Multiple Choice
Identify the letter of the choice that best completes the statement or answers the question.

1. Which of the following is not one of the three major categories of psychotherapy?
   a. biomedical therapies  
   b. emotion therapies  
   c. behavior therapies  
   d. insight therapies

2. Therapists who emphasize "talk therapy" in treatment employ the ____ approach to psychotherapy.
   a. behavior  
   b. biomedical  
   c. insight  
   d. emotion

3. John suffers from chronic anxiety. He tends to worry constantly and is uncomfortable in a wide variety of situations. He decides to seek therapy. John put considerable thought into what he wants to gain from therapy. John believes that if he can learn to calm himself down when he finds himself in anxiety-producing situations (like taking a psychology exam) he will be better able to cope. Based on John's beliefs, he is most likely to seek a therapist that emphasizes the ____ approach.
   a. behavior therapy  
   b. biomedical therapy  
   c. insight therapy  
   d. emotion therapy

4. According to a recent report, approximately ____ of the U.S. population use mental health services in a given year.
   a. 5%  
   b. 15%  
   c. 25%  
   d. 35%

5. Freud's approach for the treatment of psychological disorders is
   a. psychotherapy  
   b. psychoanalysis  
   c. unconscious therapy  
   d. client-centered therapy

6. Psychoanalysis is a therapy that emphasizes
   a. correcting habitual thinking errors  
   b. the recovery of unconscious conflicts, motives, and defenses  
   c. providing a supportive climate for clients  
   d. improving interpersonal skills

7. Psychoanalysis uses the techniques of ____ to uncover the unconscious conflicts causing an individual's behavior.
   a. resistance and transference  
   b. free association and resistance  
   c. free association and dream analysis  
   d. dream analysis and transference

8. Laura is encouraged by her therapist to talk about absolutely anything that comes to her mind. Over the course of each session as her train of thought wanders, she usually talks about a variety of topics. From time to time her therapist comments on her statements. Laura's therapist can be best described as using the technique of
a. resistance
b. unconditional positive regard
c. dream analysis
d. free association

9. Freud considered ____ to be the most direct way to access the patient's unconscious or the "royal road to the unconscious."
   a. truth-serum
   b. hypnosis
   c. free association
   d. dreams

10. At times, individuals decide to terminate therapy at a time the therapist feels is premature and at a point when therapy is about to make significant progress. This is an example of
   a. interpretation
   b. repression
   c. transference
   d. resistance

11. Doris thinks she is in love with her therapist and has begun to respond to him in that way. Doris is displaying feelings and behavior that psychoanalysts refer to as
   a. transference
   b. free association
   c. interpretation
   d. modeling

12. Client-centered therapy emphasizes
   a. correcting habitual thinking errors
   b. the recovery of unconscious conflicts, motives, and defenses
   c. providing a supportive climate for clients
   d. improving interpersonal skills

13. Carl Rogers believed that psychological disorders are caused by
   a. current stressful situations in one's life
   b. inconsistency between one's self-concept and reality
   c. unconscious conflicts left over from early childhood
   d. maladaptive patterns of thinking established in childhood

14. Goals of client-centered therapy include helping clients do all of the following except
   a. have an accurate self-concept
   b. gain self-acceptance
   c. resolve unconscious conflicts
   d. realize they do not have to worry about winning acceptance from others

15. Which of the following is not one of the three conditions Rogers believed was important to help create a supportive emotional climate for therapy?
   a. unconditional positive regard
   b. empathy
   c. genuineness
   d. friendship

16. Many times, an individual with a psychological disorder will recover from the disorder without receiving any treatment. This phenomenon is called
   a. spontaneous remission
   b. spontaneous recovery
   c. placebo remission
   d. placebo recovery
17. Therapists who think the primary role of therapy is to assist a client in changing his or her maladaptive behavior employ
   a. behavior therapy
   b. group therapy
   c. cognitive therapy
   d. insight therapy

18. Behavior therapy assumes that psychological disorders are caused by
   a. current stressful situations in one's life
   b. inconsistency between one's self-concept and reality
   c. unconscious conflicts left over from childhood
   d. past conditioning

19. Systematic desensitization is a therapy designed to
   a. create a negative response to a stimulus that has elicited problematic behavior
   b. correct habitual thinking errors and maladaptive beliefs
   c. reduce phobic responses
   d. improve interpersonal skills

20. Joseph Wolpe developed
   a. aversion therapy
   b. client-centered therapy
   c. systematic desensitization
   d. social skills training

21. Systematic desensitization involves
   a. training to relax when confronted with anxiety-arousing stimuli
   b. interpreting anxiety-arousing stimuli so they are less anxiety-arousing
   c. changing misconceptions regarding anxiety-arousing stimuli
   d. uncovering repressed feelings regarding anxiety-arousing stimuli

22. The type of therapy in which a problem drinker is given a drug that induces nausea when combined with alcohol is called
   a. systematic desensitization
   b. aversion therapy
   c. chemotherapy
   d. drug therapy

23. Social skills training is a therapy designed to
   a. create a negative response to a stimulus that has elicited problematic behavior
   b. correct habitual thinking errors and maladaptive beliefs
   c. reduce phobic responses
   d. improve interpersonal skills

24. The use of varied combinations of verbal interventions and behavioral modification techniques to help clients change maladaptive patterns of thinking best describes
   a. group therapy treatments
   b. cognitive-behavioral treatments
   c. biomedical treatments
   d. insight treatments

25. Cognitive therapy was originally developed as a treatment
   a. to improve interpersonal skills
   b. for anxiety
   c. for depression
   d. for low self-esteem

26. Electroconvulsive therapy and drug therapy for psychological disorders are two types of
27. Therapeutic drugs that reduce tension, apprehension, and nervousness are
   a. antidepressant drugs
   b. antipsychotic drugs
   c. mood stabilizers
   d. antianxiety drugs

28. Valium and Xanax are two types of
   a. mood stabilizers
   b. antianxiety drugs
   c. antipsychotic drugs
   d. antidepressant drugs

29. Common side effects associated with antianxiety drugs include all of the following except
   a. depression
   b. lightheadedness
   c. muscle tremors
   d. drowsiness

30. Therapeutic drugs that gradually reduce symptoms such as hallucinations, delusions, hyperactivity, and mental confusion are
   a. antidepressant drugs
   b. antipsychotic drugs
   c. mood stabilizers
   d. antianxiety drugs

31. The primary therapeutic drug treatment for schizophrenia involves
   a. antidepressant drugs
   b. antipsychotic drugs
   c. mood stabilizers
   d. antianxiety drugs

32. A severe side effect associated with ____ drugs is ____, which is a neurological disorder marked by involuntary writhing and tic-like movements.
   a. antidepressant; Parkinson's disease
   b. antidepressant; tardive dyskinesia
   c. antipsychotic; Parkinson's disease
   d. antipsychotic; tardive dyskinesia

33. Compared to traditional antipsychotic drugs, atypical antipsychotics
   a. have less risk for tardive dyskinesia
   b. have less risk of cardiovascular problems
   c. have more unpleasant side effects
   d. are less effective

34. Therapeutic drugs that gradually elevate mood are
   a. antidepressant drugs
   b. antipsychotic drugs
   c. mood stabilizers
   d. antianxiety drugs

35. Tricyclics, MAO inhibitors, and selective serotonin reuptake inhibitors (SSRIs) are all
   a. mood stabilizers
   b. antianxiety drugs
c. antidepressant drugs
d. antipsychotic drugs

36. Sandra has been diagnosed with depression. Her doctor is most likely to prescribe
   a. Lithium
   b. Thioridazine or Chlorpromazine
c. Prozac, Paxil, or Zoloft
d. Valium or Xanax

37. Results from a number of studies suggests an elevated risk of suicide is associated with the use of
   a. MAO inhibitors
   b. antipsychotics
c. tricyclics
d. SSRIs

38. The therapeutic drugs used to control bipolar disorder are referred to as
   a. antianxiety drugs
   b. antidepressants
c. antipsychotics
d. mood stabilizers

39. Lithium is a
   a. chemical used to control mood swings in patients with bipolar disorder
   b. drug that generally elevates mood in patients with bipolar disorder
c. drug that gradually reduces psychotic symptoms
d. drug that reduces tension, apprehension, and nervousness

40. Today, electroconvulsive therapy (ECT) is most likely to be used as a treatment for patients with
   a. schizophrenia
   b. schizophrenia who have not responded to antipsychotic drugs
c. major depression
d. major depression who have not responded to antidepressant drugs

41. Which of the following statements concerning electroconvulsive therapy (ECT) is false?
   a. memory loss is a common short-term side effect
   b. objective evidence has shown that ECT causes structural damage to the brain
c. use of ECT peaked in the 1940s and 1950s
d. ECT is used to treat major depression

42. Many managed care systems hold down cost by
   a. directing patients to less well-trained counselors
   b. requiring physicians to prescribe older, cheaper medications
c. limiting the length of treatment
d. all of the above

43. A psychologist who draws ideas from two or more systems of therapy instead of just one system is best described as
   a. cognitive-behavioral in approach
   b. biomedical in approach
c. eclectic in approach
d. insightful in approach

44. A major shift in the treatment of individuals with psychological disorders from the public mental hospital system to the community mental health movement took place during the
   a. 1950s
   b. 1960s
c. 1970s
d. 1980s
45. Dissatisfaction with the system of public mental hospitals led to the
   a. development of psychotherapy techniques in the 1900s
   b. "rebirth" of mental institutions in the 1960s
   c. community mental health movement of the 1960s
   d. managed care movement of the 1990s

46. The policy of transferring the treatment of mental illness from inpatient institutions to community-based facilities that emphasize outpatient care is called
   a. minimalization
   b. cost-benefit policy
   c. dehospitalization
   d. deinstitutionalization

47. Two major and unanticipated problems that occurred as a result of deinstitutionalization involve
   a. the homeless mentally ill, and an increase in domestic violence
   b. a revolving door population of patients and the homeless mentally ill
   c. a revolving door population of patients and an increased crime rate
   d. an increased crime rate and an increase in domestic violence

48. Psychotherapists who are ____ tend to be the most expensive.
   a. employed by community mental health centers
   b. employed by private hospitals
   c. in private practice
   d. employed by social service agencies

49. Of the following factors, which one factor tends to have the largest effect on the effectiveness of therapy?
   a. the therapist is in private practice
   b. the client likes the therapist
   c. the therapist practices client-centered therapy or psychoanalysis
   d. the client is in individual therapy

50. Psychotherapy can be best characterized as
   a. a slow or gradual process that requires hard work or effort
   b. a fast or rapid process that requires hard work or effort
   c. a slow or gradual process that requires minimal work or effort
   d. a fast or rapid process that requires minimal work or effort

51. The ____ stage of prenatal development lasts from two months after conception through birth.
   a. fetal
   b. germinal
   c. embryonic
   d. zygote

52. Children gain control of their movements in a head-to-foot direction according to the ____ trend and they gain control in a center-outward direction according to the ____ trend.
   a. cephalodistal; proximocaudal
   b. cephalocaudal; proximodistal
   c. proximocaudal; cephalodistal
   d. proximodistal; cephalocaudal

53. Which of the following is not one of the three basic styles of temperament described by Thomas and Chess?
   a. slow-to-warm-up
   b. anxious
   c. difficult
   d. easy

54. If a child says that the sun shines to keep him warm, the child is exhibiting
   a. animism
b. centration
c. egocentrism
d. conservation

55. Elderly individuals are most likely to experience memory problems associated with
a. episodic memory and working memory
b. procedural memory and semantic memory
c. episodic memory and sensory memory
d. procedural memory and working memory

56. Under stress, a college student cries and throws things. The behavior of the student is an example of
a. regression
b. reaction formation
c. displacement
d. immaturity

57. Individuals who tend to be preoccupied with the internal world of their own thoughts, feelings and experiences are described as
a. fixated
b. compensaters
c. introverts
d. extraverts

58. Skinner would explain why one student responds positively to receiving a B on a test while another student responds negatively to a B by noting that
a. one student has a stronger superego than the other
b. one student has more self-efficacy than the other
c. the students have different personality traits
d. the students have different histories of reinforcement and punishment

59. Humanistic personality theories focus on
a. an individual's freedom and potential for growth
b. genetic factors
c. unconscious mental forces
d. learning

60. According to Maslow, after people satisfy their physiological needs and safety and security needs they will next become concerned with
a. belongingness and love needs
b. self-actualization needs
c. cognitive needs
d. esteem needs

61. Which type of conflict tends to be least stressful?
 a. attractive-attractive
 b. approach-avoidance
 c. avoidance-avoidance
 d. approach-approach

62. The relationship between level of arousal and performance is described by the
a. inverted-U hypothesis
b. standard-U hypothesis
c. normal curve hypothesis
d. resistance-exhaustion hypothesis

63. In times of stress, the sympathetic nervous system stimulates the ____ which then secretes ____.
 a. adrenal medulla; catecholamine
 b. adrenal medulla; corticosteroids
c. adrenal cortex; catecholamine  
d. adrenal cortex; corticosteroids

64. Constructive coping involves all of the following except  
a. learning to recognize potentially disruptive emotional reactions to stress  
b. pursuing substitute sources of satisfaction  
c. confronting problems directly  
d. reasonably realistic appraisals of the stress and coping resources

65. Which of the following dietary factors has not been associated with increased cardiovascular risk?  
a. omega 3 fatty acids  
b. red meats, potatoes, and refined grains  
c. high cholesterol foods  
d. low-fiber diets

66. Which of the following is not one of the three most common types of psychological disorders?  
a. mood disorders  
b. schizophrenia  
c. substance (alcohol and drug) use disorders  
d. anxiety disorders

67. The anxiety disorder characterized by a chronic high level of anxiety that is exhibited by constant worrying and is often associated with physical symptoms such as heart palpitations and muscle tension is  
a. obsessive-compulsive disorder  
b. major depressive disorder  
c. generalized anxiety disorder  
d. panic disorder

68. One line of evidence that indicates biological factors contribute to anxiety disorders involves  
a. exposure to stressful events  
b. the neurotransmitters GABA and serotonin  
c. structural abnormalities of the brain  
d. classical and operant conditioning

69. Somatoform disorders are a class of psychological disorders characterized by  
a. emotional disturbances of varied kinds that may spill over to disrupt physical, perceptual, social, and thought processes  
b. delusions, hallucinations, disorganized speech, and deterioration of adaptive behavior  
c. physical ailments that cannot be fully explained by organic conditions  
d. feelings of excessive apprehension and worry

70. According to a recent approach to describing subtypes of schizophrenic disorders, an individual experiencing hallucinations, delusions, and hyperactive behavior would be said to exhibit  
a. negative symptoms  
b. positive symptoms  
c. perceptual symptoms  
d. behavioral symptoms
CHAPTER 15 - TREATMENT - EXAM
Answer Section

MULTIPLE CHOICE

1. ANS: B  PTS: 1  REF: 596  OBJ: 15-1 TYPE: Factual
2. ANS: C  PTS: 1  REF: 596  OBJ: 15-1 TYPE: Factual
3. ANS: A  PTS: 1  REF: 596  OBJ: 15-1 TYPE: Concept/Applied
4. ANS: B  PTS: 1  REF: 597  OBJ: 15-1 TYPE: Factual
5. ANS: B  PTS: 1  REF: 599  OBJ: 15-3 TYPE: Factual
6. ANS: B  PTS: 1  REF: 599  OBJ: 15-3 TYPE: Factual
7. ANS: C  PTS: 1  REF: 600  OBJ: 15-3 TYPE: Factual
8. ANS: D  PTS: 1  REF: 600  OBJ: 15-3 TYPE: Concept/Applied
9. ANS: D  PTS: 1  REF: 600  OBJ: 15-3 TYPE: Factual
10. ANS: D  PTS: 1  REF: 601  OBJ: 15-4 TYPE: Critical Thinking
11. ANS: A  PTS: 1  REF: 601  OBJ: 15-4 TYPE: Concept/Applied
12. ANS: C  PTS: 1  REF: 602  OBJ: 15-5 TYPE: Factual
13. ANS: B  PTS: 1  REF: 602  OBJ: 15-5 TYPE: Factual
14. ANS: C  PTS: 1  REF: 602-603  OBJ: 15-5 TYPE: Factual
15. ANS: D  PTS: 1  REF: 602-603  OBJ: 15-5 TYPE: Factual
16. ANS: A  PTS: 1  REF: 604  OBJ: 15-7 TYPE: Factual
17. ANS: A  PTS: 1  REF: 606  OBJ: 15-8 TYPE: Factual
18. ANS: D  PTS: 1  REF: 606  OBJ: 15-8 TYPE: Factual
19. ANS: C  PTS: 1  REF: 606  OBJ: 15-9 TYPE: Factual
20. ANS: C  PTS: 1  REF: 606  OBJ: 15-9 TYPE: Factual
22. ANS: B  PTS: 1  REF: 607  OBJ: 15-10 TYPE: Concept/Applied
23. ANS: D  PTS: 1  REF: 608  OBJ: 15-10 TYPE: Factual
24. ANS: B  PTS: 1  REF: 608  OBJ: 15-11 TYPE: Factual
25. ANS: C  PTS: 1  REF: 609  OBJ: 15-11 TYPE: Factual
26. ANS: B  PTS: 1  REF: 610  OBJ: 15-13 TYPE: Factual
27. ANS: D  PTS: 1  REF: 610  OBJ: 15-13 TYPE: Factual
28. ANS: B  PTS: 1  REF: 610  OBJ: 15-13 TYPE: Factual
29. ANS: C  PTS: 1  REF: 611  OBJ: 15-13 TYPE: Factual
30. ANS: B  PTS: 1  REF: 611  OBJ: 15-13 TYPE: Factual
31. ANS: B  PTS: 1  REF: 611  OBJ: 15-13 TYPE: Factual
32. ANS: D  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Factual
33. ANS: A  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Factual
34. ANS: A  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Factual
35. ANS: C  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Factual
36. ANS: C  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Concept/Applied
37. ANS: D  PTS: 1  REF: 612  OBJ: 15-13 TYPE: Factual
38. ANS: D  PTS: 1  REF: 613  OBJ: 15-13 TYPE: Factual
40. ANS: D  PTS: 1  REF: 614  OBJ: 15-15 TYPE: Factual
41. ANS: B  PTS: 1  REF: 614-615  OBJ: 15-15 TYPE: Factual
42. ANS: D PTS: 1 REF: 618 OBJ: 15-16 TYPE: Factual
43. ANS: C PTS: 1 REF: 620 OBJ: 15-17 TYPE: Factual
44. ANS: B PTS: 1 REF: 621 OBJ: 15-19 TYPE: Factual
45. ANS: C PTS: 1 REF: 621 OBJ: 15-19 TYPE: Factual
46. ANS: D PTS: 1 REF: 622 OBJ: 15-20 TYPE: Factual
47. ANS: B PTS: 1 REF: 623 OBJ: 15-20 TYPE: Factual
48. ANS: C PTS: 1 REF: 626 OBJ: 15-22 TYPE: Factual
49. ANS: B PTS: 1 REF: 627 OBJ: 15-24 TYPE: Critical Thinking
50. ANS: A PTS: 1 REF: 627 OBJ: 15-24 TYPE: Factual
51. ANS: A PTS: 1 REF: 419 OBJ: 11-1 TYPE: Factual
52. ANS: B PTS: 1 REF: 423-424 OBJ: 11-3 TYPE: Factual
53. ANS: B PTS: 1 REF: 426 OBJ: 11-4 TYPE: Factual
54. ANS: C PTS: 1 REF: 434 OBJ: 11-9 TYPE: Concept/Applied
55. ANS: A PTS: 1 REF: 453 OBJ: 11-20 TYPE: Factual
56. ANS: A PTS: 1 REF: 475 OBJ: 12-4 TYPE: Concept/Applied
57. ANS: C PTS: 1 REF: 479 OBJ: 12-6 TYPE: Factual
58. ANS: D PTS: 1 REF: 482 OBJ: 12-8 TYPE: Concept/Applied
59. ANS: A PTS: 1 REF: 487 OBJ: 12-12 TYPE: Factual
60. ANS: A PTS: 1 REF: 489 OBJ: 12-14 TYPE: Factual
61. ANS: D PTS: 1 REF: 514 OBJ: 13-4 TYPE: Factual
63. ANS: A PTS: 1 REF: 520 OBJ: 13-8 TYPE: Factual
64. ANS: B PTS: 1 REF: 525 OBJ: 13-10 TYPE: Factual
66. ANS: B PTS: 1 REF: 556 OBJ: 14-5 TYPE: Factual
67. ANS: C PTS: 1 REF: 557 OBJ: 14-6 TYPE: Factual
68. ANS: B PTS: 1 REF: 560 OBJ: 14-7 TYPE: Factual
69. ANS: C PTS: 1 REF: 562 OBJ: 14-8 TYPE: Factual
70. ANS: B PTS: 1 REF: 575 OBJ: 14-15 TYPE: Factual