

Student: _____

1. What does the term psychopathology refer to?
 - A. Mental or emotional pain related to a psychological and mental disorder
 - B. Mental or emotional pain related to a psychological and physical disease
 - C. Mental or emotional pain related to a psychological and mental disease
 - D. Mental or emotional pain related to a psychological and physical disorder
2. Margaret is a 27 year-old soccer mom who never misses her daughter's games. Her friends argue that her behaviour is embarrassing and she is making a fool of herself when she repeatedly yells and jumps to her feet. Margaret insists that no one is paying attention to her behaviour. Margaret states, "It's a soccer game and people are expected to get excited." Which of the following should determine whether Margaret's behaviour is abnormal?
 - A. Margaret's behaviour should be based on the geographical location
 - B. Margaret's behaviour should be based on the gender differences
 - C. Margaret's behaviour should be based on the context in which it is performed
 - D. Margaret's behaviour should be based on individual differences
3. Which perspective judges abnormal behaviour solely on social and cultural norms?
 - A. Contextual perspective
 - B. Unusualness perspective
 - C. Gender role perspective
 - D. Cultural relativism perspective
4. Which perspective defines abnormal behaviour according to whether the behaviour violates a culture's gender roles?
 - A. Unusualness relativism
 - B. Cultural relativism
 - C. Contextual relativism
 - D. Gender relativism or cultural relativism
5. Which of the following is not considered a criterion for labelling abnormal behaviours?
 - A. Unusualness
 - B. Disturbed
 - C. Maladaptiveness
 - D. Discomfort
6. Which of the following arguments would be made by a cultural relativist?
 - A. Behaviours must be universally accepted to be considered normal
 - B. Behaviours performed contextually are not important in judging behaviours
 - C. Gender roles and expectations are not important for assessing abnormal behaviours
 - D. No universal standard or rules exist for labelling abnormal behaviours
7. According to the text, bereavement practices are representative of which of the following standards?
 - A. The discomfort standard
 - B. The gender relativism standard
 - C. The cultural relativism standard
 - D. The mental illness standard

8. Slaves who tried to escape bondage could be diagnosed with drapetomania. Drapetomania caused slaves to do which of the following?
 - A. To misunderstand their roles
 - B. To desire freedom from their masters
 - C. To refuse to work in the fields
 - D. To revolt against their masters
9. What kind of behaviours does the unusualness standard refer to?
 - A. Behaviours that violate social norms
 - B. Behaviours that seem unusual or strange within that particular society
 - C. Behaviours that cause the individual severe distress
 - D. Behaviours that cause others discomfort
10. Alma has recently been experiencing difficulty falling sleep, lack of pleasure in her usual activities, and other symptoms that suggest she may be depressed. A _____ approach could include labeling her with a disorder, and a _____ approach could include identifying her degree of depression relative to other people.
 - A. diathesis; stress
 - B. stigmatizing; categorical
 - C. categorical; dimensional
 - D. maladaptiveness; dysfunction
11. In the film, "Willie Wonka and the Chocolate Factory", Wonka is rarely seen outside his chocolate factory. The factory has secret rooms, wild and crazy colour schemes, and oompa loompas who make the candy and odd inventions. In one scene, Wonka throws a shoe into the recipe to "give the chocolate a kick." Wonka's behaviour is an example of which criterion?
 - A. Mental illness criterion
 - B. Unusualness criterion
 - C. Discomfort criterion
 - D. Maladaptiveness criterion
12. According to studies on eccentrics, approximately how many people exhibit true eccentric behaviours?
 - A. 1 in 100 people
 - B. 1 in 1000 people
 - C. 1 in 10,000 people
 - D. 1 in 100,000 people
13. Which of the following is true?
 - A. Eccentrics are rare and their behaviours generally bring joy to themselves and others
 - B. In the unusualness criterion, abnormal behaviours are presented the same across the general population
 - C. Eccentrics are generally shy therefore hardly noticeable
 - D. Cultural relativism has no connection to the unusualness criterion
14. Which of the following is true concerning the discomfort criterion?
 - A. The individual has no desire to be rid of the disruptive behaviour
 - B. The behaviour must violate societal norms
 - C. The individual must suffer as a result of the behaviour
 - D. The behaviour must also meet the unusualness criteria
15. The removal of homosexuality as a psychological disorder was due to which of the following factors?
 - A. The American Psychiatric Association conducted research on society's attitudes toward gay and lesbian relationships
 - B. The gay and lesbian community denied that their sexual orientation caused them discomfort
 - C. Psychiatrists and psychologists began viewing gay and lesbian relationships in a religious way
 - D. Gay and lesbian relationships became more accepted by diverse groups

16. Why might a therapist discard the discomfort criteria?
- A. The criteria suggests that the individual wants to rid him/herself of the disruptive behaviour
 - B. Many people experience discomfort when they are under distress and the discomfort criteria provides an avenue for labelling people mentally ill
 - C. The subjective discomfort criteria focuses on the discomfort of others rather than the individual who is experiencing the discomfort
 - D. People may not be aware that their behaviours are creating a problem and may not seek help
17. Which DSM system will have a relatively greater emphasis on dimensional models of psychopathology?
- A. DSM-IV
 - B. DSM-IV-TR
 - C. DSM-V
 - D. DSM-V-TR
18. Which of the following is true of the mental illness criterion?
- A. It implies that specific behaviours or symptoms result from an identifiable process that is different from "health."
 - B. It suggests that culture is important to assessing abnormal behaviours
 - C. It maintains that people suffer distress because of disruptive behaviours
 - D. It holds that a biological test is necessary to determine the disruptive behaviours
19. Jeffery is an accountant who has been experiencing periods of sleeplessness, loss of appetite, sadness, and irritability. He reported that he never has the energy or desire to do the things he normally does. An individual applying the mental illness criteria would do which of the following?
- A. Assume that Jeffery's problem is psychological and refer him to a mental health professional
 - B. Assume that Jeffery's symptoms are the result of severe distress and offer him relaxation techniques
 - C. Attempt to determine what was healthy for Jeffery and order tests to determine the physical causes that lead to the behaviours
 - D. Attempt to determine whether Jeffrey was misrepresenting the specific behaviours by offering a psychological evaluation
20. The majority of mental health professionals adhere to which criterion for labelling abnormal behaviours?
- A. Maladaptive criterion
 - B. Cultural relativism criterion
 - C. Discomfort criterion
 - D. Mental illness criterion
21. Which of the following is not a component of the maladaptiveness criterion?
- A. Deviance
 - B. Distress
 - C. Dysfunction
 - D. Disturbance
22. Psychologists who apply the maladaptiveness criteria to abnormal behaviour would do all of the following, except:
- A. View the behaviour in the context of societal norms
 - B. Reject the idea that culture and gender influence the behaviour
 - C. Assess the individual's daily occupational and social functioning
 - D. Keep in mind the subjectivity of the criteria
23. Historically, abnormal behaviours have been defined by which of the following theories?
- A. Biological, religious, and psychological
 - B. Biological, psychological, and sociological
 - C. Biological, sociological, and supernatural
 - D. Biological, supernatural, and psychological

24. Which of the following is true of biological theories?
- A. They are similar to the mental illness criterion that argues there is a clear, identifiable physical process that differs from "health," and leads to specific behaviours or symptoms
 - B. They maintain that no relationship exists between the biological and psychological factors of abnormal behaviours
 - C. They are similar to a physical disease perspective and suggest that the abnormal behaviours are the result of poor health
 - D. They suggest that the causality of abnormal behaviours lies in both biological and psychological research
25. Which type of religious ritual was not used to rid an individual of a mental disorder?
- A. Exorcisms
 - B. Confessions
 - C. Atonement
 - D. Feet cleansing
26. Earlier psychological theories saw abnormal behaviour as the result of which of the following?
- A. Chemical imbalances
 - B. Trauma
 - C. Anxiety
 - D. Brain dysfunction
27. Which of the following is improperly paired?
- A. Psychological theories/trauma
 - B. Biological theories/trauma
 - C. Supernatural theories/divine intervention
 - D. Biological theories/physical diseases
28. Katina believes that evil spirits have possessed her body. She claims that the spirits often give her commands that go against her religious beliefs and moral values. Katina will most likely consult which of the following professionals about her concerns?
- A. Psychologist
 - B. Psychiatrist
 - C. Medical physician
 - D. Religious leader
29. Which of the following terms refers to drilling circular holes in the skull to free evil spirits?
- A. Trephination
 - B. Exorcism
 - C. Atonement
 - D. Blood letting
30. According to Chinese medicine, excited insanity refers to which of the following?
- A. The presence of a negative energy
 - B. The presence of a positive energy
 - C. The presence of a negative force
 - D. The presence of a positive force
31. Where did the concepts of Yin and Yang (positive and negative forces) originate?
- A. Ancient China
 - B. Ancient Greek
 - C. Ancient Egypt
 - D. Ancient Rome

32. Xia has been feeling sad and lonely over the last several days. How would the ancient Chinese medical philosophy account for Xia's mood?
- A. It is due to "vital air" hitting a specific part of her body
 - B. It is due to the lack of a positive force
 - C. It is due to an imbalance in her yin and yang
 - D. It is due to evil spirits
33. Ancient Egyptian literature indicates that abnormality is rooted in which of the following theories?
- A. Supernatural theories
 - B. Biological theories
 - C. Psychological theories
 - D. Cultural theories
34. Which of the following did Ancient Greeks and Egyptians believe about a woman's uterus?
- A. It could dislodge and wander inside the womb, resulting in psychological abnormalities
 - B. It contained mystically powers that caused the uterus to dislodge and create physiological symptoms that lead to psychological distress
 - C. It made women inferior to men because only women suffered from emotional pain
 - D. It dislodged during a specific period and returned to its original position when the psychological symptoms were absent
35. The field of Positive Psychology may be understood as
- A. an effort towards positive thinking
 - B. an effort to strengthen diagnostic categorization
 - C. the study of ways people and societies create healthy environments
 - D. the study of thinking in a manner that supports the change one wants to see in the world
36. Which of the following methods was used by Old Testament Hebrews to obtain relief from madness?
- A. Contacting witches and seers to cast a spell
 - B. Confessing and repenting of their sins before God
 - C. Relying on physician and healer to remove the symptoms
 - D. Performing self-mutilating behaviours to release the evil spirits
37. Unlike Greek and Roman philosophers, Greek physicians attributed abnormality to which of the following?
- A. Affliction from the gods
 - B. Divine intervention
 - C. Literary and prophetic gifts
 - D. Bodily humours
38. Which ancient Greek was the first to describe what psychologist now call agoraphobia?
- A. Homer
 - B. Aretaeus
 - C. Plato
 - D. Socrates
39. Hippocrates attributed abnormality to four basic humours: blood, phlegm, yellow bile and black bile. These beliefs led to which of the following treatment(s)?
- A. Induced vomiting and fasting
 - B. Stoning and ostracizing the individual
 - C. Cutting and allowing the blood flow freely
 - D. Spiritual exorcism by the temple priests
40. Which of the following ancient Greeks believed that helping the individual think more rationally would be beneficial to the patient?
- A. Aristotle
 - B. Plato
 - C. Socrates
 - D. Homer

41. Which of the following was true of individuals considered mad during ancient times?
- A The government provided a stable environment for individuals who were considered mad and claimed . full responsibility for their well-being
 - B. Individuals who were considered mad were viewed as being helpless and most people took pity on them
 - C. Homeless individuals who were considered mad were bound and chained for the public's safety
 - D Individuals who were considered mad had no protection under the law and the government and family . members could seize the belongings
42. Which of the following best describes Plato's approach to abnormality?
- A. Biological
 - B. Supernatural
 - C. Psychological
 - D. Sociocultural
43. Which of the following statements regarding witches is false?
- A Psychiatric historians have argued that those who claimed to be witches were probably mentally ill, . because they reported experiencing delusions and hallucinations
 - B Women who claimed to be witches were often older, unmarried, and poor and used the declaration of . being a witch to extort money from their neighbours
 - C. Witchcraft and madness were synonymous and little or no distinction was made in cultures that believed in the existence of witches
 - DDuring the medieval period the cultural beliefs allowed for individuals to believe that they were witches . without being accused of suffering from abnormal behaviours
44. Self-hypnosis was used as a potential explanation for which of the following observations?
- A. "Witch prickers" ability to inflict pain on the accused witch without feeling remorse
 - B. Accused witches' physical insensitivity to the pain inflicted by professional "witch prickers"
 - C. Transference of pain from the accused witch to the "witch pricker"
 - D. Mystical illusion of feeling no pain during a painful experience
45. This approach is more interested in increasing happiness than treating abnormality.
- A. Clinical psychology
 - B. Social work
 - C. Positive psychology
 - D. Social psychology
46. Which of the following terms refers to a large number of people engaging in unusual behaviours where the origin appears to be psychological?
- A. Psychic catastrophe
 - B. Psychic epidemic
 - C. Psychic projection
 - D. Psychic illusion
47. The research findings of positive psychology are intended to _____ psychopathology research findings.
- A. supplement
 - B. replace
 - C. discredit
 - D. both B and C.
48. Religious services that included dance frenzies generally appealed to people who were suffering from economic and social deprivation and alienation. Which of the following were true of dance frenzy gatherings?
- A. They provided an emotional outlet for individuals who performed these behaviours
 - B. They helped to restore hope in the government and the Church
 - C. They were a nuisance to non-believers and threatened their safety
 - D. The drove the participants to the edge of madness

49. Which of the following best describes a tarantism?
- A. A psychic epidemic in which people perform a spiritual dance to honour the tarantulas as supreme creatures
 - B. Dance frenzies that are accompanied by phobic-like symptoms when people see a tarantula
 - C. A psychic epidemic in which people jump around, dance wildly and beat each other with whips because they believe that they have been bitten by tarantulas
 - D. A group of people who hallucinate because tarantulas have crawled beneath their skin and they must perform a dance ritual to rid themselves or else they will become tarantulas
50. A group began dancing wildly, tearing their clothes, digging holes and rolling around in the dirt. When asked why they were behaving in such a way, they said they were experiencing intense pain from a tarantula bite. What is this group most likely suffering from?
- A. Trancelike state of confusion
 - B. Acute psychosis
 - C. Mass psychosis
 - D. Tarantism
51. Which of the following is true of psychic epidemics?
- A. They are generally seen in groups that experiment with illegal drugs
 - B. They are seen across all socioeconomic statuses
 - C. They are strictly confined to spiritual experiences
 - D. They are currently being researched from a social psychological perspective
52. A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teacher experienced nausea, headaches, dizziness and mild symptoms of carbon monoxide intoxication. The behaviours were attributed to which of the following?
- A. Mass hysteria associated with the Gulf War
 - B. The increase in violence found in high schools
 - C. Impulse control of the high school students
 - D. Rebellious attitudes toward school authorities
53. The Hospital of Saint Mary of Bethlehem in London was noted for its deplorable conditions. What nickname was given to this hospital?
- A. Dollhaus
 - B. Tollkiste
 - C. Geel
 - D. Bedlam
54. The name Bedlam derives from which famous author's work?
- A. Hans Christian Anderson's *The Little Match Girl*
 - B. William Shakespeare's *King Lear*
 - C. Reginald Scott's *Discovery of Witchcraft*
 - D. William Shakespeare's *Othello*
55. During the 16th, 17th and 18th centuries, how did the Europeans humiliate mentally ill patients?
- A. By exhibiting their conditions to the public for a fee
 - B. By parading them down the streets chained like animals
 - C. By sentencing them to jail and selling them into slavery
 - D. By intentionally creating deplorable conditions to keep them submissive
56. Which of the following best describes the treatment of mentally ill patients prior to the 18th century?
- A. They were given rest, relaxation, and retreat from family members
 - B. They were tortured and imprisoned
 - C. They were chained and beaten
 - D. They were deported to other countries

57. Why was the *Act for Regulating Madhouses* created?
- A. To create public sympathy for the mentally ill and reduce the public's fear responses
 - B. To improve the deplorable conditions of mental institutions and keep the mentally ill from being unjustly imprisoned
 - C. To provide services for poor people confined to workhouses
 - D. To reduce crime in the neighbourhoods by removing unstable people from the streets
58. Dr. Joseph Workman published a damning report of which hospital for the mentally ill?
- A. Pennsylvania Hospital
 - B. Provincial Lunatic Asylum in Toronto
 - C. New York Institute
 - D. Hospital for the Mentally Insane
59. Which of the following treatments was not used to restore mental wellness in the Public Hospital in Williamsburg, Virginia?
- A. Electric shock
 - B. Starvation
 - C. Plunging into ice water or hot water
 - D. Trephination
60. Who opened a new asylum in England and coined the phrase "moral treatment"?
- A. William Tuke
 - B. Philippe Pinel
 - C. Dorothea Dix
 - D. Berta Pappenheim
61. What did Tuke mean by the term "moral treatment"?
- A. That patients would receive monetary compensation for their previous maltreatment
 - B. That patients would receive social support from family members and neighbours who had previously rejected them
 - C. That patients would be provided with services that would help them to become self-sufficient and . would restore their dignity, self-respect, and quality of life
 - D. That patients would be helped to reconnect with their spiritual power, families and community
62. Who was one of America's strongest advocates for the humane treatment of the mentally ill?
- A. Philippe Pinel
 - B. Dorothea Dix
 - C. William Penn
 - D. Florence Nightingale
63. Which of the following statements is true concerning Dorothea Dix?
- A. Dorothea was a European who experienced the maltreatment first hand and immigrated to America to . escape the public's insensitivity toward the mentally ill
 - B. Canada and the United States rejected Dorothea Dix's efforts to improve conditions for the mentally ill . and her life was threatened several times
 - C. Dorothea found the treatment of the mentally ill dehumanizing and set out on a quest to improve their . condition by lobbying in the United States and Canada to get laws passed
 - D. Thousands of new hospitals for the insane were established in Canada and the United States during the . mid to late 1800s, yet very few adopted the humanitarian treatment set forth by Dorothea Dix.
64. Philippe Pinel was instrumental in the moral treatment of the mentally ill in which country?
- A. England
 - B. Canada
 - C. Italy
 - D. France

65. Why did Philippe Pinel, a strong leader of the moral treatment movement, order that the chains be removed from patients?
- A. He was mentally ill himself
 - B. He felt that the patients' health could be restored if shame and humiliation were replaced with dignity and tranquility
 - C. He believed that abnormal behaviours were rooted in supernatural theories and patients needed the freedom to exercise their faith
 - D. He felt that patients were virtually harmless with the proper medication
66. What was the primary reason behind the establishment of the first Canadian mental asylum in Quebec?
- A. To cover the cost of military personnel who were mentally ill
 - B. To protect the society from the violent behaviour of the mentally ill
 - C. To protect the mentally ill from being abused by their family members
 - D. To prevent the mentally ill from engaging in self-injurious behaviour
67. Which of the following statements is incorrect?
- A. Traditional hospitals began to include special rooms for people with abnormal behaviours as early as the 9th and 10th century
 - B. Laws created by the United States and Europe concerning the confinement of mentally ill patients were for the protection of the public
 - C. Asylums were typically run by people who believed that mental illness was a medical disease
 - D. Medical theories of abnormal behaviours applied during the 16th-18th centuries are no longer supported today
68. Which of the following problems was not associated with the moral treatment model of attending to mentally ill patients?
- A. Physicians, nurses, and other caregivers did not have time to devote the needed attention to each patient
 - B. The success stories in the early stages of the movement were offset by subsequent stories of treatment failure
 - C. The failure rate of moral treatment began to raise questions concerning its effectiveness
 - D. Drug therapy became an important part of the treatment and reported side effects of the medication discredited the treatment approach
69. For many years, James had been isolated from the public by his family members. His family kept him locked in a room and brought him his meals. Suddenly they began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside and work in the garden. The new approach to James' caregiving is representative of whose treatment approach?
- A. Tuke's moral treatment approach
 - B. Workman's approach to mental illness
 - C. Pinel's treatment approach
 - D. Dix's treatment of mental illness
70. Which of the following was true of public mental institutions at the turn of the 19th century?
- A. They were specialized with sufficient patient to caregiver ratios
 - B. They were like warehouses and offered patients little psychological and social rehabilitation
 - C. They were slightly below the quality of care provided by private institutions
 - D. They were generally built in the city limits and had public support for the mentally ill
71. Rapid advancement in anatomy, physiology, neurology, and chemistry in the late 19th century led to the advance of which theories of abnormal behaviour?
- A. Biological
 - B. Psychological
 - C. Social
 - D. Ecological

72. Who systematically argued brain pathology as an explanation for psychological disorders?
- A. Wilhelm Wundt
 - B. Richard Kraft-Ebing
 - C. Franz Anton Mesmer
 - D. Wilhelm Griesinger
73. Who developed the first scheme of classifying mental disorders?
- A. Wilhelm Griesinger
 - B. Emil Kraepelin
 - C. Richard Kraft-Ebing
 - D. Jean Charcot
74. Which of the following diseases leads to paralysis, insanity, and eventually death, and has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality?
- A. General paresis
 - B. Neurosyphilis
 - C. Gonorrhea
 - D. AIDS
75. Which Viennese psychiatrist was credited with discovering a connection between paresis and syphilis?
- A. Emil Kraepelin
 - B. Richard Krafft-Ebing
 - C. Alfred Adler
 - D. Wilhelm Wundt
76. Which of the following is true concerning Krafft-Ebing's research?
- A. Krafft-Ebing's research concluded that no relationship exists between syphilis and paresis
 - B. Krafft-Ebing's research would have been considered unethical by today's standards
 - C. Krafft-Ebing's research found the cure for syphilis and set the precedent for future studies of sexually transmitted diseases
 - D. Krafft-Ebing's research on syphilis was important because he alone discovered the disease
77. Which one of the following is not a modern biological theory of psychological disorders?
- A. Genetic risks
 - B. Structural abnormalities
 - C. Biochemical imbalances
 - D. Ingestion of toxins
78. Which psychoanalytic theorist was labelled a "charlatan" by scientific committees and later had his theory renamed hypnosis?
- A. Franz Gall
 - B. Sigmund Freud
 - C. Franz Mesmer
 - D. Carl Jung
79. Who argued that hysteria is caused by self-hypnosis?
- A. Mesmer and Charcot
 - B. Charcot and Bernheim
 - C. Bernheim and Liebault
 - D. Liebault and Mesmer
80. Which psychoanalytic theorist is noted for his theory of the unconscious?
- A. Sigmund Freud
 - B. Joseph Breuer
 - C. Jean Charcot
 - D. Stanley Hall

81. What is meant by the term "catharsis"?
- A. The person has lost feeling in the upper extremities
 - B. The person has become anxious and wishes to withdraw
 - C. The person has released emotions that have been hidden for a long time
 - D. The person has discovered a new meaning for his/her life
82. Who were the authors of *On the Psychical Mechanism of Hysterical Phenomena* published in 1893?
- A. Freud and Breuer
 - B. Freud and Charcot
 - C. Freud and Adler
 - D. Freud and Hall
83. Who is considered the most renowned figure in psychiatry and psychology?
- A. Ivan Pavlov
 - B. Sigmund Freud
 - C. John Watson
 - D. Erik Erikson
84. Julia has a recurring dream that she is falling down steep hill. Her parents try to reassure her, but Julia insists that she has actually been on that particular hill before. If Julia was to seek professional help, what type of therapist would be the most likely to focus on interpreting her dream?
- A. Cognitive psychologist
 - B. Behaviourist
 - C. Psychoanalyst
 - D. Humanist
85. Sam is afraid of flying. His friends have suggested that he try structured exposure to specific stimuli associated to his fear of flying. Although Sam is skeptical, he desperately wants to fly to his brother's wedding. Sam will most likely seek the help of which therapist?
- A. Psychoanalyst
 - B. Existentialist
 - C. Cognitive psychologist
 - D. Behaviourist
86. Who established the first psychological laboratory?
- A. Wilhem Wundt
 - B. James Lange
 - C. James Mark Baldwin
 - D. Edward Titchner
87. What was the focus of Wundt's laboratory experiment?
- A. Sensation and perception
 - B. Perception and attention
 - C. Attention and memory
 - D. Memory and sensation
88. Who established the first psychological laboratory in Canada?
- A. Wilhem Wundt
 - B. James Lange
 - C. James Mark Baldwin
 - D. Edward Titchner
89. Who conducted the famous experiment which demonstrated that dogs could be conditioned to salivate to stimuli other than food?
- A. Ivan Pavlov
 - B. John Watson
 - C. B.F. Skinner
 - D. Edward Thorndike

90. What is Pavlov's learning theory known as?
- A. Operant conditioning
 - B. Social conditioning
 - C. Classical conditioning
 - D. Learning conditioning
91. Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?
- A. B. F. Skinner
 - B. John Watson
 - C. Edward Thorndike
 - D. Abraham Maslow
92. Operant or instrumental conditioning was theorized by which two individuals?
- A. Thorndike and Skinner
 - B. Pavlov and Watson
 - C. Watson and Skinner
 - D. Pavlov and Thorndike
93. Which of the following is a premise of operant conditioning theory?
- A. Learned behaviour must be modelled before performed
 - B. Learning is based on the teacher who gives the instructions
 - C. Learned behaviour requires two active participants
 - D. Learning is based on the consequences of the behaviour
94. Which of the following is true concerning operant conditioning?
- A Behaviours that are followed by negative consequences are more likely to be repeated than behaviours . followed by positive consequences.
 - B Behaviours that are followed by positive consequences are more likely to be repeated than behaviours . followed by negative consequences.
 - C. Positive behaviours equally occur followed by positive or negative consequences
 - D. Neither positive nor negative consequences impact positive behaviours
95. Which of the following is improperly paired?
- A. Pavlov and classical conditioning
 - B. Skinner and classical conditioning
 - C. Watson and classical conditioning
 - D. Thorndike and operant conditioning
96. What term refers to the thought processes that influence behaviour and emotion?
- A. Insight
 - B. Cognitions
 - C. Feelings
 - D. Learning
97. Who conceptualized self-efficacy beliefs?
- A. Albert Bandura
 - B. Albert Ellis
 - C. Albert Einstein
 - D. Albert Beck
98. Which of the following theorists were not associated with the Cognitive Revolution?
- A. Albert Ellis
 - B. John Watson
 - C. Aaron Beck
 - D. Albert Bandura

99. All systems of medical diagnoses use the following approach:
- A. Categorical
 - B. Dimensional
 - C. Psychosocial
 - D. Etiological
100. Which of the following statements is false?
- A. Mentally ill patients who suffered from schizophrenia found relief with the new class of drugs called phenothiazines
 - B. Development of psychotherapies for psychological disorders suddenly slowed down at the beginning of the 20th century
 - C. Phenothiazines were instrumental in the deinstitutionalization of patients who had been hospitalized for several years
 - D. Deinstitutionalization created significant problems for the managed care system during the mid 20th century
101. Which of the following was *not* a factor in the deinstitutionalization movement?
- A. The patient's rights movement
 - B. The community mental-health movement
 - C. The discovery of phenothiazines
 - D. The use of psychoanalysis
102. The process of deinstitutionalization led to the closure of numerous psychiatric hospitals in Canada. As a consequence, patients with serious mental disorders began to be mainly admitted to what kind of facility?
- A. Community mental health centers
 - B. Psychiatric units of general hospitals
 - C. Prisons
 - D. General units within general hospitals
103. Drs. Vinsu and Copeland consult with each other on a patient with schizophrenia. Dr. Vinsu, a psychiatrist, reports that the patient has responded well to medications and is taking them regularly. Dr. Copeland, a psychologist, reports that the patient has been engaging in psychosocial rehabilitation groups and is living well under minimal supervision. The consultations between Drs. Vinsu and Copeland are a good example of
- A. Medical care
 - B. Medication supervision
 - C. Medication provision
 - D. Collaborative management
104. Which of the following statements is false?
- A. In Canada, psychologists have almost no prescription writing privileges whereas psychiatrists have full privileges
 - B. Psychiatrists have a medical degree and specialized training for treating psychiatric disorders while psychologists typically obtain a doctorate degree
 - C. Psychiatric nurses limit their services to the provision of medical care on inpatient psychiatric wards
 - D. Marriage and family therapists specialize in treating families, couples, and children with problems that disrupt their functioning
105. Mary's husband recently died. Her 10-year-old son has started getting into fights at school. He also refuses to obey her without a confrontation. Mary is considering seeking mental health services for her son. Which of the following individuals would be helpful in Mary's situation?
- A. A psychiatric nurse
 - B. A marriage and family therapist
 - C. A psychiatrist
 - D. A clinical social worker

106. Dr. M. is the acting director of the Midway Behavioural Clinic; however, he still sees patients on a regular basis. His patients must receive referrals for their medication. Dr. M is most likely what kind of professional?
- A. Clinical psychologist
 - B. Psychiatrist
 - C. Clinical social worker
 - D. Marriage and family therapist
107. Which of the following professionals would you be least likely to see on the psychiatric ward of a traditional hospital?
- A. Psychiatrist
 - B. Clinical psychologist
 - C. Psychiatric nurse
 - D. Marriage and family therapist
108. Individuals dealing with domestic violence issues would mostly likely seek assistance with which type of professional?
- A. Clinical psychologist
 - B. Marriage and family therapist
 - C. Clinical social worker
 - D. Psychiatric nurse
109. The mental or emotional pain related to a psychological or mental disorder is referred to as abnormal psychology
True False
110. Cultural relativism and gender relativism are often used interchangeably.
True False
111. Bereavement practices are good examples of cultural relativism.
True False
112. *Drapetomania* is a disease attributed to slaves who desired their freedom.
True False
113. Weeks and James' (1995) study found that eccentrics have unusual tastes but are generally happy and function well.
True False
114. People who cause others discomfort always experience the same discomfort.
True False
115. The DSM-IV-TR no longer lists homosexuality as a mental disorder.
True False
116. Many theorists believe that mental disorders are impacted by biological and psychological factors.
True False
117. All of the criteria for labelling abnormal behaviours call for subjective judgments except the maladaptive criteria.
True False
118. Gender and cultural issues have little or no impact on willingness to seek treatment or treatment methods.
True False
119. Typical treatment for mental illness during the Stone Age was rest and relaxation.
True False

120. Ancient Chinese medicine was based on the concept of yin and yang, positive and negative forces.
True False
121. Psychic epidemics have only occurred during the Middle Ages.
True False
122. Many Europeans in the early 12th century made attempts to care and house their mentally ill citizens.
True False
123. Quaker William Penn conceptualized the moral treatment model.
True False
124. Clifford Beers experienced the deplorable conditions of mental hospitals and was instrumental in changing the conditions.
True False
125. Griesinger developed the first scheme of classifying symptoms into disorders.
True False
126. The psychoanalytic theory is rooted in the Freudian notion of the unconscious.
True False
127. All scientists accept the connection between hypnosis and hysteria.
True False
128. Many effective psychological treatments practiced today have been influenced by behavioural theories.
True False
129. Albert Ellis developed the rational-emotive therapy for emotionally-based problems.
True False
130. Drug therapy was a significant turning point in the treatment of psychological disorders.
True False
131. The patient's rights movement began in the 1960s.
True False
132. The Medicare system in Canada attempts to provide medical services to all Canadians. Physicians play a major role in the diagnosis and treatment of mental health problems. This has led to an overemphasis on the biological model in the mental health profession in this country.
True False
133. Many mental-health professionals combine clinical practice and research in their careers.
True False
134. _____ is the mental or emotional pain related to a psychological or mental disorder.

135. The circumstances surrounding a behaviour and something that influences whether a behaviour is viewed as abnormal is called _____.

136. Individuals whose behaviours are expectations of that gender are performing _____.

137. _____ argue that abnormal behaviour should be based on cultural and societal norms.

138. Dennis Rodman, the NBA basketball player who frequently changed the colour of his hair, probably meets the _____ criterion for abnormal behaviour.

139. The decision by the American Psychiatric Association to remove homosexuality from the list of recognized disorders has contributed to the _____ criterion.

140. The _____ criterion implies that there is a clear, identifiable physical process that differs from "health" and leads to specific behaviours or symptoms.

141. The 3Ds of maladaptiveness are _____, _____ and _____.

142. When a person's behaviour causes them distress and decreases their daily functioning, these behaviours meet the _____ criterion.

143. _____, _____ and _____ theories influenced the definition and treatment of abnormality of over the ages.

144. _____ theories focused on divine intervention, demonic possession, and personal sin as explanations for abnormal behaviours.

145. Driving away the evil spirits from a person who is suffering is called _____.

146. _____ is the drilling of holes in the skull to release evil spirits.

147. Ancient Chinese medicine described _____ as the result of an excessive positive force.

148. The _____ theory was used by Ancient Greeks and Egyptians to explain mental illness in women.

149. _____ suggested that behaviours are influenced by 4 basic bodily humours: blood, phlegm, yellow bile and black bile.

150. When large numbers of people engage in unusual behaviours that appear to be psychologically-based, these behaviours are defined as _____.

151. _____ is the nickname given to the hospital in London because of its deplorable conditions and maltreatment of mental patients.

152. Quake William Tuke's _____ treatment was designed to help asylum patients exercise self-control and restore patient's dignity.

153. _____ was responsible for creating numerous mental health facilities in the United States and Canada.

154. The _____ began to have numerous failures with the increased numbers of asylums and decreased number of trained mental health professionals.

155. _____, _____ and _____ theories now dominate psychology and psychiatry due to the advancement of science.

156. Krafft-Ebing's research is noted for finding a connection between general paresis and _____.

157. The modern term for Anton Mesmer's concept of mesmerism is _____.

158. Advocates of the _____ argued that mentally ill patients would have fuller recoveries if they were integrated into their communities and supported by community-based health care.

159. You are teaching your first introductory psychology course. The first day of instruction, you noticed that at least 10 different cultural groups were represented in the class. When you get to the chapter on psychological disorders, you want to give the students a better understanding of how abnormal behaviours are labeled. Introduce the criteria and give special attention to the impact of culture by providing examples.
160. Nikki, a 30 year-old female who lives alone, has difficulty holding down a job for more than 2 weeks. Nikki repeatedly checks her water meter because she believes that the town is over-charging her. She also carries around her "valuables" in a backpack. On occasion, Nikki reports that she knows a man has broken into her house because she can smell his scent. Discuss whether Nikki's behaviour is considered abnormal.
161. Discuss how the concept of moral treatment evolved and the consequences associated with its failures. Include those individuals who were instrumental in its development.

162. Explain why the text suggests that the maladaptiveness criterion still calls for subjective judgments. Include in the discussion the components of maladaptiveness and the impact of culture and gender.
163. Discuss the factors that led to the deinstitutionalization movement and the impact this process had on mental health care in Canada.
164. Trace the history of the phenomenon of witchcraft, and discuss the hypothesis that a large number of those accused of engaging in this practice were suffering from mental illness.
165. Discuss Dorothea Dix and Philippe Pinel's efforts to change the treatment of mentally ill patients.
166. Your daughter's high school created a community service project for its students. The students volunteered their time to a mental health facility. Your daughter has expressed an interest in becoming a mental health professional but is unsure which profession to pursue. Discuss the different professions included in the text.

1 Key

1. What does the term psychopathology refer to?
(p. 3)
- A.** Mental or emotional pain related to a psychological and mental disorder
 - B. Mental or emotional pain related to a psychological and physical disease
 - C. Mental or emotional pain related to a psychological and mental disease
 - D. Mental or emotional pain related to a psychological and physical disorder

*Learning Objective: 1
Nolen - Chapter 01 #1*

2. Margaret is a 27 year-old soccer mom who never misses her daughter's games. Her friends argue that her behaviour is embarrassing and she is making a fool of herself when she repeatedly yells and jumps to her feet. Margaret insists that no one is paying attention to her behaviour. Margaret states, "It's a soccer game and people are expected to get excited." Which of the following should determine whether Margaret's behaviour is abnormal?
(p. 4)
- A. Margaret's behaviour should be based on the geographical location
 - B. Margaret's behaviour should be based on the gender differences
 - C.** Margaret's behaviour should be based on the context in which it is performed
 - D. Margaret's behaviour should be based on individual differences

*Learning Objective: 1
Nolen - Chapter 01 #2*

3. Which perspective judges abnormal behaviour solely on social and cultural norms?
(p. 5)
- A. Contextual perspective
 - B. Unusualness perspective
 - C. Gender role perspective
 - D.** Cultural relativism perspective

*Learning Objective: 1
Nolen - Chapter 01 #3*

4. Which perspective defines abnormal behaviour according to whether the behaviour violates a culture's gender roles?
(p. 5)
- A. Unusualness relativism
 - B. Cultural relativism
 - C. Contextual relativism
 - D.** Gender relativism or cultural relativism

*Learning Objective: 1
Nolen - Chapter 01 #4*

5. Which of the following is not considered a criterion for labelling abnormal behaviours?
(p. 5)
- A. Unusualness
 - B.** Disturbed
 - C. Maladaptiveness
 - D. Discomfort

*Learning Objective: 1
Nolen - Chapter 01 #5*

6. Which of the following arguments would be made by a cultural relativist?
(p. 5)
- A. Behaviours must be universally accepted to be considered normal
 - B. Behaviours performed contextually are not important in judging behaviours
 - C. Gender roles and expectations are not important for assessing abnormal behaviours
 - D.** No universal standard or rules exist for labelling abnormal behaviours

*Learning Objective: 1
Nolen - Chapter 01 #6*

7. According to the text, bereavement practices are representative of which of the following standards?
(p. 5)

- A. The discomfort standard
- B. The gender relativism standard
- C. The cultural relativism standard**
- D. The mental illness standard

Learning Objective: 1
Nolen - Chapter 01 #7

8. Slaves who tried to escape bondage could be diagnosed with drapetomania. Drapetomania caused slaves to do which of the following?
(p. 6)

- A. To misunderstand their roles
- B. To desire freedom from their masters**
- C. To refuse to work in the fields
- D. To revolt against their masters

Learning Objective: 1
Nolen - Chapter 01 #8

9. What kind of behaviours does the unusualness standard refer to?
(p. 6)

- A. Behaviours that violate social norms
- B. Behaviours that seem unusual or strange within that particular society**
- C. Behaviours that cause the individual severe distress
- D. Behaviours that cause others discomfort

Learning Objective: 1
Nolen - Chapter 01 #9

10. Alma has recently been experiencing difficulty falling sleep, lack of pleasure in her usual activities, and other symptoms that suggest she may be depressed. A _____ approach could include labeling her with a disorder, and a _____ approach could include identifying her degree of depression relative to other people.
(p. 10)

- A. diathesis; stress
- B. stigmatizing; categorical
- C. categorical; dimensional**
- D. maladaptiveness; dysfunction

Learning Objective: 1
Nolen - Chapter 01 #10

11. In the film, "Willie Wonka and the Chocolate Factory", Wonka is rarely seen outside his chocolate factory. The factory has secret rooms, wild and crazy colour schemes, and oompa loompas who make the candy and odd inventions. In one scene, Wonka throws a shoe into the recipe to "give the chocolate a kick." Wonka's behaviour is an example of which criterion?
(p. 6)

- A. Mental illness criterion
- B. Unusualness criterion**
- C. Discomfort criterion
- D. Maladaptiveness criterion

Learning Objective: 1
Nolen - Chapter 01 #11

12. According to studies on eccentrics, approximately how many people exhibit true eccentric behaviours?
(p. 7)

- A. 1 in 100 people
- B. 1 in 1000 people
- C. 1 in 10,000 people**
- D. 1 in 100,000 people

Learning Objective: 1
Nolen - Chapter 01 #12

13. Which of the following is true?
(p. 7)
- A.** Eccentrics are rare and their behaviours generally bring joy to themselves and others
 - B. In the unusualness criterion, abnormal behaviours are presented the same across the general population
 - C. Eccentrics are generally shy therefore hardly noticeable
 - D. Cultural relativism has no connection to the unusualness criterion

*Learning Objective: 1
Nolen - Chapter 01 #13*

14. Which of the following is true concerning the discomfort criterion?
(p. 8)
- A. The individual has no desire to be rid of the disruptive behaviour
 - B. The behaviour must violate societal norms
 - C.** The individual must suffer as a result of the behaviour
 - D. The behaviour must also meet the unusualness criteria

*Learning Objective: 1
Nolen - Chapter 01 #14*

15. The removal of homosexuality as a psychological disorder was due to which of the following factors?
(p. 8)
- A. The American Psychiatric Association conducted research on society's attitudes toward gay and lesbian relationships
 - B.** The gay and lesbian community denied that their sexual orientation caused them discomfort
 - C. Psychiatrists and psychologists began viewing gay and lesbian relationships in a religious way
 - D. Gay and lesbian relationships became more accepted by diverse groups

*Learning Objective: 1
Nolen - Chapter 01 #15*

16. Why might a therapist discard the discomfort criteria?
(p. 8)
- A. The criteria suggests that the individual wants to rid him/herself of the disruptive behaviour
 - B. Many people experience discomfort when they are under distress and the discomfort criteria provides an avenue for labelling people mentally ill
 - C. The subjective discomfort criteria focuses on the discomfort of others rather than the individual who is experiencing the discomfort
 - D.** People may not be aware that their behaviours are creating a problem and may not seek help

*Learning Objective: 1
Nolen - Chapter 01 #16*

17. Which DSM system will have a relatively greater emphasis on dimensional models of psychopathology?
(p. 10)
- A. DSM-IV
 - B. DSM-IV-TR
 - C.** DSM-V
 - D. DSM-V-TR

*Learning Objective: 1
Nolen - Chapter 01 #17*

18. Which of the following is true of the mental illness criterion?
(p. 8)
- A.** It implies that specific behaviours or symptoms result from an identifiable process that is different from "health."
 - B. It suggests that culture is important to assessing abnormal behaviours
 - C. It maintains that people suffer distress because of disruptive behaviours
 - D. It holds that a biological test is necessary to determine the disruptive behaviours

*Learning Objective: 1
Nolen - Chapter 01 #18*

19. (p. 8) Jeffery is an accountant who has been experiencing periods of sleeplessness, loss of appetite, sadness, and irritability. He reported that he never has the energy or desire to do the things he normally does. An individual applying the mental illness criteria would do which of the following?
- A. Assume that Jeffery's problem is psychological and refer him to a mental health professional
 - B. Assume that Jeffery's symptoms are the result of severe distress and offer him relaxation techniques
 - C.** Attempt to determine what was healthy for Jeffery and order tests to determine the physical causes that lead to the behaviours
 - D. Attempt to determine whether Jeffrey was misrepresenting the specific behaviours by offering a psychological evaluation

*Learning Objective: 1
Nolen - Chapter 01 #19*

20. (p. 8) The majority of mental health professionals adhere to which criterion for labelling abnormal behaviours?
- A.** Maladaptive criterion
 - B. Cultural relativism criterion
 - C. Discomfort criterion
 - D. Mental illness criterion

*Learning Objective: 1
Nolen - Chapter 01 #20*

21. (p. 8) Which of the following is not a component of the maladaptiveness criterion?
- A. Deviance
 - B. Distress
 - C. Dysfunction
 - D.** Disturbance

*Learning Objective: 1
Nolen - Chapter 01 #21*

22. (p. 8) Psychologists who apply the maladaptiveness criteria to abnormal behaviour would do all of the following, except:
- A. View the behaviour in the context of societal norms
 - B.** Reject the idea that culture and gender influence the behaviour
 - C. Assess the individual's daily occupational and social functioning
 - D. Keep in mind the subjectivity of the criteria

*Learning Objective: 1
Nolen - Chapter 01 #22*

23. (p. 11) Historically, abnormal behaviours have been defined by which of the following theories?
- A. Biological, religious, and psychological
 - B. Biological, psychological, and sociological
 - C. Biological, sociological, and supernatural
 - D.** Biological, supernatural, and psychological

*Learning Objective: 2
Nolen - Chapter 01 #23*

24. (p. 11) Which of the following is true of biological theories?
- A.** They are similar to the mental illness criterion that argues there is a clear, identifiable physical process that differs from "health," and leads to specific behaviours or symptoms
 - B. They maintain that no relationship exists between the biological and psychological factors of abnormal behaviours
 - C.** They are similar to a physical disease perspective and suggest that the abnormal behaviours are the result of poor health
 - D. They suggest that the causality of abnormal behaviours lies in both biological and psychological research

*Learning Objective: 2
Nolen - Chapter 01 #24*

25. Which type of religious ritual was not used to rid an individual of a mental disorder?

(p. 11)

- A. Exorcisms
- B. Confessions
- C. Atonement
- D. Feet cleansing**

Learning Objective: 2
Nolen - Chapter 01 #25

26. Earlier psychological theories saw abnormal behaviour as the result of which of the following?

(p. 11)

- A. Chemical imbalances
- B. Trauma**
- C. Anxiety
- D. Brain dysfunction

Learning Objective: 2
Nolen - Chapter 01 #26

27. Which of the following is improperly paired?

(p. 11)

- A. Psychological theories/trauma
- B. Biological theories/trauma**
- C. Supernatural theories/divine intervention
- D. Biological theories/physical diseases

Learning Objective: 2
Nolen - Chapter 01 #27

28. Katina believes that evil spirits have possessed her body. She claims that the spirits often give her commands that go against her religious beliefs and moral values. Katina will most likely consult which of the following professionals about her concerns?

(p. 11)

- A. Psychologist
- B. Psychiatrist
- C. Medical physician
- D. Religious leader**

Learning Objective: 2
Nolen - Chapter 01 #28

29. Which of the following terms refers to drilling circular holes in the skull to free evil spirits?

(p. 12)

- A. Trephination**
- B. Exorcism
- C. Atonement
- D. Blood letting

Learning Objective: 2
Nolen - Chapter 01 #29

30. According to Chinese medicine, excited insanity refers to which of the following?

(p. 12)

- A. The presence of a negative energy
- B. The presence of a positive energy
- C. The presence of a negative force
- D. The presence of a positive force**

Learning Objective: 2
Nolen - Chapter 01 #30

31. Where did the concepts of Yin and Yang (positive and negative forces) originate?

(p. 12)

- A. Ancient China**
- B. Ancient Greek
- C. Ancient Egypt
- D. Ancient Rome

Learning Objective: 2
Nolen - Chapter 01 #31

32. Xia has been feeling sad and lonely over the last several days. How would the ancient Chinese medical philosophy account for Xia's mood?

(p. 12)

- A.** It is due to "vital air" hitting a specific part of her body
- B. It is due to the lack of a positive force
- C. It is due to an imbalance in her yin and yang
- D. It is due to evil spirits

Learning Objective: 2
Nolen - Chapter 01 #32

33. Ancient Egyptian literature indicates that abnormality is rooted in which of the following theories?

(p. 13)

- A. Supernatural theories
- B.** Biological theories
- C. Psychological theories
- D. Cultural theories

Learning Objective: 2
Nolen - Chapter 01 #33

34. Which of the following did Ancient Greeks and Egyptians believe about a woman's uterus?

(p. 13)

- A.** It could dislodge and wander inside the womb, resulting in psychological abnormalities
- B. It contained mystically powers that caused the uterus to dislodge and create physiological symptoms that lead to psychological distress
- C. It made women inferior to men because only women suffered from emotional pain
- D. It dislodged during a specific period and returned to its original position when the psychological symptoms were absent

Learning Objective: 2
Nolen - Chapter 01 #34

35. The field of Positive Psychology may be understood as

(p. 10)

- A. an effort towards positive thinking
- B. an effort to strengthen diagnostic categorization
- C.** the study of ways people and societies create healthy environments
- D. the study of thinking in a manner that supports the change one wants to see in the world

Learning Objective: 1
Nolen - Chapter 01 #35

36. Which of the following methods was used by Old Testament Hebrews to obtain relief from madness?

(p. 13)

- A. Contacting witches and seers to cast a spell
- B.** Confessing and repenting of their sins before God
- C. Relying on physician and healer to remove the symptoms
- D. Performing self-mutilating behaviours to release the evil spirits

Learning Objective: 2
Nolen - Chapter 01 #36

37. Unlike Greek and Roman philosophers, Greek physicians attributed abnormality to which of the following?

(p. 13)

- A. Affliction from the gods
- B. Divine intervention
- C. Literary and prophetic gifts
- D.** Bodily humours

Learning Objective: 2
Nolen - Chapter 01 #37

38. Which ancient Greek was the first to describe what psychologist now call agoraphobia?

(p. 13)

- A. Homer
- B.** Aretaeus
- C. Plato
- D. Socrates

Learning Objective: 2
Nolen - Chapter 01 #38

39. Hippocrates attributed abnormality to four basic humours: blood, phlegm, yellow bile and black bile. These beliefs led to which of the following treatment(s)?
(p. 13)
- A. Induced vomiting and fasting
 - B. Stoning and ostracizing the individual
 - C. Cutting and allowing the blood flow freely**
 - D. Spiritual exorcism by the temple priests

*Learning Objective: 2
Nolen - Chapter 01 #39*

40. Which of the following ancient Greeks believed that helping the individual think more rationally would be beneficial to the patient?
(p. 13)
- A. Aristotle
 - B. Plato**
 - C. Socrates
 - D. Homer

*Learning Objective: 2
Nolen - Chapter 01 #40*

41. Which of the following was true of individuals considered mad during ancient times?
(p. 14)
- A The government provided a stable environment for individuals who were considered mad and claimed full responsibility for their well-being
 - B. Individuals who were considered mad were viewed as being helpless and most people took pity on them
 - C. Homeless individuals who were considered mad were bound and chained for the public's safety
 - D Individuals who were considered mad had no protection under the law and the government and family members could seize the belongings**

*Learning Objective: 2
Nolen - Chapter 01 #41*

42. Which of the following best describes Plato's approach to abnormality?
(p. 14)
- A. Biological
 - B. Supernatural
 - C. Psychological**
 - D. Sociocultural

*Learning Objective: 2
Nolen - Chapter 01 #42*

43. Which of the following statements regarding witches is false?
(p. 14)
- A Psychiatric historians have argued that those who claimed to be witches were probably mentally ill, because they reported experiencing delusions and hallucinations
 - B Women who claimed to be witches were often older, unmarried, and poor and used the declaration of being a witch to extort money from their neighbours
 - C. Witchcraft and madness were synonymous and little or no distinction was made in cultures that believed in the existence of witches**
 - D During the medieval period the cultural beliefs allowed for individuals to believe that they were witches without being accused of suffering from abnormal behaviours

*Learning Objective: 2
Nolen - Chapter 01 #43*

44. Self-hypnosis was used as a potential explanation for which of the following observations?
(p. 14)
- A. "Witch prickers" ability to inflict pain on the accused witch without feeling remorse
 - B. Accused witches' physical insensitivity to the pain inflicted by professional "witch prickers"**
 - C. Transference of pain from the accused witch to the "witch pricker"
 - D. Mystical illusion of feeling no pain during a painful experience

*Learning Objective: 2
Nolen - Chapter 01 #44*

45. This approach is more interested in increasing happiness than treating abnormality.

(p. 10)

- A. Clinical psychology
- B. Social work
- C. Positive psychology**
- D. Social psychology

Learning Objective: 1
Nolen - Chapter 01 #45

46. Which of the following terms refers to a large number of people engaging in unusual behaviours where the origin appears to be psychological?

(p. 16)

- A. Psychic catastrophe
- B. Psychic epidemic**
- C. Psychic projection
- D. Psychic illusion

Learning Objective: 2
Nolen - Chapter 01 #46

47. The research findings of positive psychology are intended to _____ psychopathology research findings.

(p. 10)

- A. supplement**
- B. replace
- C. discredit
- D. both B and C.

Learning Objective: 1
Nolen - Chapter 01 #47

48. Religious services that included dance frenzies generally appealed to people who were suffering from economic and social deprivation and alienation. Which of the following were true of dance frenzy gatherings?

(p. 16)

- A. They provided an emotional outlet for individuals who performed these behaviours**
- B. They helped to restore hope in the government and the Church
- C. They were a nuisance to non-believers and threatened their safety
- D. They drove the participants to the edge of madness

Learning Objective: 2
Nolen - Chapter 01 #48

49. Which of the following best describes a tarantism?

(p. 16)

- A. A psychic epidemic in which people perform a spiritual dance to honour the tarantulas as supreme creatures
- B. Dance frenzies that are accompanied by phobic-like symptoms when people see a tarantula
- C. A psychic epidemic in which people jump around, dance wildly and beat each other with whips because they believe that they have been bitten by tarantulas**
- D. A group of people who hallucinate because tarantulas have crawled beneath their skin and they must perform a dance ritual to rid themselves or else they will become tarantulas

Learning Objective: 2
Nolen - Chapter 01 #49

50. A group began dancing wildly, tearing their clothes, digging holes and rolling around in the dirt. When asked why they were behaving in such a way, they said they were experiencing intense pain from a tarantula bite. What is this group most likely suffering from?

(p. 16)

- A. Trancelike state of confusion
- B. Acute psychosis
- C. Mass psychosis
- D. Tarantism**

Learning Objective: 2
Nolen - Chapter 01 #50

51. Which of the following is true of psychic epidemics?
(p. 16-17) A. They are generally seen in groups that experiment with illegal drugs
B. They are seen across all socioeconomic statuses
C. They are strictly confined to spiritual experiences
D. They are currently being researched from a social psychological perspective

Learning Objective: 2
Nolen - Chapter 01 #51

52. A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teacher experienced nausea, headaches, dizziness and mild symptoms of carbon monoxide intoxication. The behaviours were attributed to which of the following?
(p. 16) **A. Mass hysteria associated with the Gulf War**
B. The increase in violence found in high schools
C. Impulse control of the high school students
D. Rebellious attitudes toward school authorities

Learning Objective: 2
Nolen - Chapter 01 #52

53. The Hospital of Saint Mary of Bethlehem in London was noted for its deplorable conditions. What nickname was given to this hospital?
(p. 17) A. Dollhaus
B. Tollkiste
C. Geel
D. Bedlam

Learning Objective: 2
Nolen - Chapter 01 #53

54. The name Bedlam derives from which famous author's work?
(p. 17) A. Hans Christian Anderson's *The Little Match Girl*
B. William Shakespeare's *King Lear*
C. Reginald Scott's *Discovery of Witchcraft*
D. William Shakespeare's *Othello*

Learning Objective: 2
Nolen - Chapter 01 #54

55. During the 16th, 17th and 18th centuries, how did the Europeans humiliate mentally ill patients?
(p. 17) **A. By exhibiting their conditions to the public for a fee**
B. By parading them down the streets chained like animals
C. By sentencing them to jail and selling them into slavery
D. By intentionally creating deplorable conditions to keep them submissive

Learning Objective: 2
Nolen - Chapter 01 #55

56. Which of the following best describes the treatment of mentally ill patients prior to the 18th century?
(p. 18) A. They were given rest, relaxation, and retreat from family members
B. They were tortured and imprisoned
C. They were chained and beaten
D. They were deported to other countries

Learning Objective: 2
Nolen - Chapter 01 #56

57. Why was the *Act for Regulating Madhouses* created?
(p. 18) A. To create public sympathy for the mentally ill and reduce the public's fear responses
B. To improve the deplorable conditions of mental institutions and keep the mentally ill from being unjustly imprisoned
C. To provide services for poor people confined to workhouses
D. To reduce crime in the neighbourhoods by removing unstable people from the streets

Learning Objective: 2
Nolen - Chapter 01 #57

58. Dr. Joseph Workman published a damning report of which hospital for the mentally ill?
(p. 20) A. Pennsylvania Hospital
B. Provincial Lunatic Asylum in Toronto
C. New York Institute
D. Hospital for the Mentally Insane

Learning Objective: 2
Nolen - Chapter 01 #58

59. Which of the following treatments was not used to restore mental wellness in the Public Hospital in Williamsburg, Virginia?
(p. 18) A. Electric shock
B. Starvation
C. Plunging into ice water or hot water
D. Trephination

Learning Objective: 2
Nolen - Chapter 01 #59

60. Who opened a new asylum in England and coined the phrase "moral treatment"?
(p. 18) **A. William Tuke**
B. Philippe Pinel
C. Dorothea Dix
D. Berta Pappenheim

Learning Objective: 2
Nolen - Chapter 01 #60

61. What did Tuke mean by the term "moral treatment"?
(p. 18) A. That patients would receive monetary compensation for their previous maltreatment
B. That patients would receive social support from family members and neighbours who had previously rejected them
C. That patients would be provided with services that would help them to become self-sufficient and would restore their dignity, self-respect, and quality of life
D. That patients would be helped to reconnect with their spiritual power, families and community

Learning Objective: 2
Nolen - Chapter 01 #61

62. Who was one of America's strongest advocates for the humane treatment of the mentally ill?
(p. 18) A. Philippe Pinel
B. Dorothea Dix
C. William Penn
D. Florence Nightingale

Learning Objective: 2
Nolen - Chapter 01 #62

63. Which of the following statements is true concerning Dorothea Dix?
(p. 18-19) **A. Dorothea was a European who experienced the maltreatment first hand and immigrated to America to escape the public's insensitivity toward the mentally ill**
B. Canada and the United States rejected Dorothea Dix's efforts to improve conditions for the mentally ill and her life was threatened several times
C. Dorothea found the treatment of the mentally ill dehumanizing and set out on a quest to improve their condition by lobbying in the United States and Canada to get laws passed
D. Thousands of new hospitals for the insane were established in Canada and the United States during the mid to late 1800s, yet very few adopted the humanitarian treatment set forth by Dorothea Dix.

Learning Objective: 2
Nolen - Chapter 01 #63

64. Philippe Pinel was instrumental in the moral treatment of the mentally ill in which country?
(p. 19) A. England
B. Canada
C. Italy
D. France

Learning Objective: 2
Nolen - Chapter 01 #64

65. (p. 19) Why did Philippe Pinel, a strong leader of the moral treatment movement, order that the chains be removed from patients?
- A. He was mentally ill himself
 - B. He felt that the patients' health could be restored if shame and humiliation were replaced with dignity and tranquility**
 - C. He believed that abnormal behaviours were rooted in supernatural theories and patients needed the freedom to exercise their faith
 - D. He felt that patients were virtually harmless with the proper medication

Learning Objective: 2
Nolen - Chapter 01 #65

66. (p. 20) What was the primary reason behind the establishment of the first Canadian mental asylum in Quebec?

- A. To cover the cost of military personnel who were mentally ill**
- B. To protect the society from the violent behaviour of the mentally ill
- C. To protect the mentally ill from being abused by their family members
- D. To prevent the mentally ill from engaging in self-injurious behaviour

Learning Objective: 2
Nolen - Chapter 01 #66

67. (p. 17-18) Which of the following statements is incorrect?

- A. Traditional hospitals began to include special rooms for people with abnormal behaviours as early as the 9th and 10th century**
- B. Laws created by the United States and Europe concerning the confinement of mentally ill patients were for the protection of the public
- C. Asylums were typically run by people who believed that mental illness was a medical disease
- D. Medical theories of abnormal behaviours applied during the 16th-18th centuries are no longer supported today

Learning Objective: 2
Nolen - Chapter 01 #67

68. (p. 20) Which of the following problems was not associated with the moral treatment model of attending to mentally ill patients?

- A. Physicians, nurses, and other caregivers did not have time to devote the needed attention to each patient
- B. The success stories in the early stages of the movement were offset by subsequent stories of treatment failure
- C. The failure rate of moral treatment began to raise questions concerning its effectiveness
- D. Drug therapy became an important part of the treatment and reported side effects of the medication discredited the treatment approach**

Learning Objective: 2
Nolen - Chapter 01 #68

69. (p. 19-20) For many years, James had been isolated from the public by his family members. His family kept him locked in a room and brought him his meals. Suddenly they began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside and work in the garden. The new approach to James' caregiving is representative of whose treatment approach?

- A. Tuke's moral treatment approach
- B. Workman's approach to mental illness
- C. Pinel's treatment approach**
- D. Dix's treatment of mental illness

Learning Objective: 2
Nolen - Chapter 01 #69

70. (p. 21) Which of the following was true of public mental institutions at the turn of the 19th century?

- A. They were specialized with sufficient patient to caregiver ratios
- B. They were like warehouses and offered patients little psychological and social rehabilitation**
- C. They were slightly below the quality of care provided by private institutions
- D. They were generally built in the city limits and had public support for the mentally ill

Learning Objective: 2
Nolen - Chapter 01 #70

71. Rapid advancement in anatomy, physiology, neurology, and chemistry in the late 19th century led to the advance of which theories of abnormal behaviour?

(p. 21)

- A.** Biological
- B. Psychological
- C. Social
- D. Ecological

Learning Objective: 3
Nolen - Chapter 01 #71

72. Who systematically argued brain pathology as an explanation for psychological disorders?

(p. 21)

- A. Wilhelm Wundt
- B. Richard Kraft-Ebing
- C. Franz Anton Mesmer
- D.** Wilhelm Griesinger

Learning Objective: 3
Nolen - Chapter 01 #72

73. Who developed the first scheme of classifying mental disorders?

(p. 21)

- A. Wilhelm Griesinger
- B.** Emil Kraepelin
- C. Richard Kraft-Ebing
- D. Jean Charcot

Learning Objective: 3
Nolen - Chapter 01 #73

74. Which of the following diseases leads to paralysis, insanity, and eventually death, and has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality?

(p. 22)

- A.** General paresis
- B. Neurosyphilis
- C. Gonorrhea
- D. AIDS

Learning Objective: 3
Nolen - Chapter 01 #74

75. Which Viennese psychiatrist was credited with discovering a connection between paresis and syphilis?

(p. 22)

- A. Emil Kraepelin
- B.** Richard Krafft-Ebing
- C. Alfred Adler
- D. Wilhelm Wundt

Learning Objective: 3
Nolen - Chapter 01 #75

76. Which of the following is true concerning Krafft-Ebing's research?

(p. 22)

- A. Krafft-Ebing's research concluded that no relationship exists between syphilis and paresis
- B.** Krafft-Ebing's research would have been considered unethical by today's standards
- C. Krafft-Ebing's research found the cure for syphilis and set the precedent for future studies of sexually transmitted diseases
- D. Krafft-Ebing's research on syphilis was important because he alone discovered the disease

Learning Objective: 3
Nolen - Chapter 01 #76

77. Which one of the following is not a modern biological theory of psychological disorders?

(p. 22)

- A. Genetic risks
- B. Structural abnormalities
- C. Biochemical imbalances
- D.** Ingestion of toxins

Learning Objective: 3
Nolen - Chapter 01 #77

78. Which psychoanalytic theorist was labelled a "charlatan" by scientific committees and later had his theory renamed hypnosis?
(p. 22)
- A. Franz Gall
 - B. Sigmund Freud
 - C. Franz Mesmer**
 - D. Carl Jung

Learning Objective: 3
Nolen - Chapter 01 #78

79. Who argued that hysteria is caused by self-hypnosis?
(p. 22)
- A. Mesmer and Charcot
 - B. Charcot and Bernheim
 - C. Bernheim and Liebault**
 - D. Liebault and Mesmer

Learning Objective: 3
Nolen - Chapter 01 #79

80. Which psychoanalytic theorist is noted for his theory of the unconscious?
(p. 23)
- A. Sigmund Freud**
 - B. Joseph Breuer
 - C. Jean Charcot
 - D. Stanley Hall

Learning Objective: 3
Nolen - Chapter 01 #80

81. What is meant by the term "catharsis"?
(p. 23)
- A. The person has lost feeling in the upper extremities
 - B. The person has become anxious and wishes to withdraw
 - C. The person has released emotions that have been hidden for a long time**
 - D. The person has discovered a new meaning for his/her life

Learning Objective: 3
Nolen - Chapter 01 #81

82. Who were the authors of *On the Psychical Mechanism of Hysterical Phenomena* published in 1893?
(p. 23)
- A. Freud and Breuer**
 - B. Freud and Charcot
 - C. Freud and Adler
 - D. Freud and Hall

Learning Objective: 3
Nolen - Chapter 01 #82

83. Who is considered the most renowned figure in psychiatry and psychology?
(p. 23)
- A. Ivan Pavlov
 - B. Sigmund Freud**
 - C. John Watson
 - D. Erik Erikson

Learning Objective: 3
Nolen - Chapter 01 #83

84. Julia has a recurring dream that she is falling down steep hill. Her parents try to reassure her, but Julia insists that she has actually been on that particular hill before. If Julia was to seek professional help, what type of therapist would be the most likely to focus on interpreting her dream?
(p. 23)
- A. Cognitive psychologist
 - B. Behaviourist
 - C. Psychoanalyst**
 - D. Humanist

Learning Objective: 3
Nolen - Chapter 01 #84

85. (p. 23) Sam is afraid of flying. His friends have suggested that he try structured exposure to specific stimuli associated to his fear of flying. Although Sam is skeptical, he desperately wants to fly to his brother's wedding. Sam will most likely seek the help of which therapist?

- A. Psychoanalyst
- B. Existentialist
- C. Cognitive psychologist
- D. Behaviourist**

Learning Objective: 3
Nolen - Chapter 01 #85

86. (p. 23) Who established the first psychological laboratory?

- A. Wilhem Wundt**
- B. James Lange
- C. James Mark Baldwin
- D. Edward Titchner

Learning Objective: 3
Nolen - Chapter 01 #86

87. (p. 23) What was the focus of Wundt's laboratory experiment?

- A. Sensation and perception
- B. Perception and attention
- C. Attention and memory
- D. Memory and sensation**

Learning Objective: 3
Nolen - Chapter 01 #87

88. (p. 23) Who established the first psychological laboratory in Canada?

- A. Wilhem Wundt
- B. James Lange
- C. James Mark Baldwin**
- D. Edward Titchner

Learning Objective: 3
Nolen - Chapter 01 #88

89. (p. 23) Who conducted the famous experiment which demonstrated that dogs could be conditioned to salivate to stimuli other than food?

- A. Ivan Pavlov**
- B. John Watson
- C. B.F. Skinner
- D. Edward Thorndike

Learning Objective: 3
Nolen - Chapter 01 #89

90. (p. 23) What is Pavlov's learning theory known as?

- A. Operant conditioning
- B. Social conditioning
- C. Classical conditioning**
- D. Learning conditioning

Learning Objective: 3
Nolen - Chapter 01 #90

91. (p. 23) Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?

- A. B. F. Skinner
- B. John Watson**
- C. Edward Thorndike
- D. Abraham Maslow

Learning Objective: 3
Nolen - Chapter 01 #91

92. Operant or instrumental conditioning was theorized by which two individuals?

(p. 24)

- A.** Thorndike and Skinner
- B. Pavlov and Watson
- C. Watson and Skinner
- D. Pavlov and Thorndike

*Learning Objective: 3
Nolen - Chapter 01 #92*

93. Which of the following is a premise of operant conditioning theory?

(p. 24)

- A. Learned behaviour must be modelled before performed
- B. Learning is based on the teacher who gives the instructions
- C. Learned behaviour requires two active participants
- D.** Learning is based on the consequences of the behaviour

*Learning Objective: 3
Nolen - Chapter 01 #93*

94. Which of the following is true concerning operant conditioning?

(p. 24)

- A Behaviours that are followed by negative consequences are more likely to be repeated than behaviours followed by positive consequences.
- B.** Behaviours that are followed by positive consequences are more likely to be repeated than behaviours followed by negative consequences.
- C. Positive behaviours equally occur followed by positive or negative consequences
- D. Neither positive nor negative consequences impact positive behaviours

*Learning Objective: 3
Nolen - Chapter 01 #94*

95. Which of the following is improperly paired?

(p. 24)

- A. Pavlov and classical conditioning
- B.** Skinner and classical conditioning
- C. Watson and classical conditioning
- D. Thorndike and operant conditioning

*Learning Objective: 3
Nolen - Chapter 01 #95*

96. What term refers to the thought processes that influence behaviour and emotion?

(p. 24)

- A. Insight
- B.** Cognitions
- C. Feelings
- D. Learning

*Learning Objective: 3
Nolen - Chapter 01 #96*

97. Who conceptualized self-efficacy beliefs?

(p. 24)

- A.** Albert Bandura
- B. Albert Ellis
- C. Albert Einstein
- D. Albert Beck

*Learning Objective: 3
Nolen - Chapter 01 #97*

98. Which of the following theorists were not associated with the Cognitive Revolution?

(p. 24)

- A. Albert Ellis
- B.** John Watson
- C. Aaron Beck
- D. Albert Bandura

*Learning Objective: 3
Nolen - Chapter 01 #98*

99. All systems of medical diagnoses use the following approach:

(p. 10)

- A.** Categorical
- B. Dimensional
- C. Psychosocial
- D. Etiological

*Learning Objective: 1
Nolen - Chapter 01 #99*

100. Which of the following statements is false?

(p. 25)

- A. Mentally ill patients who suffered from schizophrenia found relief with the new class of drugs called phenothiazines
- B.** Development of psychotherapies for psychological disorders suddenly slowed down at the beginning of the 20th century
- C. Phenothiazines were instrumental in the deinstitutionalization of patients who had been hospitalized for several years
- D. Deinstitutionalization created significant problems for the managed care system during the mid 20th century

*Learning Objective: 4
Nolen - Chapter 01 #100*

101. Which of the following was *not* a factor in the deinstitutionalization movement?

(p. 25)

- A. The patient's rights movement
- B. The community mental-health movement
- C. The discovery of phenothiazines
- D.** The use of psychoanalysis

*Learning Objective: 4
Nolen - Chapter 01 #101*

102. The process of deinstitutionalization led to the closure of numerous psychiatric hospitals in Canada.

(p. 25)

- As a consequence, patients with serious mental disorders began to be mainly admitted to what kind of facility?
- A. Community mental health centers
 - B.** Psychiatric units of general hospitals
 - C. Prisons
 - D. General units within general hospitals

*Learning Objective: 4
Nolen - Chapter 01 #102*

103. Drs. Vinsu and Copeland consult with each other on a patient with schizophrenia. Dr. Vinsu, a psychiatrist, reports that the patient has responded well to medications and is taking them regularly. Dr. Copeland, a psychologist, reports that the patient has been engaging in psychosocial rehabilitation groups and is living well under minimal supervision. The consultations between Drs. Vinsu and Copeland are a good example of

(p. 26)

- A. Medical care
- B. Medication supervision
- C. Medication provision
- D.** Collaborative management

*Learning Objective: 4
Nolen - Chapter 01 #103*

104. Which of the following statements is false?

(p. 27)

- A. In Canada, psychologists have almost no prescription writing privileges whereas psychiatrists have full privileges
- B. Psychiatrists have a medical degree and specialized training for treating psychiatric disorders while psychologists typically obtain a doctorate degree
- C.** Psychiatric nurses limit their services to the provision of medical care on inpatient psychiatric wards
- D. Marriage and family therapists specialize in treating families, couples, and children with problems that disrupt their functioning

*Learning Objective: 5
Nolen - Chapter 01 #104*

105. (p. 27) Mary's husband recently died. Her 10-year-old son has started getting into fights at school. He also refuses to obey her without a confrontation. Mary is considering seeking mental health services for her son. Which of the following individuals would be helpful in Mary's situation?
- A. A psychiatric nurse
 - B. A marriage and family therapist**
 - C. A psychiatrist
 - D. A clinical social worker

Learning Objective: 5
Nolen - Chapter 01 #105

106. (p. 27) Dr. M. is the acting director of the Midway Behavioural Clinic; however, he still sees patients on a regular basis. His patients must receive referrals for their medication. Dr. M is most likely what kind of professional?
- A. Clinical psychologist**
 - B. Psychiatrist
 - C. Clinical social worker
 - D. Marriage and family therapist

Learning Objective: 5
Nolen - Chapter 01 #106

107. (p. 27) Which of the following professionals would you be least likely to see on the psychiatric ward of a traditional hospital?
- A. Psychiatrist
 - B. Clinical psychologist
 - C. Psychiatric nurse
 - D. Marriage and family therapist**

Learning Objective: 5
Nolen - Chapter 01 #107

108. (p. 27) Individuals dealing with domestic violence issues would mostly likely seek assistance with which type of professional?
- A. Clinical psychologist
 - B. Marriage and family therapist
 - C. Clinical social worker**
 - D. Psychiatric nurse

Learning Objective: 5
Nolen - Chapter 01 #108

109. (p. 3) The mental or emotional pain related to a psychological or mental disorder is referred to as abnormal psychology
- FALSE**

Learning Objective: 1
Nolen - Chapter 01 #109

110. (p. 5) Cultural relativism and gender relativism are often used interchangeably.
- TRUE**

Learning Objective: 1
Nolen - Chapter 01 #110

111. (p. 5) Bereavement practices are good examples of cultural relativism.
- TRUE**

Learning Objective: 1
Nolen - Chapter 01 #111

112. (p. 6) *Drapetomania* is a disease attributed to slaves who desired their freedom.
- FALSE**

Learning Objective: 1
Nolen - Chapter 01 #112

113. (p. 7) Weeks and James' (1995) study found that eccentrics have unusual tastes but are generally happy and function well.
- TRUE**

Learning Objective: 1
Nolen - Chapter 01 #113

114. People who cause others discomfort always experience the same discomfort.
(p. 8) **FALSE**

*Learning Objective: 1
Nolen - Chapter 01 #114*

115. The DSM-IV-TR no longer list homosexuality as a mental disorder.
(p. 8) **TRUE**

*Learning Objective: 1
Nolen - Chapter 01 #115*

116. Many theorists believe that mental disorders are impacted by biological and psychological factors.
(p. 8) **TRUE**

*Learning Objective: 1
Nolen - Chapter 01 #116*

117. All of the criteria for labelling abnormal behaviours call for subjective judgments except the maladaptive criteria.
(p. 9) **FALSE**

*Learning Objective: 1
Nolen - Chapter 01 #117*

118. Gender and cultural issues have little or no impact on willingness to seek treatment or treatment methods.
(p. 9) **FALSE**

*Learning Objective: 1
Nolen - Chapter 01 #118*

119. Typical treatment for mental illness during the Stone Age was rest and relaxation.
(p. 11) **FALSE**

*Learning Objective: 2
Nolen - Chapter 01 #119*

120. Ancient Chinese medicine was based on the concept of yin and yang, positive and negative forces.
(p. 12) **TRUE**

*Learning Objective: 2
Nolen - Chapter 01 #120*

121. Psychic epidemics have only occurred during the Middle Ages.
(p. 16) **FALSE**

*Learning Objective: 2
Nolen - Chapter 01 #121*

122. Many Europeans in the early 12th century made attempts to care and house their mentally ill citizens.
(p. 17) **TRUE**

*Learning Objective: 2
Nolen - Chapter 01 #122*

123. Quaker William Penn conceptualized the moral treatment model.
(p. 18) **FALSE**

*Learning Objective: 2
Nolen - Chapter 01 #123*

124. Clifford Beers experienced the deplorable conditions of mental hospitals and was instrumental in changing the conditions.
(p. 21) **TRUE**

*Learning Objective: 2
Nolen - Chapter 01 #124*

125. Griesinger developed the first scheme of classifying symptoms into disorders.
(p. 21) **FALSE**

*Learning Objective: 3
Nolen - Chapter 01 #125*

126. The psychoanalytic theory is rooted in the Freudian notion of the unconscious.
(p. 22) **TRUE**

*Learning Objective: 3
Nolen - Chapter 01 #126*

127. All scientists accept the connection between hypnosis and hysteria.
(p. 22) **FALSE**

*Learning Objective: 3
Nolen - Chapter 01 #127*

128. Many effective psychological treatments practiced today have been influenced by behavioural theories.
(p. 24) **TRUE**

*Learning Objective: 3
Nolen - Chapter 01 #128*

129. Albert Ellis developed the rational-emotive therapy for emotionally-based problems.
(p. 24) **TRUE**

*Learning Objective: 3
Nolen - Chapter 01 #129*

130. Drug therapy was a significant turning point in the treatment of psychological disorders.
(p. 25) **TRUE**

*Learning Objective: 4
Nolen - Chapter 01 #130*

131. The patient's rights movement began in the 1960s.
(p. 25) **TRUE**

*Learning Objective: 4
Nolen - Chapter 01 #131*

132. The Medicare system in Canada attempts to provide medical services to all Canadians. Physicians play a major role in the diagnosis and treatment of mental health problems. This has led to an overemphasis on the biological model in the mental health profession in this country.
(p. 27) **TRUE**

*Learning Objective: 4
Nolen - Chapter 01 #132*

133. Many mental-health professionals combine clinical practice and research in their careers.
(p. 27) **TRUE**

*Learning Objective: 5
Nolen - Chapter 01 #133*

134. _____ is the mental or emotional pain related to a psychological or mental disorder.
(p. 3) **Psychopathology**

*Learning Objective: 1
Nolen - Chapter 01 #134*

135. The circumstances surrounding a behaviour and something that influences whether a behaviour is viewed as abnormal is called _____.
(p. 4) **context**

*Learning Objective: 1
Nolen - Chapter 01 #135*

136. Individuals whose behaviours are expectations of that gender are performing _____.
(p. 5) **gender roles**

*Learning Objective: 1
Nolen - Chapter 01 #136*

137. _____ argue that abnormal behaviour should be based on cultural and societal norms.
(p. 5) **Cultural relativists**

*Learning Objective: 1
Nolen - Chapter 01 #137*

138. Dennis Rodman, the NBA basketball player who frequently changed the colour of his hair, probably meets the _____ criterion for abnormal behaviour.
(p. 6) **unusualness**

*Learning Objective: 1
Nolen - Chapter 01 #138*

139. The decision by the American Psychiatric Association to remove homosexuality from the list of recognized disorders has contributed to the _____ criterion.
(p. 8) **discomfort**
*Learning Objective: 1
Nolen - Chapter 01 #139*
140. The _____ criterion implies that there is a clear, identifiable physical process that differs from "health" and leads to specific behaviours or symptoms.
(p. 8) **mental illness**
*Learning Objective: 1
Nolen - Chapter 01 #140*
141. The 3Ds of maladaptiveness are _____, _____ and _____.
(p. 8) **dysfunction, distress, deviance**
*Learning Objective: 1
Nolen - Chapter 01 #141*
142. When a person's behaviour causes them distress and decreases their daily functioning, these behaviours meet the _____ criterion.
(p. 8) **maladaptive**
*Learning Objective: 1
Nolen - Chapter 01 #142*
143. _____, _____ and _____ theories influenced the definition and treatment of abnormality of over the ages.
(p. 11) **Biological, supernatural, psychological**
*Learning Objective: 1
Nolen - Chapter 01 #143*
144. _____ theories focused on divine intervention, demonic possession, and personal sin as explanations for abnormal behaviours.
(p. 11) **Supernatural**
*Learning Objective: 2
Nolen - Chapter 01 #144*
145. Driving away the evil spirits from a person who is suffering is called _____.
(p. 11) **exorcism**
*Learning Objective: 2
Nolen - Chapter 01 #145*
146. _____ is the drilling of holes in the skull to release evil spirits.
(p. 11-12) **Trephination**
*Learning Objective: 2
Nolen - Chapter 01 #146*
147. Ancient Chinese medicine described _____ as the result of an excessive positive force.
(p. 12) **excited insanity**
*Learning Objective: 2
Nolen - Chapter 01 #147*
148. The _____ theory was used by Ancient Greeks and Egyptians to explain mental illness in women.
(p. 12-13) **wandering uterus**
*Learning Objective: 2
Nolen - Chapter 01 #148*
149. _____ suggested that behaviours are influenced by 4 basic bodily humours: blood, phlegm, yellow bile and black bile.
(p. 13) **Hippocrates**
*Learning Objective: 2
Nolen - Chapter 01 #149*
150. When large numbers of people engage in unusual behaviours that appear to be psychologically-based, these behaviours are defined as _____.
(p. 16) **psychic epidemics**
*Learning Objective: 2
Nolen - Chapter 01 #150*

151. _____ is the nickname given to the hospital in London because of its deplorable conditions and maltreatment of mental patients.
(p. 17) **Bedlam**
- Learning Objective: 2
Nolen - Chapter 01 #151*
152. Quake William Tuke's _____ treatment was designed to help asylum patients exercise self-control and restore patient's dignity.
(p. 18) **moral**
- Learning Objective: 2
Nolen - Chapter 01 #152*
153. _____ was responsible for creating numerous mental health facilities in the United States and Canada.
(p. 19) **Dorothea Dix**
- Learning Objective: 2
Nolen - Chapter 01 #153*
154. The _____ began to have numerous failures with the increased numbers of asylums and decreased number of trained mental health professionals.
(p. 20) **moral treatment movement**
- Learning Objective: 2
Nolen - Chapter 01 #154*
155. _____, _____ and _____ theories now dominate psychology and psychiatry due to the advancement of science.
(p. 21) **Biological, psychological, social**
- Learning Objective: 3
Nolen - Chapter 01 #155*
156. Krafft-Ebing's research is noted for finding a connection between general paresis and _____.
(p. 22) **syphilis**
- Learning Objective: 3
Nolen - Chapter 01 #156*
157. The modern term for Anton Mesmer's concept of mesmerism is _____.
(p. 22) **hypnosis**
- Learning Objective: 3
Nolen - Chapter 01 #157*
158. Advocates of the _____ argued that mentally ill patients would have fuller recoveries if they were integrated into their communities and supported by community-based health care.
(p. 25) **patients' rights movement**
- Learning Objective: 4
Nolen - Chapter 01 #158*
159. You are teaching your first introductory psychology course. The first day of instruction, you noticed that at least 10 different cultural groups were represented in the class. When you get to the chapter on psychological disorders, you want to give the students a better understanding of how abnormal behaviours are labeled. Introduce the criteria and give special attention to the impact of culture by providing examples.

Key terms and concepts that may be included in student responses:

- cultural relativism—there are no universal standards for labeling a behaviour as abnormal, can only be abnormal relative to cultural norms
- unusualness criterion—rare or unusual behaviours in a given society
- maladaptiveness criterion-3 Ds (dysfunction, distress, deviance)-suffer distress that prevents functioning in daily life
- context—behaviour appropriate for the specific circumstances
- gender roles—expected role performance for the gender

160. (p. 6-9) Nikki, a 30 year-old female who lives alone, has difficulty holding down a job for more than 2 weeks. Nikki repeatedly checks her water meter because she believes that the town is over-charging her. She also carries around her "valuables" in a backpack. On occasion, Nikki reports that she knows a man has broken into her house because she can smell his scent. Discuss whether Nikki's behaviour is considered abnormal.

Key terms and concepts that may be included in student responses:

- unusualness criterion—rare or unusual behaviours in a given society
- maladaptiveness criterion-3 Ds (dysfunction, distress, deviance)-suffer distress that prevents functioning in daily life

*Learning Objective: 1
Nolen - Chapter 01 #160*

161. (p. 18-21) Discuss how the concept of moral treatment evolved and the consequences associated with its failures. Include those individuals who were instrumental in its development.

Key terms and concepts that may be included in student responses:

- deplorable conditions in asylums (Europe, Canada, and the United States)
- asylums—Bedlam
- The Act for Regulating Madhouses in England in 1774
- Tuke-opened asylum in England and provided "moral treatment"; Dix-helped to establish more than 30 mental institutions; Pinel-ordered that patients be released from chains
- new psychological view-restoration of dignity, rest, relaxation
- training of mental health professionals
- increase in asylums

*Learning Objective: 2
Nolen - Chapter 01 #161*

162. (p. 5-9) Explain why the text suggests that the maladaptiveness criterion still calls for subjective judgments. Include in the discussion the components of maladaptiveness and the impact of culture and gender.

Key terms and concepts that may be included in student responses:

- maladaptiveness criterion-3 Ds (dysfunction, distress, deviance)-suffer distress that prevents functioning in daily life
- depend on societal norms
- culture and gender influence: the likelihood of a maladaptive behaviour being shown, the way people express distress, willingness to admit to maladaptive behaviours

*Learning Objective: 1
Nolen - Chapter 01 #162*

163. (p. 25-26) Discuss the factors that led to the deinstitutionalization movement and the impact this process had on mental health care in Canada.

Key terms and concepts that may be included in student responses:

- availability of effective drug therapy
- patient's rights movement
- community mental-health movement
- treatment of patients with psychological disorders in general hospitals
- "revolving door syndrome"

*Learning Objective: 4
Nolen - Chapter 01 #163*

164. Trace the history of the phenomenon of witchcraft, and discuss the hypothesis that a large number of those accused of engaging in this practice were suffering from mental illness.
(p. 14-16)

Key terms and concepts that may be included in student responses:

- The Church's position on witchcraft
- Some witches confessed to speaking with the devil and others had "devil's marks" which were insensitive to pain-interpreted as possible delusions and hallucinations
- Johann Weyer (1563)-The Deception of Dreams; Reginal Scott (1584)-Discovery of Witchcraft; Teresa of Avila (Spanish nun)-due to sickness, not work of the devil
- cultural implication of the existence of witches-culture in which they lived accepted the existence of witches and witchcraft

*Learning Objective: 2
Nolen - Chapter 01 #164*

165. Discuss Dorothea Dix and Philippe Pinel's efforts to change the treatment of mentally ill patients.
(p. 18-20)

Key terms and concepts that may be included in student responses:

- Dix—lobbying, passage of laws, training mental health professionals, established more than 30 mental health facilities
- Pinel—moral treatment, removed chains from patients, provided atmosphere conducive for restoring health, encouraged social activity

*Learning Objective: 2
Nolen - Chapter 01 #165*

166. Your daughter's high school created a community service project for its students. The students volunteered their time to a mental health facility. Your daughter has expressed an interest in becoming a mental health professional but is unsure which profession to pursue. Discuss the different professions included in the text.
(p. 27)

Key terms and concepts that may be included in student responses:

- Psychiatrist—medical doctor specializing in treating physical and psychological problems, prescribes medication
- Clinical psychologist—generally earns a Ph.D. in psychology, specializes in psychological problems, research on causes and treatments
- Clinical social worker—licensed counselor of social work, specializes in client social conditions that contribute to abnormal behaviours
- Psychiatric nurse—nursing degree, often works with inpatients at mental health facilities
- Marriage and family counselors—master's degree, specializes in family problems, child adjustment

*Learning Objective: 5
Nolen - Chapter 01 #166*

1 Summary

<u>Category</u>	<u># of Questions</u>
Learning Objective: 1	48
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