Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_Per\_\_\_\_\_\_\_\_

Clicker Questions: CH 16 & 17

1. Any characteristic of a person’s actions, thoughts, or feelings that could be a potential indicator of a mental disorder is a(n):
2. syndrome.
3. symptom.
4. clinically significant detriment.
5. involuntary manifestation.
6. From the \_\_\_\_\_\_\_\_\_\_\_\_ perspective, mental disorders are products not only of the person and the person’s immediate environment but also of the larger culture within which the person develops.
7. biological
8. psychodynamic
9. cognitive
10. sociocultural
11. If your psychologist believes that psychological disorders can be diagnosed, treated, and cured through the use of standard tools, techniques, and medications, she is most likely looking at psychological disorders from which perspective?
12. The biological perspective
13. The psychoanalytic perspective
14. The optimistic perspective
15. The bio-social perspective
16. The fact that snake phobia is more common than automobile phobia suggests that phobias may result from:
17. operant conditioning, which is consistent with the fact that most people with phobias can recall a specific experience that initiated their intense fear.
18. classical conditioning, which is questioned on the grounds that most people with phobias cannot recall a specific experience that initiated their intense fear.
19. sociocultural factors, which are questioned on the grounds that some phobias cross cultural boundaries.
20. evolutionary mechanisms, which are consistent with the fact that most people are genetically prepared to fear certain classes of objects or events.
21. Elaine feels that her life is empty, has lost all interest in her career and hobbies, and wonders if she would be better off dead. She is most likely suffering from:
22. a dissociative identity disorder.
23. a generalized anxiety disorder.
24. an antisocial personality disorder.
25. a mood disorder.
26. Hopelessness theory helps explain a \_\_\_\_\_\_\_\_\_\_\_\_ basis for depression.
27. biological
28. situational
29. cognitive
30. social
31. A long history of dramatic complaints about many different medical conditions, most of which are vague and unverifiable, may be diagnosed as a(n):
32. somatization disorder.
33. conversion disorder.
34. anxiety disorder.
35. substance-use disorder.
36. According to one explanation, dissociative identity disorder:
37. occurs in response to abnormal brain levels of dopamine.
38. represents a way to cope with extreme abuse or trauma that occurred during childhood.
39. is more common among creative artists and writers and represents a form of pathological creativity.
40. is an unconscious attempt to escape responsibility for one’s actions, especially actions that have hurt other people.
41. Symptoms of schizophrenia that involve an absence of, or reduction in, expected behaviors, thoughts, feelings, and drives are referred to as:
42. delusions.
43. hallucinations.
44. positive symptoms.
45. negative symptoms.
46. The results of the cross-cultural study on schizophrenia conducted by the World Health Organization revealed that:
47. individuals with schizophrenia in developed countries showed better recovery within 2 years than those in developing countries.
48. individuals with schizophrenia in developing countries showed better recovery within 2 years than those in developed countries.
49. individuals with schizophrenia in more industrialized countries were more likely to receive non-Western folk or religious treatments than those in less-industrialized countries.
50. individuals with schizophrenia in more industrialized countries were more likely to be hospitalized than those in less-industrialized countries.
51. The mental health reform movement aimed at reintegrating mentally ill individuals into the community is known as:
52. the moral-treatment movement.
53. deinstitutionalization.
54. milieu therapy.
55. social-learning therapy.
56. An important goal of assessment is to:
57. label an individual.
58. discover information about an individual through completely objective means.
59. summarize an individual’s weaknesses.
60. understand a person as a unique individual with a unique set of life circumstances, ways of thinking, and ways of behaving.
61. Psychodynamic therapy focuses on:
62. unconscious mental conflicts and defense mechanisms.
63. the thoughts, abilities, and insights of the client rather than those of the therapist.
64. the way people disturb themselves through their habitual ways of thinking.
65. direct relationships between observable aspects of the environment and observable behaviors.
66. Your therapist asks you to try to remember your dreams. He also encourages you to review incidents in early childhood. Your therapist is most likely practicing:
67. Freudian therapy.
68. cognitive therapy.
69. behavior therapy.
70. humanistic therapy.
71. While focusing on several intrusive thoughts that had been bothering her recently, Jenny was instructed by her therapist to report any ideas or memories stimulated by these thoughts. Jenny’s therapist was making use of a technique known as:
72. active listening.
73. free association.
74. systematic desensitization.
75. transference.
76. In your therapy session you often review your current behaviors as compared to what you think you should be doing. Your therapist is kind and listens to your ideas, even if you think they are silly. Your therapist is most likely practicing:
77. Freudian therapy.
78. Jungian therapy.
79. cognitive therapy.

# humanistic therapy.

1. The therapist’s attempt to comprehend what the client is saying or feeling at any given moment is referred to as:
2. free association.
3. unconditional positive regard.
4. empathy.
5. transference.
6. If a therapist tells a client, “Rank order the things that frighten you from least to most,” the therapist is most likely practicing:
7. Freudian therapy.
8. systematic desensitization.
9. Gestalt therapy.
10. token economy.
11. Which of the following is NOT a general conclusion derived from therapy outcome experiments?
12. Psychotherapy helps.
13. A few types of therapy stand out as clearly better overall than the others.
14. Some types of therapy appear to work better than other types for specific kinds of disorders or problems.
15. The therapist matters.