Psy4 Practice Quiz 1

Note: this needs to be completed on a scantron (see syllabus for details)

1. Griselda has difficulty sleeping most nights and staying focused in classes because of her intrusive thoughts about whether or not she locked her front door. As a result her grades are slipping drastically. According to the definition of abnormality, her intrusive thoughts are causing her:
   a) distress
   b) dysfunction
   c) deviance
   d) dangerousness

2. Which of the following supports the psychogenic perspective:
   a) psychological abnormality is caused by faulty thought processes
   b) psychological abnormality is caused by disrupted levels of neurotransmitters
   c) psychological abnormality is caused by maladaptive behaviors
   d) both a & c are correct

3. Which of the following is the most commonly used biological treatment for treating depression:
   a) hypnosis
   b) electroconvulsive therapy
   c) CBT
   d) antidepressants

4. Sherry blames her brother for all of their problems, and accuses him of saying hurtful things when in fact it is Sherry that has said hurtful things to her brother. If Sherry is using a defense mechanism, which one would it be?
   a) displacement
   b) projection
   c) reaction formation
   d) denial

5. Which of the following is not one of the important qualities of a therapist according to Rogers:
   a) self disclosure
   b) empathy
   c) genuineness
   d) unconditional positive regard
6. Which of the following is an example of a classically conditioned emotional response:
   a) after Jerome gets punished for getting an answer wrong in class, he refuses to participate in class
   b) Meg watches her older brother get rewarded for behaving aggressively during basketball, so now she behaves aggressively with her younger brother
   c) getting bitten by a spider and now fearing spiders
   d) hearing the front door slam and fearing your father

7. A mother wants to teach her son to do chores without throwing a temper tantrum. Every time he completes a chore without throwing a temper tantrum, she gives him a gold star. After receiving 5 gold stars he can exchange them for a scoop of his favorite ice cream. According to learning theory, this mother is making use of:
   a) bribery
   b) the token economy
   c) modeling
   d) punishment

8. The first step in systematic desensitization is:
   a) learning relaxation techniques
   b) creating a fear hierarchy
   c) figuring out the cause of your fear
   d) exposure to your fear

9. Using self-monitoring as a tool in therapy is helpful for what kinds of behaviors?
   a) ones that the person is not fully aware that she is engaging in
   b) ones that are dangerous to the person
   c) ones that the person is aware of
   d) ones that are adaptive to the person

10. Which of the imaging techniques provides the best resolution of brain structures?
    a) MRI
    b) CT scan
    c) PET scan
    d) EEG

11. If a researcher wanted to test the effects of light therapy on treating seasonal affective disorder, the independent variable would be:
    a) levels of depression
    b) the participants
    c) light therapy
    d) the researcher
12. If a researcher found that the less a child is bullied in school the less likely that child is to suffer from depression later, this would indicate:
   a) a negative correlation between the 2 variables
   b) that bullying causes depression
   c) that the research is flawed
   d) a positive correlation between the 2 variables

13. A researcher wants to test whether caffeine consumption is linked to feelings of anxiety; the experimental group would be:
   a) the group that receives the placebo
   b) the group that receives the caffeine
   c) the group that receives nothing
   d) the group that receives both the caffeine and the placebo

14. __________ refers to whether a test measures what it is intended to measure.
   a) Validity
   b) Reliability
   c) Generalizability
   d) Statistical significance

15. According to Freud this part of the mind is responsible for feeling guilt when you lie to your professor as to why you missed class.
   a) id
   b) consciousness
   c) superego
   d) ego