

## Personality Psychology

381. The "anima," "animus," "persona," and "shadow" are all:
- (A) Archetypes in the collective unconscious according to Carl Jung
  - (B) Parts of the drive for superiority according to Alfred Adler
  - (C) Components of Karen Horney's beliefs on neurotic needs
  - (D) Terms used by Sigmund Freud to explain the Oedipus complex
  - (E) Roles encouraged by neo-Freudians
382. Which theory of personality emphasizes the value and importance of unconditional positive regard with regard to relationships?
- (A) Psychoanalytic psychology
  - (B) Humanistic psychology
  - (C) Cognitive psychology
  - (D) Developmental psychology
  - (E) Behavioral psychology
383. The "Big Five" personality characteristics are:
- (A) Emotionality, extroversion, openness, neuroticism, and agreeableness
  - (B) Anxiety, extroversion, agreeableness, neuroticism, and sociability
  - (C) Outgoing, conscientiousness, extroversion, agreeableness, and neuroticism
  - (D) Openness, conscientiousness, extroversion, agreeableness, and neuroticism
  - (E) Extroversion, neuroticism, anxiety, agreeableness, and openness
384. Research shows that individuals with a type A personality are more prone to:
- (A) Extroversion
  - (B) Cardiac health problems
  - (C) Poverty
  - (D) Sexual dysfunction
  - (E) Psychoticism

385. Which of the following statements is a good example of a Jungian archetype?
- (A) Owen, who is 37, still wants to please his domineering mother.
  - (B) Erica does not want anyone to know she uses food stamps.
  - (C) George runs for class president because he wants his classmates to believe he is a confident person.
  - (D) Tanya consciously strives to become the best golf player on her team.
  - (E) Joan, who is haunted by her memories of child abuse, seeks help by going to a psychotherapist.
386. Which of the following tests is an example of a projective test, consisting of a set of ambiguous pictures about which people are asked to tell a story?
- (A) MMPI-2
  - (B) Rorschach
  - (C) LSAT
  - (D) TAT
  - (E) ASW
387. Which of the following terms does *not* describe the assumption behind Carl Rogers's self theory?
- (A) Unconditional positive regard
  - (B) Congruency
  - (C) Self-actualization
  - (D) Empathic understanding
  - (E) Extraversion
388. According to Carl Rogers, a client's personality is determined by measuring the difference between:
- (A) Introversion and extraversion
  - (B) Ideal self and real self
  - (C) Self-efficacy and self-esteem
  - (D) Persona and shadow
  - (E) Self-actualization and esteem needs

389. According to...
- (A) The v...
  - (B) A vol...
  - (C) An in...
  - (D) An in...
  - (E) An in...
390. Ted believe...
- (A) Self-e...
  - (B) Self-a...
  - (C) Social...
  - (D) Intern...
  - (E) Extern...
391. Raymond C...
- (A) Extern...
  - (B) Intern...
  - (C) Social...
  - (D) Sourc...
  - (E) Diver...
392. The trait th...
- (A) The a...
  - (B) The a...
  - (C) A fact...
  - (D) The o...
  - (E) Group...

389. According to Albert Bandura, self-efficacy is best described as:
- (A) The way in which an individual views his or her self-worth
  - (B) A voluntary decision to postpone a personal reward until a specific task is completed
  - (C) An individual's personal beliefs regarding how capable he or she is in controlling events and completing tasks
  - (D) An individual's social, political, and cultural views on issues that influence his or her learning potential
  - (E) An individual's beliefs about how much control he or she has over choices he or she has and decisions he or she makes
390. Ted believes that when he graduates depends primarily on his motivation and determination. This thought process is called:
- (A) Self-efficacy
  - (B) Self-actualization
  - (C) Social cognition
  - (D) Internal locus of control
  - (E) External locus of control
391. Raymond Cattell claimed that 35 basic traits could describe all differences among personalities. He called these \_\_\_\_\_ traits.
- (A) External
  - (B) Internal
  - (C) Social
  - (D) Source
  - (E) Diverse
392. The trait theory can best be defined as:
- (A) The analysis of how much personality or behavioral traits are influenced by genetics
  - (B) The analysis of the structure of personality by classifying similarities and differences in personality characteristics
  - (C) A factor analysis that studies common personality characteristics
  - (D) The organization of personality traits using specific categories to describe all characteristics
  - (E) Grouping individual behaviors based on interactions between particular personality characteristics

393. A true-false self-report questionnaire that describes a wide range of normal and abnormal behaviors is called:
- (A) Thematic Apperception Test
  - (B) Validity Test
  - (C) Rorschach Test
  - (D) Objective Personality Test
  - (E) Minnesota Multiphasic Personality Inventory
394. Complete the following statement: The \_\_\_\_\_ theory minimized the role of the unconscious.
- (A) Humanistic
  - (B) Trait
  - (C) Psychoanalytic
  - (D) Behaviorist
  - (E) Functionalist
395. According to Carl Jung, the collective unconscious consists of:
- (A) Inherent tendencies to help people develop their true potential
  - (B) Mental processes of which we are unaware but which automatically influence our thought patterns
  - (C) Ancient memories and symbols that are passed down from birth and shared by all people in all cultures
  - (D) Forces that influence our behavior
  - (E) Biological drives shared by all people in all cultures
396. Alfred Adler proposed that humans are motivated by:
- (A) Conscious drives
  - (B) Neurotic needs
  - (C) Empathic understanding
  - (D) Social urges
  - (E) Intrinsic motivation
397. Which of the following neo-Freudians believed that the major influence on personality development is found in the child-parent social interaction?
- (A) Adler
  - (B) Horney
  - (C) Jung
  - (D) Rogers
  - (E) Bandura

398. Accor  
(A)

(B)  
(C)  
(D)  
(E)

399. Neo-  
(A)  
(B)  
(C)  
(D)  
(E)

400. The i  
poten  
psych  
(A)  
(B)  
(C)  
(D)  
(E)

398. According to Alfred Adler, fictional finalism is best defined as:
- (A) The belief that people live by many ideals that have no relation to reality
  - (B) The desire people have to do good for their community
  - (C) An individual's need to be in complete control over his or her life
  - (D) The desire for power that all human beings innately struggle with
  - (E) The social urges all people are motivated by and the unique way individuals deal with those urges
399. Neo-Freudians agree with Freud on all of the following basic ideas *except*:
- (A) Importance of the unconscious
  - (B) The division of the mind
  - (C) The use of defense mechanisms
  - (D) The importance of sexual drives and conflicts
  - (E) The protection of the ego
400. The importance of our capacity for personal growth, development of our potential, and freedom to choose our destiny is the emphasis of which psychological theory?
- (A) Psychoanalytic psychology
  - (B) Existentialism
  - (C) Behaviorism
  - (D) Humanism
  - (E) Cognitive psychology

## Stress and Coping

401. Stress is *best* defined as:
- (A) A subjective evaluation of a situation that we believe to be overwhelming
  - (B) A threatening feeling that comes when we interpret a situation as more than our psychological or physiological resources can handle
  - (C) A potentially harmful situation from which we can potentially sustain some harm or damage
  - (D) A situation that we see as a challenge to our psyche
  - (E) A measure of how much we can handle a potentially threatening situation
402. Lamar was asked to give blood. He has a terrible fear of doing so. He automatically thinks this will have negative effects on his well-being. This is an example of what type of appraisal?
- (A) Harm/loss
  - (B) Challenge
  - (C) Threat
  - (D) Stress
  - (E) Negative
403. Which of the following statements is true regarding the fight-flight response?
- (A) It can be triggered by physical stimuli that threaten our survival.
  - (B) It directs a great source of energy from the brain to the muscles.
  - (C) It calms the body down after the response to a stress stimuli has occurred.
  - (D) It stimulates the thyroid gland to release a stress hormone called adrenaline.
  - (E) It automatically reduces physiological stress triggers by slowing down the heart rate.

404. Physical symptoms such as headaches, muscle pain, and stomach problems brought on by psychological factors like worry and tension are called:
- (A) Resistance symptoms
  - (B) Prolonged stress symptoms
  - (C) Psychological symptoms
  - (D) Psychosomatic symptoms
  - (E) Appraisal symptoms
405. Stress appraisal stimulates which part of the brain?
- (A) Thalamus
  - (B) Hypothalamus
  - (C) Amygdala
  - (D) Cerebrum
  - (E) Medulla
406. When the adrenal medulla is activated by the sympathetic nervous system, \_\_\_\_\_ is secreted.
- (A) Epinephrine
  - (B) Dopamine
  - (C) Serotonin
  - (D) Acetylcholine
  - (E) Glycogen
407. What are the three stages of the general adaptation syndrome (GAS)?
- (A) Alarm, fight, relaxation
  - (B) Alarm, control, exhaustion
  - (C) Resistance, alarm, homeostasis
  - (D) Alarm, resistance, exhaustion
  - (E) Resistance, exhaustion, relaxation
408. Which of the following examples best illustrates frustration?
- (A) A basketball coach loses his temper when his team loses a game they should have won.
  - (B) Two wolves fight to become the leader of the pack.
  - (C) A child starts crying when his mother says good-bye to him in preschool.
  - (D) A spider eats a fly.
  - (E) A farmer kills a chicken to eat for dinner.

409. V  
al  
(A)  
(B)  
(C)  
(D)  
(E)

410. Ev  
cla  
Ev  
(A)  
(B)  
(C)  
(D)  
(E)

411. Wh  
hav  
(A)  
(B)  
(C)  
(D)  
(E)

412. In w  
inter  
(A)  
(B)  
(C)  
(D)  
(E)

413. Just b  
and h  
what  
(A)  
(B)  
(C)  
(D)  
(E)

409. When we balance the demands of a potentially stressful situation with our ability to meet these demands, it is called:
- (A) Secondary appraisal
  - (B) Threat appraisal
  - (C) Harm/loss appraisal
  - (D) Challenge appraisal
  - (E) Primary appraisal
410. Eva's professor keeps telling her how the tests and quizzes she takes in his class are opportunities to demonstrate her understanding of the material. Eva's professor is attempting to elicit what kind of appraisal?
- (A) Harm/loss
  - (B) Threat
  - (C) Challenge
  - (D) Primary
  - (E) Secondary
411. What effect do harm/loss appraisals have that challenge appraisals do not have?
- (A) Lower physiological arousal
  - (B) Higher levels of negative emotions
  - (C) More psychological stimulation
  - (D) A triggering of physiological arousal
  - (E) Increased activity of the parasympathetic nervous system
412. In what stage of the general adaptation syndrome is there a breakdown to internal organs and a weakening of the immune system?
- (A) Alarm
  - (B) Resistance
  - (C) Exhaustion
  - (D) Relaxation
  - (E) Negative
413. Just before her solo at her chorus concert, Charlene's heart begins to race and her face becomes flushed. According to Hans Selye, Charlene is in what stage of stress?
- (A) Alarm
  - (B) Resistance
  - (C) Exhaustion
  - (D) Primary
  - (E) Psychosomatic



414. Which of the following is *not* an example of a major source of stress?
- (A) Hassles
  - (B) Change
  - (C) Pressure
  - (D) Frustration
  - (E) Fear
415. Richard Lazarus's theory on stress emphasizes which of the following as the first step in experiencing stress?
- (A) Fear
  - (B) Threat
  - (C) Flight
  - (D) Appraisal
  - (E) Threat

w by Test Day

f a major source of stress?

es which of the following as the

CHAPTER

22

## Disorders

416. A mental disorder is generally defined as:
- (A) Not knowing the difference between right and wrong
  - (B) A prolonged problem that interferes with an individual's ability to cope in society
  - (C) An anxiety disorder with dangers of hurting oneself
  - (D) A long-term problem that can only be cured with medication
  - (E) A long-term problem that cannot be treated with medication
417. Lee is unable to tell the difference between right and wrong in any aspect of his life. This statement is describing which type of abnormal behavior?
- (A) Depression
  - (B) Maladaptive
  - (C) Insanity
  - (D) Anxiety
  - (E) Psychotic
418. The learning perspective states that the main cause of mental disorders is:
- (A) Reinforcement of maladaptive behavior learned through experience
  - (B) Irrational thought processes
  - (C) Internal conflict from one's childhood
  - (D) Low self-esteem
  - (E) Chemical imbalance in the brain
419. DSM-IV was designed to help with which of the following?
- (A) Identifying psychological disorders
  - (B) Identifying the causes of psychological disorders
  - (C) Classifying psychological disorders
  - (D) Listing venues where individuals can diagnose their disorder
  - (E) Distinguishing between sanity and insanity

420. A somatoform disorder can best be defined as:
- (A) Disorder in which hallucinations occur often
  - (B) Disorder in which an individual experiences extreme anxiety
  - (C) Disorder in which symptoms are completely made up by the individual
  - (D) Disorder in which symptoms are produced by psychological factors
  - (E) Disorder in which an individual has delusional thoughts
421. Which of the following examples best illustrates a person with obsessive-compulsive disorder (OCD)?
- (A) Steven hyperventilates whenever he is in an elevator.
  - (B) Shelly complains constantly about feeling sick and goes to many doctors.
  - (C) Bari is extremely anxious and panics every time she gets on an airplane.
  - (D) Blake wanders around town in a daze, not sure how she got there.
  - (E) Adam must lock his door 10 times before he leaves for work every morning.
422. A soldier experiences sudden blindness after returning from battle. He would most likely be diagnosed with which of the following disorders?
- (A) Conversion disorder
  - (B) Dissociative disorder
  - (C) Bipolar disorder
  - (D) Hypochondriac
  - (E) A phobic disorder
423. Which of the following disorders is *not* an anxiety disorder?
- (A) Phobias
  - (B) Panic
  - (C) Hypochondriasis
  - (D) Obsessive-compulsive
  - (E) Post-traumatic stress
424. This disorder is characterized by irritability, difficulty concentrating, and inability to control one's worry.
- (A) Phobias
  - (B) Generalized anxiety
  - (C) Obsessive-compulsive
  - (D) Bipolar
  - (E) Hypochondriasis

425. Fra  
hea  
She  
(A)  
(B)  
(C)  
(D)  
(E)
426. Ago  
(A)  
(B)  
(C)  
(D)  
(E)
427. Wh  
com  
(A)  
(B)  
(C)  
(D)  
(E)
428. Indi  
with  
(A)  
(B)  
(C)  
(D)  
(E)
429. Axis  
(A)  
(B)  
(C)  
(D)  
(E)

425. Fran was sitting on the bus when she suddenly felt overwhelmed. Her heart started racing, her legs began to feel weak, and her body trembled. She thought she was losing her mind. Fran's symptoms indicate she has:
- (A) Bipolar disorder
  - (B) Panic disorder
  - (C) Schizophrenia
  - (D) Obsessive-compulsive disorder
  - (E) Personality disorder
426. Agoraphobia is the fear of:
- (A) Heights
  - (B) Spiders
  - (C) The dark
  - (D) Being in places with no escape
  - (E) Speaking in public
427. Which of the following symptoms is *not* a symptom of obsessive-compulsive disorder?
- (A) Irrational thoughts
  - (B) Impulsive behavior
  - (C) Uncontrollable images
  - (D) Severe depression
  - (E) Ritualized behavior
428. Individuals who have reported paralysis of a limb, blindness, or seizures with no physical or neurological damage are most likely suffering from:
- (A) A conversion disorder
  - (B) A panic disorder
  - (C) Post-traumatic stress disorder
  - (D) Hypochondriasis
  - (E) Bipolar disorder
429. Axis II of the DSM-IV refers to which of the following?
- (A) Mood disorders
  - (B) Personality disorders
  - (C) Anxiety disorders
  - (D) Schizophrenia
  - (E) General medical conditions

430. Which of the following disorders has psychological stressors translating into physical symptoms?
- (A) Anxiety
  - (B) Adjustment
  - (C) Affective
  - (D) Somatoform
  - (E) Psychotic
431. Data suggests that the most common mental disorder is:
- (A) Substance abuse
  - (B) Mood disorders
  - (C) Personality disorders
  - (D) Somatoform disorders
  - (E) Psychosexual disorders
432. Which of the following treatments is most often used to help clients who suffer from obsessive-compulsive disorder?
- (A) Avoidance therapy
  - (B) Psychoanalysis
  - (C) Exposure therapy
  - (D) Biochemical treatment
  - (E) Cognitive therapy
433. A list of criteria and symptoms about the onset, severity, and duration of mental disorders is located in which axis of the DSM-IV?
- (A) Axis I
  - (B) Axis II
  - (C) Axis III
  - (D) Axis IV
  - (E) Axis V
434. The theory that states that mental disorders develop when a biological predisposition to the disorder is set off by stressful circumstances is:
- (A) Cognitive-behavioral model
  - (B) Psychoanalytic model
  - (C) Diathesis-stress model
  - (D) Biochemical model
  - (E) Developmental model

435. Gender
- (A) Th
  - (B) Th
  - (C) H
  - (D) Th
  - (E) Th

435. Gender-identity disorders involve:
- (A) The use of unconventional sexual tendencies
  - (B) The desire to dress like individuals of the opposite sex
  - (C) Homosexual tendencies
  - (D) The rejection of one's biological gender
  - (E) The rejection of gender-related stereotypes

## Mood Disorders and Schizophrenia

436. Which of the following disorders does *not* fall under a mood disorder?
- (A) Dysthymic disorder
  - (B) Bipolar disorder
  - (C) Major depression
  - (D) Cyclothymic disorder
  - (E) Schizophrenia
437. Lilly is now 35 years old. She just started therapy because she feels “down in the dumps.” While in therapy she realizes she has felt this way most of her life. She is most likely suffering from:
- (A) Major depression
  - (B) Bipolar disorder
  - (C) Dysthymic disorder
  - (D) Generalized anxiety disorder
  - (E) Antisocial personality disorder
438. Antidepressant drugs work mainly because they raise the level of a single neurotransmitter called:
- (A) Dopamine
  - (B) Epinephrine
  - (C) Norepinephrine
  - (D) Serotonin
  - (E) Glycogen
439. Which of the following characteristics is *not* a symptom of a personality disorder?
- (A) Major depression
  - (B) Inflexibility
  - (C) Maladaptive traits
  - (D) Impaired functioning
  - (E) Great social and personal distress

440. Jeff has total disregard for the rights or properties of others. He steals all the time from just about anyone. He randomly harasses people. He has consistently destroyed his neighbor's property. Last month he was arrested for kidnapping. While in jail he continues to lie and have little remorse for his actions. Jeff is suffering from what mental disorder?
- (A) Major depression
  - (B) Psychopath
  - (C) Schizoid personality disorder
  - (D) Dependent personality disorder
  - (E) Paranoid personality disorder
441. Which of the following symptoms best illustrates schizoid personality disorder?
- (A) Disregard for the rights of others, feeling little to no remorse for bad behavior
  - (B) Submissive behavior, excessive need to be taken care of
  - (C) Acute discomfort in close relationships, distorted thinking, and eccentric behavior
  - (D) Intense desire to be orderly, having total control over others
  - (E) Excessively emotional and delusional, accompanied by a strong need for attention
442. Which of the following characterizes paranoid personality disorder?
- (A) Unstable moods
  - (B) Lack of social relationships
  - (C) Lack of conscience
  - (D) Inaccurate sense of self-worth
  - (E) Extreme suspiciousness and mistrust of other people
443. Early childhood sexual or physical abuse is a common feature among people suffering from:
- (A) Somatoform disorder
  - (B) Dissociative identity disorder
  - (C) Bipolar disorder
  - (D) Major depression
  - (E) Schizophrenia

444. From author has lit diagn (A) (B) (C) (D) (E)
445. Pricill family most gets t (A) (B) (C) (D) (E)
446. Exces to (A) (B) (C) (D) (E)
447. All o (A) (B) (C) (D) (E)



444. From the time he was a young child, Scott has had no problem lying to authority figures. As an adult he considers himself good with the ladies. He has little remorse for his maladaptive behavior. Scott would most likely be diagnosed with:
- (A) Antisocial personality disorder
  - (B) Paranoid personality disorder
  - (C) Narcissistic personality disorder
  - (D) Schizoid personality disorder
  - (E) Schizophrenia
445. Pricilla spent the last four weeks in bed. Without telling her friends or family she bought a three-thousand-dollar plane ticket to Europe. She took most of her savings with her to go on a major shopping spree when she gets there. Pricilla is most likely suffering from:
- (A) Narcissistic personality disorder
  - (B) Major depression
  - (C) Schizoid personality disorder
  - (D) Bipolar disorder
  - (E) Dysthymic disorder
446. Excessive dopamine is to \_\_\_\_\_ as too little dopamine is to \_\_\_\_\_.
- (A) Parkinson's disease, schizophrenia
  - (B) Schizophrenia, Parkinson's disease
  - (C) Antisocial personality disorder, schizoid personality disorder
  - (D) Depression, schizophrenia
  - (E) Schizophrenia, depression
447. All of the following are symptoms of schizophrenia *except*:
- (A) Delusions
  - (B) Hallucinations
  - (C) Disorganized speech
  - (D) Manic behavior
  - (E) Decreased emotional expression

448. Robert has been immobile for the past two years. In fact, he keeps both his arms up in the air for two-hour periods throughout the day. Robert has been diagnosed with:
- (A) Somatoform disorder
  - (B) Paranoid schizophrenia
  - (C) Conversion disorder
  - (D) Disorganized schizophrenia
  - (E) Catatonic schizophrenia
449. Which of the following is an example of a positive symptom of schizophrenia?
- (A) Hallucinations
  - (B) Dulled emotions
  - (C) Little inclination to speak
  - (D) Loss of normal functions
  - (E) Intellectual impairment
450. Research has shown that individuals with schizophrenia reportedly have a:
- (A) Larger hypothalamus
  - (B) Smaller hypothalamus
  - (C) Larger thalamus
  - (D) Smaller thalamus
  - (E) Smaller medulla
451. Khloe walked into a police station looking disheveled and confused. She could not remember her name, didn't recall where she came from, and couldn't remember anything about her past. Khloe has experienced:
- (A) Dissociative amnesia
  - (B) Dissociative fugue
  - (C) Dissociative identity disorder
  - (D) Schizophrenia
  - (E) Antisocial personality disorder
452. Researchers have determined that there is a genetic marker in the development of schizophrenia. To test this theory, researchers used which of the following groups?
- (A) Fraternal twins
  - (B) Siblings
  - (C) Parents and children
  - (D) Unrelated individuals
  - (E) Identical twins

453. Research major d
- (A) M
  - (B) D
  - (C) I
  - (D) E
  - (E) E
454. Autism
- (A) D
  - (B) M
  - (C) L
  - (D) P
  - (E) D
455. Narciss
- (A) A
  - (B) F
  - (C) S
  - (D) I
  - (E) C

453. Research suggests there is a direct correlation between the presence of major depression and:

- (A) Moderate levels of dopamine
- (B) Decreased levels of serotonin
- (C) Increased levels of endorphins
- (D) Enlarged hypothalamus
- (E) Enlarged parietal lobe

454. Autism is considered to be a:

- (A) Developmental disorder
- (B) Mood disorder
- (C) Learning disability
- (D) Personality disorder
- (E) Dissociative disorder

455. Narcissistic personality disorder is characterized by:

- (A) An unstable self-image
- (B) Feelings of inadequacy
- (C) Social isolation
- (D) Inflated sense of self
- (E) Compulsive tendencies

## Therapies

456. The analysis of a client's past experiences and suggestions for ways the client can overcome his or her problems that stem from these experiences is the basis for which type of therapy?
- (A) Cognitive therapy
  - (B) Behavioral therapy
  - (C) Psychoanalytic therapy
  - (D) Developmental therapy
  - (E) Social-cognitive therapy
457. Which of the following examples best illustrates insight therapy?
- (A) A client takes various psychoactive drugs to treat a mental disorder.
  - (B) A therapist and client work together with the goal of identifying the problem and reaching a possible solution.
  - (C) The therapist and client discuss key traumatic issues faced by the client in his or her childhood.
  - (D) This therapy involves combining various techniques from many different therapeutic approaches.
  - (E) The therapist focuses on the thoughts of the unconscious and brings these thoughts to the surface through dream analysis.
458. Which of the following is one major difference between a clinical psychologist and a psychiatrist?
- (A) A psychiatrist uses biomedical treatment.
  - (B) A psychiatrist uses an eclectic approach.
  - (C) A psychiatrist cannot counsel clients.
  - (D) A psychiatrist recognizes the importance of group therapy.
  - (E) A psychiatrist treats clients in hospitals.

459. Which of the following disorders has, in some circumstances, been treated with electroconvulsive therapy?
- (A) Paranoid personality disorder
  - (B) Obsessive-compulsive disorder
  - (C) Schizophrenia
  - (D) Major depression
  - (E) Dissociative identity disorder
460. Joy's therapist is trying to encourage her to take charge of the therapy session. The therapist uses active listening while Joy discusses her feelings. Which therapy is most likely being described?
- (A) Psychodynamic therapy
  - (B) Rational emotive therapy
  - (C) Existential therapy
  - (D) Cognitive-behavioral therapy
  - (E) Client-centered therapy
461. The antidepressant drug Prozac does which of the following?
- (A) Blocks the reuptake of serotonin
  - (B) Blocks the reuptake of dopamine
  - (C) Levels the amount of epinephrine
  - (D) Decreases the amount of adrenaline in the blood stream
  - (E) Decreases the level of acetylcholine in the blood stream
462. Albert Ellis devised a therapy that can be very confrontational. The client must face the irrationality of his or her belief system. What is the name of this form of therapy?
- (A) Cognitive-behavioral therapy
  - (B) Gestalt therapy
  - (C) Rational emotive therapy
  - (D) Insight therapy
  - (E) Social-cognitive therapy

463. Aversiv  
 (A) A  
 ce  
 (B) A  
 Pr  
 (C) U  
 (D) S  
 o  
 (E) T  
 n
464. Gestal  
 (A) P  
 (B) P  
 (C) P  
 (D) P  
 (E) P
465. The p  
 therap  
 (A)  
 (B)  
 (C)  
 (D)  
 (E)
466. Whic  
 (A)  
 (B)  
 (C)  
 (D)  
 (E)

463. Aversive therapy refers to:
- (A) An operant conditioning therapy that uses negative reinforcement to continued behavior
  - (B) A classically conditioned therapy based on the theory that repeated pairings of negative effects lead to extinction
  - (C) Using generalization to let all negative behavior pairings occur
  - (D) Spontaneous recovery occurring long after a behavior that was based on negative pairing has ended
  - (E) The use of modeling behavior so clients can see the consequences of negative behaviors
464. Gestalt therapy includes which of the following?
- (A) Free association
  - (B) Electro-shock therapy
  - (C) Behavioral therapy
  - (D) Dream analysis
  - (E) Biomedical therapy
465. The process by which a client expresses strong emotion toward the therapist is known as which of the following?
- (A) Transference
  - (B) Free association
  - (C) Dynamic therapy
  - (D) Resistance
  - (E) Projection
466. Which of the following is a major goal of Aaron Beck's cognitive therapy?
- (A) To rid an individual of his or her internal negative thought process
  - (B) To change an individual's negative behavior
  - (C) To enable a person to become self-actualized
  - (D) To stop individuals from using selective attention
  - (E) To help a client change learned or modeled behavior

467. Jana wants to be a doctor when she grows up, but she has one serious problem; she is terribly afraid of blood. Since she was a little girl she has passed out at the mere sight of blood. To overcome this fear so that she can pursue her dream of becoming a doctor, her therapist exposes her to blood while trying to relax her. What type of therapy is this?
- (A) Social-cognitive therapy
  - (B) Systematic desensitization
  - (C) Behavioral therapy
  - (D) Rational emotive therapy
  - (E) Extinction
468. One major difference between a humanist therapist and a behavioral therapist is that:
- (A) A behavioral therapist focuses on one's childhood.
  - (B) A humanist therapist pays attention to uncovering unconscious conflict.
  - (C) A behavioral therapist can offer medication to her or his clients.
  - (D) A humanist therapist focuses more on empathy and support for her or his clients.
  - (E) A behavioral therapist places all of the burden on the client for her or his own healing.
469. Rational emotive therapy was designed to:
- (A) Teach clients relaxation techniques
  - (B) Explore the unconscious conflicts from a client's childhood
  - (C) Challenge the self-defeating thoughts of the client
  - (D) Use antidepressant medication to overcome depression
  - (E) Use free association to uncover unconscious thoughts and feelings
470. The purpose of free association is to:
- (A) Help bring unconscious conflict to the surface
  - (B) Facilitate changing negative behaviors
  - (C) Change the client's thought process
  - (D) Rid an individual of his or her sexual desires
  - (E) Help a patient relax

471. Light t  
 (A) M  
 (B) E  
 (C) C  
 (D) D  
 (E) S
472. Which  
 (A) S  
 (B) F  
 (C) D  
 (D) H  
 (E) S
473. Which  
 have a  
 bad ev  
 (A) A  
 (B) M  
 (C) K  
 (D) S  
 (E) A
474. What  
 individ  
 chang  
 physio  
 (A) B  
 (B) S  
 (C) B  
 (D) B  
 (E) C
475. Which  
 anxiety  
 (A) P  
 (B) S  
 (C) B  
 (D) B  
 (E) C

471. Light therapy is used to help which of the following disorders?
- (A) Major depression
  - (B) Dysthymic disorder
  - (C) Obsessive-compulsive disorder
  - (D) Dissociative identity disorder
  - (E) Seasonal affective disorder
472. Which of the following terms is *not* associated with psychoanalysis?
- (A) Self-actualization
  - (B) Free association
  - (C) Dream analysis
  - (D) Hypnosis
  - (E) Sexual impulse
473. Which of the following psychologists believed that some people tend to have a pessimistic explanatory style, characterized by the tendency to blame bad events on themselves?
- (A) Aaron Beck
  - (B) Martin Seligman
  - (C) Karen Horney
  - (D) Sigmund Freud
  - (E) Abraham Maslow
474. What is the name of the widely used therapy that involves giving an individual immediate information about the degree to which he or she can change anxiety-related responses, thereby improving control over his or her physiological process of arousal?
- (A) Behavior modification
  - (B) Systematic desensitization
  - (C) Behavioral therapy
  - (D) Biofeedback
  - (E) Cognitive therapy
475. Which of the following therapies has been found effective in treating anxiety disorders, drug addictions, and autism?
- (A) Psychoanalysis
  - (B) Social-cognitive therapy
  - (C) Behavioral therapy
  - (D) Biomedical feedback
  - (E) Gestalt therapy



CHAPTER  25

## Social Psychology

476. John F. Kennedy's Bay of Pigs failure was caused in large part by:
- (A) Brainstorming
  - (B) Group cohesion
  - (C) Groupthink
  - (D) Deindividuation
  - (E) Diffusion of responsibility
477. Solomon Asch is most famous for his research on:
- (A) Conformity
  - (B) Obedience
  - (C) Compliance
  - (D) Cohesion
  - (E) Polarization
478. When we perform well on a task we typically attribute our success to our internal characteristics. This is known as:
- (A) Fundamental attribution error
  - (B) Self-serving bias
  - (C) Self schema
  - (D) External attribution error
  - (E) Person schema
479. The Stanford Prison experiment was a prime example of which of the following concepts?
- (A) Conformity
  - (B) Compliance
  - (C) Obedience
  - (D) Cohesiveness
  - (E) Identification

480. According to the theory of cognitive dissonance, attitudes are changed because:
- (A) We are rewarded by society when our beliefs coincide with the majority.
  - (B) Logical arguments compel us to alter our attitudes.
  - (C) Emotionally persuasive arguments motivate us to change our thought process.
  - (D) A state of tension motivates us to change our cognitive inconsistencies by making our beliefs more consistent.
  - (E) When our beliefs and behaviors are too similar it causes an unpleasant psychological state of tension.
481. A person who agrees to a small request initially is more likely to comply with a larger demand later. This describes which phenomenon?
- (A) Door-in-face effect
  - (B) Foot-in-door effect
  - (C) Low-ball technique
  - (D) High-ball technique
  - (E) Door-in-foot technique
482. In Milgram's experiment, subjects who gave large shocks rationalized that they were *not* personally responsible for their actions. This raises questions about our willingness to commit inhumane acts as a result of:
- (A) Coercive power
  - (B) Expert influence
  - (C) Obedience to authority
  - (D) Conformity to group pressure
  - (E) Individual compliance
483. Which of the following was a factor in determining the degree of obedience in Milgram's series of experiments?
- (A) Distance between the teacher and the learner
  - (B) Tone of voice of the teacher
  - (C) Whether or not the teacher was male or female
  - (D) Whether or not the teacher was an expert in his or her field
  - (E) The age of the teacher

484. In a situ helping
- (A) Gr
  - (B) So
  - (C) Ri
  - (D) Di
  - (E) Co
485. When n importa
- (A) Sit
  - (B) Pe
  - (C) Ge
  - (D) In
  - (E) Ag
486. Through
- (A) Pe
  - (B) Ob
  - (C) Siz
  - (D) Co
  - (E) La
487. One rea is to hav
- (A) Gr
  - (B) De
  - (C) Gr
  - (D) Ta
  - (E) So
488. The Lap
- (A) Pe
  - (B) Pe
  - (C) Pe
  - (D) Pe
  - (E) M

484. In a situation in which an individual is having a seizure on the street, helping could be inhibited by which of the following concepts?
- (A) Groupthink
  - (B) Social comparison theory
  - (C) Risky shift
  - (D) Diffusion of responsibility
  - (E) Compliance
485. When making the "attribution error," we tend to overestimate the importance of \_\_\_\_\_ when judging the behaviors of others.
- (A) Situational factors
  - (B) Personal factors
  - (C) Gender
  - (D) Intelligence
  - (E) Age
486. Through his experiments, Solomon Asch was able to demonstrate that:
- (A) People will always conform in a group setting.
  - (B) Obedience to authority is determined by the perceived power of the authority figure.
  - (C) Size of majority does not influence how many people will conform.
  - (D) Compliance occurs in large groups.
  - (E) Lack of unanimity greatly reduces the pressure to conform.
487. One reason why many groups have some form of initiation rites and rituals is to have:
- (A) Group norms
  - (B) Deindividuation
  - (C) Group cohesion
  - (D) Task-oriented groups
  - (E) Socially oriented groups
488. The Lippitt experiment proved that:
- (A) People's behavior usually corresponds with their attitudes.
  - (B) People's attitudes do not necessarily reflect their behavior.
  - (C) People tend to lie when asked to fill out a survey.
  - (D) People are obedient in front of any person of authority.
  - (E) Most people conform because of fear of embarrassment.

489. Damion rewrote his paper at the suggestion of his professor, even though he did not agree with the suggestions. This is an example of:
- (A) Obedience
  - (B) Conformity
  - (C) Compliance
  - (D) Diffusion
  - (E) Cognitive dissonance
490. Which of the following scenarios is an example of deindividuation?
- (A) Cindy finds that working in her group brings high levels of performance compared to students who work alone.
  - (B) Mindy forms a study group because she wants academic help, social support, and motivation.
  - (C) Amy has a poor running performance in competition; she performs even worse in front of a larger crowd.
  - (D) Torrie honks her horn loudly for quite a while because she has little chance of being personally identified.
  - (E) Jamie does not help the girl being attacked because the other bystanders are taking little action.
491. When group discussions change individuals' judgments, it is known as:
- (A) Risky shift
  - (B) Groupthink
  - (C) Group polarization
  - (D) Social comparison
  - (E) Group cohesion
492. Which of the following examples best illustrates a way to avoid groupthink from occurring?
- (A) Choose a group captain to make all the final decisions.
  - (B) Allow the group's members the freedom to express differing opinions.
  - (C) Have every group member come in with a specific idea to bring to the table.
  - (D) Only allow one person in the group to speak at a time.
  - (E) Make the group socially oriented before making any final decisions.

493. Of the serving  
(A) M  
(B) P  
g  
(C) J  
(D) R  
u  
(E) R  
fo
494. After J  
in law  
Event  
(A) S  
(B) S  
(C) S  
(D) C  
(E) T
495. David  
of the  
was m  
the ju  
Texas  
The di  
(A) E  
(B) E  
(C) J  
s  
(D) M  
c  
(E) E
496. The te  
behav  
(A) S  
(B) A  
(C) E  
(D) A  
(E) J

493. Of the following examples, which would be the best example of self-serving bias?
- (A) Michael, who believes that everyone should give to charities
  - (B) Paris, who believes she failed her math test even though she always gets an A in math
  - (C) Janet, who is always her teacher's favorite student
  - (D) Randy, who believes he works harder than others and is underappreciated
  - (E) Rebi, who overestimates her ability to run the after-school program for young children
494. After Jean was told by one of her professors that she would never succeed in law school, she stopped reading and completing her assignments. Eventually Jean did drop out of law school. This is an example of:
- (A) Self-fulfilling prophecy
  - (B) Self-serving bias
  - (C) Social loafing
  - (D) Groupthink
  - (E) Diffusion of responsibility
495. David has always opposed the death penalty, believing it is not the place of the government to take the life of another person. After his best friend was murdered, David wanted nothing more than to see the murderer get the justice he or she deserved. Because the murder occurred in the state of Texas, this would mean justice would be served with the death penalty. The dissonance theory would state that:
- (A) David would have no conflict in seeing the murderer put to death.
  - (B) David would have to change one of his attitudes to feel less tension.
  - (C) Justification of the death penalty would be appropriate in this situation.
  - (D) Morally, David would not support the death penalty under any circumstance.
  - (E) David would change his opinion in support of the death penalty.
496. The tendency to attribute our own behavior to situational causes and the behavior of others to personal causes is an example of:
- (A) Self-fulfilling prophecy
  - (B) Actor-observer bias
  - (C) Dispositional attribution
  - (D) Attribution theory
  - (E) Just-world phenomenon

497. Evidence suggests that individuals tend to be attracted to others who are:
- (A) Nearly opposite in all areas
  - (B) Similar to themselves in terms of perspective and values
  - (C) Physically more attractive than they are
  - (D) Unlikely to criticize or judge them
  - (E) Less intelligent than themselves
498. The tendency to "blame the victim" in a rape case is an example of which of the following terms?
- (A) Fundamental attribution error
  - (B) Deindividuation
  - (C) Self-serving bias
  - (D) The just-world phenomenon
  - (E) Self-fulfilling prophecy
499. In the presence of the largest crowd she has ever seen, Heather gives her finest piano performance. This is an example of:
- (A) Group cohesion
  - (B) Deindividuation
  - (C) Group polarization
  - (D) Social inhibition
  - (E) Social facilitation
500. According to the diffusion of responsibility theory, the biggest factor in predicting whether or not a bystander will help someone in need is:
- (A) The duration of the situation
  - (B) Whether or not the person in need of help is male or female
  - (C) The number of other bystanders at the scene
  - (D) The level of perceived threat
  - (E) Whether or not the person actually asked for help