Abnormal Psychology
Practice Quiz #2

1. Someone that experiences recurrent short bouts (less than ten minutes) of heart palpitations, sweating, shallow breathing and trembling would most likely be diagnosed with ________________.
   a) GAD
   b) OCD
   c) Phobia
   d) Panic disorder

2. How do PTSD and Acute Stress Disorder differ?
   a) in the severity of their symptoms
   b) in the length of time
   c) PTSD is caused by a traumatic event, while Acute Stress Disorder is not
   d) All of the above

3. Sally has several different physical ailments that have been going on for several years, including headaches, stomachaches, PMS, constipation, numbness, chest pain, and others. Doctors have not found anything biological to account for all of her symptoms. If Sally were to be diagnosed with a psychological disorder, which of the following would it be:
   a) somatization disorder
   b) conversion disorder
   c) hypochondriasis
   d) muchausen syndrome

4. Barry has started to notice that he blacks out and when he comes to he doesn't know how he arrived at the location he is at. He has not been using drugs and is perplexed. His best friend has noticed that Barry “hasn’t been himself lately”. One day he is light hearted and reserved and the next he is aggressive and outspoken. Barry even dresses differently on these days. He has even been referring to himself by two different names. If Barry were to be diagnosed with a psychological disorder, which of the following would it most likely be:
   a) DID
   b) Depersonalization disorder
   c) Bipolar disorder
   d) Schizophrenia
5. Those diagnosed with a stress disorder often have imbalances in what chemical(s)?
   a) norepinephrine
   b) serotonin
   c) cortisol
   d) both a & c

6. Which of the following treatments for depression would have the fastest therapeutic effect?
   a) antidepressants
   b) CBT
   c) ECT
   d) antipsychotics

7. Which of the following is a behavioral symptom of bipolar disorder?
   a) driving dangerously on the freeway
   b) the desire for constant excitement
   c) being extremely happy for no apparent reason
   d) feeling lethargic

8. One procedure used to treat phobic disorders involves having the therapist confront the feared object or situation while the fearful client observes. This is called:
   a) flooding
   b) modeling
   c) CBT
   d) systematic desensitization

9. A therapist that believes that learned helplessness is a cause of depression would fall under what theoretical view?
   a) sociocultural
   b) psychodynamic
   c) cognitive view
   d) behavioral

10. EMDR is a form of therapy that is based on which theoretical view?
    a) cognitive
    b) behavioral
    c) psychodynamic
    d) cultural
11. What type of treatments are those diagnosed with preoccupation disorders most likely to receive?
   a) exposure  
   b) mood stabilizers  
   c) EMDR  
   d) Psychoanalysis

12. A person that fakes biological symptoms in order to receive medication, would be diagnosed with what disorder?
   a) hypochondriasis  
   b) muchausen syndrome  
   c) BDD  
   d) factious disorder

13. What class of antidepressants works primarily on increasing dopamine?
   a) MAOI’s  
   b) tricyclics  
   c) second generation  
   d) atypical antipsychotics

14. What does the “cognitive triad” refer to?
   a) a cognitive explanation for negative thinking associated with depression  
   b) a cognitive approach to treating depression  
   c) a cognitive explanation for the maladaptive beliefs associated with GAD  
   d) all of the above

15. What type of biological therapy has the greatest success in treating someone with Bipolar Disorder?
   a) lithium  
   b) REM sleep deprivation  
   c) antidepressants  
   d) relaxation training