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Select only one answer. You may click on each circle, highlight the answer or underline.

Quiz 5

1. Mood disorders can take on many forms; one of the most severe, involving repeated episodes of extremely low mood, is referred to as

- major depressive disorder.
- Persistent depressive disorder
- cyclothymia.
- Melancholia

2. Which of the following is usually a component of a major depressive episode?

- Cognitive disturbance
- Somatic/vegetative symptoms
- Loss of interest/motivation
- All of the above.

3. Which of the following is NOT usually a component of a major depressive episode?

- Feelings of worthlessness
- Flight of ideas
- Altered sleep patterns
- Change in appetite

4. Which of the following is a symptom of a manic episode?

- Slowed speech
- Hypoactive behavior
- Hypersomnia
- Grandiosity

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5. One symptom of a mood disorder is *anhedonia*, which means

- a feeling of worthlessness.
- an altered pattern of sleep.
- indecisiveness.
- an inability to experience pleasure.

6. A hypomanic episode refers to

- A prolonged but less severe form of a manic episode that is easily treated
- A manic episode without hallucinations or delusions
- A manic episode that occurs without any depressive episodes
- A shorter and less severe form of a manic episode with less impairment in functioning

7. The physical or somatic symptoms of a major depressive disorder include

- changes in appetite or weight.
- decreased ability to concentrate.
- increased energy.
- orgasmic feelings.

8. Which of the following symptoms characterize a manic episode?

- Feelings of guilt
- Irritability
- Anhedonia
- Loss of energy

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9. A 35-year-old individual named Manny has recently formulated an elaborate plan to cure AIDS with vitamin therapy. To provide funding for this cause, he has withdrawn all the money from his bank account and purchased thousands of jars of vitamins and small boxes in which to put them. When he appeared at a hospital emergency room loudly demanding names of patients with AIDS, he himself was hospitalized for psychiatric observation. What of the following is Manny experiencing?

- Major depressive episode
- Hypomanic episode
- Manic episode
- Postpartum psychosis

10. Which of the following is an accurate statement regarding mood disorders?

- An individual experiencing manic symptoms can also be depressed or anxious.
- Unipolar mania is more common than unipolar depression.
- An individual who has experienced only manic episodes in the past is unlikely to ever become depressed.
- Neither manic nor depressive symptoms remit on their own without treatment.

11. Dysphoric mania refers to a type of mood disorder in which manic episodes are

- extremely severe.
- very mild.
- accompanied by depression or anxiety.
- related to a medical condition.

12. According to recent research, the median duration of recurrent (subsequent to the first episode) major depressive episodes is

- 1 to 2 months.
- 4 to 5 months.
- 7 to 9 months.
- 11 to 12 months.

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13. Persistent depressive disorder differs (PDD) from major depressive disorder (MDD) because people diagnosed with PDD have symptoms of depression that are

- more severe.
- longer-lasting.
- episodic.
- temporary.

14. Jack has experienced recurrent episodes of major depressive episodes. In the intervals between the episodes, he does not seem to return to “normal.” In fact, during those periods, he has been diagnosed as have low-grade depression. Jack’s condition is referred to as

- double depression.
- bipolar disorder.
- atypical depression.
- dysfunctional dysthymia.

15. Tamara gave birth to a healthy child four days ago. Now she is tearful and having mood swings. Fortunately, these symptoms disappeared relatively quickly. Tamara was probably suffering from

- postpartum depression.
- baby blues.
- Dysthymia.
- cyclothymia.

16. Being depressed _____ the risk of death in elderly patients who have had a stroke or heart attack.

- has no effect on
- doubles
- triples
- reduces

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17. The presence of medical illnesses or symptoms of dementia can make the diagnosis of depression difficult in

- middle-aged men.
- menopausal women.
- highly creative individuals.
- the elderly.

18. Which of the following statements is accurate regarding the relationship between anxiety and depression?

- Almost all depressed patients are anxious, but not every anxious patient is depressed.
- Cognitive content (thinking) is more negative in anxious patients than in those with depression.
- A core symptom of anxiety is the inability to experience pleasure.
- Anxiety is often preceded by an episode of major depression.

19. In Aaron Beck's depressive cognitive triad, individuals think negatively about all of the following EXCEPT

- themselves.
- their immediate world
- Moral principles
- their future.

20. The antidepressant medication lithium is also referred to as a mood stabilizer because it

- increases the availability of both dopamine and norepinephrine in the brain.
- is less toxic than the SSRI medications.
- helps to prevent manic episodes.
- increases thyroid functioning, which results in improved mood stabilization.

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Quiz 6

1. The chief motivating factor in both anorexia nervosa and bulimia nervosa is

- a desire to purge
- an overwhelming drive to eat.
- an overwhelming urge to be thin.
- a desire to starve oneself.

2. When individuals with anorexia nervosa have been evaluated over long periods of time, it has been found that the percentage of individuals who die as a result of their disorder is _____ percent.

- 20
- 5
- 2
- 40

3. Eating disorders are most prevalent in

- Western cultures where food is scarce.
- Western cultures where food is plentiful.
- non-Western cultures where food is scarce.
- non-Western cultures where food is plentiful.

4. Which of the following represents the typical profile of a patient with either anorexia nervosa or bulimia nervosa?

- Young, white, female, upper socioeconomic status, socially competitive environment
- Young, white, female, any socioeconomic status, history of depression
- Young, female, any race, any socioeconomic status, highly competitive
- Any age, female, white, upper socioeconomic status, few friends

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5. Jody sometimes eats more than just about any other girl that you know. You wonder if her eating sometimes could be considered bingeing. In order to determine this, you would have to know

- the caloric intake of the foods.
- whether she is eating junk foods
- whether eating gets to be out of her control.
- the situations under which she eats a great deal.

6. A binge-eating episode is characterized by food intake of at least how many calories?

- 1000
- 2000
- The calorie number does not matter, as long as it's too much junk food
- The calorie number varies from person to person; a binge-eating episode is not defined by the number of calories

7. Susan, a woman of relatively normal weight, sometimes eats huge quantities of junk food with no ability to stop herself. She follows this with long periods of complete fasting. Based on this information, Susan would

- be diagnosed with bulimia nervosa.
- be diagnosed with anorexia nervosa.
- not be diagnosed with any disorder because she is of normal weight.
- not be diagnosed with bulimia nervosa because she is not purging.

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8. The strongest contributions to etiology of eating disorders seem to be

- genetic.
- psychological.
- somatogenic.
- sociocultural.

9. When considering all the factors that influence the development of psychological disorders, it seems that the _____ is unique in the extent of its role in eating disorders.

- strong influence of genetics
- role of family instability
- power of neurobiological influences
- influence of society and culture

10. The families of patients with anorexia nervosa are typically characterized as

- dysfunctional and disorganized.
- successful and perfectionistic.
- reserved and quiet.
- no different than the average family.

11. Studies of the effectiveness of cognitive-behavioral treatment for bulimia nervosa have demonstrated

- significant short-term gains in the reduction of purging but little change in binge eating behavior.
- significant short-term gains in the reduction of binge eating but no long-term gains.
- a few short-term gains in the reduction of binge eating and purging but no long-term gains.
- significant short- and long-term gains in the reduction of binge eating and purging.

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12. A comparison of cognitive-behavioral therapy (CBT), behavior therapy (BT), and interpersonal therapy (IPT) for the treatment of bulimia nervosa indicates that one year after treatment

- BT was superior to CBT, which was superior to IPT.
- BT was equivalent to CBT and both were superior to IPT.
- CBT was equivalent to IPT and both were superior to BT.
- all therapies had some effectiveness but no therapy was found to be more effective than any other.

13. What body mass index (BMI) level is considered starvation?

- 20
- 16
- 13
- 4

14. In studies of Internet-based eating disorder prevention programs such as the “student bodies program,”

- the participants showed no beneficial effects.
- participants reported improvement in body image and decreased drive for thinness.
- Virtually no participant has developed symptoms of an eating disorder.
- the drop-out rate has been extremely high.

15. Individuals who don't feel rested despite sleeping a reasonable number of hours might be suffering from

- a dyssomnia.
- a parasomnia
- a dream anxiety disorder.
- a sleepwalking disorder.

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16. Of the following, the correct pairing is

- dyssomnia – sleepwalking.
- dyssomnia – a sleep disturbance.
- parasomnia – waking up after three or four hours of sleep and then being unable to fall back to sleep.
- parasomnia – lack of REM sleep.

17. In which of the following situations is Bill, who has narcolepsy, most likely to experience cataplexy?

- Immediately upon waking up after a long, restful sleep
- At any random moment
- Under hypnosis
- While jumping up and cheering for his favorite team

18. Maria is more likely to become obese if

- She lives in an affluent neighborhood
- Her spouse is obese
- Her neighbor is obese
- Her professional network has a large portion of obese individuals

19. Cataplexy, as experienced by patients with narcolepsy, can be characterized by

- sudden loss of muscle tone
- physical collapse.
- slight muscle weakness.
- any or all of these

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20. Sam sleeps for eight or more hours every night but never feels rested. He can't understand why he is always tired despite the fact that he reports no difficulties with the quality or quantity of his sleep. Of the following, Sam's most likely diagnosis is

- hypersomnia.
- sleep apnea.
- narcolepsy.
- nonspecific parasomnia.

Quiz 7

1. The largest difference in sexual behavior for men versus women is that

- men are more likely to be accepting of homosexuality.
- women are more likely to be accepting of homosexuality.
- men are more likely to masturbate.
- women are more likely to masturbate.

2. Research regarding, it is suggested that sexual orientation is

- purely genetic.
- completely caused by biological factors.
- based on learning and choice only.
- influenced by biological/genetic, psychological, and social factors.

3. Joe is gay and has an identical (monozygotic) twin named Sam. Which of the following statements is true?

- Sam is more likely than the general population to be gay.
- Sam is no more likely than the general population to be gay.
- Sam is gay also.
- Sam is only likely to become gay if Joe is a positive role model.

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4. Of the following, the individual who would most likely be diagnosed with gender dysphoria is

- Joe, who gets sexually aroused by wearing women's bras.
- Lisa, who is a lesbian and has many traditional masculine traits.
- Mark, who feels like a woman trapped in a man's body.
- Sid, who can only become sexually aroused while dressed like a woman.

5. Sexual dysfunction can be a(n) _____ condition.

- lifelong
- acquired
- situational
- all of the above

6. Which of the following statements is true about male hypoactive sexual desire disorder?

- More than 50 percent of the problems who come to sexuality clinics for help complain of this disorder.
- It is the most common presenting complaint of both men and women.
- For women, the prevalence of this disorder decreases with age.
- For men, the prevalence of this disorder decreases with age.

7. Just the thought of sex makes Harry anxious. When exposed to sexual images, he reports feeling disgusted. Harry would most likely be diagnosed with

- hypoactive sexual desire disorder.
- hyperactive sexual desire disorder.
- sexual aversion disorder.
- gender dysphoria.

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8. Belief in common sexual myths such as “women normally reach orgasm every time they have intercourse” are more commonly held by men

- who do not have sexual disorders.
- with conservative sexual attitudes.
- who have sexual disorders.
- who are homosexual.

9. Who will be most likely to have a sexual dysfunction?

- Santo, a 28-year-old who sometimes gets overexcited and ejaculates after a couple of minutes
- Henry, who is 65 and once had a heart attack
- Imelda, who is 33 and sexually inexperienced
- Katrina, who is 65 and has sex only once a week

10. The authors of your textbook suggest that one of the most effective treatments for many sexual dysfunctions is

- exploration of the patient’s sexual orientation.
- improving the relationship with the patient’s partner.
- anti-anxiety medication.
- education regarding normal sexuality.

11. Sensate focus and nondemand pleasuring were designed by Masters and Johnson to treat sexual dysfunctions primarily through

- improving a couple’s sexual skills.
- identifying medical conditions that contribute to sexual dysfunction.
- involving an objective third party.
- elimination of psychologically based performance anxiety.

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12. Which of the following treatments is NOT currently used in the treatment of erectile dysfunction?

- Vasodilating drugs
- Anti-anxiety medication
- Surgical prosthetic implant
- Vacuum device therapy

13. One of the reasons that Viagra has become so widely accepted as a treatment for erectile dysfunction is that

- it is more effective than the other available treatments.
- it is less expensive than other medications, such as vasodilators.
- people are unaware of the other options.
- an oral medication is less awkward and intrusive than other treatments.

14. Which of the following is true about most rapists?

- They are sexually aroused only by violence.
- They are aggressive and have little regard for others.
- They have a paraphilic disorder.
- They are hypersexual and generally obsessed with sex.

15. Victims of incest tend to be _____, and victims of non-incest pedophilia tend to be _____.

- male; female
- young children; girls who are beginning to mature physically
- girls who are beginning to mature physically; young children
- female; male

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16. Research regarding the success of treating paraphilic disorders with procedures such as orgasmic reconditioning and covert sensitization indicates that

- treatment is generally not successful.
- treatment is successful in only the small number of cases where the patient completes all treatment sessions.
- the number of cases in the research studies is too small to make conclusions at this point.
- treatment is generally effective.

17. A poor prognosis associated with the treatment of paraphilic disorders is related to all of the following factors EXCEPT

- having multiple paraphilias.
- having had the paraphilia for more than 10 years.
- a history of unstable social relationships.
- continuing to live with the victim (an incestuous situation, for example).

18. Which of the following is true regarding drugs currently available for the treatment of paraphilic disorders?

- The drugs eliminate sexual desire but are only effective while they are being taken.
- The drugs reduce sex drive and continue to be effective long after the patient stops the medication.
- The drugs dramatically reduce sex drive but have side effects that make them harmful to many patients.
- They produce a “chemical castration” that effectively eliminates all sex drive permanently so that the patient will never desire sex even after discontinuing the medication.

19. According to the DSM, the features of fetishism include

- behaviors involving the act of observing an unsuspecting person engaging in sexual activity.
- fantasies involving the use of nonliving objects.
- sexual urges involving the exposure of one’s genitals.
- sexually arousing fantasies involving the act of being humiliated.

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20. The scandal in the Catholic Church that came to widespread public awareness in the late 20th and early 21st centuries focused on priests who met the criteria for

- voyeurism.
- exhibitionism.
- pedophilia.
- incest.

Quiz 8

1. Cameron has a cup of coffee every morning, smokes 10 cigarettes a day, and has a beer with dinner. He does not report significant impairment and distress. This is an example of

- substance use.
- A substance use disorder.
- polysubstance abuse.
- substance intoxication.

2. The American Psychiatric Association defines substance abuse in terms of

- how drunk or intoxicated a person gets after ingesting a psychoactive substance.
- whether or not the substance interferes with the person's life.
- the type and intensity of the substance abuser's biological reaction.
- which drug is used and how much of it is consumed in one episode.

3. In terms of substance-related disorders, the word *addiction* is most closely associated with

- substance use.
- intoxication.
- substance dependence and the inability to stop use even when it impairs daily living.
- polysubstance abuse.

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4. A person who is physiologically dependent on a drug will experience

- tolerance to the effects of the drug.
- withdrawal symptoms if the drug is withdrawn.
- Psychological craving
- All of the above

5. All of the following substances are classified as opiates EXCEPT

- cocaine.
- codeine.
- heroin.
- morphine.

6. Both morphine and codeine are analgesics, which means that they

- activate the central nervous system.
- relieve pain and produce euphoria.
- increase alertness.
- cause delusions and dissociative experiences.

7. Which of the following is an example of alcohol's effects on brain functioning?

- Faster reaction time
- Improved judgment
- Impaired motor coordination
- Greater creativity

8. Annabelle has been a heavy drinker for years. Her behavior reflects confusion, loss of muscle coordination, and unintelligible speech. Such behavior is probably the result of

- dementia.
- substance abuse psychotic disorder.

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- fetal alcohol syndrome.
- Wernicke-Korsakoff syndrome.

9. Fetal alcohol syndrome (FAS) is a combination of problems that can occur in a child whose mother drank alcohol while pregnant. Symptoms of FAS include all of the following EXCEPT

- cognitive deficits and behavior problems.
- distorted facial features.
- learning difficulties
- excessive fetal growth.

10. Research that asks individuals to indicate alcohol use during the previous one-month period has found that alcohol use is highest among

- Hispanics.
- Asian Americans.
- Caucasian Americans.
- people with multiracial backgrounds.

11. Which of the following is the definition of anticonvulsant?

- Sleep-inducing
- Anxiety-reducing
- Antiseizure
- Calming

12. In early editions of the DSM, into what disorder category did alcoholism and drug abuse fall?

- Mood and anxiety disorders
- Impulse control disorders
- Sociopathic personality disturbances
- Obsessive compulsive disturbances

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13. Which of the following effects is associated with cocaine use?

- Decreased alertness
- Increased appetite
- Decreased pulse and blood pressure
- Rapid and irregular heartbeat

14. Legally available narcotic medications, including morphine and codeine, are used primarily as

- antagonists.
- analgesics.
- antibiotics.
- antidotes.

15. Which of the following is an accurate statement concerning marijuana use and abuse?

- Paranoia and hallucinations can occur.
- Tolerance develops rapidly.
- Psychological dependence can occur with even occasional use.
- Marijuana is free of carcinogens.

16. Which of the following hallucinogenic substances is processed synthetically?

- Marijuana
- LSD
- Psilocybin
- Mescaline

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17. Among the so-called recreational or illicit “designer drugs” is a dissociative anesthetic that produces a sense of detachment along with a reduced awareness of pain. It is called

- Ecstasy (MDMA).
- “K” or “Special K.”
- Eve.
- Nexus.

18. A recent research study on alcoholism suggests that while use of illegal drugs is influenced by environmental factors, abuse and dependence are more influenced by

- genetic factors.
- psychological factors.
- nonbiological factors.
- cultural factors.

19. The common factor among psychoactive drugs may be

- their ability to activate the “pleasure pathways” of the brain.
- the ease of obtaining them and the relatively inexpensive cost.
- the similar way in which they are metabolized in the body.
- their identical effect on neurotransmitters at the synapse.

20. The field of research that studies how genes work to affect addiction is called

- behavior genetics.
- the genome project.
- functional genomics.
- genetic cross-transformation.

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Quiz 9

1. According to the definition of personality disorder, only individuals who show _____ patterns of maladaptive behavior should be diagnosed with a personality disorder.

- suicidal
- the most severe
- relatively permanent
- highly variable

2. All of the following are necessary conditions for the diagnosis of a personality disorder EXCEPT

- patient feelings of distress.
- pervasive pattern of behavior.
- maladaptive functioning.
- chronicity.

3. The gender difference in the diagnosis of histrionic personality disorder has been criticized for

- Reflecting society's inherent bias
- Not reflecting enough of the differences between men and women
- Being psychologists' plot to undermine their female colleagues
- All of the above.

4. Lu believes that he is being tracked by the FBI because he is a telepathy experiment "set loose," and he hears messages and instructions from others from the same experiment. What disorder would he most likely have?

- Schizotypal personality disorder
- Schizoid personality disorder
- Paranoid personality disorder
- Schizophrenia

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5. Which of the following characterize the disorder known as schizophrenia?

- Delusions and hallucinations
- Inappropriate emotions
- Disorganized speech and behavior
- All of these

6. According to statistical data the prevalence of schizophrenia is about ____ percent.

- 0.01
- 1
- 5
- 10

7. In the 1800s, physicians studying the disorder we now call schizophrenia used the term _____ because they observed that the onset of symptoms often occurred before adulthood.

- adolescent insanity*
- folie à deux*
- catatonia previa*
- dementia praecox*

8. Which of the following is the definition of catatonia?

- Silly and immature behavior
- Early madness
- Immobility or agitated excitement
- Delusions of grandeur or persecution

9. Which of the following is the part of Kraepelin's definition of paranoia?

- Silly and immature behavior
- Early madness

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- Alternating immobility and agitated excitement
- Delusions of grandeur or persecution

10. Which of the following is the definition for hebephrenia?

- Silly and immature behavior
- Early madness
- Alternating immobility and agitated excitement
- Delusions of grandeur or persecution

11. Unlike schizophrenia or an eating disorder, personality disorders can be viewed as disorders of

- biology rather than learning.
- learning rather than disease.
- degree rather than kind.
- functioning rather than disease

12. Clinicians who view personality disorders as extremes of normal personality rather than as _____ have criticized the way the DSM classifies personality disorders.

- medical conditions
- biologically based traits
- separate categories of disorders
- impaired functioning

13. The diagnosis of more than one personality disorder in an individual patient is

- common.
- impossible unless the person suffers from dissociative identity disorder.
- rare.
- only possible for personality disorders in the same DSM-5 cluster.

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14. Gender differences observed in the prevalence of many personality disorders may be due to

- tolerance of behavior in a culture.
- differences in help-seeking behavior.
- gender bias on the part of the diagnosing clinician.
- all of the above.

15. Max is always sure that others are trying to harm him. His perception that the world is a threatening place impacts most of his life. Most likely, Max would be diagnosed with the personality disorder called

- histrionic.
- avoidant.
- paranoid.
- antisocial.

16. An individual requesting treatment at a mental health clinic keeps talking about how gangsters are “out to get him.” Before diagnosing paranoid personality disorder, we must determine whether

- his fears are justified.
- his family life is stable.
- he has ever attempted suicide.
- he avoids socialization.

17. Clients diagnosed with schizoid personality disorder

- often request treatment and generally make progress quickly.
- often request treatment but generally make little progress.
- rarely request treatment except in response to a crisis.
- rarely request treatment but generally make progress quickly while in therapy.

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18. Individuals who are socially isolated, behave in ways that seem unusual, tend to be suspicious, and have odd beliefs are generally diagnosed with _____ personality disorder.

- schizotypal
- schizoid
- paranoid
- multiple

19. Hideki has been diagnosed with schizotypal personality disorder and has begun psychotherapy. Since he is willing to undergo a combined treatment approach, the result

- is excellent since most patients seeking treatment eventually are symptom free.
- may be a reduction in symptoms or postponement of schizophrenia.
- is excellent only if he is willing to take medication.
- is poor since most patients go on to develop schizophrenia.

20. According to the textbook, the most likely cause of schizotypal personality disorder is

- poor parenting.
- social modeling.
- biological.
- isolation during childhood.