Test Review
<table>
<thead>
<tr>
<th>Institution full name</th>
<th>Program full name</th>
<th>Order</th>
<th>Faculty: N total (in faculty list), 2006</th>
<th>Faculty: N new and cog new, 2006</th>
<th>Students: N enrolled, fall 2005</th>
<th>Students: N PhDs granted per non-acci year, 02-06</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRINCETON UNIVERSITY</td>
<td>Psychology</td>
<td>1</td>
<td>37</td>
<td>26</td>
<td>43</td>
<td>5.4</td>
</tr>
<tr>
<td>HARVARD UNIVERSITY</td>
<td>Psychology</td>
<td>2</td>
<td>52</td>
<td>29</td>
<td>74</td>
<td>10.6</td>
</tr>
<tr>
<td>STANFORD UNIVERSITY</td>
<td>Psychology</td>
<td>3</td>
<td>45</td>
<td>50</td>
<td>74</td>
<td>9.0</td>
</tr>
<tr>
<td>UNIVERSITY OF WISCONSIN-MADISON</td>
<td>Psychology</td>
<td>4</td>
<td>36</td>
<td>35</td>
<td>90</td>
<td>8.4</td>
</tr>
<tr>
<td>UNIVERSITY OF WISCONSIN-MADISON</td>
<td>Communicative Disorders</td>
<td>5</td>
<td>13</td>
<td>13</td>
<td>20</td>
<td>4.2</td>
</tr>
<tr>
<td>YALE UNIVERSITY</td>
<td>Psychology</td>
<td>6</td>
<td>42</td>
<td>28</td>
<td>85</td>
<td>12.2</td>
</tr>
<tr>
<td>UNIVERSITY OF MICHIGAN-ANN ARBOR</td>
<td>Psychology</td>
<td>7</td>
<td>130</td>
<td>113</td>
<td>114</td>
<td>25.0</td>
</tr>
<tr>
<td>UNIVERSITY OF ROCHESTER</td>
<td>Brain &amp; Cognitive Sciences</td>
<td>8</td>
<td>15</td>
<td>15</td>
<td>30</td>
<td>5.2</td>
</tr>
<tr>
<td>COLUMBIA UNIVERSITY IN THE CITY OF NEW YORK</td>
<td>Psychology</td>
<td>9</td>
<td>20</td>
<td>20</td>
<td>36</td>
<td>6.0</td>
</tr>
<tr>
<td>BROWN UNIVERSITY</td>
<td>Cognitive and Linguistic Sciences; Cognitive Sciences</td>
<td>10</td>
<td>18</td>
<td>18</td>
<td>24</td>
<td>2.2</td>
</tr>
<tr>
<td>UNIVERSITY OF CALIFORNIA-LOS ANGELES</td>
<td>Psychology</td>
<td>11</td>
<td>82</td>
<td>61</td>
<td>162</td>
<td>25.0</td>
</tr>
<tr>
<td>SAN DIEGO STATE UNIVERSITY-UNIVERSITY OF CALIFORNIA SAN DIEGO</td>
<td>Clinical Psychology</td>
<td>12</td>
<td>107</td>
<td>87</td>
<td>73</td>
<td>10.0</td>
</tr>
<tr>
<td>UNIVERSITY OF COLORADO AT BOULDER</td>
<td>Psychology</td>
<td>13</td>
<td>54</td>
<td>51</td>
<td>85</td>
<td>15.0</td>
</tr>
<tr>
<td>UNIVERSITY OF ROCHESTER</td>
<td>Clinical Psychology</td>
<td>14</td>
<td>12</td>
<td>9</td>
<td>29</td>
<td>5.5</td>
</tr>
<tr>
<td>UNIVERSITY OF ROCHESTER</td>
<td>Social/Personality Psychology</td>
<td>15</td>
<td>5</td>
<td>5</td>
<td>13</td>
<td>1.0</td>
</tr>
<tr>
<td>UNIVERSITY OF CHICAGO</td>
<td>Psychology</td>
<td>16</td>
<td>48</td>
<td>30</td>
<td>60</td>
<td>6.0</td>
</tr>
<tr>
<td>JOHNS HOPKINS UNIVERSITY</td>
<td>Psychological and Brain Sciences</td>
<td>17</td>
<td>20</td>
<td>12</td>
<td>26</td>
<td>3.8</td>
</tr>
<tr>
<td>CARNEGIE MELLON UNIVERSITY</td>
<td>Psychology</td>
<td>18</td>
<td>25</td>
<td>25</td>
<td>31</td>
<td>5.6</td>
</tr>
<tr>
<td>UNIVERSITY OF PITTSBURGH PITTSBURGH CAMPUS</td>
<td>Psychology</td>
<td>19</td>
<td>53</td>
<td>53</td>
<td>96</td>
<td>10.0</td>
</tr>
<tr>
<td>UNIVERSITY OF PENNSYLVANIA</td>
<td>Psychology</td>
<td>20</td>
<td>44</td>
<td>31</td>
<td>50</td>
<td>4.0</td>
</tr>
<tr>
<td>MASSACHUSETTS INSTITUTE OF TECHNOLOGY</td>
<td>Cognitive Science</td>
<td>21</td>
<td>14</td>
<td>14</td>
<td>33</td>
<td>4.0</td>
</tr>
<tr>
<td>SYRACUSE UNIVERSITY MAIN CAMPUS</td>
<td>Clinical Psychology</td>
<td>22</td>
<td>20</td>
<td>9</td>
<td>26</td>
<td>3.4</td>
</tr>
<tr>
<td>FLORIDA STATE UNIVERSITY</td>
<td>Psychology</td>
<td>23</td>
<td>36</td>
<td>36</td>
<td>107</td>
<td>10.0</td>
</tr>
<tr>
<td>DARTMOUTH COLLEGE</td>
<td>Psychological Brain Sciences</td>
<td>24</td>
<td>18</td>
<td>18</td>
<td>34</td>
<td>4.0</td>
</tr>
</tbody>
</table>
Test 1: 100 points total

• 50 multiple choice questions
  – (1.5 points each) = 75 points total

• 10 matching questions about historical figures
  – (1 point each) – 10 points total

• 3 vignettes requiring you to make a diagnosis
  – (also multiple choice)- 15 points total
Make Up of Exam

Part 1: 75% of Test (50 questions -1.5 points each)
   Assessment, Diagnosis, Research Strategies, Models of Psychopathology (19 questions)
   Anxiety- (12 questions)
   Depressive Disorders/Suicide- (19 questions)

Part 2: Key figures 10% of Test (10 questions- 1 point each)
   Matching historical figures to their accomplishments

Part 3: Vignettes 15% of Test (3 cases, -15 points total)
   Anxiety and Depressive disorders
Which of the following is not an aspect of the definition of psychological disorders?

a. the atypical response element, which states that a deviation from normal behavior is evidence of a psychological disorder

b. the psychodynamic element, which suggests that abnormal behavior is the result of poor ego defense mechanisms

c. the distress element, in which personal discomfort signals the presence of a psychological disorder

d. the impairment in functioning element, which defines a psychological disorder based on a disruption in ability to carry out normal tasks
One of the results of the discovery that the disease syphilis and the disordered behavior that results from it are both caused by the same bacterial microorganism was

a. mental health professionals began to think that other psychological disorders might be caused by other microorganisms, and biological cures might be possible.

b. individuals diagnosed with syphilis were referred to psychologists instead of doctors for further treatment.

c. the mental hygiene movement was established, which attempted to provide a sterile, bacteria-free, environment for those suffering from disorders.

d. mental health professionals adopted a genetic model, which has been supported by further scientific investigations into the causes of disorders.
Alarmingly, in some areas where the rate of new cases of AIDS had been declining, it has begun increasing again. The statistic that tells us this information is

a. incidence.
b. correlation.
c. deviation.
d. prevalence.
An individual who blocks disturbing thoughts or experiences from conscious awareness is said to be using the defense mechanism ________________.

a. sublimation  
b. rationalization  
c. projection  
d. repression
The purpose of psychoanalysis is

a. to reduce the symptoms of a disorder.
   b. to examine ego defenses.
   c. to reveal unconscious conflicts.
   d. to overcome the Oedipal complex.

_________ Is Central to Conflict between ID and Ego
The part of the nervous system that is activated in times of stress is the ______________ nervous system.

a. parasympathetic
b. somatic
c. sympathetic
d. central
Which of the following is an incorrect combination of neurotransmitter and what it affects?

a. norepinephrine; emergency reactions
b. serotonin; moderation and regulation of behavior
c. benzodiazepine and GABA; general anxiety
d. dopamine; depression
Research indicates that the relationship between psychological treatment and brain circuits is such that

a. psychological treatment works regardless of the brain circuit activity.

b. psychological treatment can alter brain circuits.


d. psychological treatment is not effective due to the changes in the brain caused by mental disorders.
The "fight or flight" response refers to

a. an Air Force principle for dealing with conflict.

b. a typical response to learned helplessness.

c. a technique used in Ellis' rational-emotive therapy.

d. an alarm reaction in the face of adverse circumstances.
The endocrine system is important because it

a. produces the neurotransmitters that determine bodily growth.

b. produces hormones that are implicated in some psychological problems.

c. produces the hormones that directly cause some psychological disorders.

d. is the main controller of the entire nervous system.
Most behavioral geneticists think that psychological disorders are influenced by

a. single genes.
b. several different genes, each of which determines the severity of the disorder.
c. many genes, each of which exerts only a small effect.
d. no genes in particular.
Which of the following is true?

a. If either a diathesis or a stress is present, a disorder will develop.

b. If both a diathesis and stress are present, a disorder will develop.

c. The smaller the diathesis, the greater the stress needs to be to produce a disorder.

d. The larger the diathesis, the greater the stress needs to be to produce a disorder.
Which part of the brain gives humans the capacity to think, plan, and reason?

a. cerebellum
b. thalamus
c. limbic system
d. cerebral cortex
This lobe is the part of the brain that is used for reasoning and relating to the world as humans.

a. cerebral
b. temporal
c. limbic
d. parietal
e. frontal
Which of the following could result in learned helplessness?

a. being in a stressful situation one cannot control
b. being in a stressful situation and refusing to control it
c. being in control and then encountering stressors
d. perceiving control when none is present
e. none of the above
While many fears are learned, some are more easily learned, or more prepared to be learned than others. The most likely fear-prepared stimulus below would be

a. rocks.
b. guns.
c. spiders.
d. electrical outlets.
e. flowers.
Equifinality refers to the idea that

a. different paths may lead to the same outcome.

b. a psychological disorder is caused by more than one factor.

c. a disorder will have a different prognosis, depending on the individual.

d. the same disorder can have multiple symptoms.
The diagnostic report states “The patient was oriented to time and space, showed appropriate affect, and could do simple calculations. Short and long-term memory were intact.” Someone has done

a. a mental status exam.

b. psychophysiological testing.

c. projective testing.

d. reliability evaluation.
The Mental Status Exam does not directly involve

a. observing a person's appearance.

b. noting the presence of delusions, hallucinations, or ideas of reference.

c. determining whether the condition is due to a medical problem.

d. determining mood and affect.
Marguerite is tested for brain damage. Although her test results indicate that she has no brain damage, in reality, she has a brain tumor. Her test results indicate a __________, which is a problem because

a. false positive; she will not get the treatment she needs.
b. false positive; she may end up paying for costly treatment that is not necessary.
c. false negative; she will not get the treatment she needs.
d. false negative; she may end up paying for costly treatment that is not necessary.
A prognosis is based primarily upon

a. information about the course of the disorder in other individuals.

b. whether the symptoms an individual exhibits correspond to the DSM-IV category for a particular disorder.

c. the treatment options available to the patient.

d. the client's desire to reform.
According to the textbook, DSM-IV is based on the

a. classical system of nosology.
b. dimensional system of nosology.
c. categorical system of nosology.
d. prototypical system of nosology.
Psychophysiological assessment techniques are used to

a. determine the physiological causes of psychological disorders.

b. measure bodily changes, such as heart rate and anxiety, that are associated with psychological processes.

c. analyze the functioning of the brain to determine if brain damage or abnormalities contribute to psychological disorders.

d. ensure that both the body and the mind respond appropriately to stress.
More recent DSM versions have promoted all but which of the following?

a. wide acceptance among mental health professionals
b. higher reliability
c. greater correspondence between categories and their theories of etiology
d. multi-axial approach to diagnosis
The purpose of standardization is

a. to make a diagnosis predictive.
   b. to increase the scores on a test.
   c. to determine whether a technique is appropriate.
   d. to make techniques consistent and comparable.
   e. to increase measurement subjectivity.
A false positive result on your neuropsychological test is problematic because

a. damage that requires treatment is more likely to be overlooked.

b. no neurological damage may be actually present.

c. it may call for unnecessary and expensive further testing.

d. it may cause undue stress.

e. all but a
Comorbidity refers to

a. a disorder that manifests itself in several ways.
b. the same disorder being diagnosed for two members of a family.
c. more than one disorder diagnosed for the same individual.
d. the severity of a particular disorder.
e. disorders that can cause death.
Dagwood discovered that the more intelligent a person is, the more books that person has at home. From this, Dagwood inferred that books make one more intelligent, so he rushed to the bookstore and spent hundreds of dollars on books for his home library in hopes of increasing his intelligence.

Dagwood could have saved his money, because

a. intelligence comes first, not the books.

b. it would have been cheaper just to buy books at garage sales.

c. based simply on a correlation between books and intelligence, it is impossible to determine directionality of causation.

d. none of the above; excuse me while I run to the bookstore.
In an experiment with depressed patients, doctors gave some participants antidepressant pills while others received an identical pill with no active ingredients. Neither doctors nor patients knew who got what. If both groups improved substantially but equally, this is evidence that

a. the “active ingredient” has no effect.

b. any effect of the antidepressant pill may be due to patients’ expectations.

c. any effect of the antidepressant pill may be due to the allegiance effect.

d. all but c
The genes responsible for problems that are characteristics of people with specific disorders are known as

a. phenotypes.
b. genomes.
c. endophenotypes.
d. genotypes.
The case study method involves

a. generalizing the characteristics of a disorder, as evident in many similar cases.
b. manipulation and measurement of variables.
c. hypnosis and application of psychoanalytic theory.
d. extensive study of one or more individuals who exhibit a particular disorder.
e. studying a large number of people but, rather than observing them directly, merely studying their case notes.
The directionality issue in correlation refers to

a. whether two variables are correlated positively or negatively.
b. which factor causes the other to occur.
c. whether conclusions based on data are true or false.
d. the strength of a correlation.
e. whether the behaviors increase or decrease.
Anxiety is

a. an immediate alarm reaction to stressful situations.

b. usually a sign of an underdeveloped ego.

c. potentially helpful in planning for the future.

d. always a hindrance to adaptive functioning.
Batman is walking down a dark alley in Gotham City. Suddenly, a dark figure jumps out from behind a trash bin and points a gun at him. Batman turns and runs, faster than a speeding bullet. This is an example of

a. alarm response.
b. panic.
c. anxiety.
d. wimpy behavior.
Paula has frequent panic attacks, but only when she views the national news on television. However, she does not experience a panic attack every time she sees the national news. Paula's panic attacks would be classified as

a. unexpected.
b. situationally bound.
c. situationally predisposed.
d. justified.
Which of the following is the area of the brain most often associated with anxiety?

a. occipital lobe
b. orbital frontal lobe
c. medulla
d. limbic system
Elliot constantly worries about his health, his finances, his job security, and the stability of his marriage. Often, his worries keep him awake at night, causing him to be so fatigued at work that he cannot perform his duties adequately. His wife is becoming frustrated with him, since he is so preoccupied with his worries that he is unable to do the dinner dishes when it is his turn. Elliot's problem might be diagnosed as

a. panic disorder.

b. generalized anxiety disorder.

c. simple phobia.

d. obsessive-compulsive disorder.
Which of the following observations is NOT true of individuals with generalized anxiety disorder?

a. They are more sensitive to threats than are other people.
b. They show more responsiveness on physiological measures than individuals with other anxiety disorders.
c. They exhibit more muscle tension than other people.
d. They appear to be autonomic restrictors.
Which of the following is an example of interoceptive avoidance?

a. Martha does not enter public restrooms for fear of disease.
b. Ronald does not visit his mother-in-law because she makes him anxious.
c. Noel does not go to church for fear of having a panic attack while there.
d. Chelsea does not play on merry-go-rounds because the dizziness resembles the early symptoms of a panic attack.
The main element in psychological treatment of panic disorders is

- a. benzodiazepines.
- b. hypnosis.
- c. exposure to the feared symptoms.
- d. teaching avoidance techniques.
Sportscaster John Madden's fear and avoidance of flying is an example of

a. generalized anxiety disorder.
b. panic disorder with agoraphobia.
c. specific phobia.
d. panic disorder without agoraphobia.
The most common phobia, the fear of public speaking, is an example of

a. specific phobia.
b. agoraphobia.
c. social phobia.
d. specific, situational phobia.
e. none of the above
Ritualistic, repeated actions designed to prevent intrusive thoughts are called

a. obsessions.
b. convulsions.
c. compulsions.
d. delusions.
e. pink elephants.
• What system is involved in panic

• What system is involved in anxiety?
Psychological treatment for obsessive-compulsive disorder usually involves

a. ritual prevention.
b. medication.
c. exposure to feared stimuli.
d. both a and c
e. all of the above
Anxiety is difficult to study because

a. humans may manifest it in many different ways.

b. animal research cannot be applied to our understanding of the human anxiety experience.

c. it is implicated in only a few types of psychopathology.

d. it has no physiological consequences.
Generalized anxiety disorder is considered the “basic” anxiety disorder because

a. it was the first anxiety disorder to be studied using animal models.
    b. all the other anxiety disorders include intense generalized anxiety.
    c. both a and b
    d. it was the first anxiety disorder to be studied by Freud.
Valerie tells you that she has been receiving cognitive behavioral treatment for her generalized anxiety disorder. This treatment most likely involves

a. bringing on the worry process during therapy sessions and confronting the anxiety-provoking images and worrisome thoughts head-on.

b. discussing the earliest memories of anxiety-provoking events and finding meaning in these fears.

c. snapping a rubber band on her wrist when she is anxious.

d. the prescription of serotonin reuptake inhibitor medication.

e. none of the above
Rita suffers from a panic disorder. After she begins exercising her heart rate increases. A cognitive theorist would predict that Rita would

a. interpret the increased heart rate in a catastrophic way.

b. experience a surge of anxiety after interpreting the heart rate increase as something dangerous.

c. be likely to experience a panic attack if she interprets any additional physical sensations as signs of increasing danger.

d. all of the above
Marjorie stopped attending temple for fear that she would yell obscenities at the rabbi during service. This is an example of

a. a compulsion.
b. a phobia.
c. an obsessive impulse.
d. a ritual.
e. none of the above
What is the most prevalent psychological disorder?

a. major depression  
b. posttraumatic stress disorder  
c. schizophrenia  
d. social phobia
The following list of exercises would most likely be an example of which type of treatment 1) shop in a crowded supermarket, 2) walk five blocks away from home, 3) drive

a. panic control treatment.
b. cognitive behavioral treatment.
c. gradual exposure treatment.
d. none
Mood disorders can range from mild to severe; the most severe type of depression is called:

a. major depressive disorder
b. dysthymia
c. cyclothymia
d. profound depression
One of the symptoms of a mood disorder is called anhedonia, which means:

a. a feeling of worthlessness
b. an altered pattern of sleep
c. indecisiveness
d. an inability to experience pleasure
Which of the following is a symptom of the mood disorder known as mania?

a. clear, coherent speech
b. hypoactive behavior
c. fatigue
d. grandiosity
When used in connection with mood disorders, "flight of ideas" means:

a. anxiety about airplane travel
b. rapid speech expressing many exciting ideas at once
c. limited imagination reflected in a slow way of speaking
d. repression of all creative ideas
In comparing the length of untreated depressive episodes and untreated manic episodes, which of the following is an accurate statement?

a. Depressive episodes generally last longer.

b. Manic episodes generally last longer.

c. Both types of episodes typically last about the same amount of time.

d. This comparison cannot be made because depressive episodes are always treated.
Which of the following symptoms characterize a manic episode?

a. feelings of guilt
b. irritability
c. anhedonia
d. loss of energy
A 35-year-old individual named Manny has recently formulated an elaborate plan to cure AIDS with vitamin therapy. To provide funding for this cause he has withdrawn all the money from his bank account and purchased thousands of jars of vitamins and small boxes in which to put them. When he appeared at a hospital emergency room loudly demanding names of patients with AIDS, he himself was hospitalized for psychiatric observation.

What is your diagnosis of Manny?

a. major depressive episode
b. hypomanic episode
c. manic episode
d. postpartum psychosis
What significant finding is usually noted when comparing major depressive disorder/recurrent and major depressive disorder/single episode?

a. family history of depression
b. severity of symptoms
c. more females have the single episode type
d. more males have the recurrent episode type
Debbie has been diagnosed with major depressive disorder, recurrent. She wants to know what to expect in the future regarding her condition. You tell her that according to recent research (Angst 1998, Angst and Preizig, 1996), the median lifetime number of major depressive episodes is:

a. four  
b. eight  
c. twelve  
d. sixteen
Jack has experienced recurrent episodes of major depressive episodes. In the intervals between the episodes, he does not seem to return to "normal." In fact, during those periods, he has been diagnosed as dysthymic. Jack's condition is referred to as:

a. double depression  
b. bipolar disorder  
c. atypical depression  
d. dysfunctional dysthymia
Tricyclic medications

a. have been widely used for depression in spite of a variety of side effects.
   b. include imipramine, fluoxetine, and amitriptyline.
   c. are not beneficial for children with attention problems, but are safe for children having major depressive disorder.
   d. are given to patients demonstrating a rapid cycling pattern of depressive, manic, and hypomaniac symptoms.
Not only is there a high prevalence of dysthymic disorder in children but it has also been found (Kovacs et al., 1994) that three-fourths of these children will eventually be diagnosed with:

a. bipolar disorder
b. mania
c. major depressive disorder
d. cyclothymia
Symptoms of severe depression are generally NOT considered a psychological disorder when they are associated with:

a. a grief reaction
b. a manic episode
c. anxiety
d. thoughts of suicide
If a friend of yours stops sleeping and suddenly claims that he is going to go to law school and medical school simultaneously so he can change the world you might suspect he is:

a. anxious
b. depressed
c. manic
d. anhedonic
Major depressive episodes tend to abate:

a. on their own eventually
b. only with medication
c. only with therapy
d. in women, but not men
A person who experiences a persistent depressed mood for at least 2 years but is not experiencing major depression may have:

a. dysthymic disorder
b. cyclothymic disorder
c. bipolar disorder
d. double depression
Travis suffers from acute major depressive episodes. He does not respond to therapeutic drugs and has been spotted pacing along the bridge near his home. Travis recently gave his therapist a favorite family heirloom. His psychiatrist is concerned about his suicidal ideation and is considering __________ due to the ineffectiveness of the current treatment and the severity of Travis' symptoms.

a. electroconvulsive shock therapy
b. frontal lobotomy
c. insulin shock therapy
d. hypnosis
A person who eats and sleeps too much is experiencing a depressive episode with:

a. atypical features
b. melancholic features
c. chronic features
d. catatonic features
Which of the following is most effective in the treatment of seasonal affective disorder?

a. light therapy
b. cognitive behavioral therapy (CBT)
c. light and CBT
d. medication