

1. Randy comes home from a party late at night and sees a piece of his mom's wonderful cheesecake. There is only one piece left and it has his sister's name on it. He decides to eat it anyway. According to Freud, Randy's need for immediate gratification is because of the
  - A) influence of the id
  - B) ego operating according to the pleasure principle
  - C) compromise between the id and the superego
  - D) superego's complete lack of morality
  - E) influence of the superego on the ego
  
2. Dennis is downloading songs from the internet illegally. His mom sees this and reprimands him. Dennis responds by saying that he is actually protecting the environment by doing this because he hasn't driven to the mall to buy the CD. This is an example of a psychoanalytical defence mechanism called
  - A) depression
  - B) rationalization
  - C) fixation
  - D) electra
  - E) denial
  
3. Freud's stages of psychosexual development have received much attention and criticism. Neoanalysts disagreed with Freud because
  - A) he placed too much emphasis on the phallic stage
  - B) they believed that personality developed throughout the lifetime
  - C) they believed he stressed infantile sexuality too much
  - D) they believed he put too much stress on cultural factors
  - E) both B) & C)
  
4. A young woman with a negative self-concept believes she is totally unattractive to men. However, a very desirable man asks her out on a date. Her response is most likely
  - A) to turn him down
  - B) to think that he is just trying to be nice, so that she can maintain her negative image
  - C) to increase her self-concept to become more positive
  - D) to think that he finally came to his senses
  - E) to decrease her self-concept to become even more negative
  
5. Trait theorists differ on how many traits it takes to describe a person's personality. Cattell's theory would be more likely to describe \_\_\_\_\_, and the Big Five is probably adequate to describe \_\_\_\_\_.
  - A) nuances of behaviour, the most important features of personality
  - B) behaviours to a moderate degree, specific behaviours
  - C) the most important features of personality, nuances of behaviour
  - D) North Americans, European cultures
  - E) a limited view of personality, a comprehensive view of personality

6. Recently, Linda went to visit a fortune teller who told her that she would be meeting the man of her dreams in the coming year. According to Rotter, Linda probably believed the fortune teller because
- A) she has an internal locus of control
  - B) she is a low self-monitor
  - C) she has a high need for self-verification
  - D) she has an external locus of control
  - E) she has a need for positive regard
7. Peter has been playing high school football for the past few years. Most of the time, he has sat on the bench and not actually played during a game. His beliefs about his ability to perform under pressure have been sliding and he now has questions about his own football skills. According to Bandura, peter is declining in his
- A) locus of control
  - B) self efficacy
  - C) condition of worth
  - D) introversion
  - E) goal setting perspective
8. The MMPI is the most widely used personality inventory. Part of its design includes three validity scales. These 3 scales are used
- A) to detect severe personality deviations
  - B) to detect important aspects of personality functioning
  - C) to detect the degree to which the individual's responses resemble a psychiatric group
  - D) to detect tendencies to present either an overly positive picture or to exaggerate the degree of psychological disturbance
  - E) to detect a non-psychiatric sample
9. When Rita attends the gym she is outgoing and agreeable. At work she continues to be shy and moody. She is most likely
- A) an extreme self-monitor
  - B) an extrovert
  - C) not very attentive to cues
  - D) to count on good things happening to her
  - E) a low self-monitor
10. According to Freud, penis envy results from
- A) a boy's fear that the father will castrate him
  - B) a girl's identification with her mother
  - C) a girl's wish for a penis
  - D) fixation at the genital stage
  - E) a boy's wish to marry his mother

11. Specific phobias primarily differ from Generalized Anxiety Disorder (GAD) in that
- A) generalized anxiety disorder is associated with avoidance behaviors, whereas specific phobias are not
  - B) for phobias, anxiety primarily occurs in response to very specific stimuli, whereas generalized anxiety disorder is associated with a chronic state of diffuse tension
  - C) generalized anxiety disorder is associated with symptoms of physiological arousal (such as rapid heartbeat and sweaty palms), whereas phobias are not
  - D) for females, generalized anxiety disorder is more prevalent than phobias
  - E) both A) & B) above
12. Related to the causes of depression, which of the following pairings of theoretical perspective and proposed cause of depression is **LEAST** accurate?
- A) biological perspective; overactivity in the serotonin and norepinephrine systems
  - B) Freud; early traumatic childhood losses or rejections
  - C) Aaron Beck; depressive cognitive triad
  - D) Lewinsohn's behavioral model; loss of positive reinforcement
  - E) sociocultural perspective; lack of strong family connections
13. According to Cognitive theorists such as David Barlow, panic disorder is caused by
- A) a state of learned helplessness
  - B) exaggerated misinterpretations of normal anxiety responses
  - C) an unconscious association between fear and a given stimulus
  - D) inadequate defense mechanisms to manage unconscious conflicts
  - E) negative views of the self that are both global and stable
14. Which of the following statements is/are true regarding depression?
- A) after the first episode, depression typically remits in 5 to 10 months, even if untreated
  - B) depression is more prevalent in females than in males
  - C) approximately half of the individuals who experience an episode of depression will experience future episodes of depression
  - D) approximately one in five females will experience depression at some point in her lifetime
  - E) all of the above
15. Which of the following is/are considered to be a "positive" symptom of schizophrenia?
- A) hallucinations
  - B) delusions
  - C) blunted affect
  - D) both A) & B) above
  - E) all of the above

16. "Trauma-dissociation theory" suggests that \_\_\_\_\_ will emerge when children dissociate to defend themselves from severe and ongoing physical or sexual abuse
- A) Dissociative Identity Disorder
  - B) Psychogenic Amnesia
  - C) Psychogenic Fugue
  - D) Obsessive Compulsive Disorder
  - E) Schizophrenia
17. The 'dopamine hypothesis' suggests that the symptoms of schizophrenia, particularly the \_\_\_\_\_ are caused by \_\_\_\_\_
- A) negative symptoms; overactivity in the dopamine system
  - B) negative symptoms; underactivity in the dopamine system
  - C) positive symptoms; underactivity in the dopamine system
  - D) positive symptoms; overactivity in the dopamine system
  - E) symptoms of Type II schizophrenia; an absence of dopamine receptors
18. Sasha's physician has referred her for psychological treatment. In the referral, her physician describes her as "a young woman who has a chronic instability in her self-image and her interpersonal relationships, as well as chronic difficulties with expressions of emotion that alternate between extremes of love and hate. Sasha is most likely being referred for treatment of
- A) Schizoid personality disorder
  - B) Dependent personality disorder
  - C) Borderline personality disorder
  - D) Antisocial personality disorder
  - E) Depressive personality disorder
19. Which of the following would be coded on Axis III of the DSM-IV diagnostic and classification system?
- A) mood disorders
  - B) diabetes
  - C) somatoform disorders
  - D) personality disorders
  - E) developmental disorders
20. Regarding hypochondriasis, which of the following statements is/are true?
- A) hypochondriasis is considered to be a somatoform disorder
  - B) hypochondriasis is characterized by a heightened sense of alarm related to physical symptoms, and a conviction that a disease exists despite evidence to the contrary
  - C) hypochondriasis is characterized by neurological symptoms that have no physical cause with the symptoms developing in response to a severe trauma
  - D) hypochondriasis is characterized by intense pain that has no physical cause
  - E) both A) & B) above

21. Sara has a severe phobia of closed spaces. Typically, she avoids elevators but one day as she is running very late for a meeting, she decides to take the elevator rather than the stairs. As luck would have it, the elevator gets stuck between floors and Sara is trapped alone on the elevator for many hours until the technicians resolve the problem. According to learning theory, a likely outcome of this experience is that Sara will \_\_\_\_\_, as this naturally occurring situation is similar to the treatment technique of \_\_\_\_\_
- A) overcome her fear of closed spaces; flooding
  - B) overcome her fear of closed spaces; systematic desensitization
  - C) overcome her fear of closed spaces; aversive conditioning
  - D) have a greater fear of closed spaces; flooding
  - E) have a greater fear of closed spaces; token economy
22. Research on treatment outcome, has established that effective therapies share some common factors. These common factors include which of the following?
- A) a strong therapeutic alliance (and faith in the therapist)
  - B) a protective therapeutic setting in which the client can explore their deepest thoughts and feelings
  - C) an opportunity to practice new behaviors
  - D) increased optimism and self-efficacy
  - E) all of the above
23. Freudian psychoanalysis differs from Roger's Client-Centered therapy in all of the following ways **EXCEPT**
- A) Freudian psychoanalysis views the individual as "acted upon by unconscious drives", whereas Roger's Client-Centered therapy views the individual as "self-determining"
  - B) Freudian psychoanalysts are seen as "blank projection screens", whereas Client-Centered therapists develop a "real therapeutic relationship" with their clients
  - C) Freudian psychoanalysis has a "present focus", whereas Roger's Client-Centered therapy focuses exclusively on "early childhood determinants of behavior"
  - D) In Freudian psychoanalysis the therapist is the "expert", whereas in Roger's Client-Centered therapy the client is the "expert"
  - E) The major focus of Freudian psychoanalysis is insight into unconscious conflicts, whereas the major goal in Roger's Client-Centered therapy is fostering personal growth
24. Which of the following statements is/are false regarding Perls' Gestalt therapy?
- A) Gestalt therapy involves helping the client to rebuild thinking, feeling, and acting into connected wholes
  - B) Gestalt therapy is more confrontational than Client Centered therapy.
  - C) Gestalt therapy involves techniques such as role playing and the "empty chair" technique
  - D) under the direction of Fritz Perls, Gestalt therapy focused on research that would help identify factors related to effective treatment outcome
  - E) Gestalt therapy involves bringing blocked feelings into conscious awareness so the client can feel "whole" once again

25. Beck's Cognitive therapy and Ellis' Rational-Emotive therapy are similar in that
- A) both focus on helping clients achieve awareness and insight into the unconscious conflicts that underlie their problems
  - B) both focus on identifying and correcting maladaptive thought processes
  - C) both focus on fostering a supportive therapeutic alliance to allow clients to fulfill personal growth tendencies
  - D) both focus on altering the environmental consequences of problematic behavior
  - E) both use dream analysis to foster insight into faulty relationship patterns
26. In general, anti-anxiety drugs, such as Valium or Buspirone (BuSpar), have their effects by
- A) increasing the neurotransmitter GABA
  - B) enhancing the reuptake of the neurotransmitter GABA
  - C) blocking the receptor sites of the neurotransmitter Dopamine
  - D) enhancing the metabolism of glucose in the posterior lobe
  - E) increasing the neurotransmitter Norepinephrine
27. Which of the following statements is/are false regarding MAO inhibitors?
- A) MAO inhibitors primarily have their effect by reducing the activity of monoamine oxidase, an enzyme that breaks down the neurotransmitters in the synapse
  - B) MAO inhibitors are associated with more severe side effects than tricyclics or SSRIs
  - C) MAO inhibitors often cause tardive dyskinesia
  - D) MAO inhibitors were most often used to treat depression
  - E) both B) & C) above
28. With respect to preventative mental health strategies, \_\_\_\_\_ refers to programs that are designed to increase personal resources and coping skills
- A) secondary prevention
  - B) phenomenological prevention
  - C) cognitively-focused prevention
  - D) competency-focused prevention
  - E) situation -focused prevention
29. Jamie has been referred to a psychologist to address his anxiety. During the initial interview, when asked to describe what he is thinking or what emotions he is currently experiencing Jamie is unsure how to respond. This difficulty persists despite several subsequent therapy sessions. In addition, Jamie's psychologist has noticed that although he regularly attends his sessions and seems to be trying to engage in therapy, Jamie has a great deal of difficulty applying what is addressed in therapy to his life outside of therapy sessions. Considering what is known about client variables and treatment outcome, Jamie would be a risk of not benefiting from therapy because
- A) he lacks the motivation to engage in therapy
  - B) he lacks openness

- C) he lacks self-relatedness
- D) he lacks empathy
- E) none of the above

- 30.** In treatment, Dr. Bowen attempts to view the world through the eyes of those individuals he is treating. In particular, Dr. Bowen tries to understand how the patient/client feels and views the world. Most likely, Dr. Bowen is utilizing the
- A) Rogerian technique of empathy
  - B) Freudian technique of free association
  - C) Behavioral technique of role modeling
  - D) Gestalt technique of role playing
  - E) Rational-Emotive technique of cognitive restructuring
- 31.** As was presented in the textbook, which of the following outcomes have resulted from the deinstitutionalization of the mentally ill in Canada?
- A) the “revolving door phenomenon”
  - B) an increase in the number of homeless mentally ill individuals
  - C) a major increase in funding to community-based mental health services
  - D) both A) & B) above
  - E) all of the above
- 32.** The transactional definition of stress asserts that stress is the product of cognitive, physiological, and behavioural responses that are evoked when there is a perceived imbalance between
- A) situational demands and personal resources
  - B) internal and external eliciting stimuli
  - C) expressive and instrumental behaviours
  - D) primary appraisals and situational demands
  - E) A) & C) are correct
- 33.** The sympathetic nervous system mobilizes the body to a state of arousal when we are faced with a stressful situation. However, it is the \_\_\_\_\_ that releases the longer acting stress hormones into our system
- A) parasympathetic nervous system
  - B) homeostasis desire
  - C) immune system
  - D) endocrine system
  - E) cortex
- 34.** Research on the impact of religious beliefs on responses to stressful events has determined that
- A) there is no relationship between these variables
  - B) people with stronger religious beliefs always tend to cope more effectively with stress
  - C) religious beliefs can either increase or decrease the impact of stress
  - D) surprisingly, people with stronger religious beliefs always tend to cope worse with stress

- E) Atheists are very vulnerable to even lower levels of stress
- 35.** With even mild or moderate levels of stress working memory is compromised because of the impact of stress on the functioning of the
- A) frontal lobe
  - B) occipital lobe
  - C) parietal lobe
  - D) temporal lobe
  - E) endocrine system
- 36.** According to the authors of the text, when presented with controllable situations, students typically assume that \_\_\_\_\_ is the most effective coping strategy. Despite some noteworthy exceptions, research has indicated that this conclusion is generally valid
- A) seeking social support
  - B) problem-focused coping
  - C) emotion-focused coping
  - D) somatic coping
  - E) crying and stomping your feet
- 37.** Stress management techniques work to reduce our general responses to stressors and include techniques aimed at teaching individuals
- A) to modify their appraisal of stressors
  - B) the use of adaptive self-statements
  - C) to change their dietary intake
  - D) A) & B) are correct
  - E) A), B) & C) are correct
- 38.** While waiting for her school bus to arrive one winter morning, Sandy was so cold she realized her feet and hands actually hurt. Rather than concentrate on the cold, Sandy pictured herself on a warm tropical island. She concentrated on the feel of the sand under her feet and the warmth of the sun on her face. Which of the following pain control strategies was Sandy using?
- A) associative strategies
  - B) dissociative strategies
  - C) informational control
  - D) sensory strategies
  - E) A) & D) are correct
- 39.** Two components necessary to experience pain are sensory experience and cognitions or beliefs. It is quite understandable then that two individuals from different cultures can experience identical \_\_\_\_\_ and yet perceive pain differently due to the \_\_\_\_\_ attached to the event
- A) cognitions or beliefs; identical sensory information
  - B) situations; sensations
  - C) sensations; varying cognitions or beliefs
  - D) cognitions or beliefs; endorphins
  - E) situations; negative cognitions or beliefs

- 40.** Regular medical check-ups, exercise, and a healthy diet are all considered to be examples of what the text called
- A) competency-focused health behaviours
  - B) situation-focused health behaviours
  - C) protective health behaviours
  - D) health-enhancing behaviours
  - E) health-compromising behaviours
- 41.** A therapist working in a relapse prevention program would most likely assert that a lapse is
- A) an indication of a lack of willpower
  - B) an indication that personal coping skills were exceeded
  - C) not the fault of the person with the substance abuse problem
  - D) an indication that someone is not strong enough to resist temptation
  - E) a result of the social situation