1. According to the biological perspective, generalized anxiety disorder is 
   a. a learned reaction
   b. linked to an imbalance in several neurotransmitters in the nervous system
   c. the result of illogical, irrational thought processes
   d. a danger signal that repressed conflicts are threatening to surface

2. Any behavior that does not allow a person to function within or adapt to the stresses and everyday demands of life is considered 
   a. maladaptive
   b. uncomfortable
   c. rare
   d. deviant

3. Joanna is experiencing severe anxiety. Her psychiatrist attributes her disorder to a chemical imbalance. Her psychiatrist is using the 
   a. intrapersonal model
   b. biological model
   c. psychoanalytic model
   d. behavioral model

4. Which of the following reflect behavioral aspects of test anxiety?
   a. anger, depression, and frustration
   b. procrastination, avoiding studying, or deficient study skills
   c. excessive worrying, expecting to do poorly, and finding it hard to study in the first place
   d. body tension, difficulty breathing, and sweaty palms

5. Kevin shows a pattern of instability in his relationships, self-image, and feelings. As such, he most likely has 
   a. borderline
   b. avoidant
   c. dependent
   d. antisocial
6. **People with ______ disorders have an excessively rigid, maladaptive pattern of behavior and ways of relating to others.**
   a. somatoform
   b. personality
   c. schizophrenic
   d. affective

7. **Dr. Nwoambi is a psychologist who is currently evaluating a new client. Dr. Nwoambi would most likely refer to the __________ to assist her in diagnosing her client’s psychological disorder.**
   a. Physician's Desk Reference
   b. Diagnostic and Statistical Manual of Mental Disorders
   c. Textbook of Psychological Disorders
   d. Textbook of Physiological Disorders

8. **Which of the following perspectives claims that shaping may play a big role in the development of some cases of dissociative identity disorder?**
   a. humanistic
   b. biological
   c. psychoanalytic
   d. behavioral

9. **As a serious dancer, Justine watches what she eats. She knows that she is underweight, but fears that if she starts eating more, she will get fat. In addition to a preoccupation with food, she has also stopped menstruating. Her behaviors suggest that she might be suffering from ________.**
   a. anorexia nervosa
   b. compulsive exercise
   c. bulimia nervosa
   d. phobic disorder

10. **According to the behaviorists, disordered behavior is a result of ______ _________.**
    a. repressed thoughts and memories that try to resurface
    b. illogical thinking patterns
    c. a set of learned responses
    d. chemical imbalances and brain damage
11. **Nick is admitted to a mental institution because he hears voices talking to him that no one else can hear, and he sees demons attacking him, though no one else can see anything near him. Nick's symptoms are known as _____**.
   a. delusions  
   b. compulsions  
   c. hallucinations  
   d. obsessions

12. **The primary purpose of the DSM is to _____**.
   a. describe the causes of common physiological disorders  
   b. help psychologists assess only normal behavior  
   c. keep the number of diagnostic categories of mental disorders to a minimum  
   d. help psychological professionals diagnose psychological disorders

13. **Severe depression that comes on suddenly and seems to have no external cause is called _____**.
   a. major depression  
   b. dysthymia  
   c. bipolar disorder  
   d. hypomania

14. **Sal has decreased levels of the neurotransmitter dopamine in his frontal lobe areas. Which disorder might he be at risk of experiencing?**
   a. schizophrenia  
   b. dissociative fugue  
   c. agoraphobia  
   d. antisocial personality disorder

15. **Which of the following is an anxiety disorder?**
   a. conversion disorder  
   b. phobic disorder  
   c. bipolar disorder  
   d. schizophrenia
16. Padma is extremely confident and feels that lately she needs very little sleep. In addition, she reports that her thoughts seem to be going fast—similar to watching three television shows at once. Padma most likely is experiencing ________.
   a. a psychotic break
   b. a loss of mental control
   c. a dysthymic episode
   d. a manic episode

17. Which of the following culture-bound disorders is most commonly seen in Latin America?
   a. koro
   b. amok
   c. anorexia nervosa
   d. ataque de nervios

18. You are a contestant on Jeopardy! and it is your turn. You say to Alex, "I'll take Ancient Explanations of Mental Illness for $100." The answer is, "His was the first recorded attempt to explain abnormal behavior as due to some biological process." The smile on your face reveals the confidence you have as you say:
   a. "Who is Sigmund Freud?"
   b. "Who is John Watson?"
   c. "Who is Carl Rogers?"
   d. "Who is Hippocrates?"

19. What is the best way to describe the positive symptoms of schizophrenia?
   a. clearly identifiable symptoms
   b. symptoms that psychologists are certain are occurring
   c. an excess or distortion of normal functions
   d. a decrease in normal functioning

20. In which disorder does a person seem to experience at least two or more distinct personalities existing in one body?
   a. schizophrenia
   b. depersonalization
   c. dissociative identity disorder
   d. panic disorder
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**Test Name:** LAMC Psych 1 Chapter-14 Review Quiz and Solutions

1. b. linked to an imbalance in several neurotransmitters in the nervous system  
   **Feedback:**
   
   **Hints:**
   1. See page 551 of your textbook.

2. a. maladaptive  
   **Feedback:**
   
   **Hints:**
   1. See page 540 of your textbook.

3. b. biological model  
   **Feedback:**
   
   **Hints:**
   1. See page 541 of your textbook.

4. b. procrastination, avoiding studying, or deficient study skills  
   **Feedback:**
   
   **Hints:**
   1. See page 568 of your textbook.

5. a. borderline  
   **Feedback:**
Hints:
1. See page 566 of your textbook.

6. b.personality
Feedback:

Hints:
1. See page 566 of your textbook.

7. b. *Diagnostic and Statistical Manual of Mental Disorders*
Feedback:

Hints:
1. See page 543 of your textbook.

8. d. behavioral
Feedback:

Hints:
1. See page 560 of your textbook.

9. a. anorexia nervosa
Feedback:

Hints:
1. See page 556 of your textbook.
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10. c. a set of learned responses
   **Feedback:**
   
   **Hints:**
   1. See page 541 of your textbook.

11. c. hallucinations
    **Feedback:**
    
    **Hints:**
    1. See page 563 of your textbook.

12. d. help psychological professionals diagnose psychological disorders
    **Feedback:**
    
    **Hints:**
    1. See page 543 of your textbook.

13. a. major depression
    **Feedback:**
    
    **Hints:**
    1. See page 552 of your textbook.

14. a. schizophrenia
    **Feedback:**
    
    **Hints:**
    1. See page 564 of your textbook.
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15. b. phobic disorder
   **Feedback:**

   **Hints:**
   1. See page 547 of your textbook.

16. d. a manic episode
   **Feedback:**

   **Hints:**
   1. See page 553 of your textbook.

17. d. ataque de nervios
   **Feedback:**

   **Hints:**
   1. See page 552 of your textbook.

18. d. "Who is Hippocrates?"
   **Feedback:**

   **Hints:**
   1. See page 538 of your textbook.

19. c. an excess or distortion of normal functions
   **Feedback:**

   **Hints:**
   1. See page 563 of your textbook.
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20. c.dissociative identity disorder

Feedback:

Hints:
1. See page 559 of your textbook.