

**Psychology 310
Examination #2
Sample Exam Questions**

California State University – Northridge

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Gary S. Katz, Ph.D.

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

1. In the treatment of PTSD, it may be useful to administer medication to control which of the following?
 - A. the client's impulsivity
 - B. the client's appetite disturbance
 - C. the client's high level of sociability
 - D. the client's anxiety, depression or nightmares

2. The first step in the two-factor model of conditioning proposed by behavioral theorists which accounts for individuals' reactions to traumas involves _____; the second step involves _____.
 - A. operant conditioning; modeling
 - B. classical conditioning; avoidance learning
 - C. positive reinforcement; aversive conditioning
 - D. avoidance learning; modeling

3. In Dr. Tobin's case report on Barbara Wilder, it was noted that initially Barbara's panic attack started in particular situations but later they were triggered by any situation outside her apartment. According to a behavioral theorist, her most recent panic attacks could be explained by the phenomenon of
 - A. response blocking.
 - B. extinction.
 - C. spontaneous recovery.
 - D. stimulus generalization.

4. Individuals who suffer from panic disorder often develop
 - A. claustrophobia.
 - B. generalized anxiety disorder.
 - C. hemophobia.
 - D. agoraphobia.

5. Shelly experiences intense periods of fear and physical discomfort that interfere with her daily living. Shelly may have a(n)
 - A. somatoform disorder.
 - B. anxiety disorder.
 - C. dissociative disorder.
 - D. mood disorder.

6. According to current research on panic disorder, the predisposition to overreact to the threat of being deprived of oxygen may be due to
 - A. genetic factors.
 - B. observational learning.
 - C. classical conditioning.
 - D. faulty cognition.

7. The abuse experienced by clients with dissociative identity disorder sometimes results in dysfunctional attitudes. Which of the following perspectives utilizes methods that may be helpful in changing these attitudes?
- A. psychoanalytic
 - B. humanistic
 - C. cognitive-behavioral
 - D. sociocultural
8. According to Kluft, the classic host personality in individuals who suffer from dissociative identity disorder
- A. expresses forbidden impulses.
 - B. demonstrates child-like tendencies.
 - C. is compulsively good and moralistic.
 - D. expresses anger over past experiences of abuse.
9. The sleep disorder in which the individual repeatedly has the upsetting experience of waking up suddenly and in a panic from a sound sleep is referred to as
- A. sleep terror disorder.
 - B. nightmare disorder.
 - C. sleepwalking disorder.
 - D. nocturnal panic disorder.
10. A dissociative condition in which the individual enters an altered state of consciousness or awareness is called
- A. depersonalization.
 - B. amnesia.
 - C. fugue.
 - D. deindividuation.
11. A client persistently views the mild headaches he occasionally gets as an indication he has a brain tumor. Magnetic resonance images provide no evidence in support of his claim, yet he still insists that he has a tumor. This individual may be suffering from
- A. conversion disorder.
 - B. somatoform pain disorder.
 - C. somatization disorder.
 - D. hypochondriasis.
12. The fabrication of physical symptoms for the purpose of gaining material rewards or money is referred to as
- A. malingering.
 - B. somaticizing.
 - C. masking.
 - D. catastrophizing.
13. The most effective treatment of exhibitionism is based on
- A. analytic principles.
 - B. cognitive therapy.
 - C. learning principles.
 - D. sociobiological theory.

14. Craig enjoys riding on crowded subway cars and brushing up against or bumping into female passengers. What is the name of Craig's paraphilia?
- A. pedophilia
 - B. transvestic fetishism
 - C. sexual masochism
 - D. frotteurism
15. Researchers who study the possible causes of gender identity disorder have noted that many girls who exhibit "tomboyish" behavior were exposed to _____ during fetal development.
- A. estrogen
 - B. adrenaline
 - C. cocaine
 - D. androgen like substances
16. According to the textbook, why must caution be used in interpreting the results of studies reporting high success rates in treating sexual dysfunctions?
- A. because many of the subject samples in the outcome studies may be biased
 - B. because diagnosis of dysfunctions is extremely inconsistent
 - C. because the follow-ups of specific cases are too long-term
 - D. because many dysfunctions clear up by themselves if untreated
17. In which paraphilia does the person have intense sexual urges and arousing fantasies involving the exposure of genitals to a stranger?
- A. voyeurism
 - B. fetishism
 - C. pedophilia
 - D. exhibitionism
18. Approximately two-thirds of all victims of child sexual abuse are _____ and the vast majority of perpetrators are _____.
- A. girls; women
 - B. boys; men
 - C. boys; women
 - D. girls; men
19. Joe has a mood disorder in which he experiences alternating episodes of severe depression and mild bouts of mania. Which of the following diagnoses would best describe Joe's condition?
- A. bipolar I disorder
 - B. bipolar II disorder
 - C. manic depression
 - D. cyclothymic disorder
20. Andrea, a depressed client, was instructed by her therapist to attend a retirement party she was invited to. Prior to going, he asked her to try to estimate how much fun she would have at the party. Andrea's therapist is having her conduct a(n)
- A. graded task assignment.
 - B. *in vivo* exposure.
 - C. pleasure prediction experiment.
 - D. self-monitoring task.

21. Which of the following facts from the case of Kay Redfield Jamison would be of most interest to a behavior geneticist? The fact that her
- A. family moved a lot when she was a child.
 - B. first bout with a mood episode occurred when she was a teenager.
 - C. aunt was diagnosed with schizophrenia.
 - D. father suffered from severe depressive episodes.
22. A therapist is treating Scott's depression using an approach which focuses on the present and whose guidelines have been established through research data. Scott's therapist is most likely to have a(n) _____ orientation.
- A. psychoanalytic
 - B. humanistic
 - C. interpersonal
 - D. intergenerational
23. Although Katy is on medication to control her bipolar disorder, her psychiatrist is still concerned that she may have another manic episode in the weeks to come. Katy's doctor is worried about the phenomenon known as
- A. directing.
 - B. kindling.
 - C. snow-balling.
 - D. spontaneous recovery.
24. Bipolar disorder was formerly referred to as
- A. cyclothymic disorder.
 - B. manic-depression.
 - C. euphoric-dysphoric disorder.
 - D. affective psychosis.