

Chapter 2: Changing Conceptualizations of Mental Illness

1. What did Elyn Saks believe would do more good for people with mental illness than “all the laws we can pass”?

- *a. Being open about one’s own illness
- b. Increasing the funding for clinical trials
- c. Lowering the cost of mental health services
- d. Improving accessibility to mental health services

2. The personal experience of Elyn Saks illustrates:

- *a. changes in the conceptualization of mental illness over the past few decades.
- b. the devastating effects of mental illness on a person’s professional life.
- c. barriers to mental health treatment.
- d. the developmental nature of chronic paranoid schizophrenia.

3. This is the philosopher who lived in the 6th century BCE, is known for his theorem regarding sides of a right triangle, and began to set the stage for understanding human behavior and experience as related to internal processes and natural causes.

- a. Hippocrates
- b. Plato
- c. Aristotle
- *d. Pythagoras

4. In the 6th century BCE, a common world view was that mental illness was:

- a. the product of natural forces
- b. the result “spirits” inhabiting a person’s body
- *c. the actions of the gods and divine punishment
- d. the consequence of imbalanced fluids in a person’s body

5. This philosopher, often considered to be the father of modern medicine, emphasized careful observation and the idea that all disorders, both mental and physical, should be sought within the patient.

- *a. Hippocrates
- b. Galen
- c. Aristotle
- d. Pythagoras

6. The Greeks believed that all things in the world could be understood in terms of four elements and that these took the form of _____ in the body.

- a. blood
- *b. humors
- c. bile
- d. phlegm

7. This physician wrote a large number of treatises on science, medicine, and philosophy and, working with gladiators, gained firsthand knowledge of the consequences of trauma and its treatment.

- a. Hippocrates
- *b. Galen
- c. Plato
- d. Pythagoras

8. Which theory stresses the importance of direct sensory observation as a means of gathering information?

- *a. empiricism
- b. rationalism
- c. sensorium
- d. collectivism

9. Through his work as a physician with humans and his anatomical work with animals, Galen theorized that blood was transported through the body and changed into different _____ by the organs of the body.

- a. elements
- *b. spirits
- c. animals
- d. humors

10. In the Middle Ages, disease and mental illness was largely seen from what perspective?

- a. empirical
- b. dynamic
- c. cultural
- *d. religious

11. This book, written in the Middle Ages by two German priests and approved by the pope, became the handbook of the inquisition.

- *a. Malleus Maleficarum
- b. Dies Irae
- c. Stabat Mater
- d. Santiago de Compostela

12. What was one reason given in the text to explain why Western science and medicine remained fairly stagnant during the Middle Ages?

- a. Very few people received a formal education
- b. Lack of communication between groups of peoples
- c. Rampant sickness and death
- *d. The church was able to determine the standard of truth

13. This artist from the Renaissance period performed dissections of animals and human cadavers to understand the structure of organs.

- *a. Leonardo da Vinci

- b. Giovanni Bellini
- c. Hieronymus Bosch
- d. Paolo Veronese

14. These sections of the brain were studied by Leonardo da Vinci through pouring hot wax into the brain of an ox that had just been killed.

- a. cortices
- *b. ventricles
- c. diencephalons
- d. lobes

15. What French philosopher assumed that the reflexes and involuntary actions of organisms were based on mechanical principles similar to those in machines.

- a. Jean-Marc Ferry
- b. Antoine Arnauld
- c. Edmond Fleg
- *d. Rene Descartes

16. What distinction did Descartes create to help explain why human bodies are not completely mechanical?

- *a. the mind-body distinction
- b. the voluntary-involuntary distinction
- c. the heart-brain distinction
- d. the material-immaterial distinction

17. Descartes suggested that the rational soul was able to control the mechanical body by having both functions come together in one particular organ of the brain. What is this organ called?

- a. the brain stem
- b. the cerebellum
- *c. the pineal gland
- d. the occipital lobe

18. This physicist, mathematician, engineer, astronomer, and philosopher invented the telescope and led a movement that would eventually replace authority with experimentation.

- a. Newton
- *b. Galileo
- c. Descartes
- d. Galen

19. This book, written by Newton and described as “probably the greatest single book in the history of science”, described his theories of time, space, and motion as well as his rules of reasoning for science. What is the name of the book?

- a. Solum
- *b. Principia
- c. Scientia
- d. Primitus

20. What was the name of the English doctor who sought to combine the study of structure and function and coined the terms lobe, hemisphere, pyramid, peduncle, and corpus striatum?

- a. Sir Charles Sherrington
- b. John Myelin
- c. William Harvey
- *d. Thomas Willis

21. Thomas Willis suggested that lower brain structures were responsible for _____ and brain structures located higher in the brain were involved in _____.

- *a. basic functions of life, advanced processes
- b. advanced processes, fine motor movements
- c. fine motor movements, basic functions of life
- d. basic functions of life, fine motor movements

22. The white matter of the brain is involved in:

- a. storing information
- *b. transferring information
- c. basic functions of life
- d. advanced processes

23. Myelin is made up of fats and proteins and wraps around axons to _____.

- a. store information
- *b. increase the speed of information transmission
- c. protect the nerve
- d. provide support and stability for the nerve

24. One contribution that helped scientists to understand how the nervous system developed and worked was the realization that the body created and used _____.

- a. specific nerve cells called "glial cells".
- b. an intricate system of sensory nerve endings
- c. the primary motor cortex to control motor movement
- *d. electrical activity in its basic processes

25. Which scientist(s) demonstrated that electrical stimulation would cause a frog's leg to twitch in the 1700's?

- a. Benjamin Franklin
- *b. Luigi Galvani and Emil du Bois-Reymond
- c. Voltaire and Cesare Beccaria
- d. Pierre Bayle

26. At the level of the spinal cord, sensory information is conveyed by the _____ and motor information is conveyed by the _____.

- a. lateral root, dorsal root
- b. ventral root, lateral root
- c. dorsal root, lateral root

*d. dorsal root, ventral root

27. The pathways in the nervous system that both receive and send information are called what?

- *a. fiber tracts
- b. nerve tracts
- c. spinal tracts
- d. myelinated tracks

28. In the 1850's, Hermann von Helmholtz measured the speed of the nerve impulse. How fast was it?

- a. 30 feet a second
- b. 60 feet a second
- *c. 90 feet a second
- d. 120 feet a second

29. Although Joseph Gall ideas regarding phrenology were inaccurate, one important idea that he suggested and was supported by research was that:

- *a. functions were localized in the brain.
- b. the brain was capable of processing and integrating sensory information almost instantaneously.
- c. the brain was divided into hemispheres that are distinct and connected through the corpus callosum.
- d. the brain was malleable and specific regions could be adapted to perform a variety of functions.

30. This individual studied patients with speech difficulties and concluded that word memory and the executive aspects of speech are located more frontally in the brain.

- a. Joseph Gall
- b. Herman von Helmholtz
- c. Sir Charles Sherrington
- *d. Jean-Baptiste Bouillaud

31. The area of the brain located in the left side of the frontal lobe that is related to language production is called what?

- *a. Broca's area
- b. Wernicke's area
- c. Bouillaud's area
- d. Jackson's area

32. The area of the brain located in the left temporal lobe that is related to the understanding of language is called what?

- a. Broca's area
- *b. Wernicke's area
- c. Bouillaud's area
- d. Jackson's area

33. This principle states that the levels of the brain interact with each other and that interactions from the higher levels of the brain restrict or inhibit the lower levels of the brain.

- a. encephalization
- b. evolutionary functioning
- *c. hierarchical integration
- d. Jackson's principle

34. This is the principle by which more recently evolved higher-level systems in the brain control lower level systems.

- *a. encephalization
- b. evolutionary functioning
- c. hierarchical integration
- d. Jackson's principle

35. If you run your finger along an infant's foot, the toes will curl up. What is this called?

- a. the rooting reflex
- *b. the Babinski reflex
- c. the Moro reflex
- d. the tonic reflex

36. Jackson suggested that symptoms, such as hallucinations, illusions, and delusions, were the result of higher level processes no longer inhibiting earlier evolved processes in the brain. What did he call this?

- a. a reversal
- b. functionalism
- c. structuralism
- *d. dissolution

37. One of the major assumptions that contributed to Darwin's thinking on evolution was that heritable _____ occur(s) in nature.

- *a. variation
- b. genes
- c. information
- d. traits

38. Darwin's idea that if an individual has even a slight variation that helps it to compete successfully for survival, then over time the species will be made up more of members with these characteristics and less of individuals lacking these characteristics.

- a. hierarchical integration
- b. encephalization
- c. sexual selection
- *d. natural selection

39. Who wrote "On the origin of species by means of natural selection" and "The Descent of Man"?

- *a. Charles Darwin

- b. Hughling Jackson
- c. Carolus Linnaeus
- d. Georges Cuvier

40. The Russian scientist, Dmitri Mendeleev, is known for:

- a. the transmutation theory
- *b. the periodic table of elements
- c. measuring the speed of neural impulses
- d. discovering that nerves transmit information through chemical processes

41. This term refers to the features observed by the patient.

- *a. symptoms
- b. signs
- c. self-report
- d. selfie

42. This term refers to the features observed by the clinician

- a. symptoms
- *b. signs
- c. self-report
- d. selfie

43. A determination of which signs and symptoms go together is called what?

- a. diagnosis
- b. disease
- c. disorder
- *d. syndrome

44. Jean-Martin Charcot showed that the human motor cortex is organized with the _____ hemisphere controlling the _____ side of the body and vice versa.

- a. dorsal, lateral
- *b. left, right
- c. anterior, posterior
- d. superior, volar

45. The first institution for the mentally ill in England was called _____.

- a. St. Mathew of Damascus
- b. St. Joseph of Nazareth
- c. St. John of Jordan
- *d. St. Mary of Bethlehem

46. In the 1700's, asylum inmates were treated _____.

- a. poorly without proper food or clothing
- b. as a novelty and would be observed like animals at a zoo
- c. cruelly and were often chained
- *d. all of the above

47. All of the following people were important to the “moral treatment of the insane”, EXCEPT:

- a. Benjamin Rush
- b. Phillipe Pinel
- c. Vincenzo Chiarugi
- *d. James Norris

48. This man is often considered to be the father of American psychiatry and saw mental illness as a problem of the mind.

- *a. Benjamin Rush
- b. Phillipe Pinel
- c. Vincenzo Chiarugi
- d. James Norris

49. This man removed the chains from asylum inmates in Paris, abandoned the practice of bloodletting as a cure for mental illness, and developed a classification system of mental illness that he published in 1789.

- a. Benjamin Rush
- *b. Phillipe Pinel
- c. Vincenzo Chiarugi
- d. James Norris

50. All of the following events contributed to the deinstitutionalization of the mentally ill, EXCEPT:

- a. the introduction of antipsychotic medication
- b. the Community Mental Health Act of 1963
- *c. the civil rights movement
- d. The enactment of Medicaid & Medicare

51. Beginning in the 1950's and 1960's, there was a movement to determine the effectiveness of medical and psychological treatments in a scientific manner. In psychology, treatments that have scientific evidence that the treatment is effective are called _____.

- *a. empirically based treatments
- b. systematically supported treatments
- c. research based treatments
- d. evidence based treatments

52. The psychodynamic perspective is based on the idea the psychological problems are manifestations of _____.

- a. the id, ego, and superego
- *b. inner mental conflicts
- c. “Thanatos”, or the death drive
- d. the unconscious

53. Which of the following was one of three key ideas in Freud's work, *The Project for a Scientific Psychology*?

- a.reflex process
- b.associationism
- *c. instinct
- d.the retaining and discharging of energy in the nervous system

54.This is what Freud called the process in which higher cortical processes inhibit the experience of lower ones.

- *a. repression
- b.projection
- c.associationism
- d.displacement

55.Psychoanalysis was developed by Freud and based on:

- *a. the search for ideas and emotions that are in conflict on an unconscious level
- b.the search for self-actualization
- c.the need for individuals to receive unconditional positive regard
- d.the notion that dreams are the window into the unconscious.

56.Which approach to psychotherapy focuses on the experience of the person in the moment and the manner in which he or she interprets the experiences, emphasizing the processing and understanding both internal and external experiences of human life?

- a.Psychodynamic
- *b. Existential-Humanistic
- c.Behavioral
- d.Cognitive

57.Which clinician spent time examining myths, stories, and artifacts in an attempt to reconstruct a history of the human psyche and introduced the terms introversion and extroversion?

- a.Sigmund Freud
- b.Karen Horney
- c.Hans Strupp
- *d. Carl Jung

58.Which clinician described how unrealistic ideas and idealized self-image leave a person feeling out of touch with others and created the concepts of self-realization and a real self?

- a.Sigmund Freud
- *b. Karen Horney
- c.Hans Strupp
- d.Carl Jung

59.Who was the creator of client-centered therapy?

- *a. Carl Rogers
- b.Leslie Greenburg
- c.Abraham Maslow
- d.Carl Jung

60. Which of the following is NOT a key characteristic of client-centered therapy?

- *a. the need to meet lower-level needs before attaining higher-level needs
- b. empathic understanding
- c. unconditional positive regard
- d. genuineness and congruence

61. Which was the basic premise of Maslow's theory?

- a. Individuals must become aware of their unconscious conflicts in order for them to be resolved
- b. Impulses from more primitive regions of the brain are controlled through higher-level areas of the brain
- c. Mental disorders are truly interpersonal disorders because they are manifest through interpersonal interactions
- *d. Lower-level needs must be met before attaining higher-level needs

62. What is the term Maslow used to describe the situation in which one lives one's life to the fullest?

- a. self-realization
- *b. self-actualization
- c. self-confirmation
- d. self-attainment

63. One empirically supported therapy based on humanistic principles was developed by Leslie Greenburg and his colleagues. What is it called?

- a. client-centered therapy
- b. person-centered therapy
- *c. emotion-focused therapy
- d. self-actualization therapy

64. Which of the following is NOT one of the five principles that relate to emotion-focused therapy?

- *a. People can develop to the best of their abilities regardless of their environment
- b. Experiencing is the basis of thought, feelings, and actions.
- c. Humans are free to choose how to construct their worlds
- d. People function holistically

65. What is the name of the technique that involved an increased focused purposeful awareness of the present moment in an accepting, nonjudgmental manner?

- a. presentism
- b. person-centered experience
- c. relativism
- *d. mindfulness

66. What is the name of the Nobel Prize winner who demonstrated that any sensory process such as sound that was paired with food would produce salivation?

- *a. Ivan Pavlov
- b. John Watson

- c.B. F. Skinner
- d.Aaron Beck

67. Every time somebody flushes a toilet in the house, the shower becomes very cold and causes the person to jump back. Over time, the person begins to jump back automatically after hearing the flush, before the water temperature changes. This is an example of what behavioral principle?

- a. Operant Conditioning
- *b. Classical Conditioning
- c. Positive Reinforcement
- d. Response Cost

68. For a behaviorist like John Watson, the only important thing to understanding human behavior was:

- *a. observable behavior
- b. internal conflicts in the subconscious mind
- c. all humans strive toward wholeness
- d. a hierarchy of needs

69. Which famous behaviorist stated that he could take a dozen infants and, in his own specified world to bring them up in, take any random one and train them to become any type of specialist, regardless of talents, tendencies, or abilities?

- a. Ivan Pavlov
- *b. John Watson
- c. B. F. Skinner
- d. Aaron Beck

70. Every time John gets in his car and begins to drive without a seatbelt, an annoying red flashing light blinks. John is less likely to drive the car without his seatbelt in the future. This is an example of what behavioral principle?

- *a. Operant Conditioning
- b. Classical Conditioning
- c. Positive Reinforcement
- d. Extinction

71. What is the name of the psychologist who showed that humans imitate the behaviors of others even without reinforcement using a Bobo doll?

- a. John Watson
- b. B. F. Skinner
- c. Aaron Beck
- *d. Albert Bandura

72. What is it called when humans imitate the behaviors of others even without reinforcement?

- a. Social Influence
- *b. Observational Learning
- c. Modeling
- d. B and C

73. What is the name of the person who developed a cognitive therapy for depression?

- a. John Watson
- b. B. F. Skinner
- *c. Aaron Beck
- d. Albert Bandura

74. Which psychological perspective postulates that by learning in therapy how to understand one's thinking, it is possible to change the way one thinks as well as one's emotional state and behaviors?

- a. Existential
- *b. Cognitive Behavioral
- c. Humanistic
- d. Psychodynamic

75. Which of the following is NOT an aspect of Beck's Cognitive Triad?

- a. Negative views about the world
- b. Negative views about the future
- c. Negative views about oneself
- *d. Negative views about the past

76. Paul has a job interview, but decides to not go because he believes that nothing will work for him. This belief is primarily an example of _____.

- *a. catastrophizing
- b. personalization
- c. overgeneralization
- d. dichotomous thinking

77. Olivia enters a room and a couple across the room starts laughing. She believes they are laughing at her. This belief that everything relates to her is primarily an example of _____.

- a. catastrophizing
- *b. personalization
- c. overgeneralization
- d. dichotomous thinking

78. Maria had a bad experience with the police and believes that, because she knows one corrupt cop, all cops must be corrupt. This automatic thought is primarily an example of _____.

- a. catastrophizing
- b. personalization
- *c. overgeneralization
- d. dichotomous thinking

79. Anna believes that if she can't trust a person completely than she can't trust at all. This automatic thought is primarily an example of _____.

- a. catastrophizing
- b. personalization

- c. overgeneralization
- *d. dichotomous thinking

80. Whereas humanistic therapies emphasized _____, cognitive behavioral approaches emphasized _____.

- *a. emotional processing, thoughts
- b. emotional processing, behavioral observations
- c. behavioral observations, thoughts
- d. thoughts, emotional processing

81. What does it mean to say that a treatment is “empirically based?”

- a. The treatment is popular and widely used to treat a particular disorder
- *b. There is scientific evidence to suggest that the treatment is effective in treating a disorder
- c. There is anecdotal evidence to suggest that the treatment is effective in treating a disorder
- d. The treatment can be applied to a range of disorders, not just one

82. A researcher repeatedly gives a cat his favorite salmon-flavored treats (which alone lead the cat to meow uncontrollably) at the same time that a fish-shaped light in the lab is turned on. After this process is repeated for several days, the cat begins to meow uncontrollably when the light is turned on, even when the researcher does not give him treats at the same time. In this example, which of the following represents the conditioned stimulus?

- a. Salmon-flavored treats
- *b. Fish-shaped light
- c. Meowing uncontrollably
- d. Getting pets from the experimenter

83. If you were a clinician in Ancient Greece who based your medical practices on the theory of humors, which of the following would be your primary goal in treating a patient’s illness?

- *a. Restoring balance of blood, yellow bile, black bile, and phlegm
- b. Reducing the temperature of their blood
- c. Producing a balance of natural spirits, vital spirits, and animal spirits
- d. Casting out evil spirits

84. The Malleus Maleficarum was used during the Middle Ages as a guide for what?

- a. How illnesses can be identified and treated
- *b. How witches can be detected and tortured
- c. How to perform autopsies
- d. How to conduct psychological experiments

85. The humanistic-existential researcher and therapist Les Greenberg is best associated with a therapy that focuses on this aspect of human experience:

- a. Behavior
- *b. Emotion
- c. Thoughts
- d. Physiology

86. Charcot's findings regarding the causes of "conversion reactions" were important to the development of our understanding of mental illness because:

- a. They showed that physical ailments could contribute to mental illness
- b. They demonstrated that people could be hypnotized
- *c. They illustrated that psychological symptoms could cause physical symptoms
- d. They showed that medications could be effective in treating mental illness

87. Who of the following is NOT known for work focused on the humane treatment of people with mental illness?

- *a. Thomas Willis
- b. Benjamin Rush
- c. Phillippe Pinel
- d. Vincenzo Chiarugi

88. Where in the body was the "center" of mental illness, according to Pythagoras?

- a. Heart
- b. Liver
- *c. Brain
- d. Pancreas

89. Which of the following ideas best matches the principles of a psychodynamic approach?

- a. Behaviors are the result of input from the environment, not a process in the mind
- b. Experiencing is the basis of thought, feeling, and action
- *c. Behaviors and experiences may be influenced by processes that are outside of our awareness
- d. All of the above

90. When a client interacts with a therapist in a way that is similar to how he/she relates to many other people in his/her life, this is called:

- a. Therapeutic alliance
- *b. Transference
- c. Countertransference
- d. Resistance

91. Which of the following is NOT a key characteristic of Roger's client-centered therapy?

- a. Empathic understanding
- b. Unconditional positive regard
- c. Genuineness and congruence
- *d. Challenging cognitive distortions

92. Which of the following is the correct order of needs (from lowest to highest), according to Maslow's Hierarchy of Needs?

- *a. 1) physiological, 2) safety, 3) love/belonging, 4) esteem, 5) self-actualization
- b. 1) physiological, 2) love/belonging, 3) safety, 4) esteem, 5) self-actualization
- c. 1) safety, 2) physiological, 3) love/belonging, 4) esteem, 5) self-actualization
- d. 1) physiological, 2) safety, 3) love/belonging, 4) self-actualization, 5) esteem

93. According to Hughlings Jackson and his principles of hierarchical organization and encephalization, how do different parts of the brain interact to lead to mental illness?

- *a. The higher-level areas fail to inhibit the lower-level parts of the brain
- b. The higher-level areas completely inhibit the lower-level parts of the brain
- c. There is no interaction between the different parts of the brain
- d. None of the above

94. Of the following, which is a part of Beck's negative cognitive triad?

- a. Negative views about the world
- b. Negative views about oneself
- c. Negative views about the future
- *d. All of the above

95. In *The Project for a Scientific Psychology*, Freud writes about how physical reflexes (e.g., involuntarily pulling away from something hot to not get burnt) can extend to psychological processes. Which of the following is an example of this idea?

- *a. People are driven to avoid unpleasant thoughts and experiences
- b. People have automatic negative thoughts that contribute to depressive symptoms
- c. Patients often refuse to complete homework between psychotherapy sessions
- d. People portray a different self to the world than who they really are

96. A therapist asks a client to record his thoughts, along with how these thoughts make him feel, for a week. When they next meet, they review this list and discuss different ways that these thoughts might be illogical. This description best characterizes a session of what kind of therapy?

- a. Time-limited psychodynamic psychotherapy
- b. Emotion-focused therapy
- *c. Cognitive-behavioral therapy
- d. Client-centered therapy

97. Who was one of the first people to view the brain as the center of human intellect and mental illness?

- *a. Pythagoras
- b. Hippocrates
- c. Galen
- d. Leonardo da Vinci

98. The term philosophy is attributed to which of the following philosophers?

- *A. Pythagoras
- B. Hippocrates
- C. Socrates
- D. Aristotle

99. Which of these individuals is widely considered the father of experimental medicine?

- A. Hippocrates
- B. Pythagoras
- *C. Galen

D. Freud

100. During what time period was mental illness viewed from a primarily religious perspective?

- A. Renaissance
- *B. Middle Ages
- C. 19th century
- D. 20th century

101. The _____ perspective is based on the notion that psychological problems are the result of unresolved inner conflicts.

- A. Behavioral
- B. Humanist
- C. Existential
- *D. Psychodynamic

102. A reduction in responding to a previously conditioned stimulus when that stimulus is presented alone is typically referred to as _____.

- A. Unconditioning
- *B. Extinction
- C. Shaping
- D. Generalization

103. According to Descartes, only humans can perform this type of action:

- A. Complex
- B. Mechanistic
- *C. Voluntary
- D. Reflexive

104. Descartes is best known for which of the following ideas?

- *A. Mind/body distinction
- B. Oedipus complex
- C. Humors
- D. Structure/function distinction

105. How is motor information transmitted to the brain?

- *A. Ventral root
- B. Dorsal root
- C. Parvocellular root
- D. Magnocellular root

106. Jean-Baptiste Bouillaud studied what human behavior, which supported the idea of localization of function?

- A. Picture perception
- B. Numerical production
- *C. Language production
- D. Language perception

107. The area in the left hemisphere associated with language production is commonly referred to as which of the following?

- A. Wernicke's area
- *B. Broca's area
- C. Bouillaud's area
- D. Freud's area

108. Which of the following events led to the beginning of deinstitutionalization?

- A. The development of easy-to-administer drug treatments for psychosis
- B. Signing of the Americans with Disabilities Act
- C. A tragic fire in the facility where Dorothea Dix worked
- *D. Signing of the Community Mental Health Act
- E. The discovery of rampant abuse of patients in mental hospitals

109. Working with Charcot in the early 20th century on pain perception, Freud was inspired and developed his distinct view on psychological problems. Which of the following treatment perspectives is Freud best known for?

- A. Evolutionary
- B. Humanist
- *C. Psychodynamic
- D. Existential

110. Client-centered therapy is a treatment approach defined by three key characteristics. Which of the following is not one of these characteristics?

- *A. Free association
- B. Empathic understanding
- C. Demonstration of genuineness and congruence
- D. Unconditional positive regard

111. The idea that physical needs must be met before psychological needs and the arrangement of these needs as different levels is best described as:

- A. Pavlov's hierarchy of needs
- B. Self-actualization
- *C. Maslow's hierarchy of needs
- D. Client-centered therapy

112. James is treating his client Sarah for depression. During their sessions, James mostly listens to Sarah as she recounts experiences from her youth. James believes these early experiences have led to her current bout with depression and that re-experiencing those feelings during therapy will improve her condition. Based on this vignette, what therapeutic perspective does James subscribe to?

- A. Cognitive-behavioral
- B. Person-centered
- C. Behavioral
- *D. Psychodynamic

113. Casey is 10 years old and watches old boxing matches on television every night with his father. Casey's teacher informed his parents that Casey is often caught trying to box his classmates on the playground. Which of the following best describes Casey's behavior?

- A. Classically conditioned
- *B. Observationally learned
- C. Operantly conditioned
- D. Maladaptive behavioral pattern
- E. Psychosocial distress

114. A situation in which an individual can earn prizes in exchange for desirable behavior or loose prizes for undesirable behavior involves a strategy referred to as

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- A. Positive reinforcement
 - *B. A token economy
 - C. Negative reinforcement
 - D. Extinction learning

115. Increased awareness on the moment and thoughtfulness are central to which of the following techniques common to emotion-focused therapy?

- A. Transference
- B. Meditation
- C. Living in the moment
- *D. Mindfulness

116. In what century was the distinction between the central and peripheral nervous systems established?

- *A. 1700s
- B. 1900s
- C. 1600s
- D. 1800s

117. Which of these ancient cultures theorized that everything could be understood in terms of the elements?

- A. Egyptians
- *B. Greeks
- C. Romans
- D. Europeans

118. Which of these individuals did work that is considered the "foundation of Western medicine"?

- A. Plato
- *B. Hippocrates
- C. Charcot
- D. Aristotle

119. The study of _____ aims to understand human behavior and experience.

- A. Philosophy
- *B. Psychology
- C. Neuroscience
- D. Evolution

120. Galen was the first champion of the _____ approach, or the method using direct observation to gain insights about a particular phenomenon.

- *A. Empirical
- B. Observational
- C. Psychological
- D. Philosophical

121. The _____ system sends information to the muscles, and the _____ system sends information back to the brain.

- A. Effector, effector
- *B. Effector, effector
- C. Peripheral, central
- D. Central, peripheral
- E. Nervous, musculoskeletal

122. The issues or _____ reported by the patient are compared with the _____ observed by the physician. If the two are in agreement, then a _____ is diagnosed.

- A. Signs, symptoms, syndrome
- B. Symptoms, syndrome, signs
- C. Syndrome, signs, symptoms
- *D. Symptoms, signs, syndrome

123. “Signs” refer to features observed and reported by the patient.

- a. True
- *b. False

124. The number of individuals in mental hospitals in the U.S. has decreased substantially since the 1950s.

- *a. True
- b. False

125. In traditional psychoanalysis, the therapist is very active in the treatment and provides a lot of advice to patients.

- a. True
- *b. False

126. According to Karen Horney, deviation from the “real self” and creation of a “false self” hamper the development of healthy human growth.

- *a. True

b. False

127. There is not any empirical support for the effectiveness of humanistic-experiential oriented therapies.

a. True

*b. False

128. Extinction is the process by which, after a period of time, a conditioned stimulus, when presented alone, will no longer produce the response.

*a. True

b. False

129. John Watson suggested that the proper study of psychology was both behavior and the mind.

a. True

*b. False

130. One limitation of behaviorism is that it ignores internal processes.

*a. True

b. False

131. The only empirically based treatments for mental illnesses are cognitive-behavioral.

a. True

*b. False

132. The material body, including the brain, is largely uninfluenced by the immaterial processes in the mind.

a. True

*b. False

133. Vincenzo Chiarugi was a physicist who studies the speed of neural impulses in the spinal cord.

a. True

*b. False

134. Luigi Galvani and Emil Du Bois-Reymond were among the first to demonstrate that electrical stimulation would cause a frog's leg to twitch.

*a. True

b. False

135. The Greeks believed that all things in the world could be understood in terms of four elements and that, in the body, these elements took the form of humors.

*a. True

b. False

136. B. F. Skinner believed that it was important to look at both the behavioral and cognitive process involved in mental illnesses.

- a. True
- *b. False

137. From the cognitive behavioral perspective, dysfunctional thinking is common to all psychological disturbances.

- *a. True
- b. False

138. Galileo led the movement that would eventually lead to authority being replaced by experimentation.

- *a. True
- b. True

139. Sigmund Freud was the first person to use the term psychology in English (psychologia had been used since the late 1500s).

- a. True
- *b. False

140. Willis sought to combine the study of brain structure and function.

- *a. True
- b. False

141. Gray matter is responsible for transmitting information throughout the brain.

- a. True
- *b. False

142. Charcot is best known for describing the relation between the brain and several psychosocial disorders.

- a. True
- *b. False

143. Deinstitutionalization describes the process of moving individuals with mental illness from mental hospitals to homes in the community.

- *a. True
- b. False

144. Classical conditioning can be used to create a phobia.

- *a. True
- b. False

145. Operant conditioning techniques can be used to manage individuals with mental illness in an institutional setting.

- *a. True
- b. False

146. Cognitive behavior therapy was initially developed as a nonmedical treatment for schizophrenia.

- a. True
- *b. False

147. Freud's psychodynamic approach was designed to equally consider the psychological needs of both women and men.

- a. True
- *b. False

Type: E

148. Name three people who were important proponents of the idea of localization of functions in the brain. Why was this an important discovery in the history of psychology? Why was this important?

*a. Any three of the following will do: Joseph Gall, Jean-Baptiste Bouillaud, Paul Broca, Carl Wernecke, or John Hughlings Jackson. Understanding that specific locations in the brain were responsible for specific functions set the foundation for our current understanding of the brain.

Type: E

149. Why would it be important for a psychologist to use empirically based treatments and principles when providing treatment to an individual with mental illness?

*a. Empirically based treatments have demonstrated significant improvements over a control group for a specific population. Utilizing these treatments maximizes the likelihood of success, thus decreasing the costs and risk of treatment.

Type: E

150. How were Sigmund Freud's theories influenced by the neurologist John Hughlings Jackson?

*a. Jackson suggested that there are levels of the brain, from more primitive to more evolved, and that higher levels restrict lower levels. As such, it was possible for the psyche to also be in conflict with itself and to have different layers representing different processes.

Type: E

151. List two themes that came into view through the existential-humanistic movement?

*a. Any two of the following: an emphasis on human growth and the need for positive psychology, psychological health is more than just an absence of pathology, considering a person's experience of both the external and internal world.

Type: E

152. Give one example of operant conditioning

*a. Any example that demonstrates the increased likelihood of a behavior as the result of reinforcement or the decreased likelihood of a behavior through punishment.

Type: E

153. Providing examples of important figures and their contributions, describe the evolution of the understanding of mental illness during Ancient Greece and Rome. How do these relate to current views of mental illness?

*a. Answers vary.

Type: E

154. Several philosophers and theorists have described the “mind-body problem.” What is this “problem”? What does present-day research suggest that can resolve this problem?

*a. Answers vary.

Type: E

155. Discuss whether or not Freud’s theories are outdated. Cite research findings to support your conclusions.

*a. Answers vary.

Type: E

156. In what ways has the humanistic-experiential perspective reacted against and expanded upon the ideas of the psychodynamic approach?

*a. Answers vary.

Type: E

157. This chapter outlined three major approaches to thinking about psychopathology (i.e., psychodynamic, humanistic-experiential, and cognitive-behavioral). In what key ways do these approaches differ from each other? What do each of these approaches have in common?

*a. Answers vary.

Type: E

158. What are the three levels of the brain described by Hughlings Jackson? List the structures and their basic functions.

*a. Spinal cord and brain stem: This level evolved first and controls basic or “vegetative functions” such as breathing, sleep, and temperature control. Basal ganglia: Is the next level up and acts to connect different parts of the brain and is involved in movement. Higher cortical areas: The latest to evolve, these areas involve cognitive functions such as thought.

Type: E

159. Describe the process of transference and its role in the psychodynamic treatment approach.

*a. Transference occurs when the client views the therapist in terms of/as a significant person in his or her life (usually a person with whom the client has a conflict). Transference allows the client to reenact/reexperience disturbed relationships in a safe environment. This allows the therapist to observe disturbed or maladaptive patterns in a safe and nonjudgmental environment. Transference is a critical aspect of the psychodynamic approach. It is through this mechanism that therapists can gain an understanding of the areas of life in which their clients struggle.

Type: E

160. Compare and contrast the three dominant therapeutic perspectives of the 20th century.

*a. Psychodynamic. Freud and transference. Role of therapist is primarily to listen, allow the client to work through the problem on his or her own; therapist provides a “safe environment” to work through problems. Psychodynamic approach as Freud envisioned not a good fit for female clients. Karen Horney and the idea of a healthy self (existential perspective). Primarily effective for treatment of personality disorders. Existentialist. Jung. Views clients in the context of the overall “human experience.” Creating a unified self gives life meaning. Introversion vs. extraversion. Carl Rogers: Person-centered/client-centered therapy. Therapist plays more active role in treatment process than in psychodynamics, where he listens/observes. Cognitive behavioral (CBT): Aaron Beck. Changing thinking can change behavior. Effective in treating depression. Therapist is actively involved in the process. Most data-driven of the three perspectives .