PSYCHOLOGY
PRACTICE FOR FUN

Abnormal Behavior

Directions: Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case and then fill in the corresponding circle on the answer sheet.

1. Matt is restless and often jumps out of his seat or interferes with ongoing class activities in response to the sound of outside traffic. Matt most clearly exhibits symptoms of
   a. generalized anxiety disorder.
   b. antisocial personality disorder.
   c. attention-deficit hyperactivity disorder.
   d. obsessive-compulsive disorder.
   e. bipolar disorder.

2. The U.S. National Institute of Mental Health has indicated that the development of ADHD is a consequence of
   a. genetic influences.
   b. a high-sugar diet.
   c. low-quality schools.
   d. a stressful family environment.
   e. permissive parenting.

3. Toddlers who watch lots of TV are, at age 7, more likely than average to display symptoms of
   a. ADHD.
   b. DID.
   c. OCD.
   d. PTSD.
   e. DSM.

4. It would be most difficult to use _____ to explain why anorexia nervosa occurs mostly in Western cultures.
   a. the learning perspective
   b. the medical model
   c. the social-cognitive perspective
   d. a biopsychosocial approach
   e. psychoanalytic theory

5. DSM-5 focuses on clinicians' reports of observable behavior in order to
   a. facilitate the reliability of diagnoses.
   b. shorten the time it takes to make a diagnosis.
   c. avoid invading clients' psychological privacy.
   d. reduce the need for medical terminology in psychological assessments.
   e. lessen the possibility of lawsuits.

6. The DSM-5 does NOT
   a. include a classification of personality disorders.
   b. explain the causes of the various psychological disorders.
   c. include a very broad range of psychological disorders.
   d. provide reliable guidelines for diagnosing psychological disorders.
   e. list symptoms within descriptions of each disorder.

7. DSM-5 is most likely to be criticized for
   a. attempting to explain behavior by simply labeling it.
   b. classifying an excessively broad range of human behaviors as psychologically disordered.
   c. failing to base diagnoses on observable behaviors.
   d. inhibiting scientific efforts to discover the underlying causes of psychological disorders.
   e. listing vague, nonobservable symptoms for major disorders.

8. After George learned that Mrs. Min suffered from schizophrenia, he mistakenly concluded that her tendencies to laugh easily and smile frequently were symptoms of her disorder. This best illustrates the
    a. unreliability of DSM-5.
    b. shortcomings of the medical model.
    c. biasing power of diagnostic labels.
    d. dangers of the biopsychosocial approach.
    e. impact of expectations on another's behavior.

9. Anxiety is considered disordered if it is
    a. persistent and distressing.
    b. hard to control.
    c. genetically influenced.
    d. a biopsychosocial phenomenon.
    e. paired with depressive episodes.

10. In which of the following disorders is a person continually tense, apprehensive, and in a state of autonomic arousal?
    a. generalized anxiety disorder
    b. antisocial personality disorder
    c. dysthymic disorder
    d. dissociative identity disorder
    e. bipolar disorder

11. An incapacitating and highly distressing fear about being embarrassed in the presence of others is most characteristic of
    a. panic disorder.
    b. social anxiety disorder.
    c. antisocial personality disorder.
    d. obsessive-compulsive disorder.
    e. somatic symptom disorder.

12. Kaylee is so afraid of spiders and insects that she avoids most outdoor activities and even refuses to go to the basement of her own house alone. Kaylee appears to suffer from a(n)
    a. obsessive-compulsive disorder.
    b. histrionic personality disorder.
    c. bipolar disorder.
    d. dissociative disorder.
    e. phobia.

13. After Charles Darwin began suffering from panic disorder, he lived in relative seclusion and traveled only in his wife's company. His panic disorder was apparently accompanied by
    a. catatonia.
    b. agoraphobia.
    c. delusions.
    d. mania.
    e. hallucinations.

14. Cecil is preoccupied with thoughts of jumping out the window of his tenth-floor apartment. To reduce his anxiety, he frequently counts his heartbeats aloud. Cecil would most likely be diagnosed as experiencing a(n)
    a. panic disorder.
    b. bipolar disorder.
    c. generalized anxiety disorder.
    d. obsessive-compulsive disorder.
    e. phobia.

15. Ravi brushes his teeth 18 times a day. Each time, he uses exactly 83 strokes up and 83 strokes down. After he eats, he must brush twice with two different brands of toothpaste. Ravi suffers from a(n)
    a. dysthymic disorder.
    b. obsessive-compulsive disorder.
    c. phobia.
    d. generalized anxiety disorder.
    e. bipolar disorder.

16. Mrs. Swift is alarmed by her own intrusive and irrational thoughts that her house is contaminated by germs. Her experience best illustrates the agitating effects of
    a. a delusion.
    b. mania.
    c. an obsession.
    d. agoraphobia.
    e. panic disorder.

17. While driving to work, Pedro hears a radio advertisement for a new restaurant. Throughout the day, the tune associated with the advertisement keeps running through his head. Pedro's inability to stop thinking about the tune best illustrates the nature of a(n)
    a. delusion.
    b. hallucination.
    c. obsession.
    d. compulsion.
    e. phobia.

18. Some psychologists believe that due partly to a broader definition of *trauma,* mental health professionals have been overdiagnosing
    a. panic disorder.
    b. PTSD.
    c. OCD.
    d. schizophrenia.
    e. bipolar disorder.

19. Most political dissidents who survive dozens of episodes of torture do not later exhibit PTSD. This best illustrates survivor
    a. mania.
    b. catatonia.
    c. dissociation.
    d. resiliency.
    e. denial.

20. Positive psychological changes that result from struggling with extremely challenging life crises demonstrate
    a. dissociation.
    b. linkage analysis.
    c. post-traumatic growth.
    d. the medical model.
    e. illness anxiety disorder .

21. Although experiencing severely traumatic events may lead to PTSD, it is also likely to lead to
    a. schizophrenia.
    b. linkage analysis.
    c. bipolar disorder.
    d. increased personal strength.
    e. generalized anxiety disorder.

22. The experience of depression _____ risk taking and _____ aggression.
    a. has little effect on; stimulates
    b. stimulates; inhibits
    c. inhibits; inhibits
    d. stimulates; has little effect on
    e. inhibits; has little effect on

23. Feelings of worthlessness are most likely to be associated with
    a. mania.
    b. major depressive disorder.
    c. panic disorder.
    d. antisocial personality disorder.
    e. phobia.

24. Mania is most likely to be characterized by feelings of
    a. guilt.
    b. fear.
    c. ambivalence.
    d. optimism.
    e. indifference.

25. Compared with men, women are much more likely to be diagnosed as suffering from
    a. antisocial personality disorder.
    b. a bipolar disorder.
    c. alcoholism.
    d. depression.
    e. post-traumatic stress disorder.

26. Severely depressed individuals are especially likely to show reduced brain activity in the
    a. right parietal lobe.
    b. left frontal lobe.
    c. right occipital lobe.
    d. left parietal lobe.
    e. right frontal lobe.

27. Abnormally low levels of the neurotransmitter serotonin are associated with
    a. panic attacks.
    b. schizophrenia.
    c. depression.
    d. phobias.
    e. dissociative disorders.

28. Which perspective has emphasized the impact of learned helplessness on depression?
    a. psychoanalytic
    b. biological
    c. social-cognitive
    d. humanistic
    e. structuralist

29. Self-blaming attributions are most likely to be associated with
    a. schizophrenia.
    b. obsessive-compulsive disorder.
    c. phobias.
    d. depression.
    e. personality disorders.

30. Research suggests that women are more vulnerable to depression than men because women are more likely to respond to negative life events with self-focused rumination. This suggestion best illustrates a _____ perspective.
    a. humanistic
    b. biological
    c. psychoanalytic
    d. social-cognitive
    e. medical

31. The risk of suicide is greatest when people
    a. anticipate the onset of a depressive episode.
    b. experience the first symptoms of a depressive episode.
    c. experience depressive symptoms at their most extreme levels of severity.
    d. begin to rebound from their depression.
    e. transition from a manic phase to a depressive phase.

32. In which type of disorder is a person's speech likely to be so full of unrelated words and phrases that it could be characterized as a "word salad"?
    a. panic disorder
    b. obsessive-compulsive disorder
    c. schizophrenia
    d. dissociative disorder
    e. somatic symptom disorder

33. The hallucinations experienced by those who suffer from schizophrenia are most likely to involve _____ things that are not there.
    a. seeing
    b. feeling
    c. hearing
    d. tasting
    e. smelling

34. Schizophrenia victims have difficulty focusing attention. This is most likely to be related to a smaller-than-normal
    a. thalamus.
    b. cerebellum.
    c. hypothalamus.
    d. pituitary gland.
    e. occipital lobe.

35. If identical twins share a single placenta rather than having separate placentas, their chances of being similarly affected by _____ are dramatically increased.
    a. illness anxiety disorder
    b. schizophrenia
    c. a dissociative disorder
    d. antisocial personality disorder
    e. depression

36. An adopted child's chances of developing schizophrenia _____ if the biological parents have schizophrenia. The child's chances _____ if the adopted parents have schizophrenia.
    a. increase; increase
    b. do not increase; decrease
    c. increase; do not increase
    d. do not increase; increase
    e. decrease; do not increase

37. One study monitored teens and young adults who had two relatives with schizophrenia. Those who subsequently developed schizophrenia displayed a tendency to be _____ prior to the onset of their disorder.
    a. highly suggestible
    b. artistically creative
    c. socially withdrawn
    d. addicted to drugs
    e. manic behavior

38. Every week, Ruslan complains to a doctor about swollen glands, heart palpitations, constipation, or some other physical symptom. He is sure these symptoms are a sign of cancer, even though more than a dozen physicians have told him he is physically healthy. Ruslan's behavior is most characteristic of a(n) _____ disorder.
    a. somatic symptom
    b. generalized anxiety
    c. dissociative
    d. obsessive-compulsive
    e. personality

39. A conversion disorder is most likely to be characterized by
    a. alternations between extreme hopelessness and unrealistic optimism.
    b. a continuous state of tensions, apprehension, and autonomic nervous system arousal.
    c. offensive and unwanted thoughts that persistently preoccupy a person.
    d. very specific physical symptoms that have no apparent physiological basis.
    e. persistent, preoccupying thoughts that have no basis in reality.

40. Midori's therapist suggests that she developed a dissociative identity disorder as a way of protecting herself from an awareness of her own hatred for her abusive mother. The therapist's suggestion most directly reflects a _____ perspective.
    a. cognitive
    b. social-cognitive
    c. humanistic
    d. biological
    e. psychoanalytic

41. Sixteen-year-old Jill loves ice cream and other rich foods, but she has become increasingly anxious about gaining too much weight. Jill frequently overeats and then intentionally vomits in an attempt to control her weight. Jill most clearly suffers from
    a. hypermetabolism.
    b. bulimia nervosa.
    c. an abnormally high set point.
    d. anorexia nervosa.
    e. obesity.

42. Unlike those with bulimia nervosa, those with binge-eating disorders are not likely to _____ following binge eating.
    a. experience remorse
    b. gain weight
    c. engage in excessive exercise
    d. show increased glucose levels
    e. show decreased set point

43. Anorexia patients are most likely to have parents who
    a. have physically abused their children.
    b. are high-achieving and protective.
    c. are able to afford adequate food supplies.
    d. are unconcerned about physical appearance and body weight.
    e. have difficulty expressing emotional attachments.

44. In terms of the role of the family environment on eating disorders, research has discounted which of the following factors?
    a. higher rates of childhood obesity
    b. competitive, high-achieving families
    c. childhood sexual abuse
    d. mother's preoccupation with weight and appearance
    e. higher-than-usual incidences of negative self-evaluation

45. Which of the following is a common misconception about anorexia nervosa?
    a. People with anorexia commonly drop 15 percent below normal body weight.
    b. Anorexia is only a women's illness.
    c. Those at risk for anorexia are not influenced by cultural factors.
    d. People with anorexia are more likely to perceive themselves as overweight.
    e. Families of people with anorexia tend to be overprotective.

46. Which of the following statements is the most accurate description of the relationship between genetics and eating disorders?
    a. Eating disorders are not likely to be predisposed because they are caused by eating habits.
    b. Identical twins are more likely to share the disorder than fraternal twins.
    c. Body ideals in different cultures change the rates of eating disorders.
    d. Fraternal twins are more likely to share the disorder than identical twins.
    e. Higher rates of body dissatisfaction in women indicate a genetic predisposition for eating disorders.

47. Psychological disorders characterized by inflexible, enduring, and socially maladaptive behavior patterns are called _____ disorders.
    a. acute
    b. free-floating
    c. reactive
    d. personality
    e. chronic

48. Those with a narcissistic personality disorder are likely to be preoccupied with
    a. an irrational fear of people.
    b. delusions of persecution.
    c. physical symptoms of distress.
    d. their own self-importance.
    e. sexual fantasies.

49. A schizoid personality disorder is most likely to be characterized by
    a. a detachment from social relationships.
    b. shallow, attention-getting emotional displays.
    c. a sense of self-importance.
    d. an insatiable desire for attention.
    e. a fear of social rejection.

50. Anthony is 32 years old, well above average in intelligence, and quite charming. He has swindled several older people out of their life savings, and he seems to have little feeling for his victims, nor does he fear the consequences of getting caught. His behavior is evidence of
    a. bipolar disorder.
    b. schizophrenia.
    c. obsessive-compulsive disorder.
    d. a personality disorder.
    e. a dissociative disorder.