

Chapter . 1 Teachers

1. What is a defence mechanism?
 - a. Any form of martial arts
 - b. A mechanism designed to reduce stress and conflict caused by specific experiences (A)
 - c. A method for negotiating a stage of development
 - d. A mechanism designed to remove psychological barriers

2. What is the Id?
 - a. Part of the psyche that controls impulses
 - b. Part of the psyche that reduces anxiety
 - c. A description of innate instinctual needs (A)
 - d. Part of the psyche that controls our morals

3. What is an Ego defence mechanism?
 - a. Part of the Ego state that prevents rational thinking
 - b. Part of the unconscious that attempts to control unacceptable Id influences (A)
 - c. Part of the Ego state designed to reduce barriers
 - d. Part of the Ego state that aids development

4. The DSM classification system was primarily designed to:
 - a. Provide criteria specifying type and length of treatment
 - b. Provide and necessary and sufficient criteria for correct and differential diagnosis (A)
 - c. Provide a framework for drug prescription
 - d. Provide a legal framework for sectioning an individual

5. The behavioural approach to psychopathology is based on what?
 - a. Learning principles (A)
 - b. Observation of animal behaviour
 - c. Psychodynamic theory
 - d. Belief systems

6. Which of the following is not a central tenet of the cognitive model of psychopathology?
 - a. Acquiring irrational beliefs
 - b. Development of dysfunctional ways of thinking
 - c. Information processing biases
 - d. Dysfunctional reaction formation (A)

7. One of the concepts of the humanistic-existential approach is:
 - a. Unconditional positive regard (A)
 - b. Rationalism

- c. Transference
 - d. Deviation from the statistical norm
8. One of the historical explanations of explaining psychopathology was:
- a. Poverty
 - b. Having the plague
 - c. Demonic possession (A)
 - d. Death of a child
9. An example of classical conditioning is:
- a. Rat presses lever for delivery of food
 - b. Dog learns to salivate on hearing bell (A)
 - c. Pigeon pecks at key for food delivery
 - d. Dogs learn helplessness from electric shocks
10. Operant conditioning:
- a. Represents learning using autobiographical memory
 - b. Represents learning of specific behaviour through reward and reinforcement (A)
 - c. Represents learning through pairing of stimulus and response
 - d. Represents learning through using repetitive stimuli
11. Which of the following is not a key concept in the cognitive model of psychopathology?
- a. Irrational beliefs
 - b. Biased processing of information
 - c. Dysfunctional ways of thinking
 - d. Repressed emotions (A)
12. Which one of the following would a client centred therapist use?
- a. Empathy (A)
 - b. Desensitisation
 - c. Racket system
 - d. Ego states
13. The somatogenic hypothesis advocated that causes of psychological disorders were found in:
- a. Analysis of dreams
 - b. Physical or biological impairments (A)
 - c. Traumatic life events
 - d. Family dynamics
14. The medical model is based upon:
- a. A reductionist approach (A)
 - b. An existential approach
 - c. An experiential approach

- d. A holistic approach
15. According to the psychoanalytic approach, an attempt to integrate values learned from parents and society is called?
- a. The Id
 - b. Sublimation
 - c. The Oral stage
 - d. The Superego (A)
16. Which of the following of Freud's ideas is still important to psychopathology today?
- a. Those thoughts are the basis for behaviour.
 - b. Behaviour is learned from experience
 - c. Psychopathology has origins in early experience rather than being a manifestation of biological dysfunction (A)
 - d. Dream analysis
17. That stimulant effects of illegal drugs and alcohol may lead to dependency, can be explained by:
- a. Transferable conditioning
 - b. Formation conditioning
 - c. Reactionary conditioning
 - d. Operant conditioning (A)
18. Which of the following is not a treatment developed from classical conditioning principles?
- a. Flooding
 - b. Token economies (A)
 - c. Systematic desensitisation
 - d. Aversion therapies
19. Which of the following is not an axis I disorder?
- a. Schizotypal personality disorder (A)
 - b. Anxiety disorders
 - c. Bipolar disorder
 - d. Schizophrenia
20. Which of the following are not ways of defining psychopathology?
- a. Deviation from the statistical norm
 - b. Distress and impairment
 - c. Measuring IQ (A)
 - d. Maladaptive behaviour
21. Which of the following is a problem associated with DSM IV?
- a. Classification is based on causes
 - b. Classification is based on symptoms alone (A)

- c. Classification is based on behaviour
 - d. Classification is based on strength of emotion
22. Co morbidity explains the notions that:
- a. People suffering with the same psychopathology die at the same time
 - b. Sufferers exhibit a chronic fear of death
 - c. Depression always happens in the winter
 - d. Differentially defined disorders can co-occur (A)
23. Rather than occurring as discrete disorders, it is possible that psychopathology may represent symptoms of:
- a. Paranormal disorders
 - b. Diurnal disorders
 - c. Cyclic disorders
 - d. Hybrid disorders (A)
24. Which of the following is not considered to be criteria for good psychological health?
- a. An efficient perception of reality
 - b. Good self esteem
 - c. Good personal hygiene (A)
 - d. The ability to exercise voluntary control over behaviour
25. A GAF score of 21-30 may indicate:
- a. Difficulty concentrating after family argument
 - b. Severe obsessional rituals
 - c. Frequent shoplifting
 - d. Acts grossly inappropriately (A)
26. Which of the following are not Freudian defence mechanisms?
- a. Sublimation
 - b. Canonisation (A)
 - c. Reaction formation
 - d. Repression
27. What is the DSM classification system primarily designed to do?
- a. Enable the description of drugs
 - b. Enable sectioning of individuals under the Mental Health Act
 - c. Aid individuals in self diagnosis
 - d. Enables diagnosis of observable behavioural symptoms (A)
28. Which of the following is not a basic objective of the DSM classification symptom?
- a. It must provide necessary and sufficient criteria for correct differential diagnosis
 - b. It provides theoretically neutral criteria i.e. not favouring one theoretical approach over another
 - c. It provides criteria specifying type and length of treatment (A)

- d. It provides diagnostic criteria in a way that allows them to be applied systematically by different clinicians in different settings
29. In 1970s/80s Soviet Union, which of the following would not be considered as representative of psychopathology?
- a. Acts against the communist regime
 - b. Reformist delusions
 - c. Litigation mania
 - d. Having more than two children (A)
30. Which of the following are not dimensions of classification in DSM IV?
- a. Axis III
 - b. Axis I
 - c. Axis VI (A)
 - d. Axis II
31. Which of the following can a psychiatrist do that a clinical psychologist cannot?
- a. Implement CBT
 - b. Diagnose patients using the DSM criteria
 - c. Prescribe medication (A)
 - d. Perform clinical assessment
32. Which of the following is not addressed by the medical model?
- a. Biochemical imbalances
 - b. Genetic disorders
 - c. Abnormal physical development
 - d. Biased information processing (A)
33. Conflict is a major tenet of:
- a. The psychodynamic model (A)
 - b. The cognitive model
 - c. The behavioural model
 - d. The medical model
34. Sigmund Freud was the pioneer of which of the following models of psychopathology?
- a. Behaviourist
 - b. Cognitive
 - c. Psychodynamic (A)
 - d. Humanistic
35. According to Freud, which of the following is not a stage of development?
- a. Phallic stage
 - b. Latency
 - c. Umbilical (A)
 - d. Genital

36. The acquisition of dog phobia can best be explained by the:
- Behavioural model (A)
 - Psychodynamic model
 - Humanistic model
 - Medical model
37. Which of the following is not part of Beck's cognitive theories of depression?
- I am worthless
 - Bad things always happen
 - I am ugly (A)
 - I am never going to achieve anything
38. Which one of these would not explain the development of dysfunctional thoughts?
- They are a product of childhood experiences
 - They are a result of feelings of depression
 - They are post-hoc constructions to help rationalise the way we feel
 - They are genetically hardwired (A)
39. Which of the following are not aims of the humanist-existential approach to resolving psychological problems?
- Personal development
 - Meditation (A)
 - Insight
 - Self actualisation
40. Which of these is not considered a limitation of the cognitive approach of psychopathology?
- The cognitive model can be measured scientifically (A)
 - Dysfunctional thoughts and beliefs are a symptom rather than cause of psychopathology
 - Dysfunctional thoughts develop from behavioural and emotional symptoms of psychopathology
 - Dysfunctional thoughts and beliefs are post hoc constructions that function to help the individual rationalise the way they feel
41. Which of the following is not used to define psychopathology?
- Deviation from the statistical norm
 - Deviation from the sexual norm (A)
 - Deviation from the social norm
 - Maladaptive behaviour
42. The DSM was developed by:
- The British Medical Association
 - The British Psychological Association
 - The American Health Association
 - The American Psychiatric Association (A)

43. Rather than being considered as discrete entities, psychopathologies may now be considered as:
- Dimensional (A)
 - Provisional
 - Conditional
 - Dysfunctional
44. An example of a hybrid disorder is:
- Mixed anxiety-depressive disorder (A)
 - Schizoid personality disorder
 - Multiple personality disorder
 - Borderline personality disorder
45. At what point in history were those found to be insane given the protection of the law?
- 17th century
 - Middle Ages (A)
 - 19th century
 - Victorian era
46. Which of the following were historical explanations of psychopathology?
- Witchcraft
 - General paresis (A)
 - The plague
 - Social class
47. What is the primary approach of the medical model?
- Identify the biological causes of psychopathology (A)
 - Implement CBT across a range of disorders
 - Explain learned behaviour through classical conditioning
 - Explain learned behaviour through operant conditioning
48. Which of the following is an example of reaction formation?
- Aligning your thoughts with those of other people
 - Lying to yourself and others
 - Doing or thinking the opposite of how you feel (A)
 - Being spontaneous
49. Which of the following is an example of regression?
- Making sure your thoughts and actions mirror each other
 - Evoking a meditative state
 - Focusing on dysfunctional beliefs
 - Moving back to an earlier developmental stage (A)

50. Which of the following is an example of repression?
- Stopping yourself from behaving the way you want to
 - Suppressing bad memories or current thoughts that cause anxiety (A)
 - Suppressing your natural instincts
 - Stopping others from behaving inappropriately
51. Which of the following is an example of denial?
- Denying wrong doing
 - Denying your feelings
 - Denying that the source of anxiety exists (A)
 - Denying your ambitions
52. Which of the following is an example of projection?
- Ascribing unwanted impulses to someone else (A)
 - Ascribing your emotions to someone else
 - Ascribing your guilt to someone else
 - Ascribing your physical impulses to someone else
53. Which of the following is an example of transference?
- Ascribing your physical influences to someone else
 - Ascribing your guilt to someone else
 - Ascribing your emotions to someone else (A)
 - Ascribing unwanted impulses to someone else
54. Which of the following is an example of sublimation?
- Being a hedonist
 - Transforming impulses into something constructive
 - Imposing your ideologies on others
 - Transforming your thoughts into actions
55. What percentage of GP consultations are for mental health problems?
- 30%
 - 50%
 - 25% (A)
 - 35%
56. Which one of these models of psychopathology would suggest that psychological disorders result from acquiring dysfunctional ways of thinking and acting?
- Medical model
 - Cognitive model (A)
 - Behavioural model
 - Client centred model
57. Which of the following models would suggest that complex cognitive factors can be reduced to simple biological descriptors?
- Behavioural model

- b. Cognitive model
 - c. Psychodynamic model
 - d. Medical model (A)
58. Which of the following models has the implicit assumption of something not working properly?
- a. Medical model (A)
 - b. Cognitive model
 - c. Psychodynamic model
 - d. Behavioural model
59. A survey of 1700 adults in the UK found that?
- a. People with mental health problems were dangerous
 - b. Some people with mental health problems such as eating disorders and substance misuse were self inflicted
 - c. People with mental health problems were hard to talk to
 - d. All of the above (A)
60. Psychoanalysis is an attempt to explain what?
- a. Normal psychological functioning
 - b. Normal and abnormal psychological functioning (A)
 - c. Abnormal psychological functioning
 - d. Childhood ideation
61. Should diagnosis and treatment take place in the context that:
- a. Allows the sufferer to fully understand their symptoms
 - b. Allows them to appreciate their own self worth and social inclusion
 - c. Allows them to discuss symptoms within their own frame of reference
 - d. All of the above (A)
62. Which of the following are limitations to the psychodynamic theory of psychopathology?
- a. Central concepts are difficult to observe and measure
 - b. Central concepts are hard to objectively define
 - c. Difficult to conduct objective research
 - d. All of the above (A)
63. Classical conditioning processes have been implicated in:
- a. The acquisition of PTSD
 - b. The acquisition of paraphilias
 - c. The acquisition of substance dependency
 - d. All of the above
64. Behaviour modification is an example of which of the following treatment methods?
- a. Enable the individual to unlearn maladaptive behaviours and emotions (A)
 - b. Enable the individual to explore their childhood behaviours
 - c. Enable the individual to analyse the behaviour of others

d. Enable the individual to modify the behaviour of others

65. Which of the following could be considered limitations to the behavioural model?

- a. Psychopathologies could be acquired over many years, thus it would be important to trace reinforcement history
- b. Learning paradigms are not the most ideal conceptual framework for complex psychopathologies
- c. It does not consider the complex range of cognitive factors in psychopathology
- d. All of the above (A)

66. When talking of classification we tend to use words like 'crazy', 'madness' and 'insanity' regularly – as if we knew what we meant by those terms. However, we do tend to use these terms in a which of the following different circumstances ?

- a. when someone's behaviour deviates from expected norms
- b. when we are unclear about the reasons for someone's actions
- c. when a behaviour seems to be irrational,
- d. all of the above (A)

67. Throughout history, we have been willing to label behaviour as 'mad', 'crazy' or 'insane' if it appears unpredictable, irrational, harmful, or if it simply deviates from accepted contemporary social norms. Which of the following characters from history who have been labelled in such a way

- a. King George III,
- b. Vincent Van Gogh
- c. Virginia Woolf
- d. All of the above

68. Many ancient civilizations, such as those in Egypt, China, Babylon and Greece believed that those exhibiting symptoms of psychopathology were possessed by bad spirits this is known as

- a. demonology (A)
- b. phrenology
- c. possession
- d. Satanism

69. Historically, when someone exhibited symptoms typical of psychopathology , what type of trial was held to determine the individuals' sanity, and if the person was found to be insane, they were given the protection of the law (Neugebauer, 1979).

- a. a lunacy trial (A)
- b. a sanity trial
- c. a witchcraft trial
- d. a witch hunt

70. A common explanation of psychopathology in some less developed areas of the world – especially where witchcraft and voodoo are still important features of the local culture such as Haiti and some areas of Western Africa (Desrosiers & Fleurose, 2002) is known as which of the following?

- a. Demonic possession (A)
- b. Witchcraft
- c. Voodoo
- d. Satanism

71. Without proper treatment, the later stages of the sexually transmitted disease ***syphilis*** are characterise by which of the following

- a. the inability to coordinate muscle movements
- b. paralysis,
- c. numbness,
- d. all of the above (A)

72. The Medical model of psychopathology that was fostered by the somatogenic hypothesis was an important development because it introduced scientific thinking into our attempts to understand psychopathology, and shifted explanations away from those associated with

- a. Cultural and religious beliefs (A)
- b. Politics
- c. Social norms
- d. All of the above

73. Which of the following is an organisation dedicated to changing the way in which society views people with mental health problems?

- a. Madness matters
- b. Pro mental
- c. Mad pride (A)
- d. Mental health proud

74. Culture can produce 'culture-bound' symptoms of psychopathology which seem confined to specific cultures and can influence how stress, anxiety and depression manifest themselves. A state of psychological paralysis found in the Haitian community is known as:

- a. Seizisman (A)
- b. Paralyticesque
- c. Psychosiezure
- d. Siezurent

75. Arguably the first person to develop a comprehensive classification system for psychopathology was the German psychiatrist Emil Kraepelin (1883-1923). He suggested that psychopathology, like physical illness, could be classified into different and separate pathologies, each of which had a different cause and could be described by a distinct set of symptoms which he called a:

- a. Syndrome (A)
- b. Disorder
- c. Psychopathology
- d. Disability

76. The medical model has given rise to a large body of scientific knowledge about psychopathology that is based on medicine, and this profession is known as **psychiatry**, and the primary approach of the medical model is to identify the biological causes of psychopathology and treat them with which of the following?

- a. Medication or surgery. (A)
- b. Psychotherapy
- c. Placebos
- d. hypnotherapy

77. There are many explanations of psychopathology that allude to biological causes, and these attempt to explain symptoms in terms of such factors as

- a. brain abnormalities
- b. biochemical imbalances
- c. genetic factors
- d. all of the above (A)

78. Which of the following is not considered to one of the many explanations of psychopathology that allude to biological causes,

- a. chromosome disorders
- b. congenital risk factors
- c. abnormal physical development
- d. Biased information processing (A)

79. The “something is broken and needs to be fixed” view of psychopathology is problematic for a number of reasons:

- a. rather than reflecting a dysfunction, psychopathology might just represent a more extreme form of normal behaviour
- b. By implying that psychopathology is caused by a normal process that is broken, imperfect or dysfunctional, the medical model may have an important influence on how we view people suffering from mental health problems.
- c. it can be stigmatising to be labelled as someone who is biological or psychologically imperfect
- d. All of the above (A)

80. In a survey of over 1700 adults in the UK, [Crisp et al. \(2000\)](#) found which of the following

- a. the most commonly held belief was that people with mental health problems were dangerous
- b. people believed that some mental health problems such as eating disorders and substance abuse were self inflicted
- c. people with mental health problems were generally hard to talk to.
- d. All of the above (A)

81. According to [The British Psychological Society, Understanding Mental Illness, \(2000\)](#). diagnosis and treatment should take place in which of the following contexts

- a. a context that allows the sufferer to fully understand their symptoms
- b. a context that allows the sufferer to appreciate their own self worth and social inclusion,
- c. a context that allows the sufferer to discuss their symptoms within their own frame of reference
- d. All of the above.(A)

82. Psychological models of psychopathology tend to view mental health symptoms as normal reactions mediated by which of the following

- a. intact psychological mechanisms
- b. Intact cognitive mechanisms
- c. adaptive reactions to difficult or stressful life conditions
- d. All of the above(A)

83. A factor that Freud believed could cause psychopathology was how children negotiated various ***stages of development*** from infancy to maturity. He defined a number of important stages through which childhood development progressed, and each of these stages was named after which of the following

- a. a body area or erogenous zone (A)
- b. A famous person
- c. His patients
- d. A bodily function.

84. Freud labelled the first 18 months of life as the

- a. oral stage (A)
- b. phallic stage
- c. anal stage

d. latency stage

85. Psychoanalysis was arguably the first of the 'talking therapies' What percentage of modern practicing clinical psychologists identify themselves at least in part with a psychoanalytical or psychodynamic approach to psychopathology?

a. 20% (A)

b. 30%

c. 10%

d. 15%

86. Psychoanalysis was also the first approach to introduce a number of perspectives on psychopathology that are still important today, including which of the following

a. Psychopathology can have its origins in early experiences rather than being a manifestation of biological dysfunction

b. The possibility that psychopathology may often represent the operation of 'defence mechanisms' that reflect attempts by the individual to suppress stressful thoughts and memories

c. The notion and importance of the unconscious mind

d. All of the above (A)

87. Psychoanalytic theory does have many shortcomings, and it is arguably no longer the explanation or treatment of choice for most psychological problems, nor is it a paradigm in which modern day evidence-based researchers attempt to understand psychopathology. This is largely because the central concepts in psychoanalytic theory are

a. Hard to objectively define and measure.(A)

b. Are not based on the medical model

c. Are based on animal research

d. Are based on sex drives

88. Many clinical psychologists became disillusioned by psychoanalytic approaches to psychopathology and sought an approach that was more scientific and objective during which decades

- a. 1950,s(A&B)
- b.1960's(A)
- c. 1940's
- d. 1970's

89. The view that adaptive behaviour can be acquired through learning, and therefore so can many forms of dysfunctional behaviour, was called

- a. learning theory (A)
- b. cognitive theory
- c. behavioural theory
- d.Psychodynamic theory

90. Many psychopathologies are complex and symptoms are acquired gradually over many years so It would be almost impossible to trace the reinforcement history of such symptoms across time in an attempt to verify that reinforcement processes had shaped these psychopathologies. Which of the following is an example of such a disorder.

- a. obsessive-compulsive disorder
- b.substance dependence
- c. somatoform disorders
- d. all of the above (A)

91. Perhaps the most widely adopted current psychological model of psychopathology is the

- a. cognitive model (A)
- b. behavioural model
- c. psychodynamic model
- d. medical model

92. The cognitive model considers psychopathology to be the result of individuals acquiring

- a. irrational beliefs,
- b. developing dysfunctional ways of thinking,
- c. processing information in biased ways.
- d. All of the above (A)

93. According to Albert Ellis emotional distress (such as anxiety or depression) is caused primarily because people develop WHAT? by which they need to judge their behaviour.

- a. a set of irrational beliefs (A)
- b. Dysfunctional behaviours
- c. Negative automatic thoughts
- d. Unconscious defence mechanisms

94. Aaron Beck developed a highly successful cognitive therapy for depression based on the view that depressed individuals have developed unrealistic distortions in the way they perceive

- a. themselves,
- b. the world,
- c. their future
- d. all of the above (A)

95. The view that dysfunctional ways of thinking generate and maintain symptoms of psychopathology has been applied across a broad range of psychological problems, including

- a. anxiety disorders
- b. mood disorders
- c. paranoid thinking in schizophrenia
- d. All of the above (A)

96. As successful as the cognitive approach seems to have been in recent years, it too also has some limitations. For example, rather than being a cause of psychopathology, it has to be considered that dysfunctional thoughts and beliefs may themselves simply be just

- a. another symptom of psychopathology (A)
- b. another outcome of psychopathology
- c. another outcome of society
- d.all of the above

97. People not only acquire psychological conflicts and experience emotional distress, they also have the ability to acquire self-awareness, develop important values and a sense of meaning in life, and pursue freedom of choice. If these latter abilities are positively developed and encouraged, then conflict, emotional distress and psychopathology can often be resolved. This is the general approach adopted by humanistic and existential models of psychopathology, and the aim is to resolve psychological problems through

- a. insight,
- b.personal development
- c.self actualisation.
- d. All of the above (A)

98. In Client centred therapy the therapist will use empathy to help them understand the client's feelings and unconditional positive regard, by which the therapist expresses

- a. their willingness to totally accept the client for who he or she is.(A)
- b. their willingness to change the client into who they wish to be
- c. their willingness to totally accept the client's behaviour
- d. all of the above .

99. In the area of intellectual disability, if an IQ score is significantly below the norm of 100 this is currently used as one criterion for diagnosing

- a. mental retardation (A)
- b. depression
- c. schizophrenia
- d. autism

100. It is difficult to use cultural norms to define psychopathology because cultural factors seem to significantly affect how psychopathology manifests itself. Which of the following may be factors

- a. . social and cultural factors will affect the vulnerability of an individual to causal factors
- b. culture can produce 'culture-bound' symptoms of psychopathology which seem confined to specific cultures
- c. culture can produce 'culture-bound' symptoms of psychopathology which can influence how stress, anxiety and depression manifest themselves.
- d. all of the above (A)

