

# ABNORMAL PSYCHOLOGY

This test examines the variety and extent of psychological problems experienced by humans, as well as the methods used by professionals to evaluate, interpret, and treat these problems. Topics covered include: categories of disorders; contributing factors, assessment, and therapies; and issues in the field. (3 s.h.) PSY-350-TE

This is a two-hour examination in which you must answer 100 multiple-choice questions (worth 1 point each). A passing score is **60** out of 100 points.

## Here are the topics covered and their approximate importance on the test:

- I. OVERVIEW and HISTORICAL VIEWS (15%)
- II. CAUSAL FACTORS (5%)
- III. STRESS and ADJUSTMENT DISORDERS (5%)
- IV. PANIC and ANXIETY DISORDERS (5%)
- V. MOOD DISORDERS and SUICIDE (5%)
- VI. SOMATIFORM and DISSOCIATIVE DISORDERS (5%)
- VII. EATING DISORDERS and HEALTH ISSUES (5%)
- VIII. PERSONALITY DISORDERS (5%)
- IX. ADDICTIVE DISORDERS (5%)
- X. SEXUAL DYSFUNCTIONS and ISSUES (5%)
- XI. SCHIZOPHRENIAS and DELUSIONAL DISORDERS (5%)
- XII. BRAIN DISORDERS and COGNITIVE IMPAIRMENT (5%)
- XIII. CHILDHOOD DISORDERS (5%)
- XIV. CLINICAL ASSESSMENT (5%)
- XV. BIOLOGICAL and PSYCHOLOGICAL THERAPIES (15%)
- XVI. CONTEMPORARY ISSUES (5%)

## Textbook to help you prepare:

Carson, Robert C., et al. *Abnormal Psychology and Modern Life*.  
Current edition. Boston: Allyn & Bacon

In general, most college-level textbooks in this subject will provide appropriate preparation for this test.

## SAMPLE QUESTIONS

1. The greatest innovation in the DSM-III and DSM-IV has been the
  - a. attempt to define all disorders according to an integrated theoretical framework
  - b. elimination of "wastebasket" or residual categories
  - c. use of more reliable operational criteria for defining different disorders
  - d. enhancement of the role of subjective observation by expert clinicians
2. In ancient times, demonic possession was primarily treated by
  - a. potions
  - b. magnetism
  - c. hypnosis
  - d. exorcism
3. One of the first Europeans to treat hospitalized mental patients with kindness and care was
  - a. Emil Kraepelin
  - b. Phillipe Pinel
  - c. Anton Mesmer
  - d. Johann Weyer
4. In the twin method of studying genetic influences,
  - a. identical and fraternal twin pairs are compared, where one person in each pair has a disorder
  - b. dizygotic twins show higher concordance rates than monozygotic twins
  - c. it is assumed that certain disorders are more common in twins than in non-twins
  - d. the concordance rates of index twins is compared to that of proband twins
5. Crisis intervention has become an important tool in treatment because
  - a. research indicates that it protects a person from future stress
  - b. most individuals do not use their usual coping strategies when confronted with crises
  - c. the outcome of a crisis has a great impact on a person's subsequent adjustment
  - d. it reassures people that they could have coped with the stressor without help
6. The onset of generalized anxiety disorder usually occurs
  - a. after a stressful life event
  - b. so early in life that it seems like a personality trait
  - c. after there has been a persistent pattern of panic attacks
  - d. in early adulthood for both men and women
7. In contrast to men, women
  - a. complete suicide more often
  - b. complete suicide more often, although men attempt suicide more often
  - c. attempt and complete suicide more often
  - d. attempt suicide more often, although men complete suicide more often

8. Ford has been diagnosed with hypochondriasis. He is likely to
  - a. need to communicate the extent of his sufferings to others
  - b. be reassured when he is not found to have any organic disorder
  - c. feel a panic-like anxiety about having a terminal illness
  - d. provide a very precise and extensive description of his symptoms
  
9. Individuals with bulimia and anorexia
  - a. often have suffered early sexual abuse
  - b. share traits of perfectionism and negative self-evaluation
  - c. tend to come from poorer socioeconomic backgrounds
  - d. often have experienced sustained parental neglect
  
10. An individual with schizoid personality disorder
  - a. avoids others because of an extreme fear of criticism
  - b. is very likely to develop schizophrenia at some later point
  - c. will probably engage in criminal activity
  - d. is likely to be perceived by others as cold, distant and aloof
  
11. What is the most frequently cited reason given by addicts for beginning to use heroin?
  - a. Behavior modeled by parents
  - b. Peer pressure
  - c. Pleasure
  - d. Prior treatment with painkillers
  
12. Most research suggests that homosexuality is associated with
  - a. a higher incidence of mental disorders than heterosexuality
  - b. about the same level of mental disorders as heterosexuality
  - c. a lower incidence of mental disorders than heterosexuality
  - d. nothing in particular; no studies have found conclusive evidence one way or the other
  
13. Individuals with delusional disorders
  - a. may behave normally apart from their delusion
  - b. are usually unable to function well in social and work settings
  - c. frequently have biological parents who share their disorder
  - d. can develop a chronic form of the disorder
  
14. The major difference between undifferentiated schizophrenia and schizophreniform disorder is the
  - a. presence of delusions and hallucinations
  - b. person's age at the time the disorder manifests itself
  - c. degree of emotional instability and disconnection experienced
  - d. duration of symptoms

15. A striking deficit in the ability to recall events that took place more than a few minutes ago is an essential feature of
- dementia
  - delirium
  - amnesic syndrome
  - brain lesion
16. Otis has ADHD and is taking Ritalin. This drug is likely to
- increase his activity level
  - decrease his aggressiveness
  - increase his intelligence
  - decrease his concentration
17. The Rorschach and the MMPI-2 are
- the most well-researched clinical instruments
  - tests that are rarely used in clinical settings
  - clinical assessment tools that cannot be computer-scored
  - examples of projective personality tests
18. When neurosurgery is used today for psychiatric disorders,
- minute areas of the brain are targeted
  - patients are not required to give informed consent
  - it is often coupled with ECT
  - it is restricted to the prefrontal lobotomy procedure
19. Virtually all antipsychotic drugs
- interfere with monoamine distribution
  - reduce production and distribution of stress-related hormones
  - stimulate endorphin production
  - block dopamine receptors
20. In contrast to most other forms of therapy, the client-centered therapist
- focuses on present concerns rather than past problems
  - teaches a new set of beliefs and values so the client can cope more effectively
  - does not give answers or interpretations or steer the client onto certain topics
  - helps make the client's unconscious concerns conscious

### ANSWERS TO SAMPLE QUESTIONS

1. **c** 2. **d** 3. **b** 4. **a** 5. **c** 6. **b** 7. **d** 8. **a** 9. **b** 10. **d**  
11. **c** 12. **b** 13. **a** 14. **d** 15. **c** 16. **b** 17. **a** 18. **a** 19. **d** 20. **c**