

Directions: Learn. 20 of these will be on your L.E. upon the return from your AP Psych study Break!

- _____ 1. A person who loves to eat but at the same time fears becoming overweight is most likely experiencing
a. an approach-approach conflict b. an avoidance-avoidance conflict c. the fight-or-flight response
d. an approach-avoidance conflict
- _____ 2. The person who is most likely to experience frustration is one who
a. sets goals that are too low b. can predict the outcome of an event c. must decide between two equally
attractive alternatives d. is a perfectionist
- _____ 3. Psychogenic amnesia and fugue most likely result from
a. a neurotic personality b. unconscious recollections of childhood trauma c. extreme stress d. a
neurotransmitter imbalance
- _____ 4. A person who perceives stimuli that aren't there is said to have
a. delusions b. illusions c. hallucinations d. obsessions
- _____ 5. Demands or expectations to behave in a certain way define the notion of
a. pressure b. stress c. frustration d. conflict
- _____ 6. Lawrence Kohlberg believed that moral development is determined by
a. physical development b. social development c. emotional development d. cognitive development
- _____ 7. Sigmund Freud's method for treating disorders is called
a. systematic desensitization b. psychoanalysis c. client-centered therapy d. primal-scream therapy
- _____ 8. The idea that even if an object changes shape or appearance the underlying quantity of the object remains the
same is Piaget's principle of
a. irreversibility b. assimilation c. conservation d. object permanence
- _____ 9. Dysthymic disorder is to _____ as cyclothymic disorder is to _____.
a. bipolar disorder; schizophrenic disorder b. bipolar disorder; major depressive disorder c. major
depressive disorder; bipolar disorder d. major depressive disorder; schizophrenic disorder
- _____ 10. Carol finds she is no longer interested in things she used to do, is sad most of the time, and thinks she is a
terrible person. Additionally, she has recently lost a lot of weight and doesn't sleep very much. Carol's behavior
would be diagnosed as
a. a personality disorder b. a mood disorder c. an anxiety disorder d. a dissociative disorder
- _____ 11. Roy alternates between periods in which he remains motionless and seems oblivious to his environment, and
periods of hyperactivity and frenzied excitement. Roy would most likely be diagnosed as having
a. undifferentiated schizophrenia b. disorganized schizophrenia c. catatonic schizophrenia d. paranoid
schizophrenia
- _____ 12. Active efforts to master, reduce, or tolerate the demands created by stress are called
a. defending b. aggressing c. resisting d. coping
- _____ 13. Which of the following statements is least accurate?
a. Depressed people tend to be evaluated negatively by others. b. Correlations have been found between
poor social skills and depression. c. There is no relationship between depression and environmental stress.
d. Depressed people gravitate towards people who reinforce their negative views of themselves.
- _____ 14. What appears to mediate between a potentially stressful event and the emotional, physiological, and
behavioral response to that event?
a. the frequency of occurrence of the event b. the appraisal of the event c. the magnitude of the event
d. the number of other people who are present

- ___ 15. If an infant is temperamentally easy, what would be the best prediction to make about the child's temperament at age 10?
a. By the age of 10, the child is likely to develop whatever temperament the primary caregiver has. b. The child is fairly likely to retain the easy temperament. c. No reasonable prediction can be made. d. The child is likely to overcompensate by becoming "difficult" later on.
- ___ 16. Revising a mental structure to incorporate new information is referred to as
a. accommodation b. schematizing c. prototyping d. elaboration
- ___ 17. Walter is only able to achieve sexual arousal by dressing in women's clothing. In the American culture his behavior would most likely be considered
a. maladaptive b. personally distressing c. deviant d. delusional
- ___ 18. Diagnosis is to etiology as
a. why is to what b. where is to when c. when is to where d. what is to why
- ___ 19. Individuals who alternate between periods of depression and periods of being manic are diagnosed as having
a
a. conversion disorder b. dissociative disorders c. multiple personality disorder d. bipolar disorder
- ___ 20. A key concept in Freudian theory is
a. personal growth b. self-actualization c. reinforcement d. conflict
- ___ 21. Most of Conrad's friends consider him to be highly neurotic. It is likely that, compared to his friends, Conrad is
a. less likely to perceive events as stressful b. more likely to "choke" under pressure c. less likely to use defensive coping strategies d. more likely to perceive events as stressful
- ___ 22. Unconscious reactions for dealing with unpleasant emotions such as anxiety or guilt are referred to as
a. constructive coping b. defense mechanisms c. rationalizations d. neurosis
- ___ 23. The class of disorders that are marked by delusions, hallucinations, disorganized speech and deterioration of adaptive behavior is known as
a. anxiety disorder b. schizophrenic disorders c. personality disorders d. dissociative disorders
- ___ 24. Erik Erikson's developmental stages are organized around potential turning points called
a. psychosexual crises b. psychosocial crises c. developmental tasks d. fixation points
- ___ 25. Evidence suggests that the incidence of depression is
a. increasing in men, but remaining stable in women b. decreasing in most Western countries
c. remaining relatively stable over time d. increasing, especially among age cohorts born since World War II
- ___ 26. According to Seligman's concept of "preparedness," which of the following stimuli should one develop a phobia toward most easily?
a. certain numbers b. chairs c. heights d. monkeys
- ___ 27. What occurs when two or more incompatible motivations or behavioral impulses compete for expression?
a. vacillation b. pressure c. frustration d. conflict
- ___ 28. When you find yourself "caught between a rock and a hard place" you are experiencing
a. an approach-avoidance conflict b. a double approach-avoidance conflict c. an avoidance-avoidance conflict d. an approach-approach conflict
- ___ 29. Learned helplessness involves
a. atoning for unacceptable unconscious drives or impulses in socially acceptable ways b. protecting oneself from unpleasant situations by refusing to acknowledge them c. a release of emotional tension that often accompanies stress d. passive behavior produced by exposure to unavoidable aversive events
- ___ 30. Howard sets extremely high standards for both himself and others. He tends to be rigid and inflexible and rarely allows himself to enjoy life. Freud would probably conclude that Howard is dominated by
a. his id b. his ego c. persona envy d. his superego

- ___ 31. When groups of subjects of differing ages are compared at a single point in time, the study is called a
a. sequential study b. longitudinal study c. cross-cultural study d. cross-sectional study
- ___ 32. What area of psychology is concerned with how psychosocial factors relate to the promotion and maintenance of health and with the causation, prevention, and treatment of illness?
a. health psychology b. psychoimmunology c. positive psychology d. industrial psychology
- ___ 33. Selena constantly thinks about climbing up the stairs to the roof of her building and jumping into the street below. Selena's uncontrollable thoughts could be considered an example of
a. a delusion b. a compulsion c. an obsession d. a hallucination
- ___ 34. Often new situations and experiences have characteristics in common with situations or events that people have encountered in the past. In these types of situations, people can often respond appropriately by using the process Piaget referred to as
a. assimilation b. centration c. accommodation d. conservation
- ___ 35. Assumptions of stage theorists of development include all of the following EXCEPT
a. development is marked by discontinuities that guide in dramatic changes in behavior b. individuals progress through specified stages in a particular order c. progress through stages is strongly related to physical maturation d. each stage builds on the previous stage
- ___ 36. What does the research have to say about the general effect of everyday problems and the minor nuisances of life?
a. Minor stresses often have significant harmful effects on mental health, but don't affect physical health.
b. Minor stresses may have significant harmful effects on both physical and mental health. c. Minor stresses produce minor effects. d. Minor stresses have negative effects only when coupled with major stresses.
- ___ 37. Conventional thinking in moral development bases morality (right or wrong) on
a. the potential rewards b. the risk of punishment c. personal principles d. society's laws
- ___ 38. The two major pathways via which the brain may signal the endocrine system are through
a. the parasympathetic and sympathetic systems b. the circulatory and muscular systems c. the autonomic and skeletal nervous systems d. the pituitary gland and the autonomic nervous system
- ___ 39. The class of disorders in which people lose contact with portions of their consciousness or memory resulting in disruptions in their sense of identity is known as the
a. psychosomatic disorders b. dissociative disorders c. anxiety disorders d. somatoform disorders
- ___ 40. The Social Readjustment Rating Scale was designed specifically to measure
a. aggression b. control c. conflict d. change
- ___ 41. The name for the dissociative disorder that involves the coexistence in one person of two or more largely complete, and usually very different, personalities is
a. dissociative fugue b. dissociative personality disorder c. dissociative amnesia d. dissociative identity disorder
- ___ 42. A physical ailment that results, in part, from psychological factors without any accompanying physical basis is referred to as
a. malingering b. a psychosomatic disease c. a somatoform disorder d. an anxiety disorder
- ___ 43. When the same group of subjects are repeatedly compared at different points in time, the study is called a
a. cross-cultural study b. longitudinal study c. sequential study d. cross-sectional study
- ___ 44. Twanna uses behavioral disengagement as a coping strategy. She will typically experience
a. increased, rather than decreased, distress. b. overcompensation or intellectualization. c. a release of negative emotional tension. d. catastrophic thinking and self-blame.
- ___ 45. Which of the big-five personality traits is most associated with higher college grade point averages?
a. neuroticism b. extraversion c. agreeableness d. conscientiousness

- ___ 46. While walking through a shopping center, you suddenly have an intense feeling of dread, notice your heart beating strongly, feel like you are suffocating, and find yourself running for the nearest exit. You would be exhibiting symptoms of
a. mania b. acrophobia c. panic disorder d. schizophrenia
- ___ 47. Dave washes his hands at least 50 times per day, even though his hands are rarely dirty. Dave's behavior is an example of
a. an obsession b. a phobia c. a compulsion d. a delusion
- ___ 48. Dr. Cummings believes that psychological disorders can be diagnosed, treated, and possibly cured, just like physical illnesses. Dr. Cummings' views reflect the point of view suggested by
a. the medical model of abnormal behavior b. the deviance model of abnormal behavior c. the behavioral model of abnormal behavior d. the psychodynamic model of abnormal behavior
- ___ 49. On the DSM-IV, the patients physical disorders are recorded on
a. Axis II of the DSM-IV b. Axis III of the DSM-IV c. Axis V of the DSM-IV d. Axis I of the DSM-IV
- ___ 50. Frank witnessed a horrible car accident but cannot remember anything about it. Frank appears to have
a. dissociative amnesia b. conversion disorder c. dissociative fugue d. psychosis-induced repression
- ___ 51. All of the following are considered anxiety disorders EXCEPT
a. phobic disorder b. obsessive-compulsive disorder c. generalized anxiety disorder d. conversion disorder
- ___ 52. Roger enjoys gambling so much that he does it every day, totally neglecting his family and job. Roger's behavior satisfies which criterion of abnormality most clearly?
a. deviance b. maladaptive behavior c. personal distress d. persistence
- ___ 53. Harry is an excellent basketball player who seldom misses a shot during practice. After yesterday's practice Harry's coach told him that some scouts from a big college would be at today's practice. Based on the research by Baumeister, it is likely that this increase in pressure will make Harry
a. less self-conscious, causing him to play even better b. more self-conscious and will interfere with his performance c. more self-conscious, causing him to play even better d. less self-conscious and will interfere with his performance
- ___ 54. The correct order for the three stages of Selye's general adaptation syndrome is
a. primary, secondary, tertiary b. recognition, reaction, evaluation c. alarm, resistance, exhaustion d. alarm, adaptation, recovery
- ___ 55. A person who checks his alarm clock 20 times before going to sleep is being
a. compulsive b. amnesiac c. obsessive d. phobic
- ___ 56. The process of pushing distressing thoughts into the unconscious and keeping them there is known as
a. neurogenic amnesia b. avoidance c. suppression d. repression
- ___ 57. Stress responses affect the individual
a. emotionally b. emotionally, physiologically and behaviorally c. behaviorally d. physiologically
- ___ 58. Stress effects appear to be moderated by the
a. thalamus activating the pituitary gland b. cerebellum activating the autonomic nervous system c. hypothalamus activating the sympathetic nervous system d. pituitary gland activating the hypothalamus
- ___ 59. How do defense mechanisms accomplish their goal of diminishing stress?
a. By forcing the individual to express emotions. b. Through self-deception. c. Through a reduction of impulse control. d. By blocking the awareness of anxiety.
- ___ 60. The final stage of Hans Selye's general adaptation syndrome during which the organism's resources for fighting stress may be depleted is called
a. alarm b. resistance c. fatigue d. exhaustion

- ___ 61. In general, the least stressful conflict is the
a. approach-avoidance conflict b. double approach-avoidance conflict c. avoidance-avoidance conflict
d. approach-approach conflict
- ___ 62. Frustration refers to
a. the most frequent emotional response to aggression b. being blocked in the pursuit of a desired goal
c. being caught between two incompatible motives d. being expected to live up to high standards of performance
- ___ 63. Jose has a psychological disorder, and his doctor has prescribed a drug that affects both the levels of norepinephrine and serotonin in Jose's nervous system. Based on this information, it is most likely that Jose is being treated for
a. depression b. an anxiety disorder c. a somatoform disorder d. a schizophrenic disorder
- ___ 64. In dealing with stress, coping responses
a. may be adaptive or maladaptive b. are always maladaptive c. are always adaptive d. are not "coping" unless they are adaptive
- ___ 65. The tendency to focus on just one feature of a problem while neglecting other important aspects is referred to as
a. reification b. centration c. assimilation d. object impermanence
- ___ 66. A psychotherapist who participates in complex verbal interactions with clients in order to enhance clients' understanding of themselves and their problems would be classified as
a. an insight therapist b. a behavior therapist c. a biomedical therapist d. a homeopathic therapist
- ___ 67. Claude has been seeing a therapist in an attempt to finally stop smoking. The therapist has described a number of specific techniques that they might try to eliminate Claude's behavior of smoking. In this case, his therapist's approach to treatment would most likely be classified as
a. insight therapy b. biomedical therapy c. homeopathic therapy d. behavior therapy
- ___ 68. The two most common problems among those who seek psychotherapy are
a. marital conflicts and a sense of emptiness b. loneliness and boredom c. low self-esteem and irrational thinking d. excessive anxiety and depression
- ___ 69. Which of the following psychologists is most likely to deal with the most severe mental health problems?
a. counseling psychologist b. clinical psychologist c. school psychologist d. research psychologist
- ___ 70. Which of the following disorders would be least likely to be treated by psychiatrists?
a. schizophrenia b. mood disorder c. anxiety disorder d. marital problems
- ___ 71. What do psychoanalytic, client-centered, and cognitive therapies have in common?
a. They all deal with psychotic problems. b. They all stress insight into the self. c. They all require an M.D. degree to practice. d. They all use drugs as part of the treatment.
- ___ 72. According to Freud, neurosis usually results from unconscious conflicts over
a. power and aggression b. sex and aggression c. sex and achievement d. power and achievement
- ___ 73. Largely unconscious defensive maneuvers intended to hinder the progress of therapy are referred to as
a. transference b. frustration c. resistance d. projection
- ___ 74. During psychoanalysis when a client begins to start relating to their therapist in ways that mimic critical relationships in their lives the patient is said to be engaging in
a. transference b. frustration c. resistance d. projection
- ___ 75. According to Rogers, personal distress occurs when
a. unconscious conflicts threaten to rise to the surface of conscious awareness b. a person engages in negative thinking c. there is incongruence between a person's self-concept and reality d. a person is lacking in self-control

- ___ 76. Which of the following statements about group therapy is least accurate?
a. Therapy groups typically consist of 4 to 15 participants. b. The therapist may share his or her personal experiences and feelings with the group. c. Group participants essentially function as therapists for each other. d. Group therapy is typically more expensive than individual therapy.
- ___ 77. The recovery from a disorder without formal treatment is referred to as
a. a placebo effect b. reified recovery c. spontaneous remission d. countertransference
- ___ 78. A behavior therapist's major concern in treating an abnormal behavior would be to discover
a. the childhood unconscious conflict that led to the behavior b. how situational factors are evoking the troublesome behavior c. the ways in which the behavior keeps the client from becoming self-actualized d. the inappropriate thought patterns that underlie the behavior
- ___ 79. You make an appointment to see a therapist and, as you are waiting, you notice that a large number of the books on the therapist's shelves deal with the work of Joseph Wolpe. You might expect that this therapist will
a. emphasize the need to bring unconscious conflicts and defenses into conscious awareness b. provide a supportive emotional environment while allowing you to determine the pace and direction of your therapy c. use counterconditioning to reduce anxiety responses d. help you recognize and change negative thoughts and maladaptive beliefs
- ___ 80. A therapist cures a man of his sexual attraction to children by pairing pictures of children with painful electric shocks. The procedure being used here is
a. systematic desensitization b. aversion therapy c. extinction d. social skills training
- ___ 81. The goal of cognitive therapy is to
a. observational learning to overcome maladaptive behavior b. change the clients negative thought and maladaptive beliefs c. use positive reinforcement to change maladaptive behaviors d. use verbal interactions to expand the clients self-knowledge
- ___ 82. Psychopharmacotherapy involves the treatment of mental disorders with
a. electroconvulsive shock b. insight therapy c. medication d. surgery
- ___ 83. Therapies that involve physiological intervention intended to reduce symptoms associated with psychological disorders are
a. behavior therapies b. insight therapies c. biomedical therapies d. cognitive therapies
- ___ 84. The two major antianxiety drugs or tranquilizers are
a. Thorazine and Haldol b. Valium and Xanax c. Elavil and Nardil d. Prozac and Zoloft
- ___ 85. Gil has a psychological disorder, and his doctor has prescribed an antipsychotic drug to reduce the severity of Gil's symptoms. In this case, Gil's therapist is most likely treating him for
a. panic disorder b. mild depression c. generalized anxiety disorder d. schizophrenia
- ___ 86. A major drug used to reduce the symptoms of schizophrenia is
a. Valium b. Elavil c. Thorazine d. lithium
- ___ 87. The side effect associated with taking traditional antipsychotic drugs that is characterized by chronic tremors and involuntary spastic movements is
a. infidibular recidivism b. tardive dyskinesia c. tachycardia palpitations d. MAO inhibition
- ___ 88. The newest antidepressant drugs such as Prozac, Paxil, and Zoloft
a. increase levels of dopamine in the brain b. act as MAO inhibitors c. slow the reuptake process at serotonin synapses d. also reduce the manic symptoms associated with bipolar disorder
- ___ 89. Lithium is a chemical used to treat
a. major depression b. schizophrenia c. multiple-personality disorders d. bipolar mood disorders
- ___ 90. Generally speaking, the majority of clinical psychologists describe themselves as using
a. a psychoanalytic approach to therapy b. an eclectic approach to therapy c. a Gestalt approach to therapy d. a behavioral approach to therapy

