

Mid-Term Exam

Review

1. To understand anxiety disorders we need to take account of:

- a. only biological factors
- b. only environmental factors
- c. both biological and environmental factors
- d. neither biological nor environmental factors

2. DSM stands for:

- a. diagnostic and scientific manual of mental disorders
- b. diagnostic and statistical manual of major disorders
- c. diagnostic and scientific manual of major disorders
- d. diagnostic and statistical manual of mental disorders

3. In OCD, _____ are to thoughts as _____ are to actions.

- a. opinions, convictions
- b. obsessions, conditions
- c. obsessions, compulsion
- d. compulsions, obsessions

4. Behavioural therapy for phobias may involve the following techniques:

- a. Systematic desensitization.
- b. Free Association.
- c. Flooding.
- d. a & c.

5. When John leaves his house in morning, he always has to check multiple times to make sure that he has locked his front door. If John tries to leave his house without checking his door, or after only checking it once, he is filled with such anxiety and dread that he must abandon whatever else he is doing to return home and check his front door again. John is most likely struggling with

- a _____.
- a. mania
 - b. obsession
 - c. ethical dilemma

d. compulsion

6. Which of the following is the best example of a compulsion?

- a. Excessive handwashing**
- b. Difficulty counting
- c. Fear of stealing things
- d. Refusing to eat

7. Phobia is:

- a. Psychosis
- b. Fear of animals
- c. Anxiety**
- d. Abnormal irritation

8. Systematic desensitization is used in the treatment of:

- a. Obsessive-compulsive disorder
- b. Depression
- c. Phobia**
- d. Anxiety neurosis

9. A young man gets nervous and complains of palpitation and sweating when he meets his seniors or makes presentations during meetings. He is most likely suffering from:

- a. Panic disorder
- b. Social phobia**
- c. Adjustment disorders
- d. Personality disorder

10. The phenomenon known as _____ refers to individuals who have experienced more than one disorder simultaneously.

- a. Cohabitation
- b. Codependence
- c. Comorbidity**
- d. Coexistence

11. Jack thinks constantly about dirt and germs. He washes his hands hundreds of times a day. Jack is MOST likely suffering from

- a. Phobic disorder
- b. Obsessive-Compulsive Disorder (OCD)**
- c. Hypochondriasis
- d. Generalized anxiety disorder

12. Which of the following are models of Abnormal Psychology?

- a. Biological
- b. Behavioural
- c. Psychodynamic
- d. All of the above**

13. GAD stands for:

- a. Global Anxiety Disorder
- b. Generalized Anxiety Disorder**
- c. General Activity Disorder
- d. Genetic Anxiety Disorder

14. According to Freud, Id works on the _____ Principle.

- a. Imagination
- b. Fantasy
- c. Pleasure**
- d. Aggressive

15. Philippe Pinel

- a. believed that mental illness was due to possession by demons and exorcism was the only useful treatment.
- b. believed that mental patients needed to choose rationality over insanity, so treatment was aimed at making their lives as patients uncomfortable.
- c. believed that mental patients were ill and needed to be treated as such – with kindness and caring.**
- d. believed that mental illness was purely a physiological phenomenon, and could only be treated by physical means such as bloodletting.