | |  | a. | OCD. | |  | b. | PTSD. | |  | c. | ADHD. | |  | d. | DSM. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 83. Which of the following people is LEAST likely to develop PTSD?   |  |  |  | | --- | --- | --- | |  | a. | Anna, who was burglarized and has a history of anxiety | |  | b. | Bill, who experienced war trauma and has higher-than-normal activity in the amygdala when he views traumatic images | |  | c. | Stan, who experienced a mugging but has no history of PTSD in his family | |  | d. | Jessica, who was recently assaulted and has a twin sister with PTSD |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 84. Larry has difficulty organizing his daily schedule of work responsibilities. He often makes careless mistakes or fails to complete his work because he is so easily distracted. Larry's behavior is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality disorder. | |  | b. | attention-deficit/hyperactivity disorder. | |  | c. | generalized anxiety disorder. | |  | d. | autism spectrum disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 85. Some studies suggest that genes influence anxiety disorders by regulating brain levels of neurotransmitters, including \_\_\_\_\_\_\_\_, which influences sleep, mood, and attending to threat.   |  |  |  | | --- | --- | --- | |  | a. | glutamate | |  | b. | serotonin | |  | c. | dopamine | |  | d. | acetylcholine |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 86. ADHD is diagnosed \_\_\_\_\_\_\_\_ often in girls than in boys. In the United States, approximately \_\_\_\_\_\_\_\_ percent of 2- to 17-year-olds receive this diagnosis.   |  |  |  | | --- | --- | --- | |  | a. | more; 9 | |  | b. | less; 5 | |  | c. | more; 18 | |  | d. | less; 9 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 87. Which neurotransmitter heightens activity in the brain's alarm centers?   |  |  |  | | --- | --- | --- | |  | a. | glutamate | |  | b. | serotonin | |  | c. | norepinephrine | |  | d. | epinephrine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 88. The fact that, in the United States, 9.4 percent of 2- to 17-year-old children and only 2.5 percent of adults meet the criteria for a diagnosis of ADHD may indicate that   |  |  |  | | --- | --- | --- | |  | a. | ADHD is actually a group of different disorders. | |  | b. | clinicians are inconsistent in how they diagnose ADHD. | |  | c. | symptoms related to ADHD lessen as children grow into adults. | |  | d. | there is too much controversy around the disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 89. A traumatic experience may trigger a lasting phobia in a child with a sensitive, high-strung temperament. The same experience, however, may have no long-term impact on a child with a more relaxed temperament. This best illustrates the role of \_\_\_\_\_\_\_\_ in the development of phobias.   |  |  |  | | --- | --- | --- | |  | a. | epigenetics | |  | b. | resiliency | |  | c. | genetic predispositions | |  | d. | free-floating anxiety |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 90. Which of the following disorders may co-exist with a learning disorder or with defiant and temper-prone behavior?   |  |  |  | | --- | --- | --- | |  | a. | Down syndrome | |  | b. | autism spectrum disorder | |  | c. | depressive disorder | |  | d. | attention-deficit/hyperactivity disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 91. Among PTSD patients, early childhood trauma can leave \_\_\_\_\_\_\_\_, which attach to our chromosomes and turn certain genes on or off.   |  |  |  | | --- | --- | --- | |  | a. | epigenetic marks | |  | b. | resiliency | |  | c. | conditioned behaviors | |  | d. | cognitive processes |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 92. Brian has trouble sitting still in class, impulsively interrupts his teachers, is constantly distracted, and frequently forgets to complete homework assignments. His teachers may suggest to Brian’s parents that Brian be evaluated for   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | autism spectrum disorder. | |  | d. | attention-deficit/hyperactivity disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 93. Stressful experiences can influence gene expression and thereby increase the chances of developing a disorder such as PTSD. This best illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | free-floating anxiety. | |  | b. | operant conditioning. | |  | c. | stimulus generalization. | |  | d. | epigenetic effects. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 94. Those who are skeptical of the rise in ADHD diagnoses have most strongly emphasized that   |  |  |  | | --- | --- | --- | |  | a. | an increased use of stimulant drugs has increased the incidence of ADHD symptoms. | |  | b. | today's more frequent diagnoses of ADHD reflect our increased awareness of the disorder. | |  | c. | children by nature are not designed to sit for hours in chairs inside. | |  | d. | ADHD is a neurobiological disorder associated with abnormal brain functioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 95. Traumatic fear-learning experiences create fear circuits within the   |  |  |  | | --- | --- | --- | |  | a. | anterior cingulate cortex. | |  | b. | left occipital lobe. | |  | c. | amygdala. | |  | d. | left temporal lobe. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 96. Those who support the increase in ADHD diagnoses have most strongly emphasized that   |  |  |  | | --- | --- | --- | |  | a. | children are not designed to sit for hours in chairs inside. | |  | b. | stimulant drugs calm hyperactivity and increase the ability to sit and focus. | |  | c. | increased diagnoses of ADHD reflects an increased awareness of the disorder. | |  | d. | psychological therapies help with the distress associated with ADHD. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 97. Generalized anxiety disorder, panic attacks, specific phobias, OCD, and PTSD express themselves biologically as overarousal of brain areas involved in   |  |  |  | | --- | --- | --- | |  | a. | processing memories. | |  | b. | impulse control. | |  | c. | regulating hunger. | |  | d. | controlling speech. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 98. Although Adderall is a \_\_\_\_\_\_\_\_ drug, it is commonly used in the treatment of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | stimulant; PTSD | |  | b. | stimulant; ADHD | |  | c. | depressant; PTSD | |  | d. | depressant; ADHD |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 99. In those with generalized anxiety disorder, the brain’s danger-detecting system is especially likely to be   |  |  |  | | --- | --- | --- | |  | a. | low-functioning. | |  | b. | hyperactive. | |  | c. | obsessive. | |  | d. | traumatized. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 100. ADHD is often treated with the \_\_\_\_\_\_\_\_ drugs Ritalin and Adderall.   |  |  |  | | --- | --- | --- | |  | a. | opiate | |  | b. | stimulant | |  | c. | hunger-arousing | |  | d. | sleep-inducing |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 101. Brain scans of people with \_\_\_\_\_\_\_\_ reveal hyperactivity in the anterior cingulate cortex.   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder | |  | b. | obsessive-compulsive disorder | |  | c. | somatic symptom disorder  ​ | |  | d. | a specific phobia |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 102. Anxiety-related disorders are thought to reflect   |  |  |  | | --- | --- | --- | |  | a. | maladaptive social behaviors that have escalated beyond control. | |  | b. | a danger-detection system that has become hyperactive. | |  | c. | continuous worry and sleep deprivation. | |  | d. | intense anxiety that escalates into terrifying panic attacks. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 103. We can more easily extinguish a fear of driving a car than a fear of holding snakes. This is best explained from a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | conditioning | |  | b. | biological | |  | c. | cognitive | |  | d. | humanistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 104. It has been suggested that compulsive acts typically exaggerate behaviors that contributed to the survival of the human species. This idea best illustrates the \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | humanistic | |  | b. | conditioning | |  | c. | cognitive | |  | d. | biological |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 105. While anxiety is a response to \_\_\_\_\_\_\_\_, depression is often a response to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | specific objects or events; generalized thoughts | |  | b. | the threat of future loss; past and current stress | |  | c. | conscious thoughts; unconscious thoughts | |  | d. | past experience; current experience |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 106. Professor Beddu believes depression is adaptive because it slows people down, conserves energy, and focuses attention. Professor Beddu is emphasizing a \_\_\_\_\_\_\_\_ explanation of disorders.   |  |  |  | | --- | --- | --- | |  | a. | social | |  | b. | cognitive | |  | c. | biological | |  | d. | conditioning |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 107. A disorder in which a person experiences 2 or more weeks with either depressed mood or loss of interest or pleasure, in addition to five additional symptoms, is called   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | a bipolar disorder. | |  | c. | mania. | |  | d. | anxiety. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 108. Feeling depressed, sleepless, listless, worthless, and lacking in interest for most of a three-week period is most likely associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | major depressive disorder. | |  | c. | a bipolar disorder. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 109. The number-one reason people seek mental health services is   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | disruptive mood dysregulation disorder. | |  | c. | depression. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 110. In people with major depressive disorder, interest in activities is \_\_\_\_\_\_\_\_ and agitation may be \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | reduced; reduced | |  | b. | increased; increased | |  | c. | reduced; increased | |  | d. | increased; reduced |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 111. A person with major depressive disorder is most likely to experience   |  |  |  | | --- | --- | --- | |  | a. | a seasonal pattern of symptoms. | |  | b. | alternations between extreme hopelessness and unrealistic optimism. | |  | c. | a persistent irrational fear of other people. | |  | d. | feelings of personal worthlessness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 112. Danys has been laid off from her job and is struggling to pay for her rent and groceries. She becomes depressed, lethargic, and listless, has trouble concentrating, and loses interest in activities that used to bring her pleasure. Danys may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | a bipolar disorder. | |  | c. | major depressive disorder. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 113. Arrin has been diagnosed with major depressive disorder. Which one of the following symptoms is she most likely to experience?   |  |  |  | | --- | --- | --- | |  | a. | a heightened ability to think, concentrate, and make decisions | |  | b. | manic episodes, characterized by euphoria, high energy, and grandiose ideas | |  | c. | a tendency to have frequent or unexpected panic attacks | |  | d. | repetitive thinking of death or suicide |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 114. For the last month, Elena has felt lethargic and has been unable to get out of bed in the morning. She has withdrawn from friends and family because she feels worthless and unlovable. Elena is most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | hypomania. | |  | b. | major depressive disorder. | |  | c. | a bipolar disorder. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 115. The DSM-5 classifies major depressive disorder as the presence of at least five symptoms over a 2-week period. Which of the following is NOT one of those five symptoms?   |  |  |  | | --- | --- | --- | |  | a. | depressed mood most of the time | |  | b. | increased energy | |  | c. | significant challenges regulating appetite and weight | |  | d. | physical agitation or lethargy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 116. About \_\_\_\_\_\_\_\_ percent of American adults will have experienced depression in the past year.   |  |  |  | | --- | --- | --- | |  | a. | 2 | |  | b. | 10 | |  | c. | 25 | |  | d. | 90 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 117. A seasonal pattern of depression is suggested by the fact that in some people symptoms increase in the   |  |  |  | | --- | --- | --- | |  | a. | spring. | |  | b. | summer. | |  | c. | fall. | |  | d. | winter. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 118. A seasonal pattern of symptoms is most likely to be a characteristic of   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | a negative explanatory style. | |  | c. | depression. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 119. Janette experiences depression each winter and then recovers each spring. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | a seasonal pattern of depression. | |  | b. | major depressive disorder. | |  | c. | bipolar II disorder. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 120. Those with \_\_\_\_\_\_\_\_ alternate between states of lethargic depression and overexcited mania.   |  |  |  | | --- | --- | --- | |  | a. | agitation | |  | b. | a bipolar disorder | |  | c. | rumination | |  | d. | major depressive disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 121. A state in which an individual is overexcited, hyperactive, and wildly optimistic is known as   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | mania. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 122. During the manic phase of bipolar I disorder, individuals are most likely to   |  |  |  | | --- | --- | --- | |  | a. | be overactive. | |  | b. | have a negative explanatory style. | |  | c. | feel uncontrollable grief and despair. | |  | d. | demonstrate learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 123. Maureen, who has been depressed and lethargic for the past month, suddenly begins feeling excessively energetic and optimistic. When she calls her father, he has difficulty understanding her fast, erratic speech. Although she is usually careful with her money, she spends her entire paycheck on new clothes and becomes irritated when her roommate suggests she save for that month’s rent and groceries. Maureen may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | a bipolar disorder. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | seasonal depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 124. Bipolar I disorder is to \_\_\_\_\_\_\_\_ as bipolar II disorder is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | hypomania; mania | |  | b. | mania; hypomania | |  | c. | heritability; cognition | |  | d. | cognition; heritability |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 125. Extreme mood swings are to \_\_\_\_\_\_\_\_ as moving between depression and hypomania are to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | bipolar II disorder; bipolar I disorder | |  | b. | major depressive disorder; bipolar I disorder | |  | c. | bipolar I disorder; bipolar II disorder | |  | d. | bipolar II disorder; major depressive disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 126. Those whose occupations rely on precision and logic are LESS likely than those who rely on emotional expression to be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | a bipolar disorder. | |  | c. | seasonal depression. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 127. Bipolar disorders are most likely to strike people in which occupation?   |  |  |  | | --- | --- | --- | |  | a. | architect | |  | b. | engineer | |  | c. | journalist | |  | d. | artist |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 128. George Frideric Handel composed his *Messiah* during 3 weeks of intense, creative energy. Many believe Handel had a mild form of   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | disruptive mood dysregulation disorder. | |  | c. | a bipolar disorder. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 129. Bipolar disorders tend to be \_\_\_\_\_\_\_\_ common and \_\_\_\_\_\_\_\_ dysfunctional than major depressive disorder.   |  |  |  | | --- | --- | --- | |  | a. | less; more | |  | b. | less; less | |  | c. | more; less | |  | d. | more; more |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 130. Which of the following people likely has the more dysfunctional disorder?   |  |  |  | | --- | --- | --- | |  | a. | Mary, who developed major depressive disorder when she was young | |  | b. | Brandon, who was recently diagnosed with major depressive disorder | |  | c. | Sam, who has been diagnosed with disruptive mood dysregulation disorder | |  | d. | Tracey, who has a bipolar disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 131. Between 1994 and 2003, there was a 40-fold increase in the number of under-20 Americans diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | a bipolar disorder. | |  | c. | a seasonal pattern of depression symptoms. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 132. The new DSM-5 classifications have reduced the number of child and adolescent bipolar diagnoses, as some of those who exhibit persistent irritability and frequent outbursts are now diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | posttraumatic stress disorder. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | attention-deficit/hyperactivity disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 133. The DSM-5's new category of disruptive mood dysregulation disorder will likely   |  |  |  | | --- | --- | --- | |  | a. | pathologize the overactivity of young children. | |  | b. | create a larger gender gap in diagnoses of bipolar disorders. | |  | c. | reduce the number of child and adolescent bipolar diagnoses. | |  | d. | increase the number of people diagnosed with mood disorders. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 134. Thirteen-year-old Lester is often irritable and has recurring behavior outbursts in class and while playing with friends. Lester may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | disruptive mood dysregulation disorder. | |  | b. | major depressive disorder. | |  | c. | a bipolar disorder. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 135. Which of the following is NOT a behavioral or cognitive change that accompanies major depressive disorder?   |  |  |  | | --- | --- | --- | |  | a. | inactivity | |  | b. | feelings of emptiness | |  | c. | recalling negative events | |  | d. | mania |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 136. For males and females, depressed feelings tend to increase during   |  |  |  | | --- | --- | --- | |  | a. | childhood. | |  | b. | adolescence. | |  | c. | early adulthood. | |  | d. | middle adulthood. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 137. Antonia has three children and a full-time job, and she feels pressured to assume responsibility for most of the household chores. This may place Antonia at higher risk for   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | depression. | |  | c. | rumination. | |  | d. | self-defeating thoughts. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 138. Men are generally \_\_\_\_\_\_\_\_ vulnerable than women to disorders involving internal states such as anxiety or depression. Men are generally \_\_\_\_\_\_\_\_ vulnerable than women to disorders involving external behaviors such as alcohol use disorder or antisocial conduct.   |  |  |  | | --- | --- | --- | |  | a. | less; less | |  | b. | more; more | |  | c. | less; more | |  | d. | more; less |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 139. As compared with his boss, Jane, Jim is at an increased risk for developing a disorder that involves external symptoms. Which of the following is NOT one of those disorders?   |  |  |  | | --- | --- | --- | |  | a. | inhibited sexual desire | |  | b. | alcohol use disorder | |  | c. | antisocial conduct | |  | d. | lack of impulse control |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 140. Which of the following disorders is most likely to self-terminate, even without professional help?   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder | |  | b. | anorexia nervosa | |  | c. | major depressive disorder | |  | d. | antisocial personality disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 141. Research has found that experiencing childhood abuse   |  |  |  | | --- | --- | --- | |  | a. | is not related to a person's risk of adult depression. | |  | b. | doubles a person's risk of adult depression. | |  | c. | triples a person's risk of adult depression. | |  | d. | slightly increases a person's risk of adult depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 142. Research regarding depression indicates that   |  |  |  | | --- | --- | --- | |  | a. | depression is typically unrelated to stressful life events. | |  | b. | depression is unlikely to be overcome without professional help. | |  | c. | depression is associated with abnormally high levels of the neurotransmitter serotonin. | |  | d. | compared with past generations, depression strikes earlier and more often. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 143. Depression is more likely to be a shared tendency between identical twins than between fraternal twins. This most clearly supports explanations of this disorder from a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness | |  | b. | biological | |  | c. | social-cognitive | |  | d. | explanatory style |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 144. The extent to which individual differences are attributable to genes is called   |  |  |  | | --- | --- | --- | |  | a. | linkage analysis. | |  | b. | rumination. | |  | c. | epigenetics. | |  | d. | heritability. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 145. The heritability of bipolar disorders has been estimated to be \_\_\_\_\_\_\_\_ than the heritability of major depressive disorder and \_\_\_\_\_\_\_\_ than the heritability of generalized anxiety disorder.   |  |  |  | | --- | --- | --- | |  | a. | less; greater | |  | b. | greater; less | |  | c. | less; less | |  | d. | greater; greater |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 146. To find the genes that put people at risk for depression, researchers locate families in which the disorder appears across several generations, then look for differences in DNA from affected and unaffected family members. This is called   |  |  |  | | --- | --- | --- | |  | a. | epigenetics. | |  | b. | linkage analysis. | |  | c. | the vicious cycle. | |  | d. | dysregulation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 147. A researcher using linkage analysis might predict that which of the following people is most at risk of major depressive disorder?   |  |  |  | | --- | --- | --- | |  | a. | Marcus, who has a cousin with major depressive disorder | |  | b. | Jennifer, who has a fraternal twin with major depressive disorder | |  | c. | Pablo, whose identical twin with major depressive disorder was raised in a different family | |  | d. | Cindra, who has an older sister with major depressive disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 148. Linkage analysis is of greatest interest to those who attempt to explain major depressive disorder and bipolar disorders from a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness | |  | b. | biological | |  | c. | social-cognitive | |  | d. | explanatory style |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 149. Julia experiences depression, which can cause her brain’s   |  |  |  | | --- | --- | --- | |  | a. | reward centers to become less active. | |  | b. | limbic system to be activated. | |  | c. | occipital lobe to become less active. | |  | d. | brainstem to be more active. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 150. A researcher scanning the brain of a study participant during and after an episode of major depressive disorder would expect to see an increase in the activity level of the   |  |  |  | | --- | --- | --- | |  | a. | right frontal lobe. | |  | b. | left frontal lobe. | |  | c. | white matter. | |  | d. | ventricles. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 151. Drugs that alleviate mania tend to reduce levels of the neurotransmitter   |  |  |  | | --- | --- | --- | |  | a. | glutamate. | |  | b. | norepinephrine. | |  | c. | dopamine. | |  | d. | serotonin. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 152. During depression, the neurotransmitter serotonin is   |  |  |  | | --- | --- | --- | |  | a. | abundant. | |  | b. | scarce. | |  | c. | overactive. | |  | d. | uncompromised. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 153. Marissa has been diagnosed with major depressive disorder. The amounts of \_\_\_\_\_\_\_\_ and norepinephrine in her brain are likely to be depleted when she is depressed.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | Paxil | |  | c. | dopamine | |  | d. | Zoloft |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 154. Intellectual disability is considered a(n)   |  |  |  | | --- | --- | --- | |  | a. | achievement score. | |  | b. | neurodevelopmental disorder. | |  | c. | mental age. | |  | d. | innate intelligence ability. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 155. Repetitive physical exercise may reduce depression, in part because it increases   |  |  |  | | --- | --- | --- | |  | a. | cognition. | |  | b. | serotonin. | |  | c. | mania. | |  | d. | gene production. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 156. To be diagnosed with an intellectual disability, one’s score on an intelligence test must be   |  |  |  | | --- | --- | --- | |  | a. | 100. | |  | b. | 120. | |  | c. | 50 or below. | |  | d. | 70 or below. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 157. Abnormally low levels of the neurotransmitter serotonin are associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | disruptive mood dysregulation disorder. | |  | c. | depression. | |  | d. | bipolar disorders. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 158. A psychological disorder is a syndrome marked by a clinically significant disturbance   |  |  |  | | --- | --- | --- | |  | a. | that is aggressive, persistent, and intentional. | |  | b. | that is selfish, habitual, and avoidable. | |  | c. | in a person's cognition, emotion regulation, or behavior. | |  | d. | that is biologically influenced, unconsciously motivated, and difficult to change. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 159. Janelle, who is experiencing depression, has begun jogging daily in hopes of reducing her symptoms. This may help, because repetitive physical exercise increases   |  |  |  | | --- | --- | --- | |  | a. | serotonin. | |  | b. | norepinephrine. | |  | c. | oxytocin. | |  | d. | dopamine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 160. Psychological disorders consist of emotions, behavior, and cognitive processes that are all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | maladaptive. | |  | b. | dysfunctional. | |  | c. | disruptive of daily functioning. | |  | d. | immoral. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 161. Professor Orwell eats a diet rich in vegetables, fish, and olive oil, referred to as the “Mediterranean Diet.” This will reduce the chances of him developing   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | mania. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 162. A syndrome marked by a clinically significant disturbance in a person's thoughts, emotion regulation, or behavior is most clearly an indication of   |  |  |  | | --- | --- | --- | |  | a. | epigenetics. | |  | b. | trauma. | |  | c. | moral treatment. | |  | d. | a psychological disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 163. People who eat a “Mediterranean diet” have a comparatively low risk of depression and   |  |  |  | | --- | --- | --- | |  | a. | heart disease. | |  | b. | late-life cognitive decline. | |  | c. | stroke. | |  | d. | all of these problems, which are caused by inflammation in the body. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 164. Dysfunctional behaviors are maladaptive, which means that they   |  |  |  | | --- | --- | --- | |  | a. | interfere with normal day-to-day life. | |  | b. | are socially unacceptable. | |  | c. | differ from those of most other people in your culture. | |  | d. | can result only from genetic changes. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 165. Professor Orama suggests that major depressive disorder is influenced by stressful life experiences that lay down molecular genetic tags, turning genes on or off. The professor’s suggestion most clearly highlights the importance of   |  |  |  | | --- | --- | --- | |  | a. | explanatory styles. | |  | b. | epigenetic influences. | |  | c. | rumination. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 166. Aretha is so anxious about interacting with other people that she prefers to spend all her time alone in her room. This behavior is most likely to be diagnosed as a symptom of a psychological disorder because it is   |  |  |  | | --- | --- | --- | |  | a. | also noticeable in other members of her family. | |  | b. | preventing her from functioning effectively. | |  | c. | not caused by a biological disorder. | |  | d. | difficult for her to change. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 167. The \_\_\_\_\_\_\_\_ explores how people's assumptions and expectations influence their perceptions.   |  |  |  | | --- | --- | --- | |  | a. | biological perspective | |  | b. | social-cognitive perspective | |  | c. | behavioral perspective | |  | d. | linkage analysis model |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 168. Peggy has a syndrome that is marked by a clinically significant disturbance in her thinking, behavior, and emotions. This is called a   |  |  |  | | --- | --- | --- | |  | a. | psychological disorder. | |  | b. | dysfunction. | |  | c. | maladaptive behavior. | |  | d. | normal aspect of adulthood. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 169. Morris tends to do well in school but believes that his grades will be low each term. He also plays baseball but believes that his team will always lose the next game. Morris may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | antisocial conduct. | |  | c. | anxiety. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 170. Sebastian has been so depressed for the last month that all he can do is lie in bed, cry, and wonder whether his life has meaning. He has not been able to go to work or attend school, and he feels distressed by his situation. Sebastian most likely   |  |  |  | | --- | --- | --- | |  | a. | has a psychological disorder. | |  | b. | is experiencing symptoms that are dysfunctional, but not disabling. | |  | c. | is exhibiting behavior that, while maladaptive, is not clinically significant. | |  | d. | is enduring a normal aspect of adulthood. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 171. According to the social-cognitive perspective, women are more vulnerable to depression than men because they are more likely to   |  |  |  | | --- | --- | --- | |  | a. | overthink. | |  | b. | externalize blame. | |  | c. | experience memory loss. | |  | d. | become socially withdrawn. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 172. Thoughts, emotions, or behaviors that interfere with normal day-to-day life are said to be   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial. | |  | b. | hormonal. | |  | c. | maladaptive. | |  | d. | epigenetic. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 173. Rumination is   |  |  |  | | --- | --- | --- | |  | a. | compulsive fretting and overthinking about problems and their causes. | |  | b. | denial about having any depressed feelings. | |  | c. | explaining our own failures in terms that are global, stable, and internal. | |  | d. | the tendency to recall experiences that are consistent with one's current good or bad mood. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 174. Eli’s moods alternate between overwhelming excitement and extreme depression, which has caused problems in his relationships and work. Eli likely has   |  |  |  | | --- | --- | --- | |  | a. | a psychological disorder. | |  | b. | hormonal problems. | |  | c. | a shifting belief. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 175. Nell continually frets about her career, believing that her work is not good enough to earn a promotion, her boss doesn’t believe she’s valuable, and her co-workers don’t respect her. This overthinking has interfered with her sleep and has prevented her from being effective. Nell best illustrates the destructive effects of   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | learned helplessness. | |  | c. | linkage analysis. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 176. Jacob experiences obsessive thoughts and compulsive actions. He doesn’t like the thoughts that he has and wishes he could control not only his thoughts but also his actions. Jacob is experiencing   |  |  |  | | --- | --- | --- | |  | a. | a diagnosis. | |  | b. | impaired intelligence. | |  | c. | hindered emotional stability. | |  | d. | distress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 177. Overthinking negative events is another way to describe   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | linkage analysis. | |  | c. | a systematic behavior change. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 178. In 1973, the American Psychiatric Association voted that “homosexuality” should no longer be classified as   |  |  |  | | --- | --- | --- | |  | a. | a natural predisposition. | |  | b. | a psychological disorder. | |  | c. | a societal belief. | |  | d. | a sexual orientation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 179. Distraction, increased negative emotions, and disrupted daily activities may be the result of   |  |  |  | | --- | --- | --- | |  | a. | overabundant norepinephrine. | |  | b. | learned helplessness. | |  | c. | increased activity in the left frontal lobe. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 180. The American Psychiatric Association’s decision to no longer classify “homosexuality” as a psychological disorder demonstrates the   |  |  |  | | --- | --- | --- | |  | a. | sudden alteration of multiple diagnoses. | |  | b. | power of shifting societal beliefs. | |  | c. | various cultural associations with sexuality. | |  | d. | increased prevalence of same-sex attractions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 181. Becca believes that she will never be good enough for her parents, no matter what she does. This is an example of a   |  |  |  | | --- | --- | --- | |  | a. | self-defeating belief. | |  | b. | negative explanatory style. | |  | c. | learned helplessness. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 182. Believing that psychological disorders are caused by evil spirits is consistent with   |  |  |  | | --- | --- | --- | |  | a. | historical perceptions of disorders. | |  | b. | the medical model. | |  | c. | the biopsychosocial approach. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 183. As Vince is driving to work, he gets pulled over by a police officer. He thinks to himself, “Of course! Bad things always happen to me.” This is an example of   |  |  |  | | --- | --- | --- | |  | a. | state-dependent memory. | |  | b. | a negative explanatory style. | |  | c. | learned helplessness. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 184. The first person to promote “moral treatment” for psychological disorders, instead of the brutal treatments used during his time, was   |  |  |  | | --- | --- | --- | |  | a. | Sigmund Freud. | |  | b. | Philippe Pinel. | |  | c. | Paul Ryan. | |  | d. | Thomas Joiner. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 185. A researcher using the social-cognitive perspective might emphasize that depression is influenced by   |  |  |  | | --- | --- | --- | |  | a. | underactivity of the frontal lobe. | |  | b. | a negative explanatory style. | |  | c. | unconscious conflict. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 186. In some places around the world, cruel treatment for mental illness still exists. In response, the   |  |  |  | | --- | --- | --- | |  | a. | DSM is currently under revision. | |  | b. | medical model for psychological disorders is being expanded. | |  | c. | criteria to be diagnosed with a psychological disorder is changing. | |  | d. | World Health Organization has launched a plan for reform. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 187. Who or what a person blames for their failures is referred to as their   |  |  |  | | --- | --- | --- | |  | a. | self-defeating beliefs. | |  | b. | explanatory style. | |  | c. | learned helplessness. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 188. The discovery that psychologically disordered behavior could result from syphilis infections facilitated the credibility and acceptance of   |  |  |  | | --- | --- | --- | |  | a. | the biopsychosocial approach. | |  | b. | the medical model. | |  | c. | the DSM-5. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 189. Which perspective suggests that explaining our own failures in terms that are global, stable, and internal contributes to depression?   |  |  |  | | --- | --- | --- | |  | a. | linkage analysis | |  | b. | biological | |  | c. | epigenetic | |  | d. | social-cognitive |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 190. According to the medical model, psychological disorders are   |  |  |  | | --- | --- | --- | |  | a. | sicknesses that need to be diagnosed and, in most cases, cured. | |  | b. | maladaptive responses to a troubling environment. | |  | c. | imagined symptoms of distress. | |  | d. | learned habits that need to be extinguished. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 191. Depression-prone people tend to explain their failures in internal, stable, and global terms. Their explanations are typically self-focused and   |  |  |  | | --- | --- | --- | |  | a. | epigenetic. | |  | b. | overthought. | |  | c. | self-blaming. | |  | d. | learned. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 192. Tanya claims that psychological disorders have physical causes that can be diagnosed, treated, and cured. Her belief is most clearly consistent with the   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial approach. | |  | b. | cognitive perspective. | |  | c. | medical model. | |  | d. | social-cultural approach. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 193. Internal, stable, and global explanations of one’s own failures are indicative of   |  |  |  | | --- | --- | --- | |  | a. | disruptive mood dysregulation disorder. | |  | b. | rumination. | |  | c. | a negative explanatory style. | |  | d. | linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 194. Recent discoveries that many genes together influence the brain and biochemistry abnormalities that contribute to all major psychological disorders has supported the   |  |  |  | | --- | --- | --- | |  | a. | medical model. | |  | b. | biopsychosocial approach. | |  | c. | classification system. | |  | d. | psychological component of psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 195. Tammy explains her failure to qualify for her high school softball team in terms that are stable, global, and internal. She best illustrates   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | linkage analysis. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | a pessimistic explanatory style. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 196. Research indicating that anxiety disorders result from a hormonal imbalance would give added credibility to   |  |  |  | | --- | --- | --- | |  | a. | psychoanalytic theory. | |  | b. | the medical model. | |  | c. | the biopsychosocial approach. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 197. Yenay attributes her poor exam grade to her own lack of skill, and so sees herself as a failure. These attributions are stable, global, and internal. It is likely that Yenay   |  |  |  | | --- | --- | --- | |  | a. | believes specific circumstances caused her poor grade. | |  | b. | is comparing herself to her peers. | |  | c. | has a pessimistic explanatory style. | |  | d. | has undergone linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 198. Dr. Goshaw believes that psychological disorders are produced by imbalances in the brain’s neurotransmitters. Dr. Goshaw’s emphasis best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the medical model. | |  | b. | the cognitive perspective. | |  | c. | psychoanalytic theory. | |  | d. | a biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 199. The pessimistic, overgeneralized, self-blaming attributions that give rise to learned helplessness are called   |  |  |  | | --- | --- | --- | |  | a. | self-defeating beliefs. | |  | b. | a negative explanatory style. | |  | c. | a vicious cycle. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. The medical model of mental disorders would most likely be criticized for overlooking the importance of   |  |  |  | | --- | --- | --- | |  | a. | social circumstances and psychological factors. | |  | b. | biological evolution. | |  | c. | the DSM-5. | |  | d. | genetically influenced abnormalities. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 201. Carlington’s therapist suggests that he is depressed because he attributes his work failures to his own incompetence instead of realizing that his boss is placing unreasonable demands on him. The therapist’s interpretation most clearly reflects a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | biological | |  | b. | humanistic | |  | c. | epigenetic | |  | d. | social-cognitive  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 202. Which of the following has provided support for the medical perspective on psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | dysfunctional or maladaptive symptoms associated with some psychological disorders | |  | b. | the effectiveness of moral treatment in therapies for those with psychological disorders | |  | c. | the epigenetic links between gene expression, environmental factors, and psychological disorders | |  | d. | how brain and biochemistry abnormalities relate to psychological disorders |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 203. Cognitive changes that accompany depression include a(n)   |  |  |  | | --- | --- | --- | |  | a. | decrease in self-focused thinking. | |  | b. | increased expectation of negative outcomes. | |  | c. | increased externalization of blame. | |  | d. | increased obsession with experiencing physical pleasure. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 204. Both the inseparability of mind and body and the interaction of nature and nurture are most clearly emphasized by   |  |  |  | | --- | --- | --- | |  | a. | the DSM-5. | |  | b. | the medical model. | |  | c. | epigenetics. | |  | d. | the biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 205. The hopeless and passive resignation humans and other animals learn when they experience uncontrollable painful events is called   |  |  |  | | --- | --- | --- | |  | a. | a self-defeating belief. | |  | b. | a negative explanatory style. | |  | c. | learned helplessness. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 206. How people’s genes, thoughts, and social contexts influence them is emphasized by the   |  |  |  | | --- | --- | --- | |  | a. | cognitive perspective. | |  | b. | medical model. | |  | c. | social-cultural perspective. | |  | d. | biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 207. Rosa, who has always blamed herself for bad events, has just been laid off from her job of 20 years. This places Rosa at risk for   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | self-focus. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 208. Dr. Warren believes that psychological disorders are influenced by genetic predispositions and physiological states. He is also aware that inner psychological dynamics, social dynamics, and culture play a role in psychological disorders. Which of the following illustrates Dr. Warren's view?   |  |  |  | | --- | --- | --- | |  | a. | the biopsychosocial approach | |  | b. | the medical model | |  | c. | epigenetics | |  | d. | genetics |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 209. Which perspective has emphasized the impact of learned helplessness on depression?   |  |  |  | | --- | --- | --- | |  | a. | cultural | |  | b. | biological | |  | c. | social-cognitive | |  | d. | explanatory styles |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 210. Professor Castille believes that the interactive influences of self-focused rumination, social rejection, and low levels of dopamine are all involved in depression. Professor Castille’s emphasis best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the medical model. | |  | b. | correlational studies. | |  | c. | genetic influences. | |  | d. | a biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 211. While she is biking home, Jillian is nearly hit by a car that runs a stop sign. The driver of the car nevertheless shouts at Jillian to be more careful where she’s going. For the rest of her ride, Jillian angrily recalls all the times drivers have been rude or reckless, and she expects every driver who passes her to act similarly. Jillian’s negative memories and expectations illustrate   |  |  |  | | --- | --- | --- | |  | a. | state-dependent memory. | |  | b. | rumination. | |  | c. | a pessimistic explanatory style. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 212. Professor Medrano’s research involves the interactions between heredity, cultural ideals, and low self-esteem in the development of anorexia nervosa. Professor Medrano’s focus best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the medical model. | |  | b. | the social-cultural perspective. | |  | c. | epigenetics. | |  | d. | the biopsychosocial approach.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 213. According to Martin Seligman, the rise of Western individualism appears most clearly responsible for an increase in   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | mania. | |  | c. | bipolar disorders. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 214. Some psychological disorders occur primarily in one culture. However, \_\_\_\_\_\_\_\_ occurs worldwide.   |  |  |  | | --- | --- | --- | |  | a. | taijin kyofusho | |  | b. | anorexia nervosa | |  | c. | schizophrenia | |  | d. | susto |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 215. One problem with a social-cognitive explanation of depression is that negative, pessimistic explanations   |  |  |  | | --- | --- | --- | |  | a. | are more characteristic of men than of women. | |  | b. | may be a consequence rather than a cause of depression. | |  | c. | do not coincide with actual episodes of depression. | |  | d. | are more clearly associated with mania than with depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 216. Susto occurs mostly in Latin American cultures. Which model of mental disorders would have the greatest difficulty explaining why this is so?   |  |  |  | | --- | --- | --- | |  | a. | cognitive perspective | |  | b. | medical model | |  | c. | social-cultural perspective | |  | d. | biopsychosocial approach |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 217. People with depression may experience   |  |  |  | | --- | --- | --- | |  | a. | unrealistic optimism. | |  | b. | reduced self-awareness. | |  | c. | excessive levels of norepinephrine. | |  | d. | social rejection. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 218. Aiko, who has just begun her first year at Kyoto University, finds herself feeling anxious, blushing easily, and avoiding eye contact with fellow students and instructors. Her campus counselor may suspect that Aiko has   |  |  |  | | --- | --- | --- | |  | a. | taijin kyofusho. | |  | b. | susto. | |  | c. | bulimia nervosa. | |  | d. | amok. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 219. Stressful events interpreted with a negative explanatory style can encourage dampened mood states that lead to behavioral withdrawal and subsequent social rejection by others. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | learned helplessness. | |  | c. | depression's vicious cycle. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 220. Which of the following disorders occurs worldwide?   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder | |  | b. | anorexia nervosa | |  | c. | susto | |  | d. | bulimia nervosa |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 221. To break the vicious cycle of depression, the social-cognitive perspective suggests that people should be encouraged to explain their failures in terms that are both   |  |  |  | | --- | --- | --- | |  | a. | internal and stable. | |  | b. | external and global. | |  | c. | internal and global. | |  | d. | external and temporary. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 222. Professor Thomas is giving a lecture on the vulnerability-stress model, which originated from the   |  |  |  | | --- | --- | --- | |  | a. | medical model. | |  | b. | DSM. | |  | c. | biopsychosocial approach. | |  | d. | original classification system used for diagnosing mental illness. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 223. Melissa is frequently depressed and has been caught in the vicious cycle of depressed thinking. She is currently seeking therapy. Which of the following is NOT something her therapist will suggest so that she can overcome this cycle of depression?   |  |  |  | | --- | --- | --- | |  | a. | change her negative thinking | |  | b. | turn her attention outward | |  | c. | engage in pleasant behavior | |  | d. | deny that this cycle exists |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 224. The \_\_\_\_\_\_\_\_ argues that individual dispositions combine with environmental stressors to influence psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial approach | |  | b. | vulnerability-stress model | |  | c. | medical model | |  | d. | DSM-5  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 225. Timothy has been diagnosed with schizophrenia, which is the chief example of a(n)   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorder. | |  | b. | anxiety disorder. | |  | c. | psychotic disorder. | |  | d. | depressive disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 226. *Epigenetics* is defined as the   |  |  |  | | --- | --- | --- | |  | a. | concept that diseases have physical causes that can be diagnosed, treated, and cured. | |  | b. | study of environmental influences on gene expression that occur without a DNA change. | |  | c. | idea that that individual characteristics combine with environmental stressors to increase or decrease the likelihood of developing a psychological disorder. | |  | d. | notion that disorders reflect genetic predispositions and physiological states, inner psychological dynamics, and social and cultural circumstances. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 227. Schizophrenia is most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | disorganized thinking and disturbed perceptions. | |  | b. | selective attention. | |  | c. | multiple identities. | |  | d. | precise motor control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 228. Professor Wayne studies the molecular ways in which environments can influence gene expression, which is known as   |  |  |  | | --- | --- | --- | |  | a. | the vulnerability-stress model. | |  | b. | the medical model. | |  | c. | the biopsychosocial approach. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 229. A disorder in which a person loses contact with reality and experiences irrational ideas and distorted perceptions is   |  |  |  | | --- | --- | --- | |  | a. | a delusion disorder. | |  | b. | a dissociation. | |  | c. | a psychotic disorder. | |  | d. | impaired theory of mind. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 230. Environmental influences can determine whether a gene is expressed. For some people, that will be decisive in whether they develop a psychological disorder. This best illustrates the need for   |  |  |  | | --- | --- | --- | |  | a. | the cognitive perspective. | |  | b. | the social-cultural perspective. | |  | c. | research on epigenetics. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 231. Positive symptoms of schizophrenia are the \_\_\_\_\_\_\_\_ of inappropriate behaviors, and negative symptoms are the \_\_\_\_\_\_\_\_ of appropriate behaviors.   |  |  |  | | --- | --- | --- | |  | a. | absence; absence | |  | b. | presence; presence | |  | c. | absence; presence | |  | d. | presence; absence |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 232. As a child, Nate endured abuse that influenced his genetic expression. As an adult, Nate developed a psychological disorder. This experience best illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | the DSM-5. | |  | b. | epigenetic effects. | |  | c. | natural selection. | |  | d. | the social-cultural perspective. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 233. Laughing when seeing a car accident is to \_\_\_\_\_\_\_\_ as an expressionless face is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | positive symptoms of schizophrenia; negative symptoms of schizophrenia | |  | b. | psychotic disorder; hallucinations | |  | c. | delusions; disorganized speech | |  | d. | impaired theory of mind; neutral symptoms of schizophrenia |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 234. Laura and Leena are identical twins. Laura, who endured a series of early childhood traumas, has been diagnosed with schizophrenia. Leena will never develop schizophrenia. This difference between the twins is most likely the result of   |  |  |  | | --- | --- | --- | |  | a. | differing cultural influences. | |  | b. | differing genes. | |  | c. | epigenetics. | |  | d. | the impact of nature on development. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 235. One of the negative symptoms of schizophrenia is   |  |  |  | | --- | --- | --- | |  | a. | an expressionless face. | |  | b. | loud and incomprehensible speech. | |  | c. | inappropriate laughter. | |  | d. | uncontrollable outbursts. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 236. In many countries, the most common tool for describing disorders is the American Psychiatric Association’s   |  |  |  | | --- | --- | --- | |  | a. | International Classification of Diseases. | |  | b. | Diagnostic and Statistical Manual of Mental Disorders. | |  | c. | Research Domain Criteria. | |  | d. | vulnerability-stress model. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 237. People with schizophrenia who experience hallucinations and delusions and speak in word salad are demonstrating   |  |  |  | | --- | --- | --- | |  | a. | positive symptoms. | |  | b. | catatonia. | |  | c. | flat affect. | |  | d. | negative symptoms. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 238. Like most psychologists and psychiatrists, Dr. Westinghaur uses the DSM-5 in his private practice. Which of the following is NOT a reason that Dr. Westinghaur uses the DSM-5?   |  |  |  | | --- | --- | --- | |  | a. | to predict a disorder’s future course | |  | b. | to suggest appropriate treatment | |  | c. | to prompt research on the causes of disorders | |  | d. | to identify almost any type of a behavior as a disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 239. Which of the following is a positive symptom of schizophrenia?   |  |  |  | | --- | --- | --- | |  | a. | an expressionless face | |  | b. | catatonia | |  | c. | disturbed perceptions | |  | d. | flat affect |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 240. The DSM-5's diagnostic classification of psychological disorders aims to provide psychologists and psychiatrists with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | a guide to predict a disorder's future course. | |  | b. | suggestions for appropriate treatment. | |  | c. | the promotion of research into a disorder's causes. | |  | d. | help in creating a self-fulfilling prophecy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 241. Peggy, who is receiving inpatient treatment for schizophrenia, hears voices convincing her that her prescribed medications will allow the doctors to track her whereabouts. Peggy is experiencing   |  |  |  | | --- | --- | --- | |  | a. | negative symptoms. | |  | b. | flat affect. | |  | c. | catatonia. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 242. The DSM-5 is most clearly designed to \_\_\_\_\_\_\_\_ psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | explain | |  | b. | classify | |  | c. | cure | |  | d. | prevent |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 243. Aarav frequently hears voices telling him that he is bad, unworthy, and undeserving of friendship. At school and work, he has trouble distinguishing between the voices in his mind and the voices of fellow students and coworkers. These symptoms are most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | dopamine underactivity. | |  | b. | schizophrenia. | |  | c. | impaired theory of mind. | |  | d. | word salad. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 244. The DSM-5's diagnostic criteria and codes resemble those found in the   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial approach. | |  | b. | American Psychological Association's publication manual. | |  | c. | Physician's Medical Guide. | |  | d. | World Health Organization's *International Classification of Diseases.* |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 245. The false beliefs of those with schizophrenia are referred to as   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | delusions. | |  | c. | word salad. | |  | d. | flat affect. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 246. The DSM-5 does NOT   |  |  |  | | --- | --- | --- | |  | a. | include a classification of personality disorders. | |  | b. | explain the causes of the various psychological disorders. | |  | c. | include a very broad range of psychological disorders. | |  | d. | provide guidelines for diagnosing psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 247. Timmy, who has recently been diagnosed with schizophrenia, believes his neighbors are spying on him through his television. Timmy is experiencing   |  |  |  | | --- | --- | --- | |  | a. | delusions. | |  | b. | disorganized speech. | |  | c. | word salad. | |  | d. | flat affect. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 248. Caleb has been diagnosed with posttraumatic stress disorder. By referring to the DSM-5, his therapist will   |  |  |  | | --- | --- | --- | |  | a. | know the cause of his problem. | |  | b. | be able to provide appropriate treatment. | |  | c. | be able to apply his personal experience to the treatment. | |  | d. | be able to create a self-fulfilling label. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 249. Melvin, who has recently begun treatment for schizophrenia, believes that his co-workers are plotting to kidnap him. He often hears voices urging him to run and hide. Melvin is most clearly demonstrating   |  |  |  | | --- | --- | --- | |  | a. | positive symptoms. | |  | b. | flat affect. | |  | c. | catatonia. | |  | d. | negative symptoms. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 250. The American Psychiatric Association’s diagnostic manual is used for several purposes, including   |  |  |  | | --- | --- | --- | |  | a. | describing disorders. | |  | b. | tracking trends in disorders. | |  | c. | suggesting appropriate treatment. | |  | d. | all of these purposes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 251. A hallmark of schizophrenia is disorganized thinking. Theorists suggest that people experiencing this symptom have   |  |  |  | | --- | --- | --- | |  | a. | negative symptoms. | |  | b. | a breakdown in selective attention. | |  | c. | low levels of dopamine. | |  | d. | increased working memory capacity. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 252. Among those seeking professional help for psychological disorders, eligibility for treatment is most likely to be guided by the use of the diagnostic criteria provided by   |  |  |  | | --- | --- | --- | |  | a. | field trials. | |  | b. | the biopsychosocial approach. | |  | c. | maladaptive behaviors. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 253. Kevin, who has recently been diagnosed with schizophrenia, sometimes speaks in jumbled, unintelligible sentences. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | word salad. | |  | b. | a delusion. | |  | c. | a hallucination. | |  | d. | catatonia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 254. Clinicians diagnose the presence of insomnia disorder using the \_\_\_\_\_\_\_\_ in the DSM-5.   |  |  |  | | --- | --- | --- | |  | a. | biological predispositions identified | |  | b. | diagnostic criteria | |  | c. | biopsychosocial levels of analysis | |  | d. | cultural definitions of disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 255. In relation to schizophrenia, flat effect refers to   |  |  |  | | --- | --- | --- | |  | a. | jumbled ideas that make no sense. | |  | b. | false beliefs. | |  | c. | false perceptions. | |  | d. | a state of no apparent emotion. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 256. Jackson has difficulty sleeping and suspects he has insomnia disorder. Which of the following is NOT a characteristic of insomnia disorder?   |  |  |  | | --- | --- | --- | |  | a. | sleep disruption causes distress or diminished everyday functioning | |  | b. | inability to sleep three or more nights each week | |  | c. | inability to sleep occurs during at least three consecutive months | |  | d. | inability to sleep is dependent on substance use |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 257. A state of no apparent emotions or feelings among those with schizophrenia is called   |  |  |  | | --- | --- | --- | |  | a. | flat affect. | |  | b. | paranoia. | |  | c. | selective attention. | |  | d. | a delusion. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 258. Mario has been diagnosed with insomnia disorder because he meets all the criteria established by the   |  |  |  | | --- | --- | --- | |  | a. | medical model. | |  | b. | American Psychological Association’s publication manual. | |  | c. | DSM-5. | |  | d. | World Health Organization’s International Classification of Diseases. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 259. Justin just won $10,000 on a scratch-off lottery ticket, but he demonstrated no apparent emotional reaction. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | word salad. | |  | b. | a delusion. | |  | c. | a hallucination. | |  | d. | flat affect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 260. Shawn has had trouble falling asleep at least three times each week. He lies in bed for hours and feels tired but just can’t fall asleep. During the day, he is not able to function properly at work and is extremely distressed. Shawn is demonstrating symptoms associated with   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | generalized anxiety disorder. | |  | c. | insomnia disorder. | |  | d. | a phobia. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 261. Flat affect and catatonia are associated with schizophrenia’s   |  |  |  | | --- | --- | --- | |  | a. | negative symptoms. | |  | b. | positive symptoms. | |  | c. | borderline personality disorder. | |  | d. | antisocial personality disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 262. The DSM-5 refers to real-world tests in order to   |  |  |  | | --- | --- | --- | |  | a. | facilitate the reliability of diagnoses. | |  | b. | shorten the time it takes to make a diagnosis. | |  | c. | avoid invading clients' psychological privacy. | |  | d. | reduce the need for medical terminology in psychological assessments. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 263. Jarrod has been diagnosed with schizophrenia. He is uncommunicative and shows no physical signs of emotion. His behavior is most clearly an indication of   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | flat affect. | |  | c. | delusions. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 264. To assess the reliability of the DSM-5 categories, clinicians have conducted real-world tests called   |  |  |  | | --- | --- | --- | |  | a. | medical models. | |  | b. | epigenetics. | |  | c. | field trials. | |  | d. | biopsychosocial events. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 265. Having difficulty reading other people’s facial expressions and state of mind demonstrates   |  |  |  | | --- | --- | --- | |  | a. | flat affect. | |  | b. | obsessive thoughts. | |  | c. | an impaired theory of mind. | |  | d. | disorganized speech. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 266. Field trials indicate that the DSM-5 does NOT   |  |  |  | | --- | --- | --- | |  | a. | include a very broad range of different psychological disorders. | |  | b. | estimate the frequency of different psychological disorders. | |  | c. | generate the same levels of diagnostic agreement for different psychological disorders. | |  | d. | classify psychological disorders that have been shown to be genetically influenced. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 267. Chris, who has schizophrenia, cannot read other people’s facial emotions or state of mind. His symptoms are most clearly an indication of   |  |  |  | | --- | --- | --- | |  | a. | flat affect. | |  | b. | dissociation. | |  | c. | auditory hallucinations. | |  | d. | an impaired theory of mind. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 268. Field trials assessing clinician agreement when using the DSM-5 categories indicate that diagnoses of generalized anxiety disorder fared \_\_\_\_\_\_\_\_ and diagnoses of autism spectrum disorder fared \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | well; well | |  | b. | poorly; poorly | |  | c. | well; poorly | |  | d. | poorly; well |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 269. Although Mrs. Zagoub usually sits passively in a physical stupor, she sometimes rubs her arm continuously. She is most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | flat affect. | |  | b. | hallucinations. | |  | c. | delusions. | |  | d. | catatonia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 270. Barbara has been experiencing a great deal of stress and has sought the help of a therapist. The first therapist she sees diagnoses her with generalized anxiety disorder. Barbara decides that she wants a second opinion before beginning treatment. The second therapist she sees diagnoses her with depression. What does this say about the DSM?   |  |  |  | | --- | --- | --- | |  | a. | The DSM is not a valid way to assess disorders. | |  | b. | The DSM has varying reliability depending on the disorder. | |  | c. | The DSM should be revised immediately. | |  | d. | A new classification system should be used instead of the DSM. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 271. Jonathan is unable to communicate with others, has no apparent feeling, and remains motionless for hours at a time. Jonathan is exhibiting   |  |  |  | | --- | --- | --- | |  | a. | the positive symptoms of schizophrenia. | |  | b. | delusions. | |  | c. | hallucinations. | |  | d. | the negative symptoms of schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 272. Marge recently lost her long-time partner and is experiencing severe grief. According to revisions in the DSM-5, her symptoms may qualify for a diagnosis of   |  |  |  | | --- | --- | --- | |  | a. | attention-deficit/hyperactivity disorder. | |  | b. | generalized anxiety disorder. | |  | c. | a depressive disorder. | |  | d. | autism spectrum disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 273. Men tend to be diagnosed with schizophrenia \_\_\_\_\_\_\_\_ often and \_\_\_\_\_\_\_\_ severely than women.   |  |  |  | | --- | --- | --- | |  | a. | more; less | |  | b. | less; more | |  | c. | less; less | |  | d. | more; more |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 274. The DSM-5 is most likely to be criticized for   |  |  |  | | --- | --- | --- | |  | a. | attempting to explain behavior by simply labeling it. | |  | b. | classifying an excessively broad range of human behaviors as psychologically disordered. | |  | c. | failing to base diagnoses on observable behaviors. | |  | d. | inhibiting scientific efforts to discover the underlying causes of psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 275. Grayson has been diagnosed with chronic schizophrenia. It is most likely that he is   |  |  |  | | --- | --- | --- | |  | a. | in early adolescence. | |  | b. | a child. | |  | c. | an older adult. | |  | d. | in early adulthood. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 276. The \_\_\_\_\_\_\_\_ is a new classification approach that helps organize disorders according to behaviors and brain activity.   |  |  |  | | --- | --- | --- | |  | a. | Diagnostic and Statistical Manual of Mental Disorders | |  | b. | World Health Organization’s International Classification of Diseases | |  | c. | American Psychiatric Association’s manual | |  | d. | U.S. National Institute of Mental Health’s Research Domain Criteria project |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 277. The onset of schizophrenia is typically associated with early   |  |  |  | | --- | --- | --- | |  | a. | infancy. | |  | b. | childhood. | |  | c. | adolescence. | |  | d. | adulthood. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 278. The \_\_\_\_\_\_\_\_ helps organize disorders according to behaviors and brain activity.   |  |  |  | | --- | --- | --- | |  | a. | Diagnostic and Statistical Manual of Mental Disorders | |  | b. | World Health Organization | |  | c. | National Institute of Mental Health | |  | d. | Research Domain Criteria project |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 279. Schizophrenia is said to be chronic when   |  |  |  | | --- | --- | --- | |  | a. | it is responsive to drug therapy. | |  | b. | it is accompanied by hallucinations. | |  | c. | it develops slowly. | |  | d. | recovery is likely even without professional help. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 280. Some critics note that the DSM-5's labels are subjective, thus creating expectations in clinicians that can \_\_\_\_\_\_\_\_ when diagnosing and treating a patient.   |  |  |  | | --- | --- | --- | |  | a. | be self-fulfilling | |  | b. | lead to a moral treatment | |  | c. | lead to psychopathology | |  | d. | be seen as a genetic predisposition |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 281. In his late teens, Joseph began exhibiting symptoms of schizophrenia. Over the last several decades, he has continued to experience these symptoms, and his psychotic episodes have lengthened. Joseph is demonstrating \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | chronic | |  | b. | catatonic | |  | c. | acute | |  | d. | paranoid |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 282. When children are told that certain classmates have learning disorders, they may behave in ways that inhibit the success of those students in the classroom. This best illustrates that labeling   |  |  |  | | --- | --- | --- | |  | a. | reduces dysfunction. | |  | b. | is dysfunctional. | |  | c. | can be self-fulfilling. | |  | d. | can be explained through the biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 283. Schizophrenia that develops rapidly, possibly as a reaction to a particular stressor, is called \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | chronic | |  | b. | catatonic | |  | c. | acute | |  | d. | process |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 284. A fundamental problem with the diagnostic labeling of psychologically disordered behaviors is that the labels often   |  |  |  | | --- | --- | --- | |  | a. | bias our perceptions of the labeled person. | |  | b. | represent attempts by psychologists to explain behavior by simply naming it. | |  | c. | interfere with effective research on the causes of these disorders. | |  | d. | interfere with effective treatment of these disorders. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 285. Iris developed schizophrenia suddenly after being physically attacked in a dark parking lot. Iris is responding to drug therapy and most of her symptoms have decreased. Iris likely has \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | paranoid | |  | b. | chronic | |  | c. | catatonic | |  | d. | acute  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 286. Mathilda learns that her classmate Sean has been diagnosed with social anxiety disorder. When Mathilda next sees Sean, she tries not to speak to him, fearing that she will cause him anxiety; Sean interprets her avoidance as dislike and becomes more anxious and withdrawn around Mathilda. This best illustrates the   |  |  |  | | --- | --- | --- | |  | a. | unreliability of the DSM-5. | |  | b. | shortcomings of the medical model. | |  | c. | self-fulfilling potential of diagnostic labels. | |  | d. | dangers of the biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 287. People with acute schizophrenia more often have the \_\_\_\_\_\_\_\_ symptoms that respond to drug therapy.   |  |  |  | | --- | --- | --- | |  | a. | negative | |  | b. | positive | |  | c. | bipolar | |  | d. | unipolar |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 288. In one study, participants watched recorded interviews. When told the interviewees were job applicants, participants perceived them as normal; when told the interviewees were psychiatric patients, participants perceived them as “different from most people.” This illustrates   |  |  |  | | --- | --- | --- | |  | a. | the benefits of diagnostic labels. | |  | b. | the shortcomings of the medical model. | |  | c. | the limitations of human understanding. | |  | d. | the biasing power of diagnostic labels. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 289. Slow-developing is to rapid as \_\_\_\_\_\_\_\_ is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | chronic schizophrenia; acute schizophrenia | |  | b. | acute schizophrenia; chronic schizophrenia | |  | c. | positive symptoms; negative symptoms | |  | d. | negative symptoms; positive symptoms  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 290. The use of diagnostic labels aids the ability of mental health professionals to   |  |  |  | | --- | --- | --- | |  | a. | quickly communicate the characteristics of their patients’ complex symptoms. | |  | b. | avoid misdiagnosing patients. | |  | c. | enable their patients to get along with family members. | |  | d. | use the proper terminology in writing their research papers. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 291. Schizophrenia is associated with an excess of receptors for   |  |  |  | | --- | --- | --- | |  | a. | norepinephrine. | |  | b. | dopamine. | |  | c. | serotonin. | |  | d. | acetylcholine. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 292. The ability of mental health professionals to quickly communicate the characteristics of their patients' complex symptoms is most clearly facilitated by the use of   |  |  |  | | --- | --- | --- | |  | a. | field studies. | |  | b. | diagnostic labels. | |  | c. | the medical model. | |  | d. | the biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 293. Dopamine overactivity appears to be most clearly related to   |  |  |  | | --- | --- | --- | |  | a. | flat affect. | |  | b. | emotional intelligence. | |  | c. | hallucinations. | |  | d. | catatonia. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 294. The risk of suicide is quintupled in those who have experienced   |  |  |  | | --- | --- | --- | |  | a. | disruptive mood dysregulation disorder. | |  | b. | mania. | |  | c. | depression. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 295. Which of the following is associated with intensified brain signals that lead to positive symptoms of schizophrenia, such as hallucinations and paranoia?   |  |  |  | | --- | --- | --- | |  | a. | abnormal development of the frontal lobe | |  | b. | a hyper-responsive dopamine system | |  | c. | a larger-than-normal cortex | |  | d. | a hyperactive hippocampus |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 296. The risk of suicide is greatest when people with depression   |  |  |  | | --- | --- | --- | |  | a. | anticipate the onset of a depressive episode. | |  | b. | experience the first symptoms of a depressive episode. | |  | c. | experience depressive symptoms at their most extreme levels of severity. | |  | d. | begin to rebound from their depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 297. Arnold, who has schizophrenia, experiences both hallucinations and paranoia. Based on recent research, which of the following is likely responsible for Arnold’s symptoms?   |  |  |  | | --- | --- | --- | |  | a. | abnormally low brain activity in the frontal lobes | |  | b. | an overabundance of dopamine receptors in the brain | |  | c. | overactivity in the thalamus | |  | d. | increased activity in the amygdala |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 298. Alton, who has been diagnosed with a depressive disorder, is having suicidal thoughts. When is Alton most likely to act on these thoughts?   |  |  |  | | --- | --- | --- | |  | a. | at the onset of a depressive episode | |  | b. | when he first experiences the symptoms of a depressive episode | |  | c. | when the depressive symptoms are at the most extreme levels of severity | |  | d. | when he begins to rebound from his depression |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 299. Drugs such as nicotine, amphetamines, and cocaine intensify brain signals in schizophrenia because they   |  |  |  | | --- | --- | --- | |  | a. | cause increased activity in the thalamus. | |  | b. | increase dopamine levels. | |  | c. | decrease dopamine levels. | |  | d. | cause low brain activity in the brain’s frontal lobes. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 300. Suicide rates in the United States are \_\_\_\_\_\_\_\_ among Whites than Blacks and \_\_\_\_\_\_\_\_ among men than women.   |  |  |  | | --- | --- | --- | |  | a. | higher; higher | |  | b. | lower; lower | |  | c. | higher; lower | |  | d. | lower; higher |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 301. Marnie, who has recently been diagnosed with schizophrenia, has difficulty reasoning, making plans, and solving problems. Marnie’s doctor has explained that this is likely caused by   |  |  |  | | --- | --- | --- | |  | a. | abnormally low brain activity in the frontal lobes. | |  | b. | an overabundance of dopamine receptors in the brain. | |  | c. | overactivity in the thalamus. | |  | d. | increased activity in the amygdala. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 302. When comparing the suicide rates of various groups, researchers have found that   |  |  |  | | --- | --- | --- | |  | a. | women are more likely than men to consider suicide. | |  | b. | perfectionist people are less likely to consider suicide. | |  | c. | suicide rates decline steeply in late adulthood. | |  | d. | in most countries, suicides have been decreasing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 303. Vigorous activity in the thalamus of people with schizophrenia has been associated with   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | flat affect. | |  | c. | disorganized speech. | |  | d. | catatonia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 304. Helen is a perfectionist and has set high goals for herself. Her \_\_\_\_\_\_\_\_ may increase if she falls short of her goals.   |  |  |  | | --- | --- | --- | |  | a. | optimism | |  | b. | thoughts of suicide | |  | c. | posttraumatic growth | |  | d. | acts of violence |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 305. Billy, who has schizophrenia, experiences auditory hallucinations. Based on research using PET scans, which brain structure is active when Billy experiences these hallucinations?   |  |  |  | | --- | --- | --- | |  | a. | thalamus | |  | b. | amygdala | |  | c. | hippocampus | |  | d. | frontal lobe |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 306. In late adulthood, the highest rate of suicide is among those older than   |  |  |  | | --- | --- | --- | |  | a. | 50. | |  | b. | 60. | |  | c. | 65. | |  | d. | 70. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 307. Terrance, who has schizophrenia, frequently experiences paranoia. Which brain structure may exhibit increased activity when he feels this way?   |  |  |  | | --- | --- | --- | |  | a. | thalamus | |  | b. | amygdala | |  | c. | hippocampus | |  | d. | frontal lobe |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 308. Annie has been feeling depressed and having suicidal thoughts. She has shared her thoughts with her friends on social media. What may happen?   |  |  |  | | --- | --- | --- | |  | a. | Many of her friends will unfollow her. | |  | b. | Annie will immediately remove her posts. | |  | c. | Her parents will see the posts and take away her social media. | |  | d. | Those seeing her posts may develop suicidal thinking. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 309. Brain scans have found enlarged \_\_\_\_\_\_\_\_ in people with schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | thalami | |  | b. | hippocampi | |  | c. | ventricles | |  | d. | frontal lobes |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 310. When the need to belong and the need to feel effective are frustrated, the person is especially likely to experience   |  |  |  | | --- | --- | --- | |  | a. | a pessimistic explanatory style. | |  | b. | mania. | |  | c. | suicidal urges. | |  | d. | linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 311. Among people with schizophrenia, the ventricles of the brain may be   |  |  |  | | --- | --- | --- | |  | a. | abnormally large, and the thalamus may be abnormally small. | |  | b. | abnormally small, and the thalamus may be abnormally large. | |  | c. | abnormally small, and the thalamus may be abnormally small. | |  | d. | abnormally large, and the thalamus may be abnormally large. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 312. Yash is contemplating suicide. Which of the following is NOT a sign that he may give to family members and friends that could forewarn them of Yash's intent?   |  |  |  | | --- | --- | --- | |  | a. | verbal hints | |  | b. | giving possessions away | |  | c. | a change in mood | |  | d. | an increase in sociability |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 313. A study involving 200,000 Israeli mothers demonstrated that exposure to terror attacks during \_\_\_\_\_\_\_\_ their children’s risk of developing schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | early prenatal development tripled | |  | b. | pregnancy doubled | |  | c. | infancy doubled | |  | d. | childhood quadrupled |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 314. About \_\_\_\_\_\_\_\_ of those who think about dying by suicide actually attempt suicide.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 10 | |  | b. | 2 in 10 | |  | c. | 3 in 10 | |  | d. | 4 in 10 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 315. One known risk factor for schizophrenia is   |  |  |  | | --- | --- | --- | |  | a. | overexposure to oxygen during delivery. | |  | b. | younger paternal age. | |  | c. | smaller-than-average ventricles at birth. | |  | d. | maternal diabetes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 316. One research team studying suicide's unpredictability determined that   |  |  |  | | --- | --- | --- | |  | a. | the vast majority of people who possess a specific risk factor for suicide will never engage in suicidal behavior. | |  | b. | most of those who possess a specific risk factor for suicide will eventually attempt suicide. | |  | c. | there are very few specific risk factors for suicide that can be used to predict suicide attempts. | |  | d. | the most important risk factors predicting suicidal behavior are a person's age, race, and gender. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 317. Both of Bryson’s parents were in their late forties when he was born. His mother also developed maternal diabetes while pregnant and he was born with a low birth weight. Based on these factors, Bryson may be at an increased risk for   |  |  |  | | --- | --- | --- | |  | a. | small ventricles. | |  | b. | schizophrenia. | |  | c. | an enlarged corpus collosum. | |  | d. | an enlarged hippocampus. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 318. About half of the 47,000 Americans who die by suicide each year involve \_\_\_\_\_\_\_\_; only 14 percent of suicide fatalities involve \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | guns; poison and drug overdoses | |  | b. | poison and drug overdoses; guns | |  | c. | ropes; drowning | |  | d. | drowning; ropes |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 319. People conceived during the peak of World War II's Dutch famine developed \_\_\_\_\_\_\_\_ at twice the normal rate.   |  |  |  | | --- | --- | --- | |  | a. | flu symptoms | |  | b. | maternal stress | |  | c. | low birth weight | |  | d. | schizophrenia |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 320. Among Americans, drug overdoses account for a \_\_\_\_\_\_\_\_ of suicide attempts and a \_\_\_\_\_\_\_\_ of suicide fatalities.   |  |  |  | | --- | --- | --- | |  | a. | majority; minority | |  | b. | minority; majority | |  | c. | majority; majority | |  | d. | minority; minority |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 321. Evidence suggests that \_\_\_\_\_\_\_\_ contribute to schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | prenatal viral infections | |  | b. | viral infections in infancy | |  | c. | viral infections in childhood | |  | d. | viral infections in adolescence |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 322. Which of the following is true regarding having a gun in the house?   |  |  |  | | --- | --- | --- | |  | a. | It makes one safer. | |  | b. | It makes one less safe. | |  | c. | It is a deterrent for burglaries. | |  | d. | It teaches children how to protect themselves. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 323. Danes born in densely populated areas have been found to be at increased risk for schizophrenia. This may be because densely populated areas   |  |  |  | | --- | --- | --- | |  | a. | are more prone to famine. | |  | b. | enable viruses to spread more readily. | |  | c. | have higher birthrates. | |  | d. | increase maternal stress. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 324. If someone is talking about attempting suicide, which of the following is NOT something you should do?   |  |  |  | | --- | --- | --- | |  | a. | Connect the person with an agency that can help, such as the National Suicide Prevention Lifeline. | |  | b. | Listen to the person and try to empathize with them. | |  | c. | Discourage the person from talking at length about the issue. | |  | d. | Seek immediate help if the person is at immediate risk. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 325. People born in \_\_\_\_\_\_\_\_ during the month of \_\_\_\_\_\_\_\_ are at increased risk for schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | North America; February | |  | b. | South Africa; December | |  | c. | Australia; February | |  | d. | Europe; September |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 326. Rates of nonsuicidal self-injury in the United States are highest among   |  |  |  | | --- | --- | --- | |  | a. | adolescent males. | |  | b. | adolescent females. | |  | c. | older adult males. | |  | d. | older adult females. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 327. Research on the causes of schizophrenia strongly suggests that   |  |  |  | | --- | --- | --- | |  | a. | there is a genetic predisposition to schizophrenia. | |  | b. | most people will develop schizophrenia if exposed to extensive environmental stress. | |  | c. | people with schizophrenia have a deficiency of the neurotransmitter serotonin. | |  | d. | if adopted children's adoptive parents have schizophrenia, they will likely develop symptoms as well.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 328. On several recent occasions Sienna intentionally used cigarettes to inflict painful burns on her arms. Her behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | major anxiety. | |  | c. | nonsuicidal self-injury. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 329. In relation to schizophrenia, if one identical twin’s brain shows abnormalities, the odds are \_\_\_\_\_\_\_\_ that the other twin’s brain will also have them.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 | |  | b. | 1 in 3 | |  | c. | 1 in 4 | |  | d. | 2 in 3 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 330. Gaining relief from negative thoughts through the distraction of pain is one of the motives for   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | learned helplessness. | |  | c. | epigenetics. | |  | d. | nonsuicidal self-injury. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 331. If identical twins share a single placenta rather than having separate placentas, their chances of being similarly affected by schizophrenia   |  |  |  | | --- | --- | --- | |  | a. | decrease. | |  | b. | increase. | |  | c. | are unaffected. | |  | d. | increase, but only if they are born during flu season. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 332. Which of the following statements is NOT true regarding NSSI?   |  |  |  | | --- | --- | --- | |  | a. | NSSI is a risk factor for suicidal thoughts. | |  | b. | NSSI is a risk factor for future suicide attempts. | |  | c. | NSSI is intended to be a suicide attempt. | |  | d. | NSSI is a suicide gesture. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 333. Cora and Dora are identical twins who shared a placenta. If Dora develops schizophrenia, which of the following is most likely to occur?   |  |  |  | | --- | --- | --- | |  | a. | Dora will cause her sister to also develop the disorder. | |  | b. | There is a 10 percent chance that Cora will also develop the disorder. | |  | c. | There is a 60 percent chance that Cora will also develop the disorder. | |  | d. | Cora will help Dora to recover. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 334. NSSI is a risk factor for suicidal thoughts and future suicide attempts, especially if it coexists with   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | generalized anxiety disorder. | |  | c. | panic disorder. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 335. The impact of a shared placenta on a co-twin’s risk of developing schizophrenia suggests   |  |  |  | | --- | --- | --- | |  | a. | a reason for the brain abnormalities in people with schizophrenia. | |  | b. | the heritability of schizophrenia. | |  | c. | the viability of the fetal-virus idea. | |  | d. | the importance of epigenetic factors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 336. Kristen’s mother noticed a deep cut on her daughter’s arm. Because Kristen has already been diagnosed with a bipolar disorder, Kristen’s mother is concerned that Kristen may   |  |  |  | | --- | --- | --- | |  | a. | become violent against her. | |  | b. | be thinking about suicide. | |  | c. | have schizophrenia. | |  | d. | be empathizing with a friend. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 337. An adopted child's chances of developing schizophrenia \_\_\_\_\_\_\_\_ if the biological parents have schizophrenia. The child's chances \_\_\_\_\_\_\_\_ if the adopted parents have schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | increase; increase | |  | b. | do not increase; do not increase | |  | c. | increase; do not increase | |  | d. | do not increase; increase |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 338. Most of those who commit violent crimes have   |  |  |  | | --- | --- | --- | |  | a. | no mental illness. | |  | b. | posttraumatic stress disorder. | |  | c. | antisocial personality disorder. | |  | d. | autism spectrum disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 339. Researchers have been able to identify \_\_\_\_\_\_\_\_ genome locations associated with schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | 3 | |  | b. | 20 | |  | c. | 67 | |  | d. | 176 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 340. Your friend Jessica believes that people with a diagnosed psychological disorder are generally violent. Based on what you have learned about psychological disorders and violent crime, what would you respond?   |  |  |  | | --- | --- | --- | |  | a. | “This probably isn’t true because distress often leads to dysfunction.” | |  | b. | “Researchers aren’t sure if this is the case because the definition of psychological disorders repeatedly changes.” | |  | c. | “It’s true that people with disorders are more likely to be perpetrators of violent crime than victims of it.” | |  | d. | “Actually, most violent criminals are not mentally ill, and most mentally ill people are not violent.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 341. Nutritional deprivation may influence the expression of certain genes that place some people at higher risk for schizophrenia. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | emotional intelligence. | |  | b. | epigenetic factors. | |  | c. | impaired theory of mind. | |  | d. | dissociation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 342. Which of the following is the LEAST accurate predictor of whether a person will engage in violent acts?   |  |  |  | | --- | --- | --- | |  | a. | use of alcohol or drugs | |  | b. | engaging in previous violent behavior | |  | c. | mental illness | |  | d. | access to a gun |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 343. Disruptions in conscious awareness and sense of identity are most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | borderline personality disorder. | |  | b. | bulimia nervosa. | |  | c. | antisocial personality disorder. | |  | d. | dissociative disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 344. Which of the following statements is true?   |  |  |  | | --- | --- | --- | |  | a. | People with psychological disorders are more likely to be victims of violence than to commit violent acts. | |  | b. | People with psychological disorders are more likely to commit violent acts than to be victims of violence. | |  | c. | Increased government spending on mental health screening has been shown to reduce violent crime. | |  | d. | People with psychological disorders are the least stigmatized group in modern society. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 345. A person's conscious awareness separating from painful memories, thoughts, and feelings is the definition of   |  |  |  | | --- | --- | --- | |  | a. | dissociation. | |  | b. | inhibition. | |  | c. | fugue. | |  | d. | imagination. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 346. Which of the following is FALSE regarding violent crimes?   |  |  |  | | --- | --- | --- | |  | a. | Mass-killing shooters are more likely to be young males than any other demographic. | |  | b. | The use of alcohol and drugs, brain damage, and a history of previous violence are all good predictors of violent crime. | |  | c. | Focusing gun restrictions on those with psychological disorders will reduce gun violence substantially. | |  | d. | Those diagnosed with psychological disorders are more likely to be victims, rather than perpetrators, of violent crime. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 347. The experience of a fugue state is indicative of a(n) \_\_\_\_\_\_\_\_ disorder.   |  |  |  | | --- | --- | --- | |  | a. | eating | |  | b. | personality | |  | c. | dissociative | |  | d. | emotional intelligence |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 348. Mass-killing shooters have several things in common, including that they tend to   |  |  |  | | --- | --- | --- | |  | a. | be young males. | |  | b. | have a psychological disorder. | |  | c. | be older men with psychological disorders. | |  | d. | be young women with suicidal thoughts. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 349. A sudden loss of memory or change in identity, often in response to trauma, is referred to as   |  |  |  | | --- | --- | --- | |  | a. | a dissociative fugue state. | |  | b. | narcissism. | |  | c. | sociopathy. | |  | d. | avoidant personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 350. Which of the following psychological disorder(s) was reported by the most people in the United States within the past year?   |  |  |  | | --- | --- | --- | |  | a. | depressive disorders | |  | b. | posttraumatic stress disorder | |  | c. | schizophrenia | |  | d. | phobias |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 351. Shortly after the death of his partner and two children in a car accident, Charles walked out of his home and could not be found for two weeks. Police finally found him in a shelter in a neighboring town. When questioned, Charles was unsure of who he was or how he had arrived there. Charles may have been experiencing   |  |  |  | | --- | --- | --- | |  | a. | a personality disorder. | |  | b. | a dissociative fugue state. | |  | c. | antisocial personality disorder. | |  | d. | dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 352. After conducting 90-minute interviews with thousands of people who were representative of their country's population, the World Health Organization estimated the number of prior-year mental disorders in 28 countries. Which country had the highest rate of diagnosed psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | United Kingdom | |  | b. | Japan | |  | c. | United States | |  | d. | France |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 353. A sense of being separated from your body and watching yourself with a sense of detachment is characteristic of   |  |  |  | | --- | --- | --- | |  | a. | binge eating disorder. | |  | b. | narcissistic personality disorder. | |  | c. | avoidant personality disorder. | |  | d. | dissociation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 354. Mexican Americans born in the United States are at greater risk of mental disorder than people who have recently immigrated from Mexico to the United States. This provides an example of   |  |  |  | | --- | --- | --- | |  | a. | the epigenetic advantage. | |  | b. | the immigrant paradox. | |  | c. | susto. | |  | d. | taijin kyofusho. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 355. Exhibiting two or more distinct and alternating identities is a symptom of a(n)   |  |  |  | | --- | --- | --- | |  | a. | eating disorder. | |  | b. | dissociative disorder. | |  | c. | personality disorder. | |  | d. | antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 356. Which of the following is a protective factor against the development of psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | aerobic exercise | |  | b. | chronic pain | |  | c. | insomnia | |  | d. | child neglect |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 357. The experience of multiple identities is most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | a massive dissociation of self from ordinary consciousness. | |  | b. | offensive and unwanted thoughts that persistently preoccupy a person. | |  | c. | binge eating. | |  | d. | a lack of guilt feelings. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 358. Dr. Hansen is giving a lecture on risk and protective factors related to psychological disorders. His lecture is most likely to include the fact that   |  |  |  | | --- | --- | --- | |  | a. | risk factors are not able to predict who is likely to be diagnosed with a psychological disorder. | |  | b. | medical illness is a protective factor against psychological disorders. | |  | c. | feeling insecure is a protective factor against psychological disorders. | |  | d. | many risk and protective factors are opposites. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 359. Jayden, who endured years of abuse as a child, has begun to speak in unusual voices and display different mannerisms when he visits his therapist. Jayden’s therapist may suspect he has   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality disorder. | |  | b. | dissociative identity disorder. | |  | c. | binge eating disorder. | |  | d. | borderline personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 360. The incidence of serious psychological disorders is 2.5 times higher among   |  |  |  | | --- | --- | --- | |  | a. | those below the poverty line. | |  | b. | men. | |  | c. | women. | |  | d. | those who have relatives with a mental disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 361. Stephen has three very distinct identities. Sometimes he is warm and charming, sometimes he is cold and aloof, and sometimes he is loud and aggressive. He tells his therapist that he has no awareness or memory of what happens when he is displaying a different identity. Stephen may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality disorder. | |  | b. | anorexia nervosa. | |  | c. | schizotypal personality disorder. | |  | d. | dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 362. In an experiment investigating the link between poverty and mental disorders, researchers found that when children exhibiting problem behaviors moved from below to above the poverty line, these behaviors   |  |  |  | | --- | --- | --- | |  | a. | increased significantly. | |  | b. | decreased significantly. | |  | c. | remained stable. | |  | d. | were impossible to classify. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 363. Carolyn exhibits multiple identities. Evidence that information learned by her secondary identity influences the moods and behaviors of her primary identity would most clearly rule out the contribution of \_\_\_\_\_\_\_\_ to her symptoms.   |  |  |  | | --- | --- | --- | |  | a. | role playing | |  | b. | trauma | |  | c. | dissociation | |  | d. | motivational conflict |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 364. Aiden is 18 years old and has a specific phobia. How old was Aiden when he likely developed this disorder?   |  |  |  | | --- | --- | --- | |  | a. | 5 | |  | b. | 8 | |  | c. | 10 | |  | d. | 20 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 365. The possibility that multiple identities are triggered by the suggestions and leading questions of therapists most clearly relates to the importance of \_\_\_\_\_\_\_\_ in dissociative identity disorder.   |  |  |  | | --- | --- | --- | |  | a. | anxiety | |  | b. | repression | |  | c. | childhood sexual trauma | |  | d. | role playing |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 366. The symptoms of \_\_\_\_\_\_\_\_ typically appear in childhood, while the symptoms of \_\_\_\_\_\_\_\_ tend to appear in early adulthood.   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder; obsessive-compulsive disorder | |  | b. | obsessive-compulsive disorder; major depressive disorder | |  | c. | antisocial personality disorder; schizophrenia | |  | d. | schizophrenia; antisocial personality disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 367. Some researchers suggest that the role playing of fantasy-prone patients in response to the leading questions of therapists contributes to   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | dissociative identity disorder. | |  | c. | bulimia nervosa. | |  | d. | schizotypal personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 368. Anxiety disorders may sometimes be mistaken for   |  |  |  | | --- | --- | --- | |  | a. | creativity. | |  | b. | shyness. | |  | c. | irritability. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 369. A biological perspective would be LEAST helpful for explaining   |  |  |  | | --- | --- | --- | |  | a. | the abnormal brain anatomy of some people with dissociative identity disorder. | |  | b. | the 50 to 60 percent heritability for anorexia nervosa. | |  | c. | that biological relatives of people with antisocial personality disorder are at increased risk for antisocial behavior. | |  | d. | the dramatic increase in reported cases of dissociative identity disorder during the 1980s. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 370. Jeff experiences heart palpitations, tremors, and sweating when giving public presentations or meeting with his professors. He also avoids social settings, such as parties, phone calls, and one-on-one meetings. Jeff may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | a phobia. | |  | c. | generalized anxiety disorder. | |  | d. | somatic symptom disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 371. Evidence that dissociative identity disorder has biological roots comes from brain scans of DID patients that show   |  |  |  | | --- | --- | --- | |  | a. | reduced activity in brain areas associated with the control and inhibition of traumatic memories. | |  | b. | shrinkage in areas that aid memory and detection of threat. | |  | c. | inability of psychiatric experts to hypnotize patients with this disorder. | |  | d. | the similarity of body and brain states associated with different identities. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 372. Maladaptive behaviors that reduce worry and fear are most indicative of   |  |  |  | | --- | --- | --- | |  | a. | natural selection. | |  | b. | an anxiety disorder. | |  | c. | survivor resiliency. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 373. Marvin’s therapist suggests that Marvin developed dissociative identity disorder in response to the anxiety caused by his unacceptable impulses. The therapist’s suggestion most directly reflects a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | social-cognitive | |  | b. | epigenetic | |  | c. | psychodynamic | |  | d. | biological |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 374. Which of the following examples reflects a symptom of an anxiety disorder rather than normal anxiety?   |  |  |  | | --- | --- | --- | |  | a. | The night before his final exam, Bill has trouble sleeping because he is worried about doing well on the test. | |  | b. | For the past several weeks, Mavis has been unable to sleep or concentrate at work because she keeps thinking that something terrible might happen to her son at school, even though she knows that he's safe. | |  | c. | Seth is very distressed because he has just learned that his parents are getting divorced. | |  | d. | Barbara has just found out that her company has been sold, and she is very worried that she might lose her job. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 375. Both psychodynamic and learning theorists have interpreted DID symptoms as ways of coping with   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | anxiety. | |  | c. | environmental events. | |  | d. | unexplained fears. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 376. Persistent avoidance of social situations due to an intense fear of being negatively evaluated by others is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | social anxiety disorder. | |  | c. | free-floating anxiety. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 377. Drago’s therapist suggests that Drago developed dissociative identity disorder because his dissociative behavior was reinforced by anxiety reduction. The therapist’s suggestion most directly reflects a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | social-cognitive | |  | b. | epigenetic | |  | c. | psychodynamic | |  | d. | learning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 378. Anis has social anxiety disorder. Anis is likely to experience   |  |  |  | | --- | --- | --- | |  | a. | recurring haunting memories and feelings of worthlessness and jumpy anxiety. | |  | b. | the overwhelming urge to repeatedly wash his hands to avoid being contaminated by other people’s germs. | |  | c. | a fear of confined areas such as elevators or small rooms. | |  | d. | a fear of involving himself in public situations such as speaking or eating in a restaurant. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 379. Evidence that many people diagnosed with DID endured abuse as children leads some psychologists to include dissociative disorders under the umbrella of   |  |  |  | | --- | --- | --- | |  | a. | borderline personality disorder. | |  | b. | avoidant personality disorder. | |  | c. | anorexia nervosa. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 380. Tricia refuses to participate in any events that involve interactions with other people. She spends most of her time avoiding situations in which she fears others will judge her. Tricia is demonstrating symptoms of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | social anxiety disorder. | |  | c. | free-floating anxiety. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 381. Psychological disorders characterized by inflexible, enduring, and socially maladaptive behavior patterns are called \_\_\_\_\_\_\_\_ disorders.   |  |  |  | | --- | --- | --- | |  | a. | eating | |  | b. | dissociative | |  | c. | antisocial | |  | d. | personality |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 382. Rebecca has social anxiety disorder and stays home most of the time to avoid feeling anxious. Her behavior is considered \_\_\_\_\_\_\_\_ because it prevents her from learning to cope with her environment and increases feelings of loneliness.   |  |  |  | | --- | --- | --- | |  | a. | persistent | |  | b. | distressing | |  | c. | maladaptive | |  | d. | irrational |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 383. The distinctive features used to identify the three clusters of personality disorders are   |  |  |  | | --- | --- | --- | |  | a. | obsessions, compulsions, and delusions. | |  | b. | genetics, culture, and self-awareness. | |  | c. | optimism, pessimism, and perfectionism. | |  | d. | anxiety, eccentricity, and impulsivity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 384. Michelle feels tense and uneasy most of the time for no real reason. She may be demonstrating   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | panic disorder. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 385. Those with avoidant personality disorder are most likely to display   |  |  |  | | --- | --- | --- | |  | a. | a lack of guilt feelings. | |  | b. | a sense of self-importance. | |  | c. | shallow, attention-getting emotions. | |  | d. | a fear of social rejection. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 386. Generalized anxiety disorder is characterized by   |  |  |  | | --- | --- | --- | |  | a. | offensive and unwanted thoughts that persistently preoccupy a person. | |  | b. | a continuous state of tension, apprehension, and autonomic nervous system arousal. | |  | c. | a persistent, irrational fear and avoidance of some object, activity, or situation. | |  | d. | nightmares, social withdrawal, jumpy anxiety, and/or insomnia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 387. Personality disorders can be classified into three clusters. One cluster expresses anxiety and such a strong fear of rejection that it predisposes them to withdraw from society. This describes the   |  |  |  | | --- | --- | --- | |  | a. | avoidant personality. | |  | b. | antisocial personality. | |  | c. | schizotypal personality. | |  | d. | borderline personality. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 388. Which of the following is an anxiety disorder that is characterized by constant, excessive, and unjustified anxiety about a wide range of issues and circumstances?   |  |  |  | | --- | --- | --- | |  | a. | panic disorder | |  | b. | generalized anxiety disorder | |  | c. | agoraphobia | |  | d. | posttraumatic stress disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 389. Darius is so fearful of social rejection that he avoids all but the most necessary contact with others. He spends days at a time in his apartment, where he works from his computer and has groceries and other necessities delivered. Darius is exhibiting symptoms of a(n)   |  |  |  | | --- | --- | --- | |  | a. | avoidant personality. | |  | b. | antisocial personality. | |  | c. | schizotypal personality. | |  | d. | borderline personality. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 390. Yesenia, a college student, complains that she worries continually and is often jittery and agitated but doesn’t know why. Without warning, she begins to tremble and perspire. Yesenia most likely has   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | generalized anxiety disorder. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 391. Avoidant personality disorder falls under which of the three personality disorder clusters?   |  |  |  | | --- | --- | --- | |  | a. | anxiety | |  | b. | dramatic | |  | c. | impulsive | |  | d. | eccentric |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 392. People with \_\_\_\_\_\_\_\_ are constantly tense and anxious, and their anxiety is pervasive. They feel anxious about a wide range of life circumstances, sometimes with little or no apparent justification.   |  |  |  | | --- | --- | --- | |  | a. | panic disorder | |  | b. | generalized anxiety disorder | |  | c. | agoraphobia | |  | d. | posttraumatic stress disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 393. Amanda is generally withdrawn from others and fears being rejected by her peers. These characteristics are associated with which personality disorder?   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | schizotypal | |  | c. | borderline | |  | d. | narcissistic |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 394. Freud suggested that for those with generalized anxiety disorder, the anxiety is   |  |  |  | | --- | --- | --- | |  | a. | cyclical. | |  | b. | free-floating. | |  | c. | repressed. | |  | d. | completely outside of conscious awareness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 395. Magical thinking is a characteristic of which type of personality disorder?   |  |  |  | | --- | --- | --- | |  | a. | schizotypal | |  | b. | narcissistic | |  | c. | borderline | |  | d. | avoidant |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 396. Deena is constantly concerned about things at work even when she is at home. She is constantly worried about her home life even when she is at work. Deena's free-floating anxiety leaves her tense and irritable, impairs her concentration, and results in many sleepless nights. Deena may have   |  |  |  | | --- | --- | --- | |  | a. | a specific phobia. | |  | b. | social anxiety disorder. | |  | c. | generalized anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 397. Herman has never had close friends, and his neighbors and co-workers tend to find his behaviors eccentric and odd. He is deeply superstitious and often engages in magical thinking, such as believing he can read others’ minds. Herman’s behavior patterns best illustrate   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | a fugue state. | |  | c. | anorexia nervosa. | |  | d. | schizotypal personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 398. Twitching eyelids, trembling, or fidgeting are all symptoms associated with generalized anxiety disorder. These symptoms are caused by arousal of the   |  |  |  | | --- | --- | --- | |  | a. | somatic nervous system. | |  | b. | autonomic nervous system. | |  | c. | central nervous system. | |  | d. | parasympathetic nervous system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 399. Borderline personality disorder falls under which of the three personality disorder clusters?   |  |  |  | | --- | --- | --- | |  | a. | anxiety | |  | b. | dramatic | |  | c. | odd | |  | d. | eccentric |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 400. Generalized anxiety disorder is \_\_\_\_\_\_\_\_ common among men than women, and the symptoms last for \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | more; at least a year | |  | b. | less; a few days | |  | c. | more; 3 months or more | |  | d. | less; 6 months or more |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 401. One cluster of personality disorders marked by dramatic, attention-seeking, or impulsive behaviors is exemplified by \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | dissociative | |  | c. | schizotypal | |  | d. | borderline |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 402. The most common symptoms of \_\_\_\_\_\_\_\_ are irregular heartbeat, breathlessness, and a choking sensation. The person may also feel dizzy, tremble, and feel terrified.   |  |  |  | | --- | --- | --- | |  | a. | a panic attack | |  | b. | generalized anxiety disorder | |  | c. | obsessive-compulsive disorder | |  | d. | free-floating anxiety |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 403. Tami is emotionally volatile, dramatic, impulsive, and in constant need of attention and affirmation from family, friends, and co-workers. Tami is exhibiting symptoms of \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | antisocial | |  | b. | borderline | |  | c. | narcissistic | |  | d. | schizotypal |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 404. Compared with generalized anxiety disorder, panic disorder is characterized by periods of distress that are \_\_\_\_\_\_\_\_ intense and \_\_\_\_\_\_\_\_ prolonged.   |  |  |  | | --- | --- | --- | |  | a. | more; more | |  | b. | less; less | |  | c. | more; less | |  | d. | less; more |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 405. Those with narcissistic personality disorder are likely to be preoccupied with   |  |  |  | | --- | --- | --- | |  | a. | an irrational fear of people. | |  | b. | weight. | |  | c. | physical symptoms of distress. | |  | d. | their own self-importance. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 406. Which of the following disorders is characterized by sudden and unpredictable episodes of distress?   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder | |  | b. | panic disorder | |  | c. | obsessions | |  | d. | compulsions |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 407. Professor Martinez studies personality disorders and is most interested in people who are self-focused and exaggerate their own importance. Professor Martinez is studying people with \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | antisocial | |  | c. | narcissistic | |  | d. | schizotypal |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 408. While he was making dinner, Guney was suddenly overwhelmed by feelings of intense fear that something terrible was about to happen. For several minutes he felt so agitated that he could not catch his breath. Guney was most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | a panic attack. | |  | c. | obsessive-compulsive disorder. | |  | d. | a phobia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 409. Which personality disorder is described as self-focused and self-inflating?   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | schizotypal | |  | c. | borderline | |  | d. | narcissistic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 410. For the fourth time in a month, Selena was rushed to the hospital emergency room because she thought she was having a heart attack. Her symptoms included an irregular heartbeat, chest pains, and shortness of breath. Although her doctor can find no physical problems, Selena lives in fear of another attack. Selena may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | a specific phobia. | |  | b. | panic disorder. | |  | c. | generalized anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 411. Claudia’s excessive focus on herself makes it difficult for her to have empathy for others, which impairs her social relationships. She has an inflated sense of her own self-importance, requires constant admiration and attention, and is extremely sensitive to the smallest criticisms. Her maladaptive patterns of social interaction best illustrate   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | narcissistic personality disorder. | |  | c. | bulimia nervosa. | |  | d. | anorexia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 412. Every time she goes out, Chiara has to rush home after being overwhelmed by dizzy spells, a racing heart, and feeling as though she can't breathe. Finally, she decides to go to the hospital’s emergency department, but a thorough examination rules out any medical problem. Nevertheless, Chiara has become increasingly fearful about having more episodes and has restricted her activities to only the most essential outings. Chiara seems to be displaying symptoms of   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | generalized anxiety disorder. | |  | c. | social anxiety disorder. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 413. Antisocial personality disorder is most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | a persistent, irrational fear of people. | |  | b. | episodes of intense autonomic nervous system arousal. | |  | c. | disruptions in conscious awareness and sense of identity. | |  | d. | a lack of guilt feelings. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 414. Anxiety about being in places or situations from which escape might be difficult is indicative of   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | social anxiety disorder. | |  | c. | agoraphobia. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 415. Which of the following disorders is more common among men than women?   |  |  |  | | --- | --- | --- | |  | a. | binge eating disorder | |  | b. | antisocial personality disorder | |  | c. | dissociative identity disorder | |  | d. | anorexia nervosa |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 416. After several panic attacks, Annie's fear of further attacks has made her afraid to leave the house or be among other people. She will no longer venture outside to get her mail or even sit on her porch. Annie is experiencing   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | generalized anxiety disorder. | |  | c. | social anxiety disorder. | |  | d. | agoraphobia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 417. Leonard, who is 28 years old, is intelligent and extremely charming. He has stolen from several family members by convincing them to turn their savings accounts over to him, and he seems to have little feeling for his victims, nor does he fear the consequences of getting caught. His behavior is evidence of   |  |  |  | | --- | --- | --- | |  | a. | schizotypal personality disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | antisocial personality disorder. | |  | d. | a dissociative disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 418. Lizbeth so fears crowds that she now has difficulty leaving her home. She asks her neighbor to do her grocery shopping, and she is considering quitting her job so she won’t have to attend large meetings. Lizbeth’s behavior is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | agoraphobia. | |  | b. | generalized anxiety disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 419. Males who develop \_\_\_\_\_\_\_\_ can display symptoms by age 8.   |  |  |  | | --- | --- | --- | |  | a. | binge eating disorder | |  | b. | antisocial personality disorder | |  | c. | dissociative identity disorder | |  | d. | anorexia nervosa |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 420. Incapacitating efforts to avoid specific anxiety-producing situations are most indicative of   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | compulsions. | |  | c. | specific phobias. | |  | d. | obsessions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 421. Not all children with antisocial traits become antisocial adults, but those who do develop antisocial personality disorder generally   |  |  |  | | --- | --- | --- | |  | a. | behave in self-focused, self-inflating ways. | |  | b. | exhibit a lack of conscience for wrongdoing. | |  | c. | withdraw from social interactions. | |  | d. | engage in magical thinking. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 422. According to a Dutch survey, which of the following are people most likely to report as both a fear and a specific phobia?   |  |  |  | | --- | --- | --- | |  | a. | being alone | |  | b. | storms | |  | c. | blood | |  | d. | heights |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 423. Lack of conscience for wrongdoing \_\_\_\_\_\_\_\_ characteristic of antisocial personality disorder, and criminality \_\_\_\_\_\_\_\_ an essential component of antisocial behavior.   |  |  |  | | --- | --- | --- | |  | a. | is; is | |  | b. | is; is not | |  | c. | is not; is not | |  | d. | is not; is |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 424. For as long as he can remember, Chris has been terrified of bats. He refuses to go out after dusk because there are often bats in his area. Lately, he has begun to leave work early to be sure he arrives home before dark. Most likely, Chris is experiencing   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | a specific phobia. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 425. The term psychopath is sometimes used to refer to an individual with   |  |  |  | | --- | --- | --- | |  | a. | a psychotic disorder. | |  | b. | schizotypal personality disorder. | |  | c. | dissociative identity disorder. | |  | d. | antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 426. Katrina is so afraid of spiders that she checks the ground, the walls, and the screens in every area she enters. Katrina may have   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | a depressive disorder. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 427. Kathryn has antisocial personality disorder. This means that she is likely to   |  |  |  | | --- | --- | --- | |  | a. | have a heightened theory of mind. | |  | b. | engage in rumination. | |  | c. | exhibit less emotional intelligence. | |  | d. | have low levels of impulsivity. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 428. A persistent, irrational anxiety response to the mere sight of blood is indicative of   |  |  |  | | --- | --- | --- | |  | a. | an obsession. | |  | b. | a compulsion. | |  | c. | a specific phobia. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 429. Dwayne, who has antisocial personality disorder, is unable to understand and perceive other people’s emotions. This suggests that he has lower   |  |  |  | | --- | --- | --- | |  | a. | emotional intelligence. | |  | b. | fugue states. | |  | c. | anxiety. | |  | d. | fearlessness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 430. Unwanted repetitive thoughts and actions are characteristic of   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | specific phobia. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 431. Darrin has antisocial personality disorder. He is most likely to show lower \_\_\_\_\_, which is the ability to understand, manage, and perceive emotions.   |  |  |  | | --- | --- | --- | |  | a. | emotional intelligence | |  | b. | fugue states | |  | c. | anxiety | |  | d. | fearlessness |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 432. Obsessions are   |  |  |  | | --- | --- | --- | |  | a. | persistent, irrational fears of specific objects, activities, or situations. | |  | b. | feelings of jumpy anxiety. | |  | c. | periodic episodes of intense dread accompanied by frightening physical sensations. | |  | d. | unwanted thoughts that persistently preoccupy a person. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 433. Which aspect of those with antisocial personality disorder can lead to homicide?   |  |  |  | | --- | --- | --- | |  | a. | empathy | |  | b. | sympathy | |  | c. | impulsivity | |  | d. | emotional intelligence |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 434. Mrs. Jimenez is concerned about her unwanted and seemingly unending thoughts that the air in her home is contaminated. Her experience best illustrates the agitating effects of   |  |  |  | | --- | --- | --- | |  | a. | compulsions. | |  | b. | an obsession. | |  | c. | agoraphobia. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 435. Twin and adoption studies reveal that biological relatives of people with antisocial and unemotional tendencies   |  |  |  | | --- | --- | --- | |  | a. | are at increased risk for antisocial behavior. | |  | b. | are at decreased risk for antisocial behavior. | |  | c. | have increased autonomic nervous system arousal when awaiting aversive events. | |  | d. | have normal frontal lobe cognitive functions. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 436. Compulsions are   |  |  |  | | --- | --- | --- | |  | a. | persistent, irrational fears of specific objects, activities, or situations. | |  | b. | feelings of jumpy anxiety. | |  | c. | responses to unwanted and seemingly unending thoughts. | |  | d. | symptoms that take a bodily form without apparent physical cause. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 437. Which of the following is the best explanation for the development of antisocial personality disorder?   |  |  |  | | --- | --- | --- | |  | a. | genetic influences | |  | b. | negative environmental experiences | |  | c. | positive familial experiences | |  | d. | both genetic influences and negative environmental experiences |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 438. Amanda is a new mother and is concerned that the world will contaminate her new baby. She washes her hands hundreds of times each day, wears gloves when touching her baby, and constantly sanitizes the surfaces in her home. Her behaviors represent \_\_\_\_\_\_\_\_ related to OCD.   |  |  |  | | --- | --- | --- | |  | a. | negative symptoms | |  | b. | compulsive behaviors | |  | c. | panic attacks | |  | d. | disorganized speech |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 439. The genes that put people at risk for one disorder may put them at risk for another disorder. This is referred to as   |  |  |  | | --- | --- | --- | |  | a. | narcissism. | |  | b. | comorbidity. | |  | c. | inflexibility. | |  | d. | heritability. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 440. Robin is preoccupied with the idea that something terrible will happen to him if his home is not neat. He spends every moment of his spare time ordering and reordering his possessions and has begun arriving late to work, as he spends so much time rearranging his bathroom and refolding clothes after he gets ready in the morning. Robin is most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | social anxiety disorder. | |  | c. | generalized anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 441. Jason has been diagnosed with both anxiety and depressive disorders. These disorders, for him, are   |  |  |  | | --- | --- | --- | |  | a. | overlapping. | |  | b. | clustered. | |  | c. | comorbid. | |  | d. | cofunctional. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 442. American business magnate Howard Hughes insisted that those assisting him engage in elaborate hand-washing rituals and wear white gloves when handling any document that he would later touch. His behavior best illustrated the symptoms of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | generalized anxiety disorder. | |  | d. | agoraphobia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 443. There is some evidence that a relatively low level of autonomic nervous system arousal may contribute to   |  |  |  | | --- | --- | --- | |  | a. | a fugue state. | |  | b. | antisocial personality disorder. | |  | c. | dissociative disorders. | |  | d. | avoidant personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 444. Constantly thinking about whether your home is safe from break-ins is to \_\_\_\_\_\_\_\_ as checking the locks hundreds of times per day is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | panic; agoraphobia | |  | b. | depression; compulsion | |  | c. | panic; phobia | |  | d. | obsession; compulsion |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 445. Antisocial traits, such as fearlessness and dominance,   |  |  |  | | --- | --- | --- | |  | a. | always lead to criminal behaviors. | |  | b. | never lead to criminal behaviors. | |  | c. | can be adaptive. | |  | d. | are never adaptive. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 446. Oscar is so preoccupied by his fear of bacteria and viruses that he keeps his car and apartment windows sealed tightly, refuses to allow anyone into his apartment, carries his own silverware whenever he eats away from home, and washes his hands every time he touches something another person has touched. Oscar would most likely be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | generalized anxiety disorder. | |  | d. | agoraphobia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 447. A hyperreactive dopamine reward system has been observed among those with   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality disorder. | |  | b. | dissociative disorder. | |  | c. | a fugue state. | |  | d. | avoidant personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 448. A Swedish study examined the progression of obsessive-compulsive disorder. The researchers found that as people aged, the symptoms of the disorder lessened. However, only \_\_\_\_\_\_\_\_ completely recovered.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 | |  | b. | 1 in 3 | |  | c. | 1 in 4 | |  | d. | 1 in 5 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 449. The reduced self-control of murderers is most closely related to reduced brain activity in their \_\_\_\_\_\_\_\_ lobes.   |  |  |  | | --- | --- | --- | |  | a. | frontal | |  | b. | temporal | |  | c. | occipital | |  | d. | parietal |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 450. OCD is more common among \_\_\_\_\_\_\_\_ than among \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | older adults; teens and young adults | |  | b. | teens and young adults; older adults | |  | c. | middle-aged adults; older adults | |  | d. | older adults; middle-aged adults |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 451. Marked deficits in frontal lobe cognitive functions, such as planning and organization, are associated with   |  |  |  | | --- | --- | --- | |  | a. | binge eating disorder. | |  | b. | antisocial personality disorder. | |  | c. | dissociative identity disorder. | |  | d. | a fugue state. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 452. For the last decade, Janine has collected broken appliances, newspapers, magazines, and old clothes. Her home is now so full of these items that she can hardly walk through it. When her daughter suggests that she discard some items, Janine becomes distressed and asks her daughter to leave. Janine may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | panic disorder. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 453. Reduced activity in an impulse-controlling frontal lobe area has been found in people who murder impulsively. This reduced activity is associated with   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | antisocial personality disorder. | |  | c. | dissociative identity disorder. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 454. A preoccupation with perceived body defects is associated with   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | panic disorder. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 455. \_\_\_\_\_\_\_\_ often begins as an attempt to lose weight but the dieting becomes a habit.   |  |  |  | | --- | --- | --- | |  | a. | Anorexia nervosa | |  | b. | Binge-eating disorder | |  | c. | Bulimia nervosa | |  | d. | Dissociative identity disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 456. A disorder characterized by haunting memories, nightmares, and jumpy anxiety following a trauma is   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 457. Brenda has been diagnosed with \_\_\_\_\_\_\_\_, which began as a weight-loss diet and became a self-sustaining habit.   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa | |  | b. | bulimia nervosa | |  | c. | binge-eating disorder | |  | d. | dissociative identity disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 458. In one study of 104,000 returning veterans, \_\_\_\_\_\_\_\_ percent were diagnosed with a psychological disorder.   |  |  |  | | --- | --- | --- | |  | a. | 10 | |  | b. | 25 | |  | c. | 40 | |  | d. | 65 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 459. Katerina, who comes from a competitive, high-achieving family, began dieting two months ago and has since lost 30 pounds. Though her weight is now below what is considered healthy for her height, she remains obsessively focused on losing more weight. Katerina is exhibiting symptoms of   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | anorexia nervosa. | |  | c. | binge-eating disorder. | |  | d. | bulimia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 460. Karen and her sister, Ann, have both been diagnosed with disorders. Karen shifts between weeks of deep depression and episodes of sleepless, talkative, wildly euphoric mania. Ann experiences depression that alternates with the milder elevation of hypomania. It is likely that Karen has \_\_\_\_\_\_\_\_ and Ann has \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | bipolar II disorder; bipolar I disorder | |  | b. | bipolar I disorder; bipolar II disorder | |  | c. | a bipolar disorder; major depressive disorder | |  | d. | major depressive disorder; a bipolar disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 461. There is controversy over whether energetic children who have difficulty sitting quietly for long hours in school too frequently receive a diagnosis of   |  |  |  | | --- | --- | --- | |  | a. | DSM. | |  | b. | OCD. | |  | c. | PTSD. | |  | d. | ADHD. |  |  |  | | --- | --- | | *ANSWER:* | d | |