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| 1. The American Psychiatric Association defines a psychological disorder as   |  |  |  | | --- | --- | --- | |  | a. | the molecular mechanisms by which environments can influence genetic expression without a DNA change. | |  | b. | any behavior caused by environmental stress. | |  | c. | any behavior that has physical causes. | |  | d. | a syndrome marked by a clinically significant disturbance in a person’s cognitions, emotion regulation, or behavior. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 2. Personally distressing thoughts, feelings, and behaviors are considered to be symptoms of a psychological disorder if they are   |  |  |  | | --- | --- | --- | |  | a. | unusual. | |  | b. | dysfunctional. | |  | c. | biologically influenced. | |  | d. | atypically motivated. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 3. A fear of heights is NOT considered to be disordered unless it   |  |  |  | | --- | --- | --- | |  | a. | can be reduced with prescription drugs. | |  | b. | is a classically conditioned response. | |  | c. | interferes with effective functioning. | |  | d. | results from a genetic predisposition. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 4. Mental health workers are most likely to consider socially unusual behavior as disordered if it is   |  |  |  | | --- | --- | --- | |  | a. | consciously motivated. | |  | b. | difficult to change. | |  | c. | biologically influenced. | |  | d. | interfering with day-to-day life. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. Ongoing patterns of behavior that interfere with normal day-to-day life are best characterized as   |  |  |  | | --- | --- | --- | |  | a. | deviant. | |  | b. | antisocial. | |  | c. | dysfunctional. | |  | d. | epigenetic. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 6. Kevin has always preferred his living space to be tidy. Lately, however, he has canceled plans with friends several times in order to stay home and clean. In the morning, he spends so much time cleaning and neatening that he often leaves late for work and is now in danger of losing his job. Kevin’s behavior would be considered disordered because it is   |  |  |  | | --- | --- | --- | |  | a. | maladaptive. | |  | b. | upsetting. | |  | c. | distressing to others. | |  | d. | persistent. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 7. A therapist would be likely to identify social anxiety as a psychological disorder if it is   |  |  |  | | --- | --- | --- | |  | a. | personally dysfunctional. | |  | b. | socially unacceptable. | |  | c. | ethically unjustifiable. | |  | d. | unconsciously motivated. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 8. In 1973, as more and more of its members viewed same-sex attraction as a natural biological predisposition and not a psychological problem, the American Psychiatric Association   |  |  |  | | --- | --- | --- | |  | a. | created a new category in its manual for describing disorders. | |  | b. | created a new classification system. | |  | c. | voted that “homosexuality” should be reclassified in its manual for describing disorders. | |  | d. | voted that “homosexuality” should no longer be classified as a psychological disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 9. Philippe Pinel (1745–1826) was the first to promote \_\_\_\_\_\_\_\_ for psychological disorders, instead of the brutal treatments used during his time.   |  |  |  | | --- | --- | --- | |  | a. | moral treatment | |  | b. | a biopsychosocial approach | |  | c. | transfusions | |  | d. | trephination |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 10. The perspective that psychological disorders are illnesses requiring diagnosis and treatment is known as   |  |  |  | | --- | --- | --- | |  | a. | epigenetics. | |  | b. | the social-cultural approach. | |  | c. | the medical model. | |  | d. | the biopsychosocial approach. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Mel believes that major depressive disorder is an illness that can be diagnosed and treated. Mel’s belief is most clearly consistent with   |  |  |  | | --- | --- | --- | |  | a. | the biopsychosocial approach. | |  | b. | epigenetics. | |  | c. | the medical model. | |  | d. | the maladaptive approach. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 12. To call psychological disorders “sicknesses” is especially likely to encourage research supporting the   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial approach. | |  | b. | maladaptive approach. | |  | c. | social-cognitive approach. | |  | d. | medical model. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 13. The medical model suggests that psychological disorders need to be diagnosed and treated, sometimes   |  |  |  | | --- | --- | --- | |  | a. | through epigenetics. | |  | b. | with a social-cultural approach. | |  | c. | through treatment in a hospital. | |  | d. | using the vulnerability-stress model.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 14. The medical model has recently received support from   |  |  |  | | --- | --- | --- | |  | a. | research findings that many genes together influence the brain and biochemistry abnormalities that contribute to all major disorders. | |  | b. | the idea that psychological and social-cultural factors influence our susceptibility to psychological disorders. | |  | c. | the vulnerability-stress model. | |  | d. | epigenetic research on the interaction of genes and environment in psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 15. Eduardo, who lives in Guatemala, was recently in a near-fatal biking accident. He has since been experiencing severe anxiety and panic. Eduardo would be most likely to classify his symptoms as   |  |  |  | | --- | --- | --- | |  | a. | taijin-kyofusho. | |  | b. | susto. | |  | c. | bulimia nervosa. | |  | d. | amok. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 16. In Japanese culture, \_\_\_\_\_\_\_\_ describes social anxiety about physical appearance and a fear of eye contact.   |  |  |  | | --- | --- | --- | |  | a. | amok | |  | b. | susto | |  | c. | taijin kyofusho | |  | d. | anorexia nervosa |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 17. Maryanne was recently diagnosed with anorexia nervosa. In which country is Maryanne LEAST likely to live?   |  |  |  | | --- | --- | --- | |  | a. | United States | |  | b. | Canada | |  | c. | England | |  | d. | Japan |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 18. The symptoms of the eating disorders anorexia nervosa and bulimia nervosa that occur mostly in Western cultures differ from those of Japan’s taijin kyofusho. However, all three disorders may share an underlying dynamic, such as   |  |  |  | | --- | --- | --- | |  | a. | anxiety. | |  | b. | aggression. | |  | c. | epigenetics. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 19. Which of the following statements is true regarding disordered aggression?   |  |  |  | | --- | --- | --- | |  | a. | Disordered aggression is explained the same way in various cultures. | |  | b. | Disordered aggression may have varying explanations in different cultures. | |  | c. | Cultures do not attempt to explain disordered aggression. | |  | d. | There is no such thing as disordered aggression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 20. In Malaysia, \_\_\_\_\_\_\_\_ describes a sudden outburst of violent behavior.   |  |  |  | | --- | --- | --- | |  | a. | amok | |  | b. | susto | |  | c. | kyofusho | |  | d. | taijin |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 21. In studying specific psychological disorders that tend to occur only in particular cultures, researchers provide evidence for   |  |  |  | | --- | --- | --- | |  | a. | epigenetics. | |  | b. | the medical model. | |  | c. | the biopsychosocial approach. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 22. A biopsychosocial approach to anorexia nervosa would most likely emphasize   |  |  |  | | --- | --- | --- | |  | a. | the distinction between consciously and unconsciously motivated eating. | |  | b. | the similarities between eating disorders and personality disorders. | |  | c. | the interactive influences of nature and nurture on the development of anorexia nervosa. | |  | d. | that anorexia nervosa is the result of brain and biochemistry differences. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 23. Dr. Harris’ research focuses on the ways in which psychological disorders result from interactions between a person’s physiology, emotions, and cultural influences. This emphasis best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the cognitive perspective. | |  | b. | a biopsychosocial approach. | |  | c. | the medical model. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 24. The biopsychosocial approach emphasizes that psychological disorders result from the interaction of   |  |  |  | | --- | --- | --- | |  | a. | cognition and biology. | |  | b. | cultural and social influences. | |  | c. | biological, psychological, and social-cultural influences. | |  | d. | genetic and neural influences. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 25. Chloe claims that major depressive disorder is the result of the interaction of brain chemistry, mood-related perceptions, and social expectations. Her belief is most clearly consistent with the   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial approach. | |  | b. | cognitive perspective. | |  | c. | medical model. | |  | d. | social-cultural approach. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 26. Today's psychologists assume that disordered behavior is influenced by   |  |  |  | | --- | --- | --- | |  | a. | social circumstances. | |  | b. | inner psychological dynamics. | |  | c. | genetic predispositions and physiological states. | |  | d. | all of these factors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 27. In his lecture, Professor Harrison emphasized that an individual’s genetic predispositions interact with the environment to influence psychological disorder. Professor Harrison is emphasizing   |  |  |  | | --- | --- | --- | |  | a. | the medical model. | |  | b. | the DSM-5. | |  | c. | the vulnerability-stress model. | |  | d. | epigenetic effects. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 28. Research on \_\_\_\_\_\_\_\_ supports the \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | the prenatal environment; medical model | |  | b. | epigenetics; medical model | |  | c. | epigenetics; vulnerability-stress model | |  | d. | infancy; vulnerability-stress model |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 29. As a child, Maureen experienced a trauma that influenced her genetic expression. This likely contributed to her later development of a psychological disorder. Maureen’s experience best illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | the DSM-5. | |  | b. | epigenetic effects. | |  | c. | the medical model. | |  | d. | the social-cultural perspective. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Epigenetics is the study of environmental influences on   |  |  |  | | --- | --- | --- | |  | a. | psychological disorders. | |  | b. | personality traits. | |  | c. | natural selection. | |  | d. | gene expression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. Research on \_\_\_\_\_\_\_\_ shows that our environment and our genes interact, thus affecting the development of psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | cultural influences | |  | b. | the medical model | |  | c. | epigenetics | |  | d. | childbirth |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 32. The American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders is   |  |  |  | | --- | --- | --- | |  | a. | the best source for explaining disorders. | |  | b. | the most common tool for describing disorders. | |  | c. | the most reliable source of information about all disorders. | |  | d. | revised every year. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. For the last few months, Lee has had trouble falling asleep almost every night. As a result, his studies are suffering, and he is on the brink of failing several of his courses. Based on these symptoms, along with several other criteria, he may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | insomnia disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | generalized anxiety disorder. | |  | d. | antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 34. The DSM-5’s inclusion of diagnostic codes from the World Health Organization’s *International Classification of Diseases*   |  |  |  | | --- | --- | --- | |  | a. | permits accurate diagnosis of psychological disorders. | |  | b. | allows for worldwide tracking of psychological disorders. | |  | c. | reduces the standardization of psychological disorders. | |  | d. | hinders the generalization of research examining psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 35. Successive editions of the \_\_\_\_\_\_\_\_ have provided guidelines for diagnosing psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | OCD | |  | b. | DSM | |  | c. | ADHD | |  | d. | PTSD |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. A psychotherapist is most likely to use the DSM-5 in order to \_\_\_\_\_\_\_\_ various psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | cure | |  | b. | prevent | |  | c. | explain | |  | d. | identify |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 37. Many clinicians diagnose disorders by using the detailed diagnostic criteria in the   |  |  |  | | --- | --- | --- | |  | a. | OCD. | |  | b. | DSM-5. | |  | c. | PTSD. | |  | d. | ADHD. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. Nolan has been diagnosed with insomnia disorder. Because this disorder is included as a diagnosis in the DSM-5,   |  |  |  | | --- | --- | --- | |  | a. | Nolan will understand the cause of his disorder. | |  | b. | Nolan’s therapist will be able to suggest appropriate treatment. | |  | c. | Nolan will be prescribed medication. | |  | d. | Nolan will be included in research studies.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 39. To guide medical diagnoses and treatment, the DSM-5 typically bases diagnoses on   |  |  |  | | --- | --- | --- | |  | a. | brain imaging studies. | |  | b. | biopsychosocial factors. | |  | c. | detailed diagnostic criteria and codes. | |  | d. | all of these factors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 40. Field trials assessing clinician agreement when using the new DSM-5 categories indicate that diagnoses of generalized anxiety disorder fared \_\_\_\_\_\_\_\_ and diagnoses of childhood autism spectrum disorder fared \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | well; well | |  | b. | poorly; poorly | |  | c. | well; poorly | |  | d. | poorly; well |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 41. Some of the new diagnoses in the DSM-5 worry many physicians and mental health workers because   |  |  |  | | --- | --- | --- | |  | a. | they disagree with the medical model. | |  | b. | the cost of revising the names of disorders is excessive. | |  | c. | they fear it will extend the pathologizing of everyday life. | |  | d. | people who have become accustomed to certain categories will be reluctant to learn new ones. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 42. According to the DSM-5, the prolonged grief following a loved one’s death may now be diagnosed as   |  |  |  | | --- | --- | --- | |  | a. | disruptive mood dysregulation disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | panic disorder. | |  | d. | a depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 43. The \_\_\_\_\_\_\_\_ established the RDoC as a newer approach to disorder classification that builds upon the DSM.   |  |  |  | | --- | --- | --- | |  | a. | U.S. National Institute of Mental Health | |  | b. | American Psychiatric Association | |  | c. | American Psychological Association | |  | d. | medical model |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 44. The \_\_\_\_\_\_\_\_ aims to bring “the power of [today’s] genetics, neuroscience, and behavioral science” to the study of psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | Diagnostic and Statistical Manual of Mental Disorders | |  | b. | World Health Organization | |  | c. | American Psychological Association’s Publication Manual | |  | d. | Research Domain Criteria project |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 45. After Monica learned that her college roommate was diagnosed with a depressive disorder, she began to interpret most of her roommate’s behaviors as related to the disorder. This best illustrates the   |  |  |  | | --- | --- | --- | |  | a. | value of the psychoanalytic perspective. | |  | b. | shortcomings of the medical model. | |  | c. | unreliability of the DSM-5. | |  | d. | biasing power of diagnostic labels.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 46. If people expect someone diagnosed with a particular psychological disorder to be anxious, they may act in unusual ways that provoke the person to respond with anxiety. This illustrates that labels can   |  |  |  | | --- | --- | --- | |  | a. | benefit from the medical model. | |  | b. | be created through epigenetics. | |  | c. | be self-fulfilling. | |  | d. | be maladaptive. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 47. The diagnostic labels provided by the DSM-5 help mental health professionals to do all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | communicate the characteristics of their patients’ symptoms. | |  | b. | predict who is susceptible to a psychological disorder. | |  | c. | communicate with other mental health care professionals using a standard label that other professionals understand. | |  | d. | help decide on appropriate treatment. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 48. Which of the following would not be considered a benefit of diagnostic labels?   |  |  |  | | --- | --- | --- | |  | a. | They aid research on psychological disorders. | |  | b. | They may lead to self-fulfilling behaviors. | |  | c. | Clients may be relieved to have a name for their symptoms. | |  | d. | They aid communication about psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Justin has been seeing a therapist, who has given him a diagnosis of major depressive disorder. Like many clients, Justin may be relieved to learn that   |  |  |  | | --- | --- | --- | |  | a. | his experience is distinctive. | |  | b. | he is not alone in experiencing his symptoms. | |  | c. | his condition can easily be cured. | |  | d. | he can use his diagnosis to get an appropriate job.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 50. Roughly \_\_\_\_\_\_\_\_ people worldwide die by suicide each year.   |  |  |  | | --- | --- | --- | |  | a. | 10,000 | |  | b. | 250,000 | |  | c. | 800,000 | |  | d. | 1,000,000 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 51. Danielle has been diagnosed with a depressive disorder. If she starts having suicidal thoughts, when is she most likely to act on those thoughts?   |  |  |  | | --- | --- | --- | |  | a. | at the onset of a depressive episode | |  | b. | when feelings of worthlessness first begin | |  | c. | when her depressive symptoms are most severe | |  | d. | when she begins to rebound from her depression |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 52. Which group within the United States is more likely to die by suicide?   |  |  |  | | --- | --- | --- | |  | a. | Black Americans | |  | b. | Hispanic Americans | |  | c. | Asian Americans | |  | d. | White Americans |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 53. Women are \_\_\_\_\_\_\_\_ likely than men to attempt suicide. Men are \_\_\_\_\_\_\_\_ likely than women to actually end their lives.   |  |  |  | | --- | --- | --- | |  | a. | more; more | |  | b. | less; less | |  | c. | more; less | |  | d. | less; more |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 54. Suicidal thoughts may\_\_\_\_\_\_\_\_ when people are driven to reach a goal and find it unattainable.   |  |  |  | | --- | --- | --- | |  | a. | increase | |  | b. | decrease | |  | c. | spread socially | |  | d. | influence disorders |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 55. Suicide rates increase in \_\_\_\_\_\_\_\_, with the \_\_\_\_\_\_\_\_ rate among people over age 70.   |  |  |  | | --- | --- | --- | |  | a. | early adulthood; lowest | |  | b. | middle adulthood; lowest | |  | c. | middle adulthood; highest | |  | d. | late adulthood; highest |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 56. One in \_\_\_\_\_\_\_\_ transgender adults has attempted suicide.   |  |  |  | | --- | --- | --- | |  | a. | 4 | |  | b. | 10 | |  | c. | 20 | |  | d. | 50 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 57. \_\_\_\_\_\_\_\_ wealth and \_\_\_\_\_\_\_\_ age increase suicide risk.   |  |  |  | | --- | --- | --- | |  | a. | Higher; higher | |  | b. | Lower; lower | |  | c. | Higher; lower | |  | d. | Lower; higher |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 58. Which of the following is NOT a factor that increases the likelihood of a suicide attempt?   |  |  |  | | --- | --- | --- | |  | a. | being female | |  | b. | being young | |  | c. | being wealthy | |  | d. | being transgender |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 59. Highly publicized suicides and TV programs that feature suicide may   |  |  |  | | --- | --- | --- | |  | a. | not be aired. | |  | b. | lead to increased suicide rates. | |  | c. | decrease suicidal thoughts among viewers. | |  | d. | help reduce suicide attempts. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. Guns contribute to approximately \_\_\_\_\_\_\_\_ of suicide fatalities in the United States each year.   |  |  |  | | --- | --- | --- | |  | a. | 5 percent | |  | b. | 10 percent | |  | c. | 25 percent | |  | d. | 50 percent |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. Behaviors including burning or inserting objects under one's skin or hitting oneself are examples of   |  |  |  | | --- | --- | --- | |  | a. | schizophrenia. | |  | b. | nonsuicidal self-injury. | |  | c. | generalized anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 62. Those who engage in \_\_\_\_\_\_\_\_ often experience bullying and harassment, have difficulty tolerating emotional distress, and tend to be both self-critical and impulsive.   |  |  |  | | --- | --- | --- | |  | a. | depressive behavior | |  | b. | hyperactivity | |  | c. | nonsuicidal self-injury | |  | d. | obsessive-compulsive behavior |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 63. Tamara secretly burns herself when she experiences extreme stress. Tamara may be exhibiting   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | rumination. | |  | c. | nonsuicidal self-injury. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 64. Getting others to change their negative behavior is a motive for   |  |  |  | | --- | --- | --- | |  | a. | PTSD. | |  | b. | GAD. | |  | c. | OCD. | |  | d. | NSSI. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 65. NSSI may be self-reinforcing in all of the following ways EXCEPT to   |  |  |  | | --- | --- | --- | |  | a. | attract attention and possibly get help. | |  | b. | relieve guilt through punishment. | |  | c. | fit in with a peer group. | |  | d. | experience an increase in negative thoughts. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 66. Della, who has NSSI, cuts herself when she feels distressed by family conflicts. She finds that her parents criticize her less and offer her their attention and help when they become aware of her injuries. As a result, her NSSI may   |  |  |  | | --- | --- | --- | |  | a. | escalate to suicidal thoughts. | |  | b. | escalate to suicide attempts. | |  | c. | be self-reinforcing. | |  | d. | be self-limiting. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 67. Relieving guilt through self-punishment is one of the motives for   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorders. | |  | b. | rumination. | |  | c. | nonsuicidal self-injury. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 68. By removing negative stimuli (such as criticism) and adding positive stimuli (such as attention or social inclusion), NSSI may   |  |  |  | | --- | --- | --- | |  | a. | decrease suicide risk. | |  | b. | coexist with a bipolar disorder. | |  | c. | be self-reinforcing. | |  | d. | increase suicide risk. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 69. Stella was recently diagnosed with NSSI, and her parents are concerned about her suicide risk. Stella’s therapist explains that, as a result of this disorder, she is   |  |  |  | | --- | --- | --- | |  | a. | likely to die by suicide. | |  | b. | at increased risk for suicidal thoughts and attempts, but she is not likely to die by suicide. | |  | c. | likely to develop a bipolar disorder, which will increase her suicide risk. | |  | d. | no more likely to attempt suicide than someone without this disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 70. Maggie has been diagnosed with a bipolar disorder. She is at risk of attempting suicide because she also cuts herself, which is a symptom of   |  |  |  | | --- | --- | --- | |  | a. | NSSI. | |  | b. | ADHD. | |  | c. | PTSD. | |  | d. | OCD. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 71. Mental disorders \_\_\_\_\_\_\_\_ lead to violence and clinical prediction of violence is \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | usually do; highly reliable | |  | b. | usually do; unreliable | |  | c. | usually do not; highly reliable | |  | d. | usually do not; unreliable |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 72. Which of the following is the LEAST accurate predictor of violence?   |  |  |  | | --- | --- | --- | |  | a. | previous violence | |  | b. | alcohol or drug use | |  | c. | psychological disorder | |  | d. | gun availability |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. Which of the following statements is true about psychological disorders and violence?   |  |  |  | | --- | --- | --- | |  | a. | Studies have found that those with severe psychological disorders are more likely to be violent toward others. | |  | b. | Studies have found that those with psychological disorders are more likely to be victims than perpetrators of violence. | |  | c. | Focusing gun restrictions on people with disorders will likely reduce gun violence. | |  | d. | Those with psychological disorders are significantly more prone to random violent crime than others. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 74. According to the U.S. Surgeon General’s Office,   |  |  |  | | --- | --- | --- | |  | a. | “contact with a person who has a disorder increases one’s likelihood of being victimized by violence.” | |  | b. | “there is very little risk of violence or harm to a stranger from casual contact with an individual who has a mental disorder.” | |  | c. | “the risk of violence or harm to a stranger from casual contact increases as the age of the stranger decreases.” | |  | d. | “most people who commit violent acts have an undiagnosed psychological disorder.”  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 75. For the few people with psychological disorders who commit violent acts, which of the following is NOT a likely predictor of violence?   |  |  |  | | --- | --- | --- | |  | a. | experiencing delusions | |  | b. | hearing threatening voices | |  | c. | substance abuse | |  | d. | social anxiety |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 76. The few people with psychological disorders who do commit violent acts tend to be those who   |  |  |  | | --- | --- | --- | |  | a. | suffer persistent sleep deprivation, or those diagnosed with agoraphobia. | |  | b. | experience threatening delusions and hallucinated voices that command them to act, or those who abuse substances. | |  | c. | exhibit two or more distinct and alternating identities, or those who experience panic attacks. | |  | d. | experience free-floating anxiety, or those with obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 77. In the United States, which psychological disorder was reported by the LEAST number of people in the past year?   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder | |  | b. | schizophrenia | |  | c. | posttraumatic stress disorder | |  | d. | generalized anxiety disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. In terms of psychological disorders, Americans are most likely to report having   |  |  |  | | --- | --- | --- | |  | a. | depressive disorders or bipolar disorders. | |  | b. | obsessive-compulsive disorder. | |  | c. | generalized anxiety disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. Which of the following is an example of the immigrant paradox?   |  |  |  | | --- | --- | --- | |  | a. | 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. | |  | b. | Mexican Americans born in the United States are at lower risk of mental disorder than people who have recently immigrated from Mexico to the United States. | |  | c. | Nigeria has the greatest percentage of people with any mental disorder. | |  | d. | Nigeria has the smallest percentage of people with any mental disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 80. Andrew, who is Mexican American, was born and raised in the United States. He is more at risk of experiencing a psychological disorder than are his maternal grandparents, who recently immigrated to the United States. This is known as   |  |  |  | | --- | --- | --- | |  | a. | maladaptive immigration. | |  | b. | a significant disturbance. | |  | c. | the immigrant paradox. | |  | d. | migratory differences in disorders.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 81. 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 area had the lowest rate of diagnosed psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | United States | |  | b. | Nigeria | |  | c. | Italy | |  | d. | China |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 82. Gordon has both chronic pain and chronic insomnia. He abuses substances in an attempt to ease his pain. All three of these factors can be considered   |  |  |  | | --- | --- | --- | |  | a. | hallmarks for the emergence of any psychological disorder. | |  | b. | risk factors for psychological disorders. | |  | c. | protective factors for psychological disorders. | |  | d. | irrelevant to the development of psychological disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 83. Family conflict can be considered a(n) \_\_\_\_\_\_\_\_ for psychological disorders.   |  |  |  | | --- | --- | --- | |  | a. | risk factor | |  | b. | protective factor | |  | c. | eliminating variable | |  | d. | eradicating influence |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 84. Seventy-five percent of those diagnosed with a psychological disorder first experienced their symptoms by   |  |  |  | | --- | --- | --- | |  | a. | their mid-twenties. | |  | b. | early childhood. | |  | c. | their mid-teens. | |  | d. | late adolescence. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 85. The symptoms of \_\_\_\_\_\_\_\_ are likely to appear at an earlier age than the symptoms of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality; schizophrenia | |  | b. | major depressive disorder; bipolar disorders | |  | c. | obsessive-compulsive disorder; phobias | |  | d. | major depressive disorder; alcohol use disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 86. Anton has antisocial personality disorder. At what age did he likely develop symptoms?   |  |  |  | | --- | --- | --- | |  | a. | 5 | |  | b. | 8 | |  | c. | 10 | |  | d. | 20 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. Stephanie, who is now 40 years old, has major depressive disorder. She remembers a time in her life when she did not have the disorder. At what age did she likely develop the disorder?   |  |  |  | | --- | --- | --- | |  | a. | 5 | |  | b. | 8 | |  | c. | 10 | |  | d. | 25 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 88. Antisocial personality disorder is to major depressive disorder as \_\_\_\_\_\_\_\_ is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | early adulthood; childhood | |  | b. | childhood; early adulthood | |  | c. | adolescence; early adulthood | |  | d. | early adulthood; adolescence |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 89. Distressing, persistent anxiety or maladaptive behaviors that reduce anxiety is the definition of   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | posttraumatic stress disorder. | |  | c. | anxiety disorders. | |  | d. | somatic symptom disorders. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 90. One university student experienced palpitations, tremors, blushing, and sweating when giving a presentation or taking an exam. His symptoms are representative of the disorder known as   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | panic disorder. | |  | c. | social anxiety disorder. | |  | d. | generalized anxiety disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 91. Amy has been diagnosed with social anxiety disorder. She never goes to parties or any other social events where others might judge her. Her behavior is considered \_\_\_\_\_\_\_\_ because it prevents her from learning to cope and leaves her feeling lonely.   |  |  |  | | --- | --- | --- | |  | a. | persistent | |  | b. | distressing | |  | c. | maladaptive | |  | d. | irrational |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 92. Anxiety is considered disordered if it is   |  |  |  | | --- | --- | --- | |  | a. | persistent and distressing. | |  | b. | not maladaptive. | |  | c. | genetically influenced. | |  | d. | a biopsychosocial phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 93. Which of the following would be considered a symptom of an anxiety disorder?   |  |  |  | | --- | --- | --- | |  | a. | Jonah worries that he may not be able to make his car payment this month. | |  | b. | Mariah is anxious about an upcoming job interview. | |  | c. | Cindra worries uncontrollably, continually, and persistently for no obvious reason. | |  | d. | Daniel has lost sleep over concerns about his mother, who recently had a stroke. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 94. An incapacitating and highly distressing fear of being embarrassed in the presence of others is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | social anxiety disorder. | |  | c. | generalized anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 95. Vikas is so afraid of embarrassing himself when he is with his schoolmates that he often misses his classes just to avoid social interactions. This may be a symptom of   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | panic disorder. | |  | c. | social anxiety disorder. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 96. In which disorder is a person continually tense, apprehensive, and in a state of autonomic nervous system arousal?   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder | |  | b. | specific phobia | |  | c. | obsessive-compulsive disorder | |  | d. | survivor resiliency |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 97. Generalized anxiety disorder is \_\_\_\_\_\_\_\_ common among women than men and may lead to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | more; physical problems | |  | b. | less; physical problems | |  | c. | more; increased focus | |  | d. | less; increased focus |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 98. Deidre is constantly nervous, tense, and apprehensive. She worries about her health, her job, her children, and her relatives. Her husband has tried to reassure her that everything is going well, but she can't seem to shake her pervasive anxiety. Deidre may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | normal anxiety. | |  | b. | agoraphobia. | |  | c. | generalized anxiety disorder. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 99. Izzy, a fifth-grade teacher, frequently experiences dizziness, heart palpitations, and fatigue. She is also continually agitated and unable to relax outside the classroom, but she cannot pinpoint a reason for her problems. Her behavior is most indicative of   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | a phobia. | |  | c. | obsessive-compulsive disorder. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 100. Freud’s idea of free-floating anxiety has been applied to   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | generalized anxiety disorder. | |  | c. | social anxiety disorder. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 101. Because the anxiety can be attached to virtually any object or to none at all, generalized anxiety is sometimes referred to as   |  |  |  | | --- | --- | --- | |  | a. | free-floating anxiety. | |  | b. | compulsive anxiety. | |  | c. | agoraphobia. | |  | d. | posttraumatic stress. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 102. George was diagnosed with generalized anxiety disorder in his mid-twenties. As he got older, he developed some physical problems as a result of the disorder. Which is most likely to be one of these problems?   |  |  |  | | --- | --- | --- | |  | a. | tremors | |  | b. | epigenetic marks | |  | c. | high blood pressure | |  | d. | diabetes |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 103. Generalized anxiety disorder is often accompanied by   |  |  |  | | --- | --- | --- | |  | a. | obsessions. | |  | b. | depression. | |  | c. | panic attacks. | |  | d. | compulsions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 104. Bob, who has been diagnosed with generalized anxiety disorder, is at increased for developing   |  |  |  | | --- | --- | --- | |  | a. | high blood pressure. | |  | b. | insomnia. | |  | c. | high cholesterol. | |  | d. | diabetes. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 105. An anxiety disorder involving brief, unpredictable episodes of intense dread is referred to as   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | generalized anxiety disorder. | |  | c. | obsessive-compulsive disorder. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 106. Betsy has experienced a number of unexpected, brief periods in which her heart begins to race and she thinks she is going to faint. Betsy may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | social anxiety disorder. | |  | b. | depression. | |  | c. | obsessive-compulsive disorder. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 107. Episodes of intense dread that last for several minutes and are accompanied by shortness of breath, trembling, dizziness, or an irregular heartbeat are most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | free-floating anxiety. | |  | b. | panic disorder. | |  | c. | obsessive-compulsive disorder. | |  | d. | generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 108. Panic attacks are most closely associated with   |  |  |  | | --- | --- | --- | |  | a. | obsessions. | |  | b. | anxiety disorders. | |  | c. | traumatic brain injuries. | |  | d. | compulsions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 109. Panic attacks tend to be recurrent for those who have   |  |  |  | | --- | --- | --- | |  | a. | a specific phobia. | |  | b. | obsessive thoughts. | |  | c. | compulsive behaviors. | |  | d. | panic disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 110. Margaret was at work when she felt as though she was having a heart attack. She was rushed to the hospital. The doctors informed her that she did not have a heart attack. Instead, she had experienced a panic attack. Margaret may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | somatic disorder. | |  | c. | panic disorder. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 111. Sudden, intense, and short-lived anxiety is to \_\_\_\_\_\_\_\_ as ongoing, persistent, and global anxiety is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | specific phobia; social anxiety disorder | |  | b. | generalized anxiety disorder; panic disorder | |  | c. | agoraphobia; specific phobia | |  | d. | panic disorder; generalized anxiety disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 112. Lenu has been diagnosed with agoraphobia. Lenu has a fear of   |  |  |  | | --- | --- | --- | |  | a. | heights. | |  | b. | having a panic attack in a public place. | |  | c. | her home. | |  | d. | lightning. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 113. Which of the following disorders is most often characterized by the avoidance of situations in which panic may strike?   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder | |  | b. | free-floating anxiety | |  | c. | agoraphobia | |  | d. | specific phobia |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 114. A person who fears experiencing a panic attack when they enter a crowded room, for example, may have   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | a bipolar disorder. | |  | c. | agoraphobia. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 115. Those with agoraphobia are most likely to   |  |  |  | | --- | --- | --- | |  | a. | avoid dust and dirt. | |  | b. | stay away from fire. | |  | c. | avoid household pets. | |  | d. | avoid being outside their home. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 116. Iris is overwhelmed with fear of entering a crowded subway or restaurant because she thinks she might become anxious and feel trapped. As a result, she has begun missing work and canceling plans with friends. Iris may have   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | somatic symptom disorder. | |  | d. | agoraphobia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 117. Compared with nonsmokers, smokers have at least a doubled risk of experiencing   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | obsessive-compulsive disorder. | |  | c. | panic attacks. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 118. After Charles Darwin began suffering from panic disorder, he lived in relative seclusion and avoided social gatherings. His panic disorder was most likely accompanied by   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | agoraphobia. | |  | c. | free-floating anxiety. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 119. Specific phobias are most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | a persistent, irrational fear of a specific object, activity, or situation. | |  | b. | offensive and unwanted thoughts that persistently preoccupy the person. | |  | c. | a continuous state of tension, apprehension, and autonomic nervous system arousal. | |  | d. | excessive and uncontrollable worry. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 120. Odie so fears heights that after months of job-hunting, he has just turned down his first offer because the office is on the twentieth floor. Odie may have   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | a specific phobia. | |  | c. | social anxiety disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 121. Miles so fears dogs that he refuses to visit friends with dogs or watch television programs with dogs, and he takes a very specific route to work in order to avoid seeing neighbors’ dogs. On several occasions, he has been late after rerouting himself because of an unexpected dog. Miles may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | specific phobia. | |  | c. | social anxiety disorder. | |  | d. | agoraphobia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 122. Mila is terrified of needles, to the point where she refuses to get medical checkups or receive immunizations. She is demonstrating a(n)   |  |  |  | | --- | --- | --- | |  | a. | specific phobia. | |  | b. | obsessive thought. | |  | c. | compulsive behavior. | |  | d. | aspect of generalized anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 123. Unwanted, repetitive thoughts that are seemingly unending are referred to as   |  |  |  | | --- | --- | --- | |  | a. | trichotillomania. | |  | b. | obsessions. | |  | c. | compulsions. | |  | d. | dysmorphisms. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 124. Compulsions are best described as   |  |  |  | | --- | --- | --- | |  | a. | persistent fears. | |  | b. | repetitive behaviors. | |  | c. | traumatic thoughts. | |  | d. | false beliefs. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 125. Responses to unwanted thoughts that are seemingly unending are referred to as   |  |  |  | | --- | --- | --- | |  | a. | trichotillomania. | |  | b. | obsessions. | |  | c. | compulsions. | |  | d. | dysmorphisms. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 126. Obsessive-compulsive disorder is characterized by   |  |  |  | | --- | --- | --- | |  | a. | a fear of being embarrassed in a public situation. | |  | b. | unwanted repetitive thoughts, behaviors, or both. | |  | c. | a persistent, irrational fear and avoidance of a specific object or situation. | |  | d. | unpredictable, minutes-long episodes of dread. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 127. Checking your locks 50 times before bed is to \_\_\_\_\_\_\_\_ as constantly worrying your home will be burglarized is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | depression; panic | |  | b. | compulsion; obsession | |  | c. | panic; compulsion | |  | d. | obsession; compulsion |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 128. Ivan brushes his teeth 12 times a day. Each time, he uses exactly 35 strokes up and 35 strokes down on each of his upper and lower teeth. After each meal, he brushes twice with two different brands of toothpaste. Ivan may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | a phobia. | |  | c. | generalized anxiety disorder. | |  | d. | social anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 129. Patrick is preoccupied by the idea that his apartment may catch fire. He spends much of his time at work imagining this possibility, and he often uses his lunch hour to return home and check on his apartment. At night, he has difficulty sleeping for fear that he hears flames crackling or smells smoke. Patrick’s uncontrolled thoughts best illustrate the nature of   |  |  |  | | --- | --- | --- | |  | a. | free-floating anxiety. | |  | b. | repetitive behaviors. | |  | c. | an obsession. | |  | d. | a compulsion. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 130. Gail is constantly worried that her 3-year-old daughter will be infected with germs when someone touches her. Gail has developed elaborate hand-washing rituals so that she won't infect her daughter, and she will not allow others to hug, speak to, or play with her daughter unless she can first supervise their hand-washing. Gail may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | specific phobia. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 131. Before leaving her home, Margaret makes sure that every electrical appliance is unplugged and checks that every window and door is securely locked. She checks everything 17 times according to a strict ritual that she has worked out. If she misses one window, door, or appliance, she must begin all over again. If she tries to skip any step of the ritual, she experiences unbearable anxiety. Margaret may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | a specific phobia. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 132. People who clutter their space with acquired possessions that they cannot discard may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | panic disorder. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 133. Jorge has pulled his hair so hard and so frequently that he now has bald spots on his scalp. He may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | trichotillomania. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 134. A person who engages in excessive skin-picking may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | panic disorder. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 135. Felicia can’t stop picking at the freckles on her leg. Felicia might be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder. | |  | b. | panic disorder. | |  | c. | body dysmorphic disorder. | |  | d. | excoriation disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 136. Which of the following is NOT an OCD-related disorder?   |  |  |  | | --- | --- | --- | |  | a. | hoarding disorder | |  | b. | specific phobia | |  | c. | body dysmorphic disorder | |  | d. | excoriation disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 137. The distressing memories, social withdrawal, and jumpy anxiety experienced by an earthquake survivor illustrate symptoms of   |  |  |  | | --- | --- | --- | |  | a. | DID. | |  | b. | ADHD. | |  | c. | OCD. | |  | d. | PTSD. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 138. Although the DSM-5 classifies posttraumatic stress disorder separately from disorders such as panic disorder, this disorder does involve   |  |  |  | | --- | --- | --- | |  | a. | phobias. | |  | b. | agoraphobia. | |  | c. | OCD. | |  | d. | anxiety. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 139. Repeated nightmares and distressing memories of an intensely fearful event are symptoms most commonly associated with   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | agoraphobia. | |  | c. | generalized anxiety disorder. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 140. Several weeks ago, Carter was mugged at gunpoint. As a result, he has begun to experience trouble sleeping, focuses on possible threats as he walks to work, and has distressing, vivid nightmares. Carter is most clearly showing symptoms of   |  |  |  | | --- | --- | --- | |  | a. | agoraphobia. | |  | b. | social anxiety disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | survivor resiliency.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 141. The capacity to recover from traumatic experiences best illustrates survivor   |  |  |  | | --- | --- | --- | |  | a. | tolerance. | |  | b. | resiliency. | |  | c. | obsessions. | |  | d. | compulsions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 142. Although experiencing severely traumatic events may lead to PTSD, it may also lead to   |  |  |  | | --- | --- | --- | |  | a. | phobias. | |  | b. | stimulus generalization. | |  | c. | arachnophobia. | |  | d. | posttraumatic growth. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 143. About half of trauma survivors will experience   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | reinforcement. | |  | c. | posttraumatic growth. | |  | d. | survivor resiliency. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 144. Cancer survivors who develop a fresh delight in their children and savor the joy of each new day best illustrate   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | autonomic nervous system arousal. | |  | c. | posttraumatic growth. | |  | d. | hypervigilance. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 145. Karine was home alone one evening when a burglar broke in. While this experience was traumatizing, she feels she has become a stronger person because of it. She is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic growth. | |  | b. | posttraumatic stress disorder. | |  | c. | obsessive thoughts. | |  | d. | a specific phobia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 146. Among U.S. soldiers in Iraq and Afghanistan, those experiencing both high combat intensity and \_\_\_\_\_\_\_\_ were especially vulnerable to PTSD.   |  |  |  | | --- | --- | --- | |  | a. | agoraphobia | |  | b. | an irrational fear of some object | |  | c. | self-blaming catastrophic thinking | |  | d. | excessive and uncontrollable worry |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 147. Which of the following increases a person’s risk of experiencing PTSD after a traumatic event?   |  |  |  | | --- | --- | --- | |  | a. | having normal stress-related bad memories and dreams | |  | b. | the ability to inhibit unwanted memories | |  | c. | having a low to moderate level of distress during the event | |  | d. | experiencing systemic racism |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 148. A somatic symptom disorder is diagnosed when   |  |  |  | | --- | --- | --- | |  | a. | a person interprets normal physical sensations as symptoms of a disease. | |  | b. | a person is continually tense and apprehensive. | |  | c. | distressing symptoms take a bodily form without apparent physical cause. | |  | d. | a person experiences unpredictable episodes of intense dread. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 149. Jeffrey has repeatedly visited the emergency room with complaints of chest pain. Each time, physicians are unable to identify a physical cause for his chest pain. It may be that Jeffrey is demonstrating symptoms of   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | somatic symptom disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 150. In China, where psychological explanations of anxiety are socially less acceptable than in some Western countries, people are more likely to report having physical symptoms of distress. This illustrates the fact that   |  |  |  | | --- | --- | --- | |  | a. | cultural context has a significant effect on people’s experiences of disorder. | |  | b. | people experiencing disorders are often not inclined to report their symptoms honestly. | |  | c. | anxiety disorders are less common in regions where they are socially unacceptable. | |  | d. | people in Western countries are more sensitive to the physical symptoms of anxiety and depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 151. When a person interprets normal physical sensations as signs of a disease, they may be demonstrating 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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| 152. Kayce has a headache today and also had one last week. She is convinced that she has a brain tumor and has made an emergency appointment with her physician. She may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | illness anxiety disorder. | |  | b. | anxiety disorder. | |  | c. | obsessive compulsive disorder. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 153. Anxiety is best described as   |  |  |  | | --- | --- | --- | |  | a. | a feeling. | |  | b. | a cognition. | |  | c. | both a feeling and a cognition. | |  | d. | neither a feeling nor a cognition.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 154. Dogs come to fear neutral stimuli associated with shock. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | epigenetics. | |  | b. | posttraumatic growth. | |  | c. | survivor resiliency. | |  | d. | conditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 155. Fourteen-month-old Alane, who has just begun to walk, tripped and fell several times when she wandered over the raised corner of her living-room carpet. Now, she fears and refuses to walk anywhere near the carpet. This best illustrates the impact of \_\_\_\_\_\_\_\_ on fear.   |  |  |  | | --- | --- | --- | |  | a. | epigenetic marks | |  | b. | resiliency | |  | c. | conditioning | |  | d. | repression |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 156. A therapist suggests that Tracy’s fear of loud noises can probably be traced back to her childhood when her older sister would stand behind her and bang a steel plate against her chair. The therapist’s suggestion most clearly reflects a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | conditioning | |  | b. | psychoanalytic | |  | c. | genetic | |  | d. | biological  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 157. A person who was robbed may experience panic when they see anyone wearing a coat that resembles the one worn by the person who robbed them. This reaction best illustrates the process of   |  |  |  | | --- | --- | --- | |  | a. | survivor resiliency. | |  | b. | reinforcement. | |  | c. | stimulus generalization. | |  | d. | repression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 158. Simone was scratched badly by a cat when she was a small child and now fears all cats. Using principles related to conditioning, which of the following best explains her fear?   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization | |  | b. | punishment | |  | c. | reinforcement | |  | d. | hypervigilance |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 159. The process of reinforcement leads those with obsessive-compulsive disorder to frequently repeat their compulsive behaviors. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | cognition. | |  | b. | epigenetics. | |  | c. | conditioning. | |  | d. | genetics. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 160. Those who emphasize the ways in which people learn disordered behavior have suggested that compulsive behaviors are   |  |  |  | | --- | --- | --- | |  | a. | habitual defenses against unconscious impulses. | |  | b. | reinforced by anxiety reduction. | |  | c. | generalized habits. | |  | d. | unconditioned responses to stress. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 161. A therapist suggests that Mr. Gutteling continues to pick at the skin around his nails because this behavior often reduced his feelings of anxiety in the past. The therapist's suggestion most clearly highlights the influence of   |  |  |  | | --- | --- | --- | |  | a. | free-floating anxiety. | |  | b. | resiliency. | |  | c. | natural selection. | |  | d. | reinforcement. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 162. A conditioning perspective would emphasize that \_\_\_\_\_\_\_\_ leads those with an obsessive-compulsive disorder to frequently repeat their compulsive behaviors.   |  |  |  | | --- | --- | --- | |  | a. | genetics | |  | b. | a repressed memory | |  | c. | reinforcement | |  | d. | epigenetics |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 163. Lucas worries constantly about his family’s safety and feels compelled to repeatedly check and recheck the already locked doors and windows of his home. A therapist suggests that his checking has become persistent because it temporarily relieves his anxiety. This suggestion highlights the impact of \_\_\_\_\_\_\_\_ on Lucas' behavior.   |  |  |  | | --- | --- | --- | |  | a. | epigenetics | |  | b. | observational learning | |  | c. | reinforcement | |  | d. | stimulus generalization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 164. Those with anxiety-related disorders tend to attend more to threatening stimuli. This is referred to as   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization. | |  | b. | punishment. | |  | c. | reinforcement. | |  | d. | hypervigilance. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 165. After lab-raised monkeys saw their parents fearfully avoid reaching for food located near a snake, the younger monkeys developed a strong fear of snakes. The younger monkeys’ fear of snakes best illustrated the impact of   |  |  |  | | --- | --- | --- | |  | a. | conditioning. | |  | b. | learning through observation. | |  | c. | repression. | |  | d. | epigenetics. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 166. After watching her older brother’s fearful response to a bee buzzing nearby, Roberta began to fear all insects. This best illustrates that a specific phobia can be developed through   |  |  |  | | --- | --- | --- | |  | a. | reinforcement. | |  | b. | natural selection. | |  | c. | repression. | |  | d. | observational learning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 167. Roberto misinterpreted the heart palpitations that accompanied his panic attack as indicative of heart disease and so became unnecessarily hypervigilant to any potentially stressful events. This best illustrates the importance of \_\_\_\_\_\_\_\_ in anxiety disorders.   |  |  |  | | --- | --- | --- | |  | a. | repression | |  | b. | cognitive processes | |  | c. | observation | |  | d. | genetics |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 168. A monkey responds more strongly to stress if its close biological relatives   |  |  |  | | --- | --- | --- | |  | a. | have sensitive brain circuits. | |  | b. | have sensitive, high-strung temperaments. | |  | c. | have been conditioned to avoid stress. | |  | d. | are resilient. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 169. Even when raised separately, identical twins may develop similar phobias. This best illustrates the impact of \_\_\_\_\_\_\_\_ on anxiety disorders.   |  |  |  | | --- | --- | --- | |  | a. | stimulus generalization | |  | b. | genetic influences | |  | c. | resiliency | |  | d. | operant conditioning |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 170. Research indicates that   |  |  |  | | --- | --- | --- | |  | a. | some people have gene variations associated with specific anxiety-related disorders. | |  | b. | generalized anxiety disorder is more common than specific phobia. | |  | c. | people, but not animals, may acquire fear through observational learning. | |  | d. | fearful reactions to cats are much more common than to dogs. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 171. Some genes influence anxiety disorders by regulating levels of neurotransmitters such as \_\_\_\_\_\_\_\_, which heightens activity in the brain's alarm centers.   |  |  |  | | --- | --- | --- | |  | a. | acetylcholine | |  | b. | dopamine | |  | c. | epinephrine | |  | d. | glutamate |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 172. Research has found that those who have experienced abuse as a child may be at an increased risk for developing PTSD if they experience trauma as an adult because of \_\_\_\_\_\_\_\_, which are molecular tags that attach to chromosomes to turn specific genes on or off.   |  |  |  | | --- | --- | --- | |  | a. | epigenetic marks | |  | b. | stimulus generalization | |  | c. | the anterior cingulate cortex | |  | d. | the amygdala |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 173. Fear-learning experiences can traumatize the brain by creating fear circuits within the   |  |  |  | | --- | --- | --- | |  | a. | amygdala. | |  | b. | thalamus. | |  | c. | hypothalamus. | |  | d. | anterior cingulate cortex. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 174. According to Professor Kang, fear responses pave neural pathways that are more readily activated by later anxiety-producing experiences. The professor's suggestion most directly reflects a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | genetic | |  | b. | biological | |  | c. | conditioning | |  | d. | psychoanalytic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 175. Anxiety disorders, OCD, and PTSD reflect a brain danger-detection system that is   |  |  |  | | --- | --- | --- | |  | a. | repressing. | |  | b. | hyperactive. | |  | c. | impulsive. | |  | d. | hallucinating. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 176. A brain region that monitors our actions and checks for errors, the \_\_\_\_\_\_\_\_, is often especially hyperactive in people with obsessive-compulsive disorder.   |  |  |  | | --- | --- | --- | |  | a. | amygdala | |  | b. | limbic system | |  | c. | anterior cingulate cortex | |  | d. | thalamus |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 177. The anterior cingulate cortex, a brain region that monitors our actions and checks for errors, may be overactive when people are engaged in   |  |  |  | | --- | --- | --- | |  | a. | observational learning. | |  | b. | quiet contemplation. | |  | c. | reinforcing thoughts. | |  | d. | compulsive behaviors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 178. It is easy to condition but hard to extinguish fears of the types of stimuli that threatened our ancestors. This fact is best explained from a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | conditioning | |  | b. | psychoanalytic | |  | c. | biological | |  | d. | epigenetic |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 179. The idea that a fear of flying is rooted in our biological predisposition to fear confinement and heights demonstrates a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic | |  | b. | learning | |  | c. | evolutionary | |  | d. | cognitive |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 180. A response to the threat of future loss is to \_\_\_\_\_\_\_\_ as a response to past and current loss is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness; a negative explanatory style | |  | b. | anxiety; depression | |  | c. | behavior; cognition | |  | d. | conditioning; biology |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 181. When experiencing mild sadness, people think \_\_\_\_\_\_\_\_ critically and make \_\_\_\_\_\_\_\_ decisions.   |  |  |  | | --- | --- | --- | |  | a. | more; better | |  | b. | less; worse | |  | c. | more; worse | |  | d. | less; worse |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 182. Which of the following is NOT a benefit of mild sadness?   |  |  |  | | --- | --- | --- | |  | a. | increased attention to details | |  | b. | increased critical thinking skills | |  | c. | improved decision making | |  | d. | reduced self-esteem |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 183. Professor Clarke suggests that depression is adaptive, because it slows us down and allows us to conserve needed energy in stressful situations. This best illustrates a(n) \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | epigenetic | |  | b. | conditioning | |  | c. | social-cognitive | |  | d. | biological |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 184. Major depressive disorder is said to occur when signs of depression last at least   |  |  |  | | --- | --- | --- | |  | a. | one week. | |  | b. | two weeks. | |  | c. | two months. | |  | d. | four months. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 185. According to the World Health Organization, which of the following is the top cause of disability in the world today?   |  |  |  | | --- | --- | --- | |  | a. | depression | |  | b. | anxiety | |  | c. | panic attacks | |  | d. | mania |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 186. The DSM-5 identifies feelings of worthlessness and difficulty regulating appetite as symptoms associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | a bipolar disorder. | |  | c. | epigenetic marks. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 187. Feelings of worthlessness are most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | major depressive disorder. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 188. According to the DSM-5, one of the five major symptoms of major depressive disorder is   |  |  |  | | --- | --- | --- | |  | a. | problems thinking, concentrating, and making decisions. | |  | b. | frequent or unexpected panic attacks. | |  | c. | high levels of energy. | |  | d. | ability to complete routine tasks involved in daily living easily. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 189. Terry, a college sophomore, has missed most of his classes during the past two weeks. He has remained in his dorm room, where he can’t summon the energy to get out of bed, and he has no appetite for meals. He thinks he’s worthless and blames himself for not having friends. Terry may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | mania. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | seasonal depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 190. Over the last three months, Avery’s depression has intensified for no apparent reason. Although her friends have tried to be encouraging and supportive, Avery feels worthless, has trouble concentrating, and has contemplated suicide. Avery’s symptoms may indicate   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | a bipolar disorder. | |  | c. | major depressive disorder. | |  | d. | disruptive mood dysregulation disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 191. Some people’s depression seems to return each winter, as indicated by the increase in antidepressant prescriptions. This illustrates   |  |  |  | | --- | --- | --- | |  | a. | a seasonal pattern of depression. | |  | b. | seasonal anxiety. | |  | c. | major depressive disorder. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 192. Ethel tends to experience depression each year around Christmas. During the spring, her depression fades. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | a seasonal pattern of depression. | |  | b. | seasonal anxiety. | |  | c. | major depressive disorder. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 193. In winter, as the days grow darker and shorter, Melissa begins to feel sad and weary. These feelings last until springtime, when the days become brighter and longer. Melissa is most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | a personality disorder. | |  | c. | a seasonal pattern of depression. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 194. A therapist would be most likely to diagnose a bipolar disorder given a client’s   |  |  |  | | --- | --- | --- | |  | a. | low grade but persistent depression. | |  | b. | flashbacks of a past trauma. | |  | c. | single manic episode with no history of depression. | |  | d. | alternations between extreme hopelessness and unrealistic optimism. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 195. After several weeks of feeling sad and dissatisfied with her life, Meiko has recently become extremely happy and so talkative she can't be interrupted. She seems to need less sleep and becomes irritated when her friends try to help. Meiko’s behavior may indicate   |  |  |  | | --- | --- | --- | |  | a. | impulsivity. | |  | b. | seasonal depression. | |  | c. | a bipolar disorder. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 196. Mania is most likely to be experienced by those with   |  |  |  | | --- | --- | --- | |  | a. | major depressive disorder. | |  | b. | bipolar I disorder. | |  | c. | bipolar II disorder. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 197. Mania is most likely to be characterized by feelings of   |  |  |  | | --- | --- | --- | |  | a. | guilt. | |  | b. | fear. | |  | c. | elation. | |  | d. | indifference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 198. 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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| 199. Research regarding bipolar disorders suggests that genes associated with creativity   |  |  |  | | --- | --- | --- | |  | a. | help to calm mania. | |  | b. | foster resilience. | |  | c. | increase the likelihood of a bipolar disorder. | |  | d. | neutralize other risk factors that increase the likelihood of a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. Compared with those whose occupations require precision and logic, those whose occupations rely on emotional expression and vivid imagery are more likely to experience   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | a bipolar disorder. | |  | c. | rumination. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 201. Which of the following affects men and women equally?   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorders | |  | b. | seasonal depression | |  | c. | major depressive disorder | |  | d. | disruptive mood dysregulation disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 202. Bipolar disorders, which are much \_\_\_\_\_\_\_\_ common than major depressive disorder, are often \_\_\_\_\_\_\_\_ dysfunctional.   |  |  |  | | --- | --- | --- | |  | a. | less; less | |  | b. | less; more | |  | c. | more; more | |  | d. | more; less |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 203. Between 1994 and 2003 in the United States, bipolar diagnoses in \_\_\_\_\_\_\_\_ revealed a 40-fold increase.   |  |  |  | | --- | --- | --- | |  | a. | children | |  | b. | people under 20 | |  | c. | people between 25 and 45 | |  | d. | older adults |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 204. Changes in the DSM-5 will likely reduce the number of children and adolescents diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | learned helplessness. | |  | c. | a bipolar disorder. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 205. Twelve-year-old Felicia is often irritable and experiences frequent, intense behavior outbursts both in school and at home. According to the DSM-5, Felicia may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | disruptive mood dysregulation disorder. | |  | b. | major depressive disorder. | |  | c. | posttraumatic stress disorder. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 206. Worldwide, compared with men, women are about twice as likely to be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | a bipolar disorder. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 207. The depression gender gap begins during \_\_\_\_\_\_\_\_ and peaks in \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | early adolescence; early adolescence | |  | b. | late adolescence; late adolescence | |  | c. | early adolescence; late adolescence | |  | d. | late adolescence; early adolescence |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 208. As compared with her brother, Dave, Carla is at an increased risk for developing disorders that involve internal states. Which of the following is NOT an example of such a disorder?   |  |  |  | | --- | --- | --- | |  | a. | depression | |  | b. | alcohol use disorder | |  | c. | anxiety | |  | d. | inhibited sexual desire  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 209. Which of the following disorders typically occurs in episodes that eventually terminate by themselves, even without professional help?   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorders | |  | b. | linkage analysis | |  | c. | major depressive disorder | |  | d. | disruptive mood dysregulation disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 210. John has developed symptoms of major depressive disorder, but he does not want to seek therapy. What is the most likely outcome of this decision?   |  |  |  | | --- | --- | --- | |  | a. | John may recover on his own over time. | |  | b. | John’s depression is likely to worsen. | |  | c. | John is likely to begin having suicidal thoughts. | |  | d. | John may begin to display symptoms of additional disorders. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 211. Recovery from a major depressive episode is likely to be permanent the \_\_\_\_\_\_\_\_ the first episode appears and the \_\_\_\_\_\_\_\_ the number of previous episodes.   |  |  |  | | --- | --- | --- | |  | a. | earlier; fewer | |  | b. | earlier; greater | |  | c. | later; fewer | |  | d. | later; greater |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 212. Stressful life events like the loss of a job are most likely to increase one's risk of   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | depression. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 213. Gregor is in the middle of a difficult, stressful divorce. He may be at a heightened risk for   |  |  |  | | --- | --- | --- | |  | a. | a bipolar disorder. | |  | b. | major depressive disorder. | |  | c. | seasonal depression. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 214. Compared with previous generations, depression is   |  |  |  | | --- | --- | --- | |  | a. | more likely to occur in late adulthood. | |  | b. | more likely to begin during middle adulthood. | |  | c. | less likely to be diagnosed. | |  | d. | more likely to occur during late adolescence or early adulthood. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 215. The incidence of major depressive disorder is greatest among those   |  |  |  | | --- | --- | --- | |  | a. | raised together with a nontwin sibling who has the disorder. | |  | b. | raised apart from a fraternal twin who has the disorder. | |  | c. | raised together with a fraternal twin who has the disorder. | |  | d. | raised apart from an identical twin who has the disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 216. The heritability of major depressive disorder has been estimated to be \_\_\_\_\_\_\_\_ than the heritability of schizophrenia and \_\_\_\_\_\_\_\_ than the heritability of anorexia nervosa.   |  |  |  | | --- | --- | --- | |  | a. | less; greater | |  | b. | greater; less | |  | c. | less; less | |  | d. | greater; greater |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 217. Linkage analysis, which is used to find the genes that put people at risk for depression, involves   |  |  |  | | --- | --- | --- | |  | a. | studying the molecular ways by which environments can influence gene expression (without a DNA change). | |  | b. | diagnosing, treating, and, in most cases, curing the disorder, often through treatment in a hospital. | |  | c. | finding families in which the disorder appears across several generations, then looking for differences in DNA from affected and unaffected family members. | |  | d. | considering the biological, psychological, and social-cultural influences on the risk of developing a disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 218. To identify genes that put people at risk for depression, researchers have used   |  |  |  | | --- | --- | --- | |  | a. | fMRI scans. | |  | b. | linkage analysis. | |  | c. | PET scans. | |  | d. | the DSM-5. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 219. Severely depressed individuals are especially likely to show reduced brain activity in the   |  |  |  | | --- | --- | --- | |  | a. | right frontal lobe. | |  | b. | left frontal lobe. | |  | c. | white matter. | |  | d. | ventricles. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 220. Depression can cause the brain’s reward centers to become \_\_\_\_\_\_\_\_ and serotonin to become \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | less active; scarce | |  | b. | more active; scarce | |  | c. | less active; overabundant | |  | d. | more active; overabundant |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 221. In terms of neurotransmitter levels, depression is associated with   |  |  |  | | --- | --- | --- | |  | a. | high norepinephrine levels and low serotonin levels. | |  | b. | low norepinephrine levels and high serotonin levels. | |  | c. | high norepinephrine levels and high serotonin levels. | |  | d. | low norepinephrine levels and low serotonin levels. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 222. During the last few years, Jeroen has had several episodes of euphoric, sleepless mania. It is likely that Jeroen has an excessive amount of \_\_\_\_\_\_\_\_ in the brain.   |  |  |  | | --- | --- | --- | |  | a. | myelin | |  | b. | norepinephrine | |  | c. | acetylcholine | |  | d. | glutamate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 223. People who eat a “Mediterranean Diet” that is heavy on vegetables, fish, and olive oil have a comparatively low risk of developing   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | mania. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | a bipolar disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 224. Molecular genetic tags that can turn certain genes on and off are known as   |  |  |  | | --- | --- | --- | |  | a. | heritability. | |  | b. | linkage analysis. | |  | c. | epigenetic marks. | |  | d. | neurotransmitters. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 225. Molecular tags placed on our chromosomes by diet, drugs, and stress can influence our risk of depression. This illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | learned helplessness. | |  | c. | epigenetic marks. | |  | d. | a negative explanatory style. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 226. Which of the following perspectives highlights how people’s negative assumptions and explanatory style are related to depression?   |  |  |  | | --- | --- | --- | |  | a. | social-cognitive perspective | |  | b. | behavioral perspective | |  | c. | biological perspective | |  | d. | learning perspective |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 227. As compared with men, women are nearly \_\_\_\_\_\_\_\_ as vulnerable to depression and \_\_\_\_\_\_\_\_ as likely to take antidepressant drugs.   |  |  |  | | --- | --- | --- | |  | a. | twice; twice | |  | b. | three times; twice | |  | c. | twice; three times | |  | d. | three times; three times |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 228. Research suggests that women are more vulnerable to depression than men because women tend to overthink, to linger mentally on negative events. This suggestion best illustrates a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | genetic | |  | b. | biological | |  | c. | linkage analysis | |  | d. | social-cognitive |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 229. Compulsive fretting and overthinking about problems and their causes are characteristic of   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | learned helplessness. | |  | c. | linkage analysis. | |  | d. | explanatory style. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 230. Which of the following is NOT a consequence of rumination?   |  |  |  | | --- | --- | --- | |  | a. | distraction | |  | b. | negative emotions | |  | c. | disruption in daily tasks | |  | d. | increased self-esteem |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 231. Sammy constantly thinks about the fact that she was unable to make it to her mother’s side before her mother passed away. She plays the event surrounding this experience over and over again in her head. She is engaging in   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | linkage analysis. | |  | c. | a systematic behavior change. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 232. During an argument, Juliette tells her mother that she is an awful parent. Even after Juliette apologizes and is forgiven, Juliette continues to worry about hurting her mother’s feelings, which interferes with her own daily responsibilities. Juliette’s worry illustrates   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | learned helplessness. | |  | c. | linkage analysis. | |  | d. | explanatory style. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 233. Self-blaming attributions are most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | bipolar disorders. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 234. A pessimistic explanatory style is most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | mania. | |  | b. | a bipolar disorder. | |  | c. | disruptive mood dysregulation disorder. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 235. Since learning several weeks ago that she was not chosen for a university scholarship, Rita has felt like a failure and a fraud. She tells herself that she is not actually intelligent, that her teachers have awarded her good grades only because they felt sorry for her, and that perhaps she doesn’t deserve to go to a university at all. Rita’s thinking best illustrates   |  |  |  | | --- | --- | --- | |  | a. | a negative explanatory style. | |  | b. | an epigenetic effect. | |  | c. | free-floating anxiety. | |  | d. | linkage analysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 236. Internal, stable, and global explanations for one’s own failures are common among people who   |  |  |  | | --- | --- | --- | |  | a. | are resilient. | |  | b. | have been diagnosed with a bipolar disorder. | |  | c. | are depression-prone. | |  | d. | are experiencing mania. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 237. Failures are most likely to lead to depression if they are explained in terms that are   |  |  |  | | --- | --- | --- | |  | a. | internal, temporary, and specific. | |  | b. | external, temporary, and global. | |  | c. | internal, stable, and global. | |  | d. | external, stable, and specific. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 238. A pessimistic, overgeneralized explanatory style may lead to   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | epigenetic marks. | |  | c. | a bipolar disorder. | |  | d. | PTSD. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 239. Learned helplessness is most closely associated with the development of   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | mania. | |  | c. | bipolar disorders. | |  | d. | disruptive mood dysregulation disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 240. Russell has been informed by his doctor that he needs to quit smoking. He has tried several times and has been unsuccessful. Finally, he gives up and reasons that no matter what he does he will not be successful at quitting smoking. Russell has developed   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | rumination. | |  | c. | state-dependent memory. | |  | d. | a negative explanatory style. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 241. Imogene has been diagnosed with major depressive disorder. According to the social-cognitive perspective, how is she most likely to respond when told that she got a D on her history exam?   |  |  |  | | --- | --- | --- | |  | a. | “I'm academically incompetent and always will be.” | |  | b. | “Yesterday was just my unlucky day.” | |  | c. | “I’ll bet none of the students in my class did well on that test.” | |  | d. | “My professor did a pretty bad job of teaching us that material.” |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 242. A therapist believes that Chet is chronically depressed because he takes too little credit for his many achievements and assumes too much responsibility for his few failures. The therapist's interpretation reflects a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | linkage analysis | |  | b. | social-cognitive | |  | c. | epigenetic | |  | d. | biological |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 243. The vicious cycle of depression is often initiated by   |  |  |  | | --- | --- | --- | |  | a. | unrealistic optimism. | |  | b. | excessive levels of norepinephrine. | |  | c. | stressful life experiences. | |  | d. | external attributions of blame. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 244. Sari is caught in the middle of the cycle of depression. When she experiences stressful events, she tends to engage in \_\_\_\_\_\_\_\_ as well as a pessimistic explanatory style, which then leads to feelings of hopelessness and depression. This then influences how she thinks and feels and fuels additional stressful experiences.   |  |  |  | | --- | --- | --- | |  | a. | rumination | |  | b. | linkage analysis | |  | c. | a negative explanatory style | |  | d. | positive cognition |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 245. To help break depression’s vicious cycle, a person might be advised to   |  |  |  | | --- | --- | --- | |  | a. | accept more personal responsibility for their own bad moods. | |  | b. | spend more time in quiet rest, seclusion, and personal meditation. | |  | c. | frequently talk to their friends about their negative thoughts and feelings. | |  | d. | engage in more pleasant and competent behavior.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 246. Jeremy lives in his private inner world and is preoccupied with strange ideas and images that haunt him on a daily basis. Jeremy is demonstrating symptoms related to   |  |  |  | | --- | --- | --- | |  | a. | OCD. | |  | b. | PTSD. | |  | c. | DID. | |  | d. | schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 247. Which of the following is characterized by delusions, hallucinations, disorganized speech, and/or diminished or inappropriate emotional expression?   |  |  |  | | --- | --- | --- | |  | a. | paranoia | |  | b. | dopamine overactivity | |  | c. | the fetal-virus hypothesis | |  | d. | schizophrenia |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 248. Psychotic disorders are most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | dopamine underactivity. | |  | b. | smaller-than-average ventricles. | |  | c. | a loss of contact with reality. | |  | d. | overactive frontal lobes. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 249. Disorganized speech, delusions, and inappropriate emotions are \_\_\_\_\_\_\_\_ symptoms of schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | negative | |  | b. | epigenetic | |  | c. | dissociated | |  | d. | positive |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 250. Doug is deeply troubled by a belief that his co-workers can hear his thoughts. He has become suspicious and paranoid and feels constantly threatened. Doug may be demonstrating   |  |  |  | | --- | --- | --- | |  | a. | negative symptoms of schizophrenia. | |  | b. | catatonia. | |  | c. | positive symptoms of schizophrenia. | |  | d. | a theory of mind. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 251. Samson, who has schizophrenia, exhibits an expressionless face and holds his body in a rigid position. Samson is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | positive symptoms. | |  | b. | vocal hallucinations. | |  | c. | negative symptoms. | |  | d. | disturbed perceptions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 252. The hallucinations experienced by those with schizophrenia involve   |  |  |  | | --- | --- | --- | |  | a. | false beliefs. | |  | b. | attending to some sensory stimuli while filtering out others. | |  | c. | seeing, hearing, feeling, tasting, or smelling things that exist only in their minds. | |  | d. | speaking in illogical sentences. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 253. Most often, the hallucinations experienced by those with schizophrenia involve \_\_\_\_\_\_\_\_ things that are not there.   |  |  |  | | --- | --- | --- | |  | a. | seeing | |  | b. | hearing | |  | c. | tasting | |  | d. | smelling |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 254. False beliefs of persecution that may accompany schizophrenia are called   |  |  |  | | --- | --- | --- | |  | a. | word salad. | |  | b. | catatonia. | |  | c. | delusions. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 255. Hallucinations are to \_\_\_\_\_\_\_\_ as delusions are to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | false beliefs; false perceptions | |  | b. | false perceptions; false beliefs | |  | c. | selective attention; perception | |  | d. | perception; selective attention |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 256. Hearing a voice that orders you to harm yourself is a(n) \_\_\_\_\_\_\_\_. Believing that you are being investigated and pursued is a \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | delusion; hallucination | |  | b. | obsession; delusion | |  | c. | obsession; compulsion | |  | d. | hallucination; delusion |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 257. Mihaela, who has been diagnosed with schizophrenia, is easily distracted and has trouble organizing her thoughts. When responding to questions, she interrupts herself to note irrelevant stimuli such as the fingerprints on the window, the pattern of the carpet, or the rumble of a car in the distance. Mihaela is experiencing   |  |  |  | | --- | --- | --- | |  | a. | a breakdown in selective attention. | |  | b. | the onset of flat affect. | |  | c. | delusions of grandeur. | |  | d. | negative symptoms of schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 258. A breakdown in \_\_\_\_\_\_\_\_ may contribute to the disorganized thinking experienced by those with schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | theory of mind | |  | b. | catatonia | |  | c. | the flat effect | |  | d. | selective attention  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 259. Thirty-year-old Nicolette has been diagnosed with schizophrenia. She is often distracted by irrelevant stimuli, such as the patterns of the floor tiles. This type of attention problem is thought to contribute to   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | disorganized thoughts. | |  | c. | flat affect. | |  | d. | inappropriate emotions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 260. Scott, who has schizophrenia, tends to talk in a jumbled, noncoherent manner. This type of speech is referred to as a(n)   |  |  |  | | --- | --- | --- | |  | a. | word salad. | |  | b. | flat affect. | |  | c. | hallucination. | |  | d. | negative symptom. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 261. In terms of schizophrenia, flat affect refers to   |  |  |  | | --- | --- | --- | |  | a. | a state of no apparent feeling. | |  | b. | an impaired theory of mind. | |  | c. | inappropriate motor behavior. | |  | d. | having delusions. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 262. Those with schizophrenia typically have difficulty understanding other people’s mental states, which is called   |  |  |  | | --- | --- | --- | |  | a. | a disorganized speech pattern. | |  | b. | a paranoid delusion. | |  | c. | flat affect. | |  | d. | an impaired theory of mind. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 263. Darren has difficulty reading the facial expressions of friends and family members, which makes it hard for him to feel appropriate sympathy or compassion. Darren may be exhibiting   |  |  |  | | --- | --- | --- | |  | a. | catatonia. | |  | b. | an impaired theory of mind. | |  | c. | word salad. | |  | d. | delusions.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 264. Andreas, who has schizophrenia, has difficulty maintaining friendships because people tend to see him as unsympathetic to their problems. It is likely that Andreas has   |  |  |  | | --- | --- | --- | |  | a. | an impaired theory of mind. | |  | b. | catatonia. | |  | c. | flat affect. | |  | d. | agitation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 265. Which of the following is a negative symptom of schizophrenia?   |  |  |  | | --- | --- | --- | |  | a. | hallucinations | |  | b. | impaired theory of mind | |  | c. | paranoid delusions | |  | d. | flat affect |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 266. A period of immobility or repetitive movement is referred to as   |  |  |  | | --- | --- | --- | |  | a. | catatonia. | |  | b. | flat affect. | |  | c. | an impaired theory of mind. | |  | d. | delusions.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 267. For those with schizophrenia, their \_\_\_\_\_\_\_\_ may be inappropriate, ranging from remaining motionless for extended periods to compulsive actions and severe agitation.   |  |  |  | | --- | --- | --- | |  | a. | motor behavior | |  | b. | flat affect | |  | c. | disorganized speech | |  | d. | theory of mind |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 268. Catatonia is characterized by   |  |  |  | | --- | --- | --- | |  | a. | periods of immobility or senseless, compulsive actions, such as continually rocking, or rubbing an arm. | |  | b. | offensive and unwanted thoughts that persistently preoccupy a person. | |  | c. | voices making insulting remarks. | |  | d. | delusions of persecution. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 269. Mary Ann, who has schizophrenia, refuses to leave her room. Although she does not move for hours at a time, she sometimes compulsively rubs her arm. She rarely shows any emotional expression, and she seems unaware of the presence of others. Mary Ann is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | positive symptoms. | |  | b. | catatonia. | |  | c. | delusions. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 270. Schizophrenia that develops gradually over a long period of time is called \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | acute | |  | b. | paranoid | |  | c. | reactive | |  | d. | chronic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 271. As a child, Jamie demonstrated eccentric behaviors and social withdrawal. As a teenager, he began to experience hallucinations and delusions. Now, as a young adult, he has been diagnosed with schizophrenia. Jamie most likely has \_\_\_\_\_\_\_\_ schizophrenia, from which recovery is \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | acute; unlikely | |  | b. | acute; likely | |  | c. | chronic; unlikely | |  | d. | chronic; likely |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 272. Schizophrenia is said to be acute when   |  |  |  | | --- | --- | --- | |  | a. | it develops rapidly. | |  | b. | recovery is doubtful. | |  | c. | it is accompanied by immobility. | |  | d. | it is caused by a prenatal viral infection. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 273. After surviving a major car accident in which her 5-year-old son was killed, Marian began to exhibit positive symptoms of schizophrenia. She is now responding well to medication. Marian’s case most clearly illustrates \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | chronic | |  | b. | paranoid | |  | c. | acute | |  | d. | dissociative |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 274. The chances for recovery from schizophrenia are considered to be greatest when the disorder develops   |  |  |  | | --- | --- | --- | |  | a. | rapidly in response to a stressful life situation. | |  | b. | slowly over a period of years. | |  | c. | in reaction to abnormalities in brain chemistry. | |  | d. | during adolescence or early adulthood. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 275. People are more likely to recover from \_\_\_\_\_\_\_\_ schizophrenia than from \_\_\_\_\_\_\_\_ schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | acute; reactive | |  | b. | process; chronic | |  | c. | chronic; acute | |  | d. | reactive; chronic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 276. Which of the following statements is true?   |  |  |  | | --- | --- | --- | |  | a. | Women are more likely than men to develop schizophrenia. | |  | b. | Men are more likely than women to develop schizophrenia. | |  | c. | Women are more likely to develop acute schizophrenia, as compared with chronic schizophrenia. | |  | d. | Men are more likely to develop acute schizophrenia, as compared with chronic schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 277. As compared with acute schizophrenia, which symptom is more common among those diagnosed with chronic schizophrenia?   |  |  |  | | --- | --- | --- | |  | a. | social withdrawal | |  | b. | disorganized speech | |  | c. | inappropriate mood expression | |  | d. | hallucinations |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 278. Drugs that block \_\_\_\_\_\_\_\_ receptors often lessen the positive symptoms of schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | norepinephrine | |  | b. | serotonin | |  | c. | dopamine | |  | d. | acetylcholine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 279. Cocaine may \_\_\_\_\_\_\_\_ symptoms of schizophrenia by \_\_\_\_\_\_\_\_ dopamine levels.   |  |  |  | | --- | --- | --- | |  | a. | increase; decreasing | |  | b. | decrease; increasing | |  | c. | increase; increasing | |  | d. | decrease; decreasing |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 280. The brain waves that reflect synchronized neural firing in the frontal lobes decline in people with   |  |  |  | | --- | --- | --- | |  | a. | smaller-than-average ventricles. | |  | b. | hallucinations. | |  | c. | delusions. | |  | d. | schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 281. Billy, who has been diagnosed with 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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| 282. A PET scan study of people with \_\_\_\_\_\_\_\_ found increased activity in the amygdala.   |  |  |  | | --- | --- | --- | |  | a. | hallucinations | |  | b. | paranoia | |  | c. | catatonia | |  | d. | enlarged ventricles |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 283. Mario has been diagnosed with schizophrenia and frequently displays paranoid behaviors. Which of the following may be related to his paranoia?   |  |  |  | | --- | --- | --- | |  | a. | abnormally low brain activity in the frontal lobes | |  | b. | a reduced supply of dopamine receptors in the brain | |  | c. | overactivity in the thalamus | |  | d. | increased activity in his amygdala |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 284. Samuel, who has schizophrenia, has difficulty filtering sensory input. This is likely related to   |  |  |  | | --- | --- | --- | |  | 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 his amygdala. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 285. Among schizophrenia patients, the fluid-filled areas of the brain are abnormally   |  |  |  | | --- | --- | --- | |  | a. | large, and cerebral tissue is abnormally sparse. | |  | b. | small, and cerebral tissue is abnormally abundant. | |  | c. | small, and cerebral tissue is abnormally sparse. | |  | d. | large, and cerebral tissue is abnormally abundant. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 286. An abnormal shrinkage of the \_\_\_\_\_\_\_\_ is associated with schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | frontal lobes | |  | b. | amygdala | |  | c. | ventricles | |  | d. | cerebral tissue |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 287. People with schizophrenia have difficulty focusing attention. This is most likely related to a smaller-than-normal   |  |  |  | | --- | --- | --- | |  | a. | thalamus. | |  | b. | cerebellum. | |  | c. | hypothalamus. | |  | d. | amygdala. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 288. A smaller-than-normal thalamus among those with schizophrenia is related to   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | delusions. | |  | c. | paranoia. | |  | d. | difficulty focusing.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 289. Maternal famine, stress, and viral infection have been identified as contributing to an increased risk of schizophrenia. This suggests the importance of \_\_\_\_\_\_\_\_ in the development of this disorder.   |  |  |  | | --- | --- | --- | |  | a. | parental bonds | |  | b. | the prenatal environment | |  | c. | shared placentas | |  | d. | genetic factors  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 290. Evidence suggests that \_\_\_\_\_\_\_\_ contribute(s) to the development of schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | an impaired theory of mind | |  | b. | low emotional intelligence | |  | c. | delusional thinking | |  | d. | prenatal viral infections |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 291. Alex has recently been diagnosed with schizophrenia. Which of the following is NOT a possible prenatal influence that could be associated with the symptoms of schizophrenia that he has developed?   |  |  |  | | --- | --- | --- | |  | a. | having a low birth weight | |  | b. | maternal diabetes | |  | c. | a lack of oxygen during delivery | |  | d. | maternal cerebral shrinkage |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 292. The schizophrenia risk for North Americans born during the winter and spring months is   |  |  |  | | --- | --- | --- | |  | a. | lower than average. | |  | b. | lower than average, but only if they now live in the Southern Hemisphere. | |  | c. | greater than average, but only if they now live in the Southern Hemisphere. | |  | d. | greater than average. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 293. People born in \_\_\_\_\_\_\_\_ during the month of \_\_\_\_\_\_\_\_ are at increased risk for schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | the United States; September | |  | b. | Canada; May | |  | c. | Australia; September | |  | d. | South Africa; February |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 294. Among identical twins, if one twin is diagnosed with schizophrenia, the co-twin has a \_\_\_\_\_\_\_\_ chance of NOT developing this disorder.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 | |  | b. | 1 in 5 | |  | c. | 1 in 10 | |  | d. | 1 in 100 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 295. Carly’s identical twin sister has just been diagnosed with schizophrenia. Carly’s chances of being similarly affected are only 1 in 10 if she and her twin had different   |  |  |  | | --- | --- | --- | |  | a. | placentas. | |  | b. | birth weights. | |  | c. | educational opportunities. | |  | d. | childhood experiences. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 296. Sharing a placenta makes it significantly more likely that an affected identical twin’s co-twin will also develop symptoms of schizophrenia. This underscores the importance of   |  |  |  | | --- | --- | --- | |  | a. | shared genes. | |  | b. | a shared prenatal environment. | |  | c. | adoption studies. | |  | d. | childhood experiences. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 297. Environmental factors such as viral infections can “turn on” specific genes that predispose schizophrenia. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | an impaired theory of mind. | |  | b. | selective attention. | |  | c. | epigenetic factors. | |  | d. | positive symptoms. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 298. Dissociative disorders are most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | disruptions in conscious awareness and sense of identity. | |  | b. | offensive and unwanted thoughts that persistently preoccupy a person. | |  | c. | emotionless disengagement. | |  | d. | binge eating and purging. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 299. A major characteristic of dissociative disorders is a disturbance of   |  |  |  | | --- | --- | --- | |  | a. | mood. | |  | b. | appetite. | |  | c. | memory. | |  | d. | perception. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 300. *Dissociation* is defined as   |  |  |  | | --- | --- | --- | |  | a. | a sudden loss of memory or change in identity. | |  | b. | a person’s conscious awareness separating from painful memories, thoughts, and feelings. | |  | c. | having two or more distinct identities. | |  | d. | a false belief. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 301. Sudden memory loss and confusion about one's personal identity are symptoms of   |  |  |  | | --- | --- | --- | |  | a. | a personality disorder. | |  | b. | a fugue state. | |  | c. | antisocial personality disorder. | |  | d. | dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 302. A month after experiencing a terrifying house fire, Emil stopped reporting to work and cut off communication with family and friends. Several weeks later, he called his mother from a different city with little memory of how he had gotten there. Emil’s experience suggests   |  |  |  | | --- | --- | --- | |  | a. | a dissociative disorder. | |  | b. | borderline personality disorder. | |  | c. | schizotypal personality disorder. | |  | d. | bulimia nervosa.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 303. After surviving a car accident that claimed the lives of two friends, Diane experienced memory loss and became confused about her identity. After extensive testing indicated that Diane’s memory problems were not due to her injuries or to an illness, a clinical psychologist suggested that Diane might be experiencing   |  |  |  | | --- | --- | --- | |  | a. | a dissociative fugue state. | |  | b. | eccentric personality disorder. | |  | c. | antisocial personality disorder. | |  | d. | dissociative identity disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 304. A controversial disorder that involves two or more distinct and alternating identities is called   |  |  |  | | --- | --- | --- | |  | a. | a dissociative fugue. | |  | b. | schizotypal personality disorder. | |  | c. | borderline personality disorder. | |  | d. | dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 305. Dissociative identity disorder is a rare dissociative disorder in which a person   |  |  |  | | --- | --- | --- | |  | a. | exhibits inflexible and enduring behavior patterns. | |  | b. | exhibits a lack of conscience for wrongdoing. | |  | c. | has a sudden loss of memory or change of identity. | |  | d. | exhibits two or more distinct and alternating identities. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 306. Tania has no memory of the abuse she experienced as a child. During a session with her therapist, however, her mannerisms change, and she introduces herself as a different identity who does recall the abuse. Tania is demonstrating symptoms of   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | dissociative identity disorder. | |  | c. | bulimia nervosa. | |  | d. | narcissistic personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 307. Dr. Payne, who adheres to the learning perspective, believes that his client Terra developed dissociative identity disorder because her behavior was \_\_\_\_\_\_\_\_ by anxiety reduction.   |  |  |  | | --- | --- | --- | |  | a. | defended against | |  | b. | initiated | |  | c. | reinforced | |  | d. | influenced |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 308. Dissociative identity disorder’s brief, localized history suggests to critics that this disorder involves   |  |  |  | | --- | --- | --- | |  | a. | genetic predispositions. | |  | b. | biochemical abnormalities. | |  | c. | binge eating. | |  | d. | role playing.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 309. Dissociative identity disorder was added to the DSM in the   |  |  |  | | --- | --- | --- | |  | a. | 1930s. | |  | b. | 1950s. | |  | c. | 1960s. | |  | d. | 1980s. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 310. In which of the following countries is dissociative identity disorder most prevalent?   |  |  |  | | --- | --- | --- | |  | a. | Japan | |  | b. | Britain | |  | c. | United States | |  | d. | France |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 311. Nina, who has dissociative identity disorder, demonstrates three different identities—each with a unique name, voice, and manner—that appear to take turns controlling her behavior. It is likely that, if asked about the other identities, Nina would   |  |  |  | | --- | --- | --- | |  | a. | begin to behave as those identities behave. | |  | b. | deny awareness of them. | |  | c. | lose one or more of them. | |  | d. | experience a dissociative fugue. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 312. Evidence that dissociative identity disorder is NOT simply a product of conscious role playing is most clearly provided by the   |  |  |  | | --- | --- | --- | |  | a. | recent increase in the number of identities displayed by those with DID. | |  | b. | distinct brain and body states associated with differing identities. | |  | c. | inability of psychiatric experts to hypnotize patients with this disorder. | |  | d. | dramatic increase in reported cases of this disorder in recent years. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 313. Melina's therapist suggests that she developed dissociative identity disorder as a way of protecting herself from her hatred for her abusive mother. The therapist's suggestion most directly reflects a \_\_\_\_\_\_\_\_ perspective.   |  |  |  | | --- | --- | --- | |  | a. | social-cognitive | |  | b. | biosocial | |  | c. | biological | |  | d. | psychodynamic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 314. Some clinicians include dissociative disorders under the umbrella of \_\_\_\_\_\_\_\_ as a protective response to traumatic experiences.   |  |  |  | | --- | --- | --- | |  | a. | schizotypal personality disorder | |  | b. | posttraumatic stress disorder | |  | c. | dissociative identity disorder | |  | d. | antisocial personality disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 315. Personality disorders are best described as   |  |  |  | | --- | --- | --- | |  | a. | symptoms of distress that are not caused by biological abnormalities. | |  | b. | disruptions in conscious awareness and sense of self-identity. | |  | c. | patterns of delusional and disorganized thoughts and feelings. | |  | d. | inflexible and enduring behavior patterns that impair social functioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 316. One cluster of personality disorders marked by anxiety is exemplified by \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | schizotypal | |  | b. | antisocial | |  | c. | avoidant | |  | d. | dissociative |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 317. Ryno has a fearful sensitivity to rejection and avoids all social contact. He would most likely be diagnosed with \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | narcissistic | |  | c. | borderline | |  | d. | antisocial |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 318. A fear of social rejection is characteristic of people with \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | eccentric | |  | b. | schizotypal | |  | c. | avoidant | |  | d. | narcissistic |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 319. Schizotypal personality disorder falls under which of the three personality disorder clusters?   |  |  |  | | --- | --- | --- | |  | a. | anxiety | |  | b. | dramatic | |  | c. | impulsive | |  | d. | eccentric |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 320. The cluster of personality disorders marked by odd or eccentric behaviors includes \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | avoidant | |  | b. | narcissistic | |  | c. | schizotypal | |  | d. | dissociative |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 321. Schizotypal personality disorder would most likely be characterized by   |  |  |  | | --- | --- | --- | |  | a. | magical thinking. | |  | b. | unstable, attention-getting emotional displays. | |  | c. | a sense of self-importance. | |  | d. | a fear of social rejection.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 322. Since childhood, 40-year-old Lenny has experienced magical thinking, such as carrying objects he believes bring him luck and assuming he can influence others with his thoughts. This may be a symptom of \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | borderline | |  | b. | schizotypal | |  | c. | antisocial | |  | d. | narcissistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 323. Anxiety is to \_\_\_\_\_\_\_\_ personality disorder as dramatic or impulsive behaviors are to \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | schizotypal; borderline | |  | b. | narcissistic; avoidant | |  | c. | antisocial; schizotypal | |  | d. | avoidant; borderline |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 324. Borderline personality disorder is most likely to be characterized by   |  |  |  | | --- | --- | --- | |  | a. | magical thinking. | |  | b. | unstable, attention-getting emotional displays. | |  | c. | a sense of self-importance. | |  | d. | a fear of social rejection.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 325. Ali has trouble interacting socially and maintaining friendships because of his unstable, dramatic, attention-getting behaviors. Ali’s long-standing maladaptive patterns best illustrate   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | narcissistic personality disorder. | |  | c. | anorexia nervosa. | |  | d. | borderline personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 326. Those with borderline personality disorder are most likely to display   |  |  |  | | --- | --- | --- | |  | a. | a lack of guilt feelings. | |  | b. | delusions of persecution. | |  | c. | apathy and lack of energy. | |  | d. | dramatic, attention-getting behaviors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 327. Deena has a history of erratic, attention-seeking behaviors, which makes it difficult for her to function socially. Deena illustrates symptoms of \_\_\_\_\_\_\_\_ personality disorder.   |  |  |  | | --- | --- | --- | |  | a. | borderline | |  | b. | schizotypal | |  | c. | antisocial | |  | d. | narcissistic |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 328. Inflated views of self-importance are most characteristic of those with   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | avoidant personality disorder. | |  | c. | narcissistic personality disorder. | |  | d. | dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 329. For most of her life, Adriana has been overly self-involved and exaggerated her own abilities. She becomes uncomfortable when others receive attention or praise and manipulates conversations to bring the focus back to her, which makes it difficult for her to maintain friendships. Adriana’s behaviors may illustrate   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | bulimia nervosa. | |  | c. | narcissistic personality disorder. | |  | d. | anorexia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 330. A lack of conscience is most characteristic of those who experience \_\_\_\_\_\_\_\_ disorder.   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity | |  | b. | antisocial personality | |  | c. | schizotypal personality | |  | d. | avoidant personality |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 331. Gordon recently embezzled money from a small, family-owned company, which resulted in several employees losing their jobs and lasting damage to the company’s reputation. Although he feels no remorse, by feigning guilt and regret, he has convinced his former employers not to take legal action against him. Gordon’s behavior is most indicative of   |  |  |  | | --- | --- | --- | |  | a. | antisocial personality disorder. | |  | b. | schizotypal personality disorder. | |  | c. | a dissociative disorder. | |  | d. | anorexia nervosa. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 332. Joshua has a history of violence, seems unable to hold down a job, and steals money from friends and family members with no guilt or remorse for his actions. Joshua may be diagnosed as having   |  |  |  | | --- | --- | --- | |  | a. | avoidant personality disorder. | |  | b. | schizotypal personality disorder. | |  | c. | dissociative identity disorder. | |  | d. | antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 333. For \_\_\_\_\_\_\_\_, antisocial behavior subsides after adolescence.   |  |  |  | | --- | --- | --- | |  | a. | many females | |  | b. | many males | |  | c. | many males and females | |  | d. | neither males nor females |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 334. Thor has been diagnosed with antisocial personality disorder. He is most likely to show lower   |  |  |  | | --- | --- | --- | |  | a. | emotional intelligence. | |  | b. | fugue states. | |  | c. | anxiety. | |  | d. | fearlessness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 335. People with antisocial personality disorder are more socially deficient. For example, they have low emotional intelligence; that is, they are unable to understand, \_\_\_\_\_\_\_\_, and perceive emotions.   |  |  |  | | --- | --- | --- | |  | a. | visualize | |  | b. | manage | |  | c. | dissociate | |  | d. | focus on |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 336. Comorbidity refers to the   |  |  |  | | --- | --- | --- | |  | a. | genes that predispose different disorders. | |  | b. | tendency of certain disorders to occur together. | |  | c. | inflexibility of antisocial behaviors. | |  | d. | heritability of antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 337. Aziz has been diagnosed with antisocial behavior and substance use disorders. These disorders, for him, are   |  |  |  | | --- | --- | --- | |  | a. | a fugue state. | |  | b. | clustered. | |  | c. | comorbid. | |  | d. | functionable. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 338. A genetic predisposition to fearless, uninhibited behavior is most characteristic of those with   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | dissociative identity disorder. | |  | c. | antisocial personality disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 339. Studies have found that people with antisocial criminal tendencies have a smaller-than-normal   |  |  |  | | --- | --- | --- | |  | a. | thalamus. | |  | b. | amygdala. | |  | c. | brainstem. | |  | d. | cerebellum. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 340. The levels of stress hormones among adults with \_\_\_\_\_\_\_\_ were lower than average when they were children.   |  |  |  | | --- | --- | --- | |  | a. | dissociative fugue | |  | b. | binge-eating disorder | |  | c. | antisocial tendencies | |  | d. | avoidant personality disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 341. Researchers have found low levels of \_\_\_\_\_\_\_\_ in 13-year-old boys who were later convicted of a crime as 18- to 26-year-olds.   |  |  |  | | --- | --- | --- | |  | a. | dopamine | |  | b. | serotonin | |  | c. | adrenaline | |  | d. | acetylcholine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 342. In studies with 3-year-olds, the early signs of antisocial behavior in children include   |  |  |  | | --- | --- | --- | |  | a. | high levels of stress hormones. | |  | b. | having a sense of social responsibility. | |  | c. | high concern for social rewards. | |  | d. | slow development of conditioned fears. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 343. People diagnosed with \_\_\_\_\_\_\_\_ fall far below normal in frontal lobe functions such as planning and impulse control.   |  |  |  | | --- | --- | --- | |  | a. | dissociative disorder | |  | b. | antisocial personality disorder | |  | c. | dissociative identity disorder | |  | d. | fugue states |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 344. One study compared PET scans of 41 murderers’ brains with those of people of similar age and sex. The murderers’ brains displayed reduced activity in the   |  |  |  | | --- | --- | --- | |  | a. | dopamine reward system. | |  | b. | reticular formation. | |  | c. | somatosensory cortex. | |  | d. | frontal lobes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 345. In studying the brains of violent repeat offenders, researchers found   |  |  |  | | --- | --- | --- | |  | a. | reduced frontal lobe tissue. | |  | b. | overactive frontal lobes. | |  | c. | an underreactive dopamine reward system. | |  | d. | a larger-than-average amygdala. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 346. The onset of \_\_\_\_\_\_\_\_ is typically a weight-loss diet.   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa | |  | b. | bulimia nervosa | |  | c. | binge-eating disorder | |  | d. | a personality disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 347. Which of the following is NOT a key feature of anorexia nervosa?   |  |  |  | | --- | --- | --- | |  | a. | The person recognizes that their body image is distorted. | |  | b. | The person is intensely afraid of becoming overweight. | |  | c. | The person focuses obsessively on weight loss. | |  | d. | The person has a body weight that is below normal. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 348. Five months ago, 14-year-old Leah began a strict weight-loss diet that caused her to lose a great deal of weight in a short time. Although her weight is now well below the normal range, she sees herself as overweight and continues to diet. Leah may be experiencing   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | binge-eating disorder. | |  | c. | bulimia nervosa. | |  | d. | anorexia nervosa.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 349. Fifteen-year-old Nicole, who has long felt dissatisfied with her body, recently began a strict diet. She continues her habit of tracking every calorie and exercising excessively, even though she is significantly underweight, and fears constantly that she will regain the weight she has lost. Nicole may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | bulimia nervosa. | |  | b. | a dissociative disorder. | |  | c. | anorexia nervosa. | |  | d. | a personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 350. Bulimia nervosa is characterized by   |  |  |  | | --- | --- | --- | |  | a. | weight fluctuations well below the normal range. | |  | b. | episodes of binge eating followed by compensating behaviors. | |  | c. | feelings of pleasure following a binge. | |  | d. | all of these conditions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 351. Penelope has been diagnosed with bulimia nervosa. Which of the following is a key characteristic of her eating disorder?   |  |  |  | | --- | --- | --- | |  | a. | loss of appetite, especially for high-calorie foods | |  | b. | extreme weight loss | |  | c. | binge eating and compensating behaviors | |  | d. | being unaware of the fact that she has an eating disorder |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 352. Why is bulimia nervosa often easier to hide than anorexia nervosa?   |  |  |  | | --- | --- | --- | |  | a. | It does not involve excessive exercise. | |  | b. | Weight fluctuations are within or above normal ranges. | |  | c. | Compensating behaviors, such as laxative use, are more common in anorexia. | |  | d. | Anorexia involves a preoccupation with food. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 353. Eighteen-year-old Lucille, who just started college, has begun privately binge-eating sweets when she feels homesick, lonely, or overwhelmed by her work. Afterward, she feels guilty and anxious and exercises excessively to avoid gaining weight. Lucille is displaying symptoms of   |  |  |  | | --- | --- | --- | |  | a. | dissociative identity disorder. | |  | b. | bulimia nervosa. | |  | c. | binge-eating disorder. | |  | d. | anorexia nervosa.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 354. Those who engage in spurts of excessive overeating, followed by remorse—but do not binge, purge, or fast—are said to have   |  |  |  | | --- | --- | --- | |  | a. | binge-eating disorder. | |  | b. | anorexia nervosa. | |  | c. | bulimia nervosa. | |  | d. | a personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 355. When Lee’s children are in bed, he typically takes most of the high-calorie snacks and sweets from his pantry and eats until he is uncomfortably full. Afterward, he feels remorseful and goes to sleep. Lee may be diagnosed with   |  |  |  | | --- | --- | --- | |  | a. | anorexia nervosa. | |  | b. | bulimia nervosa. | |  | c. | binge-eating disorder. | |  | d. | binging-purging disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 356. People with eating disorders often have   |  |  |  | | --- | --- | --- | |  | a. | high body satisfaction and high perfectionist standards. | |  | b. | low body satisfaction and low perfectionist standards. | |  | c. | high body satisfaction and low perfectionist standards. | |  | d. | low body satisfaction and high perfectionist standards.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 357. In comparing the genomes of nearly 17,000 anorexia patients with 56,000 others, researchers have identified   |  |  |  | | --- | --- | --- | |  | a. | gene differences. | |  | b. | brain variations in those with and without eating disorders. | |  | c. | reduced amygdala sizes in those with anorexia. | |  | d. | no epigenetic marks related to anorexia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 358. In countries with high poverty rates, where larger bodies may be viewed as more desirable than smaller bodies, eating disorders are less common than in wealthy Western countries. This suggests that eating disorders   |  |  |  | | --- | --- | --- | |  | a. | are mainly hereditary. | |  | b. | have a cultural component. | |  | c. | motivate people to view their bodies in particular ways. | |  | d. | involve a distorted body image. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 359. Individuals who are most vulnerable to anorexia nervosa are those who live in cultures that idealize   |  |  |  | | --- | --- | --- | |  | a. | excessive exercise. | |  | b. | binge eating. | |  | c. | thin bodies. | |  | d. | novel foods. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 360. One 22-year study found that   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 women with anorexia or bulimia had recovered. | |  | b. | 1 in 3 women with anorexia or bulimia had recovered. | |  | c. | 2 in 7 women with anorexia or bulimia had recovered. | |  | d. | 2 in 3 women with anorexia or bulimia had recovered. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 361. Jessica is from a high-achieving, perfectionistic family and idolizes the ultrathin models she sees in magazines and online. Which intervention may be effective in reducing Jessica’s risk of an eating disorder?   |  |  |  | | --- | --- | --- | |  | a. | severely restricting her exposure to media depictions of women’s bodies | |  | b. | taking medication that reduces anxiety | |  | c. | undergoing gene therapy that combats the effects of heredity | |  | d. | experiencing an interactive program that teaches body acceptance |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 362. An *intellectual disability* can be defined as   |  |  |  | | --- | --- | --- | |  | a. | a condition of limited mental ability, indicated by an intelligence test score of 70 or below and difficulty adapting to the demands of life. | |  | b. | a disorder of varying intellectual and physical severity caused by an extra copy of chromosome 21 in the person’s genetic makeup. | |  | c. | a cognitive and social-emotional disorder marked by repetitive behaviors. | |  | d. | normal intelligence but with one exceptional skill. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 363. Trevor has an extra copy of chromosome 21 in his genetic makeup. This means that he has   |  |  |  | | --- | --- | --- | |  | a. | Down syndrome. | |  | b. | autism spectrum disorder. | |  | c. | good practical skills. | |  | d. | mild intellectual disability. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 364. Down syndrome is a disorder of varying intellectual and physical severity caused by   |  |  |  | | --- | --- | --- | |  | a. | fewer-than-normal fiber tracts linking different parts of the brain. | |  | b. | an intelligence test score of 70 or below. | |  | c. | an extra copy of chromosome 21. | |  | d. | less activity in brain areas involved in mirroring others’ actions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 365. Andi has an intellectual disability and has difficulty taking care of herself, such as being able to brush her teeth and take a bath. Which area of independent living is she having difficulties with?   |  |  |  | | --- | --- | --- | |  | a. | conceptual skills | |  | b. | social skills | |  | c. | verbal skills | |  | d. | practical skills |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 366. For those diagnosed with intellectual disability, understanding money and time is to \_\_\_\_\_\_\_\_ skills as avoiding being victimized is to \_\_\_\_\_\_\_\_ skills.   |  |  |  | | --- | --- | --- | |  | a. | mathematical; safety | |  | b. | practical; social | |  | c. | technical; conceptual | |  | d. | conceptual; social |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 367. Recent estimates indicate that \_\_\_\_\_\_\_\_ U.S. children are diagnosed with autism spectrum disorder.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 10 | |  | b. | 1 in 28 | |  | c. | 1 in 54 | |  | d. | 1 in 66 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 368. Those with ASD are systemizers who have more difficulty   |  |  |  | | --- | --- | --- | |  | a. | reading facial expressions. | |  | b. | forming secure attachments. | |  | c. | understanding rules or laws. | |  | d. | coordinating motor movements. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 369. Aaron, who has autism spectrum disorder, has normal intelligence and generally functions at a high level. Nevertheless, he finds it difficult to succeed in a classroom environment, because he has trouble   |  |  |  | | --- | --- | --- | |  | a. | not becoming distracted by irrelevant stimuli. | |  | b. | understanding mechanical systems. | |  | c. | coordinating motor movements. | |  | d. | comprehending rules or laws. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 370. A recent five-nation study of 2 million individuals found that the heritability of autism spectrum disorder was \_\_\_\_\_\_\_\_ percent.   |  |  |  | | --- | --- | --- | |  | a. | around 10 | |  | b. | less than 25 | |  | c. | almost 60 | |  | d. | almost 80 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 371. Genetic research on autism spectrum disorder indicates that   |  |  |  | | --- | --- | --- | |  | a. | a single gene accounts for the majority of diagnosed cases. | |  | b. | if one identical twin is diagnosed with this disorder, there is a 1 in 10 chance that the co-twin will be as well. | |  | c. | heritability for this disorder is near 40 percent. | |  | d. | random genetic mutations in sperm cells may play a role. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 372. What is meant by the idea that people with ASD may have “broken mirrors”?   |  |  |  | | --- | --- | --- | |  | a. | People with ASD have fewer-than-normal fiber tracts connecting the front of the brain to the back. | |  | b. | People with ASD show less brain activity in areas involved in imitating others’ actions. | |  | c. | People with ASD have difficulty understanding their own motivations. | |  | d. | Empathy plays a significant role in the development of ASD. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 373. ADHD is most clearly characterized by   |  |  |  | | --- | --- | --- | |  | a. | delusions. | |  | b. | distractibility. | |  | c. | hallucinations. | |  | d. | aggression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 374. Malcolm is frequently inattentive and distractible in class. He often makes careless mistakes, fails to do his homework, and impulsively talks out of turn. Malcolm’s behavior is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | autism spectrum disorder. | |  | b. | Down syndrome. | |  | c. | intellectual disability. | |  | d. | attention-deficit/hyperactivity disorder.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 375. Matt is restless and often jumps out of his seat or disrupts ongoing class activities in response to distractions. Matt may be exhibiting symptoms of   |  |  |  | | --- | --- | --- | |  | a. | generalized anxiety disorder. | |  | b. | antisocial personality disorder. | |  | c. | attention-deficit/hyperactivity disorder. | |  | d. | hoarding disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 376. The people most likely to be diagnosed with ADHD are   |  |  |  | | --- | --- | --- | |  | a. | children. | |  | b. | adolescents. | |  | c. | young adults. | |  | d. | older adults. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 377. Which of the following is NOT a criticism of the ADHD diagnosis?   |  |  |  | | --- | --- | --- | |  | a. | Not enough is known about the long-term effects of medications used to treat the disorder. | |  | b. | The rate of the disorder is increasing. | |  | c. | The disorder is associated with abnormal brain structures and activity. | |  | d. | Young children are often diagnosed, yet they are naturally more active. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 378. Researchers have identified \_\_\_\_\_\_\_\_ as a possible cause of ADHD.   |  |  |  | | --- | --- | --- | |  | a. | genetic influences | |  | b. | a high-sugar diet | |  | c. | advanced paternal age | |  | d. | antisocial personality disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 379. Individuals are most likely to be diagnosed with ADHD between the ages of   |  |  |  | | --- | --- | --- | |  | a. | 1 and 3. | |  | b. | 2 and 17. | |  | c. | 18 and 29. | |  | d. | 30 and 42. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 380. 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 | |

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| 381. Which of the following is FALSE about ADHD?   |  |  |  | | --- | --- | --- | |  | a. | Stimulant drugs calm the hyperactivity associated with ADHD. | |  | b. | ADHD may be heritable. | |  | c. | Adults are more likely than children to be diagnosed with ADHD. | |  | d. | Boys are twice as likely as girls to be diagnosed with ADHD. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 382. Clinicians who support the diagnostic criteria for and increasing diagnoses of ADHD have noted that   |  |  |  | | --- | --- | --- | |  | a. | the use of stimulant drugs has increased the incidence of ADHD symptoms. | |  | b. | ADHD is associated with abnormal brain structure and activity. | |  | c. | younger children tend to be both more fidgety and more frequently diagnosed than older children. | |  | d. | the long-term effects of drug treatment for ADHD are not well known. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 383. Which of the following medications is prescribed for the treatment of ADHD?   |  |  |  | | --- | --- | --- | |  | a. | Prozac | |  | b. | Ativan | |  | c. | Xanax | |  | d. | Adderall  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 384. Roy has been diagnosed with ADHD, and his psychiatrist has recommended that he take Adderall. Which of the following is NOT a benefit of using this drug?   |  |  |  | | --- | --- | --- | |  | a. | It can increase aerobic exercise. | |  | b. | It can calm hyperactivity. | |  | c. | It can increase the ability to focus. | |  | d. | It can increase the ability to sit still. |  |  |  | | --- | --- | | *ANSWER:* | a | |