

## Practice Questions

**Directions:** Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the one that is best in each case.

1. Which of the following is not an anxiety disorder?
  - (A) obsessive-compulsive disorder
  - (B) conversion disorder
  - (C) zoophobia
  - (D) post-traumatic stress disorder
  - (E) panic disorder
2. All schizophrenics suffer from
  - (A) depression.
  - (B) multiple personalities.
  - (C) flat affect.
  - (D) distorted thinking.
  - (E) delusions of persecution.
3. Juan hears voices that tell him to kill people. Juan is experiencing
  - (A) delusions.
  - (B) obsessions.
  - (C) anxiety.
  - (D) hallucinations.
  - (E) compulsions.
4. Linda's neighbors describe her as typically shy and mild mannered. She seems to be a devoted wife and mother to her husband and three children. Unbeknownst to these neighbors, Linda sometimes dresses up in flashy, revealing clothing and goes to bars to pick up strange men. At such times, she is boisterous and overbearing. She tells everyone she meets that her name is Jen. At other times, when she is upset, Linda slips into childlike behavior and responds only to the name Sally. Linda is suffering from
  - (A) a schizophrenic disorder.
  - (B) a mood disorder.
  - (C) a dissociative disorder.
  - (D) a somatoform disorder.
  - (E) a psychosexual disorder.

5. The *DSM-IV-TR* contains
- I. a description of the symptoms of mental disorders.
  - II. a description of the likely causes of mental disorders.
  - III. recommended methods of treatment for mental disorders.
- (A) I only  
(B) II only  
(C) III only  
(D) I and II  
(E) I, II, and III
6. All of the following are biomedical explanations for schizophrenia EXCEPT
- (A) double binds.  
(B) brain asymmetries.  
(C) the dopamine hypothesis.  
(D) a genetic predisposition.  
(E) enlarged brain ventricles.
7. Psychologists who draw from several different theoretical perspectives rather than strictly following one are known as
- (A) open-minded.  
(B) mixed.  
(C) flexible.  
(D) eclectic.  
(E) broad.
8. Depression is associated with low levels of
- (A) acetylcholine.  
(B) epinephrine.  
(C) serotonin.  
(D) dopamine.  
(E) GABA.
9. "I am the most important person in the world" is a statement that might characterize the views of someone with which of the following personality disorders?
- (A) schizoid  
(B) antisocial  
(C) histrionic  
(D) dependent  
(E) narcissistic

10. What kind of psychologist would be most likely to describe depression as the result of an unconscious process in which anger is turned inward?
- (A) biomedical
  - (B) psychoanalytic
  - (C) cognitive
  - (D) behavioral
  - (E) sociocultural
11. Women in the United States have a higher rate of depression than do men. Which kind of psychologist would be most likely to explain this higher incidence in terms of the pressures and prejudices that women suffer?
- (A) humanistic
  - (B) psychoanalytic
  - (C) cognitive
  - (D) behavioral
  - (E) sociocultural
12. The relationship between schizophrenia and Parkinson's disease is that
- (A) both are caused by too little dopamine.
  - (B) both are treated by antipsychotic drugs.
  - (C) both can be caused by excessive use of amphetamines.
  - (D) schizophrenia is associated with too much dopamine and Parkinson's with too little.
  - (E) Parkinson's is associated with too much dopamine and schizophrenia with too little.
13. Anand is unable to move his right arm. He has been to scores of physicians seeking a cure, but none have been able to find any physiological reason for his paralysis. Anand may be suffering from
- (A) conversion disorder.
  - (B) fugue.
  - (C) hypochondriasis.
  - (D) SAD.
  - (E) OCD.
14. Mary is sexually aroused by aardvarks. Mary might be diagnosed as having
- (A) pedophilia.
  - (B) masochism.
  - (C) sadism.
  - (D) a paraphilia.
  - (E) fetishism.

15. Which statement about bulimia is true?
- (A) Only women suffer from this disorder.
  - (B) All bulimics use vomiting to rid their bodies of unwanted calories.
  - (C) Bulimics lose in excess of 15 percent of the normal body weight for their age and size.
  - (D) The sole cause of bulimia is society's emphasis on thinness.
  - (E) Bulimics tend to be overly concerned with their weight and body image.

### ANSWERS TO PRACTICE QUESTIONS

1. (B) Conversion disorder is a type of somatoform disorder in which a psychological problem manifests itself in one, often serious, physical symptom such as blindness or paralysis. All of the other disorders listed are anxiety disorders.
2. (D) Distortion of thought is the characteristic common to all types of schizophrenia. Schizophrenia is distinct from both depression and dissociative identity disorder, although, as discussed in the chapter, it is often confused with the latter. Although some schizophrenics manifest flat affect, particularly disorganized schizophrenics, it is not a symptom shared by all schizophrenics. Only paranoid schizophrenics experience delusions of persecution.
3. (D) Perceiving sensory stimulation when none exists defines a hallucination. Delusions are irrational thoughts but do not involve a belief in the existence of sensory stimulation. Obsessions are persistent, unwanted thoughts. Compulsions are unwanted, repetitive actions that people engage in to reduce anxiety.
4. (C) Linda is suffering from multiple personality disorder, also known as dissociative identity disorder, a type of dissociative disorder.
5. (A) The *DSM-IV-TR* contains only the symptoms of the various disorders. Neither causes nor treatments are addressed in the *DSM-IV-TR* since beliefs about both causes and treatments depend on the theoretical model to which one subscribes.
6. (A) A double bind is when someone is told to do something and then punished for doing it. While some researchers theorize that double binds cause schizophrenia, they would be an environmental cause, not a physical or medical cause. All the other choices are biological factors that theoretically play a role in schizophrenia.
7. (D) Psychologists who draw on various perspectives in their work are known as eclectic. The other terms have no specific psychological meaning.
8. (C) Depression is associated with low levels of serotonin.

9. **(E)** Narcissism is the love of oneself. People who view themselves as the focus of the world would most likely be classified as having narcissistic personality disorder.
10. **(B)** Psychoanalysts view depression as the result of anger turned inward. Biomedical psychologists would see depression as the result of some biological cause. Cognitive psychologists would locate the cause in the person's style of thinking. Behaviorists believe depression is caused by one's reinforcement history. Psychologists adhering to the sociocultural model would fault aspects of society such as racism or poverty.
11. **(E)** Sociocultural psychologists believe that mental illness is mainly caused by certain negative aspects of society such as sexism.
12. **(D)** Schizophrenia is associated with high levels of dopamine and Parkinson's disease with low levels of dopamine. Schizophrenia is often treated with antipsychotic drugs. Excessive use of amphetamines is associated with both high levels of dopamine and schizophrenic-like symptoms.
13. **(A)** Anand's symptoms suggest he has conversion disorder, a type of somatoform disorder. Fugue is a dissociative disorder which involves amnesia and relocation. Hypochondriasis is a different kind of somatoform disorder that involves constant, minor physical complaints and the belief that these minor problems are indicative of a serious, medical problem. SAD, seasonal affective disorder, is a type of affective disorder in which people become depressed during prolonged periods of bad weather. OCD, obsessive-compulsive disorder, is an anxiety disorder in which unwanted, persistent thoughts push people to perform unwanted, repetitive actions to reduce anxiety.
14. **(D)** Paraphilias involve sexual arousal and interest in people, objects, or situations not generally considered arousing. More specifically, Mary has zoophilia since she is aroused by an animal. Pedophilia is a sexual attraction to children. Masochism is when one needs to be hurt in order to be sexually aroused, and fetishism is when objects, such as shoes, are sexually arousing.
15. **(E)** Bulimics tend to be overly concerned with their weight and body image. These concerns lead them to engage in the binge-purge cycle that typifies bulimia. A growing number of men suffer from bulimia. Not all bulimics use vomiting to purge unwanted calories. Other methods include using laxatives, diuretics, and excessive exercise. Anorexics, not bulimics, lose more than 15 percent of their normal body weight. As is true of most, if not all, disorders, the cause of bulimia is a matter of some debate.