1. Which of the following disorders is classified as a mood disorder?
   A) antisocial personality disorder
   B) agoraphobia
   C) catatonia
   D) generalized anxiety disorder
   E) bipolar disorder

2. Mania is most likely to be associated with a(n)
   A) generalized anxiety disorder.
   B) panic attack.
   C) phobia.
   D) antisocial personality disorder.
   E) bipolar disorder.

3. Repeatedly thinking about your own death is to _______ as repeatedly washing your hands is to _______.
   A) delusion; phobia
   B) obsession; compulsion
   C) anxiety; panic
   D) schizophrenia; dissociation
   E) depression; mania

4. Exhibiting two or more distinct and alternating personalities is a symptom of a(n)
   A) antisocial personality disorder.
   B) obsessive-compulsive disorder.
   C) conversion disorder.
   D) schizophrenia.
   E) dissociative identity disorder.

5. An antisocial personality disorder is most likely to be characterized by
   A) a persistent, irrational fear of people.
   B) disruptions in conscious awareness and sense of identity.
   C) a lack of guilt feelings.
   D) episodes of intense autonomic nervous system arousal.
   E) delusions of grandeur.
6. Major depressive disorder is said to occur when signs of depression last at least
   A) one year.
   B) one week.
   C) two weeks.
   D) two months.
   E) four months.

7. Psychiatrists and psychologists label behavior as disordered when it is
   A) instinctual, obsessive, and harmful.
   B) aggressive, persistent, and intentional.
   C) selfish, habitual, and avoidable.
   D) deviant, distressful, and dysfunctional.
   E) biologically influenced, unconsciously motivated, and difficult to change.

8. A fundamental problem with the diagnostic labeling of psychologically disordered behaviors is that the labels often
   A) represent attempts by psychologists to explain behavior by simply naming it.
   B) interfere with effective research on the causes of these disorders.
   C) prevent useful research on effective treatments.
   D) bias our perceptions of the labeled person.
   E) interfere with effective treatment of these disorders.

9. Misinterpreting normal physical sensations as symptoms of a dreaded disease is indicative of
   A) catatonia.
   B) post-traumatic stress disorder.
   C) mania.
   D) obsessive-compulsive disorder.
   E) somatic symptom disorder (formerly hypochondriasis).

10. A psychotherapist is most likely to use the DSM-V in order to _________ various psychological disorders.
    A) identify
    B) explain
    C) prevent
    D) cure
    E) excuse
11. Anxiety is considered disordered if it is
   A) genetically influenced.
   B) paired with depressive episodes.
   C) a biopsychosocial phenomenon.
   D) hard to control.
   E) persistent and distressing.

12. Repeated distressing dreams and intrusive memories of an intensely fearful and life-threatening experience are symptoms most commonly associated with
   A) post-traumatic stress disorder.
   B) generalized anxiety disorder.
   C) dysthymia.
   D) agoraphobia.
   E) panic disorder.

13. It is most helpful to use ________ for explaining why certain psychological disorders occur only in particular cultures.
   A) linkage analysis
   B) a biopsychosocial approach
   C) DSM-V
   D) the psychoanalytic perspective
   E) the medical model

14. Manuel is extremely shy and is so easily embarrassed when he is with other people that he often misses his college classes just to avoid social interactions. Manuel appears to suffer from a(n)
   A) generalized anxiety disorder.
   B) dissociative disorder.
   C) dysthymic disorder.
   D) antisocial personality disorder.
   E) social phobia.

15. Alexis is socially withdrawn and has few close friends. This behavior is most likely to be diagnosed as a symptom of psychological disorder if it is
   A) difficult for her to change.
   B) not caused by a biological disorder.
   C) also noticeable in other members of her family.
   D) not common in her culture.
   E) preventing her from functioning effectively.
16. Fear-learning experiences can traumatize the brain by creating fear circuits within the
   A) anterior cingulate cortex.
   B) brainstem.
   C) amygdala.
   D) thalamus.
   E) hypothalamus.

17. Phobias are most likely to be characterized by
   A) a continuous state of tension, apprehension, and autonomic nervous system arousal.
   B) alternations between extreme hopelessness and unrealistic optimism.
   C) a persistent, irrational fear of a specific object or situation.
   D) offensive and unwanted thoughts that persistently preoccupy the person.
   E) the misinterpretation of normal physical sensations as signs of a disease.

18. In which disorder do people alternate between states of lethargic hopelessness and wild
    overexcitement?
   A) obsessive-compulsive disorder
   B) dissociative identity disorder
   C) schizophrenia
   D) bipolar disorder
   E) conversion disorder

19. ADHD is most clearly characterized by
   A) mania.
   B) dissociation.
   C) delusions.
   D) distractibility.
   E) hypochondriasis.

20. Positive psychological changes that result from struggling with extremely challenging
    life crises demonstrate
   A) the medical model.
   B) post-traumatic growth.
   C) dissociation.
   D) hypochondriasis.
   E) linkage analysis.
21. Episodes of intense dread that last for several minutes and are accompanied by shortness of breath, trembling, dizziness, or heart palpitations are most characteristic of a(n)
A) dissociative disorder.
B) obsessive-compulsive disorder.
C) generalized anxiety disorder.
D) mania.
E) panic disorder.

22. The symptoms of _______ are likely to appear at an earlier age than the symptoms of _______.
A) major depression; bipolar disorder
B) obsessive-compulsive disorder; phobias
C) schizophrenia; obsessive-compulsive disorder
D) major depression; alcohol abuse
E) dissociative identity disorder; schizophrenia

23. A psychological disorder in which the symptoms take a bodily form without apparent physical cause is a
A) somatoform disorder.
B) mood disorder.
C) dissociative disorder.
D) obsessive-compulsive disorder.
E) personality disorder.

24. It is easy to condition but hard to extinguish fears of the types of stimuli that threatened our ancestors. This fact is best explained from a _______ perspective.
A) humanistic
B) learning
C) social-cognitive
D) psychoanalytic
E) biological

25. One of the positive symptoms (meaning "excesses in behavior, thought, or mood") of schizophrenia includes
A) a lack of guilt feelings.
B) flat affect.
C) an expressionless face.
D) a feeling of euphoria.
E) hallucinations.
26. Because it is so pervasive, ________ is often considered “the common cold” of psychological disorders.
   A) dissociation
   B) obsessive-compulsive disorder
   C) agoraphobia
   D) depression
   E) schizophrenia

27. A conversion disorder is a type of ________ disorder.
   A) anxiety
   B) somatoform
   C) mood
   D) dissociative
   E) personality

28. An anxiety disorder characterized by unwanted repetitive thoughts and actions is called a(n)
   A) dissociative disorder.
   B) bipolar disorder.
   C) panic disorder.
   D) obsessive-compulsive disorder.
   E) phobia.

29. An immediate and irrational anxiety response to the mere sight of blood is indicative of
   A) a specific phobia.
   B) mania.
   C) panic disorder.
   D) catatonia.
   E) a dissociative disorder.

30. Judicial systems are responsible for making decisions regarding
   A) catatonia.
   B) disordered behavior.
   C) insanity.
   D) manic behavior.
   E) agoraphobia.
31. A therapist suggests that Mr. Broshi continues to bite his fingernails because this behavior often reduced his feelings of anxiety in the past. The therapist's suggestion most clearly reflects a _______ perspective.
   A) humanistic
   B) learning
   C) biological
   D) cognitive
   E) psychoanalytic

32. The ability of mental health professionals to quickly communicate the characteristics of their patients' complex symptoms is most clearly facilitated by the use of
   A) the biopsychosocial approach.
   B) linkage analysis.
   C) factor analysis.
   D) the medical model.
   E) diagnostic labels.

33. Those with a narcissistic personality disorder are likely to be preoccupied with
   A) their own self-importance.
   B) an irrational fear of people.
   C) delusions of persecution.
   D) sexual fantasies.
   E) physical symptoms of distress.

34. Research on anxiety disorders indicates that
   A) obsessive-compulsive disorders are more common than phobias.
   B) phobic reactions to cats are much more common than to dogs.
   C) some people are more genetically predisposed than others to develop anxiety disorders.
   D) authoritative parenting styles are likely to lead to increased anxiety in children.
   E) people, but not animals, may acquire fear through observational learning.

35. Inattention, hyperactivity, and impulsivity are major symptoms of
   A) PTSD.
   B) DSM.
   C) DID.
   D) OCD.
   E) ADHD.
36. The terms sociopath or psychopath refer to an individual with
   A) antisocial personality disorder.
   B) dissociative identity disorder.
   C) schizophrenia.
   D) paranoid personality disorder.
   E) bipolar disease.

37. A biopsychosocial approach to substance abuse would be most likely to emphasize
   A) the similarities between substance abuse disorders and personality disorders.
   B) that substance abuse is simply a life-style choice and not a psychological disorder.
   C) the need for healthy cognitive strategies when dealing with stress.
   D) the interactive influences of nature and nurture on substance abuse.
   E) the distinction between consciously and unconsciously motivated substance abuse.

38. Some psychologists believe that due partly to a broader definition of trauma, mental health professionals have been overdiagnosing
   A) OCD.
   B) schizophrenia.
   C) bipolar disorder.
   D) panic disorder.
   E) PTSD.

39. Generalized anxiety disorder is often accompanied by
   A) catatonia.
   B) delusions.
   C) antisocial personality disorder.
   D) hallucinations.
   E) depression.

40. A biological perspective would be LEAST helpful for explaining the
   A) twin studies indicating high correlations in rates of psychological disorders between twins raised in different families.
   B) prevalence of schizophrenia throughout the world.
   C) dramatic increase in reported cases of dissociative identity disorder during the past 40 or so years.
   D) fluctuations in mood experienced by those suffering a bipolar disorder.
   E) fear of snakes experienced by a high percentage of Americans.
41. The DSM-V does NOT
   A) include a very broad range of psychological disorders.
   B) include a classification of personality disorders.
   C) list symptoms within descriptions of each disorder.
   D) explain the causes of the various psychological disorders.
   E) provide reliable guidelines for diagnosing psychological disorders.

42. Anthony is 32 years old, well above average in intelligence, and quite charming. He has swindled several older people out of their life savings, and he seems to have little feeling for his victims, nor does he fear the consequences of getting caught. His behavior is evidence of
   A) a dissociative disorder.
   B) antisocial personality disorder.
   C) bipolar disorder.
   D) obsessive-compulsive disorder.
   E) schizophrenia.

43. The conception of psychological disorders as biologically based sicknesses is known as the
   A) DSM-V.
   B) biopsychosocial approach.
   C) psychoanalytic theory.
   D) medical model.
   E) humanistic perspective.

44. Using DSM-V guidelines, two different clinicians are likely to give a specific patient the same diagnosis. This indicates that the DSM-V is
   A) analytic.
   B) biopsychosocial.
   C) reliable.
   D) valid.
   E) medical.

45. Ongoing patterns of behavior that interfere with normal day-to-day life are best characterized as
   A) atypical.
   B) dysfunctional.
   C) catatonic.
   D) deviant.
   E) antisocial.
46. Some psychological disorders occur primarily in one culture. However, _______ occurs worldwide.
   A) schizophrenia
   B) susto
   C) bulimia
   D) dissociative identity disorder
   E) anorexia nervosa

47. Abnormally low levels of the neurotransmitter serotonin are associated with
   A) schizophrenia.
   B) phobias.
   C) panic attacks.
   D) dissociative disorders.
   E) depression.

48. The number one reason people seek mental health services is
   A) depression.
   B) obsessive-compulsive disorder.
   C) schizophrenia.
   D) phobia.
   E) agoraphobia.

49. Sadie is so fearful of being overwhelmed by anxiety that she rarely steps outside her apartment. The thought of going shopping and getting lost in a crowd terrifies her, so she has her groceries delivered. Because of her fear, she earns her living as a freelance writer, working at home. Sadie's behavior is most characteristic of
   A) an antisocial personality disorder.
   B) dissociative disorder.
   C) an obsessive-compulsive disorder.
   D) generalized anxiety disorder.
   E) agoraphobia.

50. Psychiatrists and psychologists would be likely to identify agoraphobia as a psychological disorder because it is
   A) socially unacceptable.
   B) considered immoral.
   C) unconsciously motivated.
   D) personally dysfunctional.
   E) ethically unjustifiable.
Answer Key

1. E
2. E
3. B
4. E
5. C
6. C
7. D
8. D
9. E
10. A
11. E
12. A
13. B
14. E
15. E
16. C
17. C
18. D
19. D
20. B
21. E
22. E
23. A
24. E
25. E
26. D
27. B
28. D
29. A
30. C
31. B
32. E
33. A
34. C
35. E
36. A
37. D
38. E
39. E
40. C
41. D
42. B
43. D
44. C
45. B
46. A
47. E
48. A
49. E
50. D