

Name: _____ Date: _____

1. Which of the following is/are NOT a symptom of schizophrenia?
 - A) delusions
 - B) mania
 - C) disorganized speech
 - D) hallucinations

2. _____ phobias involve a fear of such things as snakes, spiders, heights, or blood.
 - A) Social
 - B) Specific
 - C) Objective
 - D) Generalized

3. If an individual is exhibiting behavior that seems odd to other people but is experiencing no real distress or impairment of functioning as a result of the behavior, that person would:
 - A) be considered to have some sort of mental disorder.
 - B) be considered to have a predisposition to a mental disorder.
 - C) not be classified as having a mental disorder according to the standards set by the American Psychiatric Association.
 - D) be classified as having a schizophrenic disorder according to the standards set by the American Psychiatric Association.

4. To say that a syndrome is clinically significant is to say that:
 - A) it has been shown to have a biological cause.
 - B) it is prevalent enough to represent a social problem.
 - C) a clinical psychologist can diagnose accurately which of several possible disorders the syndrome might represent.
 - D) the problem may be serious enough to require professional help.

5. The validity of a diagnostic system, such as the one detailed in *DSM-IV*, could most fairly be judged by how often the categories of disorder that it identifies:
 - A) result in the same diagnosis from two independent clinicians.
 - B) lead to accurate predictions about the future course of those disorders.
 - C) are used in subsequent research.
 - D) are accepted by physicians and medical researchers.

6. When driving, Alex often has the disturbing thought that he is about to be involved in a crash if he continues on his present path. When the thought occurs, he responds by taking “evasive action,” which means a lengthy detour. The repetitive thought is a(n) _____ and the corresponding action is a(n) _____.
- A) phobia; compulsion
 - B) compulsion; obsession
 - C) panic attack; obsession
 - D) obsession; compulsion
7. According to the American Psychiatric Association, which of the following conditions must be met in order for a syndrome to be regarded as evidence of a mental disorder?
- A) clinically significant distress or impairment of functioning
 - B) indications that the source of the syndrome is located within the person and not the immediate environment
 - C) indications that the syndrome is not the result of a voluntary choice
 - D) all of these conditions must be met
8. The precipitating cause of generalized anxiety disorder is thought to be:
- A) an unpredictable traumatic experience in childhood.
 - B) hypervigilance.
 - C) inadequate activity at synapses where dopamine is the neurotransmitter.
 - D) a major life change or disturbing event in adulthood.
9. A common treatment for ADHD is:
- A) lithium.
 - B) methylphenidate.
 - C) somatoform.
 - D) antipsychotic medication.
10. A disturbing thought that intrudes repeatedly on a person's consciousness even though the person recognizes it as irrational is called a(n):
- A) phobia.
 - B) compulsion.
 - C) obsession.
 - D) dissociation.

11. Research shows that the drugs most effective in treating depression act to _____ the activity of _____ in the brain.
- A) decrease; dopamine
 - B) decrease; acetylcholine
 - C) increase; norepinephrine and/or serotonin
 - D) increase; endorphins
12. An important perpetuating and possibly predisposing cause of panic disorder, one that has implications for treatment, is the tendency of sufferers to:
- A) engage in ritualized behaviors in an effort to ward off their fears.
 - B) interpret heightened physiological arousal as the prelude to disaster.
 - C) underreact to normal physiological stimulants such as caffeine and lactic acid injections.
 - D) vividly relive traumatic events.
13. An example of a negative symptom in schizophrenia would be:
- A) lack of normal emotions.
 - B) delusions.
 - C) hallucinations.
 - D) bizarre motor movements.
14. Posttraumatic stress disorder commonly involves all of the following EXCEPT:
- A) the experience of extreme and horrific events such as torture, war, or prolonged abuse.
 - B) frequent and uncontrollable reliving of horrifying events.
 - C) rituals that are carried out routinely to cope with anxiety.
 - D) sleeplessness, guilt, and depression.
15. Flashbacks would most likely occur with a diagnosis of:
- A) Bourne identity.
 - B) catatonic behavior.
 - C) posttraumatic stress disorder.
 - D) self-coding schema.

16. In a study of the causes of depression, researchers recruited over 1,000 women with twin sisters. Among those participants who had not recently experienced a highly stressful life event, the incidence of depression was found to be _____ regardless of the level of genetic predisposition. For those participants who had recently experienced a highly stressful life event, the incidence of depression was found to be _____ to genetic predisposition.
- A) low; weakly related
 - B) low; strongly related
 - C) moderate; unrelated
 - D) high; weakly related
17. Although far from proven, one promising current theory of depression is that the disorder results from:
- A) unusually low levels of norepinephrine and serotonin in the brain.
 - B) motor and sensory areas becoming less active than normal and areas known to inhibit those motor and sensory areas becoming more active.
 - C) excessive activity at brain synapses where dopamine is the neurotransmitter.
 - D) a stress-induced loss of neurons or neural connections in certain parts of the brain.
18. According to the hopelessness theory of depression, depression-prone individuals tend to attribute their negative experiences to causes that are:
- A) unstable and global.
 - B) unstable and specific.
 - C) stable and specific.
 - D) stable and global.
19. The kinds of precipitating experiences most strongly associated with depression are:
- A) demanding situations that stem from positive life decisions, such as going to college.
 - B) losses that mean a permanent change in the nature of the individual's life.
 - C) personal choices that require an adjustment in self-image.
 - D) physical illnesses that deplete energy.
20. The term *schizophrenia* comes from the Greek for “split mind,” which refers to a split among:
- A) personalities.
 - B) parts of the brain.
 - C) mental processes such as attention, thought, memory, emotion, and so on.
 - D) memories for different portions of the affected individual's life.

21. Anorexia nervosa, a disorder characterized by extreme thinness, a preoccupation with body weight, and a refusal to eat, is found:
- A) primarily among young, middle- to upper-class women in Western (or Westernized) cultures, providing evidence of cross-cultural variation in mental disorders.
 - B) in all cultures studied, which casts doubt on the notion of cross-cultural variation in mental disorders.
 - C) almost exclusively among survivors of atrocities, which indicates that the disorder is involuntary.
 - D) almost exclusively among young women in training for athletic competitions or other endeavors demanding thinness, which indicates that the disorder is voluntary.
22. Long-term research in Finland has shown that a disorganized, hard-to-follow, or highly emotional communication pattern in adoptive parents is:
- A) associated with more schizophreniclike thinking in children, regardless of the children's genetic predisposition to the disorder.
 - B) associated with more schizophreniclike thinking only in children at high genetic risk to develop the disorder.
 - C) associated with more schizophreniclike thinking only in children at low genetic risk to develop the disorder.
 - D) not associated with the development of schizophreniclike thinking in children despite the widespread acceptance of this hypothesis.
23. A feeling of helpless terror that strikes at unpredictable times, unrelated to any specific situation or idea, and usually accompanied by high physiological arousal is the primary symptom of:
- A) a phobia.
 - B) panic disorder.
 - C) obsessive-compulsive disorder.
 - D) posttraumatic stress disorder.
24. What type of ADHD is characterized by lack of attention to instructions, failure to concentrate on school tasks, and carelessness in completing assignments?
- A) combined type
 - B) predominantly hyperactive-impulsive type
 - C) predominantly inattentive type
 - D) methylphenidate type

25. A repetitive action, usually performed in response to a disturbing thought that repeatedly intrudes on a person's consciousness is called a(n):
- A) obsession.
 - B) phobia.
 - C) mania.
 - D) compulsion.
26. Which fact calls into question the theory that depression results from a deficit in the neurotransmitters norepinephrine and serotonin?
- A) Drugs that selectively increase the activity of serotonin and norepinephrine have very different clinical effects.
 - B) Antidepressant drugs boost neurotransmitter activity immediately after being taken but must be administered for 2 or more weeks in order to affect mood.
 - C) Norepinephrine and serotonin play no known role in any of the specific behaviors or emotional states commonly involved in depression.
 - D) Drugs that increase norepinephrine and serotonin activity relieve mania but not depression.
27. Mental health professions use the current version of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)* because it provides them a:
- A) guide to accepted treatments for specific mental disorders.
 - B) standardized system for diagnosing mental disorders.
 - C) procedural guide for researching mental disorders.
 - D) all of these things.
28. What is the disorder in which a person experiences a disturbing thought that intrudes repeatedly and then performs a repetitive action in response to the disturbing thought?
- A) schizophrenia
 - B) anxiety disorder
 - C) obsessive-compulsive disorder
 - D) social phobia
29. The prevalence of schizophrenia is _____ and typically strikes earlier in _____.
- A) equivalent for males and females; males
 - B) equivalent for males and females; females
 - C) higher for males than females; males
 - D) higher for females than males; males

30. Which of the following is thought to be a perpetuating cause of panic disorder?
- A) continued exposure to the feared situation
 - B) a tendency to interpret physiological arousal as catastrophic
 - C) an abnormality in the basal ganglia
 - D) a general tendency to think in rigid, pessimistic ways
31. Reliability of a diagnostic system refers to the extent to which:
- A) the categories it includes are clinically meaningful.
 - B) different diagnosticians using the same system arrive at the same conclusion when diagnosing the same people.
 - C) different people diagnosed according to the same system suffer psychologically in similar ways.
 - D) similar causes in different people give rise to the same diagnosed disorder.
32. Finding some symptoms in yourself as you learn about disorders and think you have many disorders when you really don't is referred to as:
- A) medical student's disease.
 - B) reliability.
 - C) validity.
 - D) diagnosis.
33. An intense, irrational fear that is clearly related to a particular category of object or event is called:
- A) anxiety.
 - B) a phobia.
 - C) hypomanic.
 - D) paranoia.
34. An individual experiencing chronic mild to moderate depressive symptoms for over a two-year or longer period would probably be diagnosed as suffering from:
- A) major depression.
 - B) dysthymia.
 - C) double depression.
 - D) bipolar disorder.

35. The sharply increased rate of generalized anxiety in modern Western cultures since the mid-20th century may be attributed to:
- A) a societal obsession with academic performance and job success.
 - B) reduced stability in the typical person's life.
 - C) cultural tendencies to believe that one's outcomes are controlled by factors like fate and chance more than by individual effort.
 - D) the emphasis on individualism that characterizes most Western nations.
36. How have twins and adoptees been helpful in discovering information about mental disorders?
- A) They provide insight to whether or not some disorders are influenced by genes.
 - B) They help by reconfirming results of mental disorders.
 - C) They make it easier to study the brain and neural activities.
 - D) They don't help at all.
37. False beliefs held in the face of compelling evidence to the contrary are called _____ and are among the major symptoms of _____.
- A) delusions; schizophrenia
 - B) hallucinations; schizophrenia
 - C) delusions; dissociative disorders
 - D) hallucinations; mood disorders
38. According to the hopelessness theory, depression is the result of:
- A) unrealistically high self-efficacy.
 - B) unavoidable, prolonged exposure to horrific events.
 - C) consistent attribution of negative experiences to conditions that are pervasive and unlikely to change.
 - D) insufficient release of endorphins in response to stress.
39. Disorders in *DSM-IV* are defined principally in terms of:
- A) causes.
 - B) symptoms.
 - C) prognoses.
 - D) effective treatment.
40. Which of the following is NOT a category of disorders in *DSM-IV*?
- A) homosexual disorders
 - B) personality disorders
 - C) mood disorders
 - D) anxiety disorders

41. Overall, adoption studies suggest that schizophrenia:
- A) runs in families, primarily because of the genetic relatedness of family members.
 - B) runs in families, primarily because of the environmental similarities of family members.
 - C) does not run in families and is therefore due to environmental factors.
 - D) is due to purely psychological factors with no underlying genetic component.
42. Which of the following statements regarding generalized anxiety disorder is TRUE?
- A) Generalized anxiety disorder is the most commonly diagnosed mental disorder.
 - B) Generalized anxiety disorder is a common version of phobia in which the affected individual has generalized from the original stimulus to similar stimuli.
 - C) Frequent, unpredictable traumatic experiences in childhood can predispose a person to generalized anxiety disorder.
 - D) Because the symptoms of generalized anxiety disorder are all in the form of private mental experience, it is rarely diagnosed.
43. In the field of mental disorders, *DSM* refers to:
- A) a neurotransmitter system thought to underlie depression.
 - B) a type of scan for brain areas involved in mental disorders.
 - C) a standardized system for labeling and diagnosing mental disorders.
 - D) the genetic condition that predisposes some individuals to schizophrenia.
44. Negative thinking is a cognitive variable that has been found to be associated with:
- A) somatization disorder.
 - B) specific phobias.
 - C) depression.
 - D) schizophrenia.
45. The major goal of *DSM-III* was to increase the manual's diagnostic reliability by:
- A) defining mental disorders in terms of objective, observable symptoms rather than supposed causes.
 - B) identifying mental disorders primarily by their causes and only secondarily by their symptoms.
 - C) refining the diagnostic categories of “neuroses” and “psychoses.”
 - D) expanding the number of diagnostic categories to accommodate mental disorders not previously included.

46. Jane takes a class where she learns about schizophrenia, and comes to the conclusion that she may have it. What is this phenomenon called?
- A) autism
 - B) medical student's disease
 - C) conversion disorder
 - D) antisocial personality disorder
47. Which of the following is NOT a criterion that a syndrome must meet in order to be deemed evidence of a mental disorder by the American Psychiatric Association?
- A) constitutes a clinically significant detriment
 - B) has an internal cause
 - C) has a known biological cause
 - D) be involuntary
48. Posttraumatic stress disorder differs from other anxiety disorders in that it:
- A) strikes only children.
 - B) is directly and explicitly tied to a very stressful incident or set of incidents in the person's experience.
 - C) is the only anxiety disorder that is not associated with some physiological manifestation.
 - D) involves no hereditary predisposition.
49. The most common compulsions experienced by people with obsessive-compulsive disorders are:
- A) acting to prevent disease, disfigurement, and death.
 - B) acting to prevent financial gain or loss and sexuality.
 - C) talking and eating.
 - D) cleaning and checking.
50. Research suggests that schizophrenia is associated with:
- A) an unusually high susceptibility to hypnosis.
 - B) a breakdown in defenses against anxiety.
 - C) poor sustained attention.
 - D) learned, pessimistic patterns of thinking.

51. Mr. Tanaka has been diagnosed with the syndrome known as *taijin kyofusho*. This disorder, which is diagnosed in men more than woman, and most commonly in Japan, involves:
- A) an incapacitating fear of close quarters and high places in conjunction with an almost uncontrollable urge to jump or thrash out.
 - B) an incapacitating fear of offending or harming others through one's own awkward social behavior or imagined physical defect.
 - C) such behaviors as fidgeting, leaving one's seat without permission, and talking excessively.
 - D) an incapacitating fear of any association with other people.
52. What percentage of people in Western society suffer from a phobia sometime in their life?
- A) 20–25 percent
 - B) 7–13 percent
 - C) 3–6 percent
 - D) 14–19 percent
53. John has been diagnosed with schizophrenia A. He stares at the same painting for hours on end without moving. A clinician would most likely describe John's behavior as:
- A) disorganization relativity.
 - B) catatonic stupor.
 - C) sensory adaptation.
 - D) neuronal shutdown.
54. In anxiety disorders, when the problematic stimulus is very specific, the symptom is generally referred to as _____; when it is vague or not identifiable, the term _____ is generally used.
- A) fear; anxiety
 - B) anxiety; generalized anxiety
 - C) fear; phobia
 - D) phobia; anxiety
55. Which statement would the American Psychiatric Association prefer a clinician to say?
- A) All would be equally acceptable.
 - B) This patient is an alcoholic.
 - C) This patient is schizophrenic.
 - D) This patient suffers from schizophrenia.

56. Which of the following does NOT accurately describe a difference between depression and generalized anxiety?
- A) Anxiety is more likely than depression to be accompanied by physiological arousal.
 - B) Depression is more likely than anxiety to be accompanied by hypervigilance.
 - C) Depression is more likely than anxiety to involve giving up.
 - D) Anxiety is associated with worry about the future whereas depression is associated with despair about the future.
57. A constellation of interrelated symptoms manifested by a given individual is referred to as a:
- A) syndrome.
 - B) disorder.
 - C) diagnosis.
 - D) prognosis.
58. A system for diagnosing mental disorders should be reliable; in other words, it should:
- A) remain constant so that a diagnosis made in the 1950s is meaningful in the 1990s.
 - B) permit different diagnosticians, given appropriate training, to reach the same conclusion when independently diagnosing a given individual.
 - C) predict the future course of the disorder.
 - D) prescribe appropriate treatment.
59. Research suggests two predisposing causes of generalized anxiety disorder, namely:
- A) genetics and frequent, unpredictable traumatic childhood experiences.
 - B) major life changes or disturbing events in adulthood and hypervigilance.
 - C) genetics and major life changes in adulthood.
 - D) traumatic childhood experiences and major life changes or disturbing events in adulthood.
60. Obsessive-compulsive disorder is _____ a phobia in that it involves a specific irrational fear; it is _____ a phobia because the fear is of something that exists only as a thought and can be reduced only by performing some ritual.
- A) similar to; similar to
 - B) different from; different from
 - C) different from; similar to
 - D) similar to; different from
61. If you are a person who is terrified of being in public places, you probably suffer from:
- A) obsessive-compulsive disorder.
 - B) generalized anxiety disorder.
 - C) posttraumatic stress disorder.
 - D) agoraphobia.

Answer Key - Mental Disorders

1. B
2. B
3. C
4. D
5. B
6. D
7. D
8. D
9. B
10. C
11. C
12. B
13. A
14. C
15. C
16. B
17. D
18. D
19. B
20. C
21. A
22. B
23. B
24. C
25. D
26. B
27. B
28. C
29. C
30. B
31. B
32. A
33. B
34. B
35. B
36. A
37. A
38. C
39. B
40. A
41. A
42. C
43. C
44. C
45. A
46. B
47. C
48. B
49. D
50. C
51. B
52. B

- 53. B
- 54. A
- 55. D
- 56. B
- 57. A
- 58. B
- 59. A
- 60. D
- 61. D