1. How do cognitive impairment disorders differ from most other DSM-IV categories?
   a. They are irreversible conditions.
   b. They are generally present from birth.
   c. They are usually treated with surgery.
   d. They are due to known medical conditions or substances.

2. Alan is scheduled for a mental status examination tomorrow. What can he expect to happen?
   a. He will undergo PET and CT scans.
   b. A clinical interview will be conducted.
   c. A complete blood analysis will be done.
   d. He will take a battery of psychological tests.

3. Carl has a high fever and appears disoriented. He has difficulty following his nurse's instructions to sit up and drink some water. He yells things to people who are not there, and he is difficult to understand. When his fever subsides, he no longer exhibits these symptoms. Carl's behavior is consistent with a diagnosis of
   a. delirium.
   b. Parkinson's disease.
   c. Alzheimer's disease.
   d. multi-infarct dementia.

4. Which of these people is most likely to experience the effects of delirium tremens?
   a. Zach who prefers to drink wine
   b. Tom who drinks alcoholic beverages very slowly
   c. Oz who eats lots of high calorie foods when he drinks
   d. Rob who suddenly stopped drinking after drinking heavily for years

5. Over a period of several years, Lena has shown a gradual decline in cognitive abilities, although physically she remains healthy. She may be exhibiting
   a. delirium.
   b. dementia.
   c. delirium tremens.
   d. general paresis.

6. When Mr. Bolden is asked about something he cannot remember, he gives a detailed, but inaccurate, answer. His responses often make it difficult for others to realize he has memory lapses. Mr. Bolden's behavior is called
   a. delirium.
   b. malingering.
   c. confabulation.
   d. amnestic disorder.
7. Alzheimer's disease is associated with lowered amounts of what substance in the brain?
   a. serotonin
   b. thiamine
   c. dopamine
   d. acetylcholine

8. What is beta amyloid?
   a. a protein found in Alzheimer's plaques
   b. a vitamin whose deficiency causes pellagra
   c. an experimental drug for Parkinson's disease
   d. a messenger chemical produced by cholinergic cells

9. Steve is experiencing uncontrollable tremors and terrifying visual hallucinations. These symptoms are consistent with a diagnosis of
   a. dementia.
   b. general paresis.
   c. delirium tremens.
   d. Parkinson's disease.

10. Alex has been drinking heavily for more than ten years. He says he would like to stop, but each time he tries his body's response to the cessation of alcohol draws him back. His family has pleaded with him to seek treatment because his drinking has created upheaval and led to a loss of his job. When he finally seeks professional treatment, what diagnosis is likely to be made?
    a. substance abuse
    b. substance intoxication
    c. substance dependence
    d. psychoactive psychosis

11. What are the primary characteristics that differentiate substance dependence from substance abuse?
    a. tolerance and withdrawal
    b. amount and frequency of drinking
    c. subjective intoxication and distress
    d. behavioral and social consequences

12. A patient is brought into the emergency room exhibiting agitation, hallucinations, convulsions, and paranoid delusions. The physicians suspect they are dealing with an overdose. Which substance is the most likely one involved?
    a. heroin
    b. marijuana
    c. an amphetamine
    d. a tranquilizing drug
13. A physician is examining a patient who was brought to the emergency room by police before he is to be booked at the police station. The physician tells the police that he has observed signs of nystagmus. When the officer asks for an explanation, the physician will say he noticed:
   a. severe heart palpitations.
   b. absence of basic reflexes.
   c. inflammation of the stomach lining.
   d. involuntary spasmodic movements of the eyeballs.

14. Which of the following disorders have a high rate of comorbidity with alcohol disorders?
   a. hypochondriasis and schizophrenia
   b. bipolar disorder and depersonalization
   c. borderline personality disorder and mental retardation
   d. affective disorders and antisocial personality disorders

15. How did E. M. Jellinek, the founder of the modern study of alcoholism, view alcoholism?
   a. a sign of moral degeneracy
   b. a permanent, irreversible condition
   c. a psychological, not physical, addiction
   d. a long lasting, but not permanent condition

16. Which ethnic group is especially sensitive to alcohol?
   a. Asians
   b. Africans
   c. Europeans
   d. Middle Eastern

17. How does alcohol act as a negative reinforcer for drinking?
   a. reduces anxiety
   b. promotes tolerance
   c. produces pleasant sensations
   d. associated with social activities

18. Jane reported that first she felt intense pleasurable feelings and then a long period of relaxed contentment. What drug was she most likely using?
   a. heroin
   b. Valium
   c. alcohol
   d. amphetamines
19. An overdose of opioids can lead to death due to
   a. seizure.
   b. heart attack.
   c. self-directed violence.
   d. cessation of breathing.

20. What effect does naltrexone have on a heroin abuser?
   a. It provides a safer "high."
   b. It treats delirium tremens.
   c. It stops the craving for heroin.
   d. It blocks the effects of heroin.

21. How does crack differ from other forms of cocaine?
   a. less potent
   b. more expensive
   c. more rapid onset
   d. longer lasting effects

22. As a class assignment, you are told to use the web to determine how cocaine and amphetamines are similar. You find several sites that describe the two drugs. How do you answer the question?
   a. The drugs have similar chemical structures.
   b. Cocaine is derived from amphetamine substances.
   c. The drugs act by influencing both serotonin and GABA.
   d. The drugs act by influencing dopamine and norepinephrine.

23. Which of these is an externalizing disorder?
   a. anxiety
   b. phobia
   c. depression
   d. conduct disorder

24. Which of the following is a DSM criterion used in diagnosing attention-deficit/hyperactivity disorder?
   a. The symptoms must be disturbing to the child.
   b. The child's behavior must have legal consequences.
   c. The child must be inattentive or hyperactive/impulsive.
   d. The behavior must be perceived as aggressive by others.

25. In what setting are children who are diagnosed with Attention-Deficit/Hyperactivity Disorder likely to have the most difficulties?
   a. in school
   b. at home watching television
   c. playing alone on the playground
   d. interacting one-to-one with an adult
26. Which of the following disorders often occur with Attention-Deficit/Hyperactivity Disorder?
   a. separation anxiety and anorexia nervosa
   b. depression and obsessive-compulsive disorder
   c. conduct disorder and specific learning disabilities
   d. obsessive-compulsive disorder and social phobia

27. What is the most common treatment for hyperactive children?
   a. play therapy
   b. stimulant drugs
   c. behavior therapy
   d. tranquilizing drugs

28. Andrea engaged in involuntary, sudden, recurrent, stereotyped motor movements and vocalizations that are rapid and not rhythmic. Although she can resist these behavior for short periods of time, they are nevertheless experienced as irresistible. What is her likely diagnosis?
   a. tic disorder
   b. panic disorder
   c. depersonalization
   d. body dysmorphic disorder

29. Carl is often disruptive in class. He is frequently negativistic, defiant, disobedient, and hostile toward authority figures. However, he has never violated any major societal norms or the basic rights of others. His behavior is most consistent with a diagnosis of
   a. overanxious disorder.
   b. oppositional defiant disorder.
   c. obsessive-compulsive disorder.
   d. attention-deficit hyperactivity disorder.

30. Which childhood disorder is most similar to the adult category of antisocial personality disorder?
   a. conduct disorder
   b. overanxious disorder
   c. oppositional-defiant disorder
   d. attention-deficit/hyperactivity disorder

31. Nine-year-old Judy insists on checking several times to see if the windows are closed and the doors locked before she allows her family to leave home on even brief trips. Her insistence on checking could be a sign of
   a. a phobia.
   b. separation anxiety.
   c. attention-deficit disorder.
   d. obsessive-compulsive disorder.
32. A professor in graduate school is reviewing techniques for treating children with mental health problems for clinical psychology graduate students. Which of the following might be the most essential point this professor would want to make to these students?
   a. Children are generally easier to treat than adults.
   b. Do not underestimate the effectiveness of drug treatments.
   c. Psychodynamic methods have proven to be effective with children.
   d. Remember that parents must have ongoing participation in the therapy.

33. On which axis of a DSM-IV diagnosis is mental retardation listed?
   a. Axis I
   b. Axis II
   c. Axis III
   d. Axis IV

34. The original perspective on autism offered by Leo Kanner and others was that it was a special type of which disorder?
   a. mood
   b. anxiety
   c. delirium
   d. psychosis

35. Which of the following disorders tend to occur together?
   a. autistic disorder and schizophrenia
   b. mental retardation and autistic disorder
   c. hypochondriasis and mental retardation
   d. Rett's disorder and schizoid personality disorder

36. As part of an Abnormal Child Psychology course, you are required to observe children at the Children's Psychiatric Hospital. The child you are observing has been diagnosed with autistic disorder. Which of the following are you most likely to observe?
   a. The child stares at you for long periods of time.
   b. The child uses words that rhyme with each other.
   c. The child clings to you and will not let go for even a minute.
   d. The child repeats every word from a television commercial over and over.

37. What was the purpose of the "squeeze box" designed by Temple Grandin?
   a. It restricts the movement of autistic children to reduce potential injury.
   b. The padded side boards press tight against the occupant and lead to a reduction in anxiety.
   c. The box is a humane way of keeping autistic children safe while they receive various forms of behavioral treatments.
   d. It allows autistic children to roam about with some restrictions, yet keeps them safe from injury because it is padded on all sides.
38. Which of the following would be especially difficult for a child who suffers from autistic disorder?
   a. eating with a spoon
   b. rolling a marble across the floor
   c. pretending that a stick is a sword
   d. repeating words heard on a television commercial

39. Which of the following is an example of one of the savant abilities?
   a. recognizing dance routines
   b. recalling routes or timetables
   c. matching objects to similar objects
   d. turning toward the direction of a sound

40. Which characteristics are associated with the diagnosis of mental retardation?
   a. brain damage and lack of responsibility
   b. below average intelligence and normal adaptive functioning
   c. normal intelligence and below average adaptive functioning
   d. below average intelligence and below average adaptive functioning

41. What is the most common degree of mental retardation?
   a. mild
   b. moderate
   c. severe
   d. profound

42. What is the cause of phenylketonuria?
   a. rubella virus
   b. air-borne toxins
   c. a gene mutation
   d. excess levels of neurotransmitters

43. Expressing an uninhibited flow of thoughts and feelings is called
   a. flooding.
   b. transference.
   c. free association.
   d. countertransference.

44. After a year in analysis, Mark realizes that his therapist reminds him of his older sister, who guided and protected him after his mother's death. Mark's reaction is an example of
   a. clinical projection.
   b. countertransference.
   c. positive transference.
   d. negative transference.
45. Client-centered therapy is an example of which approach to therapy?
   a. humanistic
   b. existential
   c. psychoanalytic
   d. cognitive-behavioral

46. Carl Rogers is known as the founder of which approach to therapy?
   a. cognitive
   b. existential
   c. neo-Freudian
   d. client-centered

47. Which approach to therapy emphasizes changing unrealistic or irrational thoughts?
   a. cognitive
   b. existential
   c. neo-Freudian
   d. psychoanalytic

48. Your cousin is an intern at the local newspaper. Part of her responsibility is to write stories that have a psychological angle. The editor asked her for 1,000 words on the Consumer Reports survey on therapy. Which of the following would make for the best title for this article?
   a. "Psychotherapy: Consumer Fraud"
   b. "Psychotherapy v. Drugs: A Clear Winner"
   c. "Consumer Satisfaction with Therapy is High"
   d. "Advanced Degrees Make a Difference in Therapy"

49. Meta-analysis is a method of
   a. conducting longitudinal research.
   b. combining the results of many studies.
   c. quantifying the process of self-actualization.
   d. determining if a statistical result is significant.

50. A study of the treatment effectiveness for substance-use disorders found that therapists showed widely different rates of effectiveness. Which of the following was a key factor that seemed important in accounting for the success of some of the therapists?
   a. adherence to specific techniques
   b. possession of strong interpersonal skills
   c. increased years of experience in therapy
   d. strong belief in a single theoretical orientation
Test Item File
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