

## Practice Test Chapters 15-16 nb

1. What does the DSM stand for?
  - a. Diagnostic schedule of medicine
  - b. Diagnostic and statistical manual
  - c. Depressive scale modalities
  - d. Delirium and sanity manual
  - e. Depression with Sadism and Masochism
2. Delusions are:
  - a. Distortions of our sensory systems
  - b. False beliefs
  - c. Defined as being impossible
  - d. Necessary for a diagnosis of dysthymia
3. James hears voices in his head telling him to jump out the window. This is a perfect example of
  - a. Hypomania
  - b. Post traumatic embitterment disorder
  - c. Hallucinations
  - d. Why some symptoms don't fit some disorders.
  - e. Catatonic awareness in schizophrenia
4. Enlarged Ventricles probably play a causal role in what disorder?
  - a. Cyclothymia
  - b. Post traumatic Stress Disorder
  - c. Hypochondriasis
  - d. Multiple Personality Disorder
  - e. Schizophrenia
5. Helen suffers from periods of deep depression. She also suffers from periods of intense high energy and distorted grandiose beliefs. The most likely disorder is:
  - a. PTSD
  - b. Bipolar
  - c. Seasonal affective disorder
  - d. Dissociative fugue
  - e. Munchausen by proxy syndrome
6. Many people with a phobia have panic attacks when they are exposed to their feared object or situation. How are panic attacks in Panic disorder different from panic attacks in a phobia?
  - a. The panic attacks are more severe in panic disorder. They are so intense that the sufferers often believe they are having a heart attack.
  - b. The panic attacks are less severe. Panic disorder sufferers often feel like they are going to die but this is only because of a high heart rate. The rest of the panic symptoms are less severe.
  - c. The panic attacks are largely unexpected in panic disorder, where as in a phobia, the sufferer knows what caused the panic attack.
  - d. They aren't any different.

7. Let's go back in time to 1955. Jack is a gay man seeking behavioral therapy to become heterosexual. The therapist gives him electric shock to the testicles while he views pictures of nude men. The hope is that the man will associate pain instead of sexual arousal to images of nude men. This therapy is called:
- Tonic reduction therapy
  - Aversion therapy
  - Ego-dystonic therapy
  - Contingent reorganization therapy
  - Conditional syncope
8. Electro convulsive therapy (ECT) is a treatment used to treat what mood disorder?
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9. Jack has had the "blues" for over 2 years. Life is hard for him and he really doesn't get any pleasure from much of anything. Some have said he sounds depressed, but if he is, it hasn't stopped from getting up every morning and going to work. His appetite is ok and he sleeps as well as most people. He has never thought of killing himself. He can concentrate and focus as well as most others. When asked how he is, he usually says "life sucks". What disorder does this sound like?
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10. Bill is depressed and exhibits many cognitive distortions. For example, last week he failed a math test and told everyone he was probably going to always fail math tests. His family disagreed with a new idea he had and he concluded that people are going to always misunderstand him. A blind date stood him up and he concluded that blind dates will always reject him. What cognitive distortion is he using? Choose from: all-or-nothing thinking, overgeneralization, mental filter, or discounting the positive.
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11. Hector lives in Alaska and seems to always get seriously depressed during the winter months. His therapist treats him with light therapy or phototherapy (he is exposed to more light). What disorder does he have?
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12. Nancy worries constantly that her son will fail the third grade. She can't stop thinking that he will and that his future will be harmed. As a result of this constant worry, she suffers from insomnia and muscle aches. She grinds her teeth. What disorder does this most sound like?
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13. What disorder is characterized by a fear of negative evaluation by others? \_\_\_\_\_
14. If I ask 1000 people "have you ever in your life had these symptoms or this disorder" and then calculate what percent said "yes", what am I assessing?
15. What is the term that explains why we so easily fear snakes but not cars even though we see so many more car crashes than snakes?
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16. Which is an obsession: **Circle all that apply**

- I am afraid of being contaminated
- I wash my hands constantly
- I can't stop thinking I left the coffee pot on
- I can't stop checking the lock on the door to see if it is indeed locked.
- I worry constantly that bad things will happen if my pencils aren't lined up in the correct order.

17. Which is more common: Bi- Polar or Major Depression?

### Tie Breaker

18. Alice believes that Aliens have stolen her internal organs. This is an example of a(an):

- Hallucination
- live symptom
- delusion
- anxiety disorder
- hypochondriac

19. Which of the following is/are example(s) of a compulsion? (circle all that apply)

- The belief that you will be contaminated.
- Thinking that you have left your apartment door unlocked.
- Constantly washing your hands
- placing all your shoes in order based on color.

20. See the pictures below. These women are being treated for their fear of bees and snakes. What is this treatment called where we expose them to their feared object in a way that the fears are about as strong as they can be and there is no escape. This is called:



21. Who has body dysmorphic disorder?

- Jack suffers from repeated depressions and mania highs.
- Bill has continual pain in an arm that has been amputated
- Janet believes her nose is too big even though everyone says it is normal. She seeks plastic surgery but the doctor won't do it.
- Jim fears that he will become contaminated if he rides in your car and not his.

22. According to the handout “attributional model of learned helplessness”, which attribution below is both internal and unstable?
- I failed a test because it was raining and my notes got wet.
  - I failed a test because I was sick that day.
  - I failed a test because I am and have always been stupid.
  - I failed a test because it is Friday the 13<sup>th</sup>.
23. What are the consequences of “deinstitutionalization”?
- Rates of Bipolar have skyrocketed
  - Cost of treatment have skyrocketed
  - We see mentally ill now as homeless on the streets and in prisons instead of hospitals.
  - Stigma of mental illness has dramatically reduced.

### Sudden Death

24. Drug or alcohol abuse, depression or other mood disorder, feelings of hopelessness, personality traits of impulsive and aggressiveness.  
These are all risk factors of \_\_\_\_\_.
- Psychosis
  - Insanity
  - Suicide
  - A poor outcome in talk therapy
  - Paranoid schizophrenia
25. The fact that you can't feel fearful and relaxed at the same time is called reciprocal inhibition. (relaxation inhibits fear). So if we want Alice to get over her fear of the high diving board, we might get her relaxed and stand on the first step. Then while relaxed, dive off the 4 foot board. Then while relaxed get her to dive off the 6 foot board. Soon she should be relaxed when getting on the high board. This procedure is called \_\_\_\_\_
- Flooding
  - Therapeutic inhibition
  - Response generation
  - Systematic desensitization
  - Response contingent management
26. Jim went to the supermarket to get some fresh strawberries. On the way home he stopped at a traffic light because it was red. However after waiting for a bit, the light never changed. He went through the intersection on red. A police officer pulled him over and gave him a ticket. He was very sad and had to explain to his wife why he got a ticket. He said to her “Honey I’m sorry, you know I just don’t have much patience. It seems like I’ve always had a problem with being patient. Hell, I couldn’t wait an extra week to get married...remember?” Using your handout on “attributional model of learned helplessness”, classify his attributions as either
- Internal-external (circle one)  
stable-unstable (circle one)  
global-specific (circle one)
27. What disorder involves losing your identity and traveling? \_\_\_\_\_