Abnormal Psychology and Treatment Practice Questions

1. People who wash their hands numerous times before going to bed most likely have
   a. A compulsion
   b. A phobia
   c. An affective disorder
   d. A conversion disorder
   e. A panic disorder

2. Of the following, a behavioral psychologist is most likely to study the
   a. Perceived locus of control of adults who experience panic attacks
   b. Formation of emotional attachments to significant others
   c. Defense mechanisms used by depressed adults and children in stressful situations
   d. Genetic basis for schizophrenia
   e. Effects of token economies on establishing social skills among children with emotional problems

3. Following the failure of his business, Mr. Jones disappeared and was discovered two years later in another state practicing law without a license. When questioned, he responded that he had found himself in a strange city and could not remember any personal information. Mr. Jones most likely would be diagnosed with
   a. Amnesia
   b. Dissociative identity disorder
   c. Dissociative fugue
   d. Dementia
   e. Bipolar disorder

4. Alan is sure something is wrong with him, even though his doctor has not found any physiological basis for his complaints. He returns to the doctor every few weeks to report symptoms of new illnesses based on information he reads. Alan is most likely to be diagnosed with which of the following types of disorders?
   a. Mood
   b. Anxiety
   c. Dissociative
   d. Somatoform
   e. Personality

5. Joan displays anxiety, irritability, inability to concentrate and apathy. She also re-experiences a disastrous event through nightmares and vivid memories. Joan is experiencing
   a. Burnout
   b. Hypochondriasis
   c. Exhaustion
   d. Generalized anxiety disorder
   e. Posttraumatic stress disorder

6. A person who experiences prolonged episodes of severe unhappiness and loss of interest in life would most likely be diagnosed with
   a. Agoraphobia
   b. Specific phobia
   c. Generalized anxiety disorder
   d. Major depressive disorder
   e. Hypochondriasis
7. Although people can acquire phobias to almost any object of situation, certain phobia (e.g. those to snakes, spiders, heights) are much more common than others. This finding can best be explained by which of the following concepts?
   a. Biological preparedness
   b. Spontaneous recovery
   c. Stimulus discrimination
   d. Stimulus generalization
   e. Observational learning

8. In psychoanalysis, transference refers to the
   a. Inability of the patient to form an emotional attachment to the therapist
   b. Reluctance of the patient to bring to awareness unconscious information that has been repressed
   c. Irrational reactions of the therapist toward patients which may interfere with the effectiveness of treatment
   d. Patient’s projections onto the therapist of feelings associated with significant figures in the patient’s past
   e. Conscious process used by the patient to defend against unacceptable impulses toward the therapist

9. A psychotherapist who believes that deviant behavior can be traced either to genetic anomalies or to problems in the physical structure of the brain most likely subscribes to which of the following views of abnormality?
   a. Cognitive
   b. Behavioral
   c. Biomedical
   d. Sociological
   e. Psychoanalytic

10. A person with obsessive-compulsive disorder is best described as an individual who experiences
   a. Memory loss
   b. Intense mood swings
   c. Extreme fear of open spaces
   d. Physical symptoms with no known cause
   e. Persistent anxiety-provoking thoughts

11. Vic has unpredictable and repeated attacks of overwhelming anxiety that frequently leave him dizzy, nauseous, short of breath, and in tears. A psychologist is likely to view Vic’s behavior as indicative of
   a. Panic disorder
   b. A psychotic breakdown
   c. A dissociate reaction
   d. A phobia
   e. An obsession

12. In treating a patient for depression, Dr. Pratt focuses on changing the ways in which the patient interprets events. Which type of therapy is Dr. Pratt using?
   a. Cognitive
   b. Self-efficacy
   c. Biomedical
   d. Learning
   e. Psychodynamic
13. An advantage of group therapy over individual therapy is that group therapy
   a. Requires less commitment from the client
   b. Achieves results more quickly
   c. Produces a significantly higher recovery rate
   d. Produces a higher rate of spontaneous remission
   e. Enables clients to realize that their problems are not unique

14. Lithium carbonate has been useful in some instances in the treatment of
   a. Bipolar disorder
   b. Dissociative identity disorder
   c. Autistic disorder
   d. Hypochondriasis
   e. Anorexia nervosa

15. Hallucinations are characteristic of
   a. Fugue
   b. Clinical depression
   c. Panic attacks
   d. Psychotic disorders
   e. Personality disorders

16. An individual diagnosed as having a somatoform disorder would be most likely to show
   a. An irrational fear of social situations
   b. An inability to recall important life events
   c. A biologically unfounded loss of bodily functioning
   d. A complete disregard for social mores
   e. A tendency to engage in ritualistic behavior to avoid illness

17. For several weeks—ever since she did not receive a raise that was given to several colleagues—Enid has lacked energy, has been unable to go to work, and has expected bad things to happen every day. Of the following, she is most likely experiencing
   a. Posttraumatic stress
   b. Mania
   c. Hypochondria
   d. Depression
   e. Fugue

18. Phobic and panic disturbances are examples of which of the following kinds of disorder?
   a. Personality
   b. Schizophrenic
   c. Anxiety
   d. Somatoform
   e. Dissociative

19. Psychotic disorders frequently involve perceptions of nonexistent sensory stimulation, such as voices. Symptoms such as these are called
   a. Delusions
   b. Paraphilias
   c. Hallucinations
   d. Paranormal images
   e. Psychic phenomena
20. One suspected cause of schizophrenia is the abnormal increase of which of the following neurotransmitters in the brain?
   a. Acetylcholine
   b. Somatotropin
   c. Dopamine
   d. Norepinephrine
   e. Serotonin

21. Which of the following personality disorders is characterized by behavior that includes dishonesty, repeated trouble with authority figures, and an absence of remorse for these types of conduct?
   a. Antisocial
   b. Histrionic
   c. Passive-aggressive
   d. Narcissistic
   e. Borderline

22. Contemporary definitions of abnormal behavior typically characterize such behavior as all of the following EXCEPT
   a. Atypical
   b. Maladaptive
   c. Inappropriate
   d. Due to inappropriate child-rearing practices
   e. Disturbing to the individual experiencing them

23. A man who experiences sudden blindness on witnessing the death of his wife is probably suffering from a
   a. Type of paraphilia
   b. Psychosis
   c. Multiple personality disorder
   d. Panic disorder
   e. Conversion disorder

Use the information below to answer questions 24 and 25.

A psychologist describes the following steps to a client, which the client is practicing relaxation techniques, in order to treat the client’s psychological disorder:

1. You are entering a large building.
2. You are pressing a button for an elevator.
3. You are stepping into an elevator.
4. You are watching the doors close after entering the elevator.
5. You are traveling five floors on the elevator.

24. Which of the following categories would most likely represent the diagnosis associated with this set of behaviors?
   a. Mood disorder
   b. Anxiety disorder
   c. Dissociative disorder
   d. Schizophrenic disorder
   e. Somatoform disorder

25. What type of treatment technique is described above?
   a. Aversion therapy
   b. Systematic desensitization
   c. Extinction
   d. Flooding
   e. Punishment