

Psychology 310
Examination #1
Sample Exam Questions

California State University – Northridge

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The following questions are similar in structure and content to actual questions on the first examination of the spring session.

1. Which of the following is one of the criteria for defining abnormality according to the text?

- a. personal distress
- b. culturally acceptable behavior
- c. deviation from the psychological
- d. deviation from correlation

Answer: a Obj: 1.2 Type: Knowledge

2. Which of the following statements best summarizes the results of Lauren Slater's recent attempt to replicate Rosenhan's "pseudopatient" study?

- a. In every instance she was denied admission.
- b. Like Rosenhan's pseudopatients, she was diagnosed and admitted.
- c. All of the private hospitals she visited admitted her.
- d. Only three of the hospitals admitted her with a diagnosis of depression with psychotic symptoms.

Answer: a Obj.: 1.3 Type: Knowledge

3. Wendy's doctor feels that her genetic predisposition and the strain in her social relationships coupled with the recent death of her mother are factors that have interacted to produce a psychological breakdown. The doctor's explanation can be best described as

- a. Freudian.
- b. psychological.
- c. sociocultural.
- d. biopsychosocial.

Answer: d Obj.: 1.5 Type: Conceptual

4. Which type of explanation of psychological disorders regards abnormal behavior as the product of possession by evil or demonic spirits?

- a. mystical
- b. scientific
- c. humanitarian
- d. psychological

Answer: a Obj.: 2.0 Type: Knowledge

5. The ritual of driving away evil spirits which originated in ancient times is referred to as

- a. lycanthropy.
- b. exorcism.
- c. trephining.
- d. mesmerism.

Answer: b Obj.: 2.1 Type: Knowledge

6. Which of the following individuals revolutionized thinking about mental and physical disorders and maintained Hippocrates' ideas regarding humors?

- a. Aesclepiades
- b. Socrates
- c. Galen
- d. Mesmer

Answer: c Obj.: 2.2 Type: Knowledge

7. The psychoanalytic model had its origins in the hypnotic techniques developed by

- a. Anton Mesmer.
- b. Josef Breuer.
- c. Sigmund Freud.
- d. Emil Kraepelin.

Answer: a Obj.: 2.6 Type: Knowledge

8. Dr. Allen's approach to therapy relies heavily on the concepts of the unconscious mind, dream analysis, and free association. Dr. Allen would be considered to be a

- a. hypnotist.
- b. psychiatrist.
- c. logotherapist.
- d. psychoanalyst.

Answer: d Obj.: 2.6 Type: Conceptual

9. At any given time, 49% of the population is suffering from some form of mental illness. This number reflects the _____ of mental illness.

- a. probability
- b. incidence
- c. prevalence
- d. prognosis

Answer: c Obj.: 3.4 Type: Conceptual

10. An intensive study of a single person described in detail is a

- a. case study.
- b. multiple baseline experiment.
- c. correlational study.
- d. single-subject design.

Answer: a Obj.: 3.5 Type: Knowledge

11. The number of people who have had a disorder at a given time or over a specified period is referred to as

- a. prevalence.
- b. incidence.
- c. probability.
- d. co-occurrence.

Answer: a Obj.: 3.4 Type: Knowledge

12. An association between two variables is called a(n)

- a. case study.
- b. correlation.
- c. analogue experiment.
- d. experiment.

Answer: b Obj.: 3.3 Type: Knowledge

13. The agreement ratio between people diagnosed as having a disorder and their relatives is defined as the _____ rate.

- a. concordance
- b. correlation
- c. incidence
- d. prevalence

Answer: a Obj.: 3.8 Type: Knowledge

14. Which of the following expressions best reflects respect for the individual?

- a. psychotic patient
- b. schizophrenic client
- c. psychopathic deviate
- d. person with schizophrenia

Answer: d Obj.: 1.1 Type: Knowledge

15. John has been diagnosed as having Tourette's syndrome and conduct disorder. Tourette's syndrome and conduct disorder in this case are referred to as _____ disorders.

- a. clinically significant
- b. categorical
- c. comorbid
- d. polymorphous

Answer: c Obj.: 1.2 Type: Conceptual

16. Which of the following is NOT a component of the definition of a mental disorder included in *DSM-IV-TR*?

- a. The disorder is reflected in a behavioral or psychological syndrome.
- b. The disorder is associated with present distress.
- c. The disorder is an expectable and culturally sanctioned response.
- d. The disorder is associated with impairment in life.

Answer: c Obj.: 2.2 Type: Knowledge

17. Which model does *DSM-IV-TR* adhere to?

- a. the psychanalytic model
- b. the behavioral model
- c. the mystical model
- d. the medical model

Answer: d Obj.: 2.3 Type: Knowledge

18. Jack believes he is Jesus Christ and that he can walk on water. He claims he hears God talking to him every morning at 3:00 a.m. In general terms, Jack seems to be suffering from a

- a. neurosis.
- b. psychosis.
- c. personality disorder.
- d. prognosis.

Answer: b Obj.: 2.3 Type: Applied

19. Axis II of the *DSM-IV-TR* is used for

- a. clinical disorders.
- b. personality disorders and mental retardation.
- c. organic brain disorders.
- d. substance abuse disorders.

Answer: b Obj.: 2.4 Type: Knowledge

20. Which of the following is one of the skills that a clinician develops that will provide insight into the nature of the client's problems?

- a. the ability to interpret the results of physiological assessments
- b. the ability to determine a client's underlying motives for seeking treatment
- c. the ability to determine whether or not a client is lying
- d. the ability to scan the client-clinician interaction for cues

Answer: d Obj.: 5.1 Type: Knowledge

21. James is a person with schizophrenia and has delusions that the CIA is after him. He believes that everyone on the street is trying to kill him and, as a matter of fact, he has been brought to a psychologist by the police after being arrested for assaulting an elderly woman on the street whom he claimed was trying to kill him. Assuming that testing reveals that he truly is psychotic and not faking, where would a psychologist recommend he be sent?

- a. a CMHC
 - b. a day treatment program
 - c. a halfway house
 - d. a psychiatric hospital
- Answer: d Obj.: 4.2 Type: Applied

22. The evaluation of a client in terms of the psychological, physical, and social factors that have the most influence on the individual's functioning is

- a. assessment.
- b. diagnosis.
- c. quantification.
- d. assimilation.

Answer: a Obj.: 1.1 Type: Knowledge

23. Dr. Thomas is trying to determine Ralph's reason for seeking treatment by asking him a series of loosely structured, open-ended questions. What type of assessment technique is Dr. Thomas employing?

- a. a self-report interview
- b. a diagnostic questionnaire
- c. a standardized interview
- d. an unstructured interview

Answer: d Obj.: 2.1 Type: Applied

24. The procedure in which a clinician assesses a client's current functioning in a variety of areas is called a(n)

- a. interpretive test.
- b. analytic assessment.
- c. structured questionnaire.
- d. mental status examination.

Answer: d Obj.: 3.0 Type: Knowledge

25. **Michelle reports that she washes her hands at least 86 times a day. This repetitive behavior pattern is brought on by touching money, and Michelle, unfortunately, is a bank teller. Michelle's hand-washing behavior would be described as**
- a. obsessive.
 - b. compulsive.
 - c. delusional.
 - d. catatonic.

Answer: b Obj.: 3.1 Type: Applied

26. **Ron is continually troubled by repetitive thoughts relating to the notion that his mother died because of something he did. He finds it impossible to drive these thoughts out of his head. These thoughts are called**
- a. delusions.
 - b. hallucinations.
 - c. compulsions.
 - d. obsessions.

Answer: d Obj.: 3.3 Type: Applied

27. **The fabrication of facts or events in order to fill in missing details from one's memory is**
- a. falsification.
 - b. confabulation.
 - c. echolalia.
 - d. perseveration.

Answer: b Obj.: 3.4 Type: Knowledge

28. **"I went out to dinner with a real winner who turned out to be a sinner since he told me I should be thinner." This is an example of**
- a. neologizing.
 - b. echolalia.
 - c. clanging.
 - d. tangentiality.

Answer: c Obj.: 3.4 Type: Applied

29. **A good psychological test is one that follows standardized procedures for scoring and**
- a. diagnosis.
 - b. classification.
 - c. organization.
 - d. administration.

Answer: d Obj.: 4.1 Type: Knowledge

30. **Dr. Schwartz is requesting that his client keep a tally of the number of times per hour he says negative things to his wife. Which assessment technique is Dr. Schwartz employing?**

- a. behavioral interviewing
 - b. self-actualization keying
 - c. self-monitoring
 - d. behavioral observation
- Answer: c Obj.: 5.1 Type: Applied

31. Why are theories important to the understanding of abnormal behavior?

- a. Theories are critical for proper diagnosis and assessment of psychological conditions.
- b. The majority of *DSM-IV* is based on concepts implicit in psychodynamic theory.
- c. Theories offer perspectives on the possible causes of abnormal psychological functioning.
- d. Theories are crucial for adequate placement of individuals suffering from psychological conditions.

Answer: c Obj.: 1.1 Type: Knowledge

32. The psychodynamic perspective is the theoretical orientation that emphasizes the _____ determinants of behavior.

- a. biological
- b. learned
- c. unconscious
- d. cognitive

Answer: c Obj.: 2.1 Type: Knowledge

33. In referring to the scenario in which a girl becomes sexually attracted to her father, Freud uses the term

- a. Electra complex.
- b. Oedipal complex.
- c. Narcissus conflict.
- d. penis envy.

Answer: a Obj.: 2.1 Type: Knowledge

34. Which theorists, who emphasized the appreciation of each moment as it takes place, heavily influenced the humanistic theorists?

- a. psychoanalytic
- b. cognitive
- c. behavioral
- d. existential

Answer: d Obj.: 3.0 Type: Knowledge

- 35. Although Karen is an extremely competent and effective administrator who gets along well with her subordinates and is well liked, she still feels as though she is not doing a good job. In Rogers' terms Karen is in a state of**
- a. congruence.
 - b. alienation.
 - c. conflict.
 - d. incongruence.

Answer: d Obj.: 3.1 Type: Applied

- 36. "I get so mad at my wife for bothering me while I try to get my office work done at home." Which of the following statements represents, in Rogers' terms, a reflection of the previous comment?**

- a. "You really don't mean that; after all you married her so you can't be angry with her."
- b. "It really must anger you when she interrupts."
- c. "You must have some unconscious hostility toward your mother."
- d. "Your work frustrates you."

Answer: b Obj.: 3.3 Type: Conceptual

- 37. Ideally, in family therapy sessions the therapist meets with**

- a. the identified patient.
- b. the parents.
- c. the siblings.
- d. the entire family.

Answer: d Obj.: 4.5 Type: Knowledge

- 38. One day after eating ranch dressing that was mixed with tainted mayonnaise, you become violently ill. The next time you taste a fresh batch of dressing, you start to feel queasy. The taste of the dressing is a(n)**

- a. unconditioned stimulus.
- b. unconditioned response.
- c. conditioned response.
- d. conditioned stimulus.

Answer: d Obj.: 5.1 Type: Applied

- 39. According to Aaron Beck, a set of personal rules or values people hold that, by definition, interfere with adequate adjustment are referred to as**

- a. automatic thoughts.
- b. a personal construct.
- c. irrational beliefs.
- d. a dysfunctional attitude.

Answer: d Obj.: 5.4 Type: Knowledge

- 40. Where specifically does the transmission of information throughout the nervous system take place?**

- a. at the cell body
- b. at the axon
- c. in the cell nucleus
- d. at the synapse

Answer: d Obj.: 6.1 Type: Knowledge

41. The application of electrical shock to the head to induce therapeutically effective seizures is called

- a. hypnosis.
- b. insulin shock therapy.
- c. psychosurgery.
- d. electroconvulsive therapy.

Answer: d Obj.: 6.5 Type: Knowledge