

Answer all questions on your Scantron. Select the best answer for each question.

1. James is being treated for a shoe fetish. The therapist pairs electric shock with sight and touch of shoes. The therapist is using:
 - a. a behavior contract.
 - b. a token economy.
 - c. positive reinforcement.
 - d. operant conditioning.
 - e. classical conditioning.*
2. Most patients discharged from mental hospitals during the de-institutionalization movement of the 1970s:
 - a. were treated in community mental health centers.
 - b. were re-admitted to the hospitals from which they were discharged.
 - c. became employed and self-supporting.
 - d. went to live in rural areas.
 - e. no one knows what happened to most of them.*
3. Some civil libertarians believed that there were certain advantages in sending a mentally disturbed offender to jail rather than to a mental hospital. One of these advantages noted by civil libertarians was:
 - a. there was better treatment available in jail.
 - b. more trained staff in jail.
 - c. less chance of abuse or assault in jail than in mental hospital.
 - d. prisoners had fixed sentences; mental patients did not.*
 - e. jail was less expensive than a mental hospital.
4. A client being treated for alcohol abuse receives just enough of a drug called curare to produce temporary paralysis just as that client takes a swig of beer. Presumably, sufficient pairings of paralysis and alcohol will reduce the client's desire for alcohol. This procedure is called:
 - A) covert sensitization.
 - B) contingency training.
 - C) relapse-prevention training.
 - D) aversion therapy.*
5. "Drug dependence may develop because one finds drug use rewarding when it reduces tension." Which view of substance abuse would applaud this statement most enthusiastically?
 - A) biological
 - B) sociocultural
 - C) behavioral*
 - D) psychodynamic
6. At one time, amphetamines were known as:
 - a. narcotics.
 - b. hallucinogens.
 - c. crack.
 - d. PCP.
 - e. "pep pills".*
 - f.

7. Those who used marijuana in the 1960s were less likely to develop drug dependence than users around the year 2000 because marijuana available in the 1960s had:
- A) much less THC.*
 - B) much more THC.
 - C) no hallucinogenic effects.
 - D) more powerful hallucinogenic effects.
8. The chief danger of LSD use is:
- A) the risk of developing drug tolerance.
 - B) the possibility of very powerful, sometimes negative, reactions.*
 - C) the severity of withdrawal symptoms among even occasional users.
 - D) the universal occurrence of "flashbacks" among former users.
9. A person who took a drug an hour or two ago sits alone, quietly and intensely listening--so the person says--to the sap running in a tree, the leaves of which appear a brilliant purple to the drug user. Most likely, the person has recently used:
- A) LSD.*
 - B) cocaine.
 - C) marijuana.
 - D) methamphetamine.
10. A person who has injected a narcotic feels relaxed, happy, and unconcerned about food, sex, or other bodily needs. This person is experiencing what is known as:
- A) a rush.
 - B) a high.*
 - C) free-basing.
 - D) endorphin release.
11. After the accident, Kendra was taken to the hospital with broken legs and arms. They almost immediately gave her a shot that reduced her pain. The shot was probably:
- A) morphine.*
 - B) a sedative.
 - C) a barbiturate.
 - D) an amphetamine.
12. People who diet to lose weight usually:
- A) gain the weight back.*
 - B) do not lose any weight.
 - C) maintain a lower, but not the lowest, weight.
 - D) maintain the low weight they achieve through dieting.
13. Which one of the following is most at risk for an eating disorder?
- A) a college woman who is a non-athlete
 - B) a woman lower on the socioeconomic scale
 - C) an African-American woman
 - D) a gymnast*

14. Which one of the following would be least likely to characterize the behavior of one experiencing anorexia nervosa?

- A) careful preparation and planning of the food one eats during the day
- B) feeling oneself to be unattractively overweight
- C) perfectionistic tendencies
- D) a hesitancy to think and talk about food*

15. People suffering from anorexia nervosa tend to:

- A) overestimate their body size.*
- B) underestimate their body size.
- C) correctly estimate their body size.
- D) vary in accuracy in estimating their body size.

16. The most common cognitive disturbance in anorexia nervosa is:

- A) a distorted body image.*
- B) a revulsion toward food.
- C) a major clinical depression.
- D) distorted external perceptions.

17. The preoccupation with food characteristic of anorexia nervosa is thought to:

- A) result from starvation.*
- B) be the cause of the disorder.
- C) be the single most important aspect of the disorder.
- D) be a characteristic shared with people without the disorder.

18. What is the most common outcome for individuals with anorexia nervosa?

- A) recovery*
- B) starving to death
- C) suffering irreversible physical harm
- D) suffering lifelong physiological trauma

19. The campus "bra bandit" steals women's underwear from the campus laundry, then masturbates into the underwear. The most appropriate diagnosis would be:

- A) no diagnosis: the behavior falls with "normal" limits.
- B) fetishism.*
- C) transvestic fetishism.
- D) exhibitionistic fetishism.

20. What problem do behavioral therapists focus on when treating sexual dysfunction?

- A) fear*
- B) depression
- C) aggression
- D) conflict resolution

21. If a patient is assigned to a community mental health center inpatient facility instead of a mental hospital, the decision makers are applying the principle of:
- A) minimum wage.
 - B) aftercare.
 - C) community residence/group home.
 - D) least restrictive environment.*
22. Defendants who are actively hallucinating and experiencing delusions during the time of their trials are most likely to be:
- A) judged not guilty of the crime by reason of insanity.
 - B) judged not guilty of the crime due to severe mental instability.
 - C) committed for treatment until they improve enough to be released.
 - D) committed for treatment until they improve enough to defend themselves.*
23. Keira has an unstable self-image, major mood shifts, and is prone to depression and impulsive behavior. She most likely should be diagnosed as having a:
- A) histrionic personality disorder.
 - B) borderline personality disorder.*
 - C) depressive personality disorder.
 - D) narcissistic personality disorder.
- 24.. Researchers and clinicians have had little or no success in treating _____, regardless of the treatment approach taken.
- A) histrionic personality disorder
 - B) antisocial personality disorder*
 - C) dependent personality disorder
 - D) obsessive-compulsive personality disorder
25. The absence of parental love results in emotional detachment and the use of power to form relationships. This is most like a _____ explanation of the development of antisocial personality disorder.
- A) cognitive
 - B) biological
 - C) behavioral
 - D) psychodynamic*
26. Sarah respects none of society's boundaries and is insensitive to other people, frequently violating their rights. She does not consider the consequences of her actions. She experiences:
- A) schizoid personality disorder.
 - B) antisocial personality disorder.*
 - C) histrionic personality disorder.
 - D) schizotypal personality disorder.
27. The theorist who describes schizoid personality disorder as arising from an inability to perceive effectively what is going on in the environment, including emotions, reflects the _____ theoretical orientation.
- A) cognitive*
 - B) behavioral
 - C) existential
 - D) psychodynamic

28. Martin was certain that his chin was too big and was misshapen. He was very anxious in public and tried to work at home whenever possible. His condition could best be diagnosed as:
- A) somatization disorder.
 - B) hypochondriacal disorder.
 - C) body dysmorphic disorder.*
 - D) factitious disorder with psychological symptoms.
29. Munchausen syndrome is a _____ disorder.
- A) somatoform
 - B) factitious*
 - C) psychophysical
 - D) conversion
30. In her work in the gay community of Los Angeles, the main goal of Evelyn Hooker is to:
- a. provide therapy to homosexuals so that they become better adjusted homosexuals.
 - b. change homosexuals into heterosexuals.
 - c. understand the homosexual community; to see how they view the world.*
 - d. interpret the case for homosexuality to the general public.
 - e. reduce the spread of AIDS
31. During the second world war, the presence of so many _____ in mental hospitals helped to awaken the public to the need for reform.
- a. criminals
 - b. antisocial personalities
 - c. clinical psychologists
 - d. psychiatrists
 - g. conscientious objectors*
32. When a police officer arrests a mentally ill person in a dangerous neighborhood for loitering, and takes them to court where the judge finds the person unable to stand trial and sends the person to Napa State Hospital, this process is called:
- a. deinstitutionalization.
 - b. transinstitutionalization.
 - c. dumping.
 - d. compassionate care.
 - e. mercy booking.*
33. Deinstitutionalization has failed to fulfill its early promise for the mentally ill. In particular, it has resulted in which of the following unintended consequences?
- a. a significant decrease in all forms of inpatient treatment.
 - b. a large number of "criminalized" patients.*
 - c. a substantial increase in the number of civil commitment procedures.
 - d. a large number of criminal defendants using the insanity defense.
 - e. more criminals committed to mental hospitals.
34. A psychiatrist is testifying in relation to a criminal defendant's insanity plea. This expert witness asserts that the defendant has a severe mental illness that caused the criminal action. This evidence is MOST critical to the _____ rule.
- a. *mens rea*
 - b. Durham*
 - c. McNaughton
 - d. ALI
 - e. GBI

35. The most significant ethical problem with the Stanford Prison Experiment was that:
- nothing significant was learned.
 - the participants had not consented to be “inmates” and “guards”.
 - there was no follow-up after the experiment.
 - the experimenter (Zimbardo) had gotten too involved in the research and lost his objectivity.*
 - the “guards” had not been properly trained.
36. In their eagerness to reduce mental health costs in the 1960s and 1970s, legislators heard only half the reformers’ cry. Which half did they tend to ignore?
- Hire more staff in mental hospitals.
 - Shut down the large, ineffective state hospitals.
 - Revise commitment laws to give more respect to civil liberties.
 - Replace state hospitals with active treatment community programs.*
 - Improve the physical conditions inside mental hospitals.
37. When a lawyer argues that his client was not insane at the time of the alleged crime, but still should receive a reduced sentence because of an abusive childhood, the lawyer is basing this on:
- Tarasoff decision.
 - M’Naghten rule
 - Durham decision.
 - doctrine of diminished capacity.*
 - ALI test.
38. The central idea of operant conditioning is that:
- a contract between a client and therapist must be respected.
 - people can be desensitized to aversive stimuli by being exposed to them in small doses.
 - people tend to associate things that occur together in time and space.
 - people tend to behave in ways that pay off (bring reinforcement).*
 - too much of a reinforcer will become aversive.
39. “My neighbor is suspicious of everyone, always holds grudges, and is hypersensitive to any criticism. Lacking in emotions and trusting no one, he never changes his mind. His wife says he has always been this way.” What personality disorder does this *best* illustrate?
- Schizoid
 - Borderline
 - Dependent
 - Paranoid*
 - Histrionic
40. The most effective form of treatment for individuals with antisocial personality disorder is:
- none of these choices*
 - psychotropic medication
 - all of these choices
 - psychotherapy
 - partial hospitalization
41. LSD was originally synthesized from:
- morning glory seeds.
 - ergot, a fungus on rye grain.*
 - cactus grown in the Southwest US.
 - an animal tranquilizing drug.

- e. opium mixed with acetic acid.
42. As described in class, which of the following is not an effect of smoking a small amount of marijuana?
- a. increased sense of well being.
 - b. daydreaming and vivid images.
 - c. time seems to pass more quickly; hours may seem like minutes.*
 - d. spontaneous laughter.
 - e. feelings of relaxation.
43. Alcohol is technically classed as a(n):
- a. stimulant drug.
 - b. depressant or sedative drug.*
 - c. narcotic drug.
 - d. opiate.
 - e. hallucinogen.
44. The active ingredient of marijuana is:
- a. LSD.
 - b. DT.
 - c. PCP.
 - d. THC.*
 - e.
 - f. serotonin.
45. Which of the following is known as a "club drug" often used at dance parties called "raves."
- a. LSD
 - b. Ecstasy*
 - c. oxycontin
 - d. marijuana
 - e. shrooms ("magic mushrooms")
46. An unintended but positive consequence of deinstitutionalization was the organization of _____ to advocate for community mental health services.
- a. psychiatrists and psychologists
 - b. legislators
 - c. former patients
 - d. parents*
 - e. ombudsmen
47. Only two drugs are approved by the U. S. Food & Drug Administration for treatment of alcoholism. What are they?
- a. methadone and antabuse
 - b. methadone and MDMA
 - c. methadone and naltraxone
 - d. antabuse and amphetamine
 - e. antabuse and naltraxone*
48. "Cutting" and other forms of self-mutilation are most characteristic of:
- a. conversion disorder
 - b. Munchhausen's Syndrome
 - c. borderline personality*
 - d. dependent personality
 - e. schizotypal personality disorder.

49. The general philosophy of Alcoholics Anonymous (AA) is that alcoholism is primarily:
- a social problem.
 - an individual character defect.
 - a disease*.
 - treatable with drugs.
 - best treated by individual psychotherapy.
50. The main criterion for deciding whether a person is unable to stand trial is:
- a person's mental state at the time the alleged offense was committed.
 - the likelihood that they would have a mental breakdown in prison.
 - a person's mental state at the time of the trial.*
 - whether or not the person has a court-appointed lawyer.
 - none of the above.
51. Today the term "transinstitutionalization" is used to describe the shift from _____ to _____ in dealing with the mentally ill.
- hospital – jail*
 - custody - treatment
 - policy - mental health system
 - untrained staff - trained staff
 - psychotherapy - drug treatment
52. After the second world war, the possibilities of discharging chronic patients into the community produced an emphasis on _____ rather than _____.
- warehousing - deinstitutionalization
 - warehousing - transinstitutionalization
 - treatment – custody*
 - isolation - loss of independence
 - warehousing - stimulus deprivation
53. According to Philip Zimbardo, the goal (purpose) of the Stanford Prison Study had been to demonstrate:
- new treatment methods for prisoners.
 - the need for ethical guidelines in research.
 - how inmates become antisocial personalities.*
 - new training methods for guards.
 - how situations we are in determine our behavior.
54. The weight of people with bulimia nervosa usually:
- is considerably lower than normal.
 - is slightly lower than normal.
 - stays within a normal range.*
 - is slightly higher than normal.
 - is considerably higher than normal.
55. In treating sexual dysfunction Masters and Johnson recommend:
- depth interviews.
 - token economy.
 - working with couples.*
 - a change in sexual orientation.

- e. anti-depressive drugs.
56. The “inmates” and “guards” in the Stanford Prison study:
- a. were normal, healthy college students.*
 - b. were selected on the basis of personality tests as likely to break down under pressure.
 - c. were friends and associates of the researcher (Phil Zimbardo).
 - d. had previous experience with the criminal justice system.
 - e. did not learn anything of value from the experience.
57. People with antisocial personalities do not do well in psychotherapy because they:
- a. lack anxiety and guilt.*
 - b. are disagreeable and unpleasant.
 - c. are negative.
 - d. have no close friends.
 - e. are rigid and compulsive.
58. Which of the following was least true of the deinstitutionalization period in mental hospitals in the 1970s?
- a. relatively easy to get patients committed.
 - b. relatively easy to get patients discharged.*
 - c. frequent reports of brutality and abuse.
 - d. custodial care without much treatment.
 - e. few professional staff.
59. The Stanford Prison Study was stopped sooner than planned because:
- a. the researchers had learned what they wanted.
 - b. outside public pressure.
 - c. participants were being hurt.*
 - d. protests from Zimbardo’s colleagues.
 - e. it did not resemble a real prison (not a good simulation).
60. As described in class, the single argument in favor of deinstitutionalization that proved to be most persuasive to legislators was:
- a. more humane care.
 - b. more effective treatment.*
 - c. less expensive care.
 - d. respect for individual rights.
 - e. least restrictive environment.
61. Zahur is an antisocial male. If he is representative of most persons with this disorder, one could expect Zahur’s overt criminal behavior will begin to decrease at age
- a. 18
 - b. 25
 - c. 30
 - d. 40*
 - e. 60
62. Mira’s family and her former therapist believe she is so depressed that she is a danger to herself. Mira’s family plans to get a legal order for her to receive inpatient treatment if she will not resume therapy willingly. That legal order is called:
- a. certification.
 - b. civil commitment.*
 - c. legal internment.
 - d. therapeutic jurisprudence.

- e. confidentiality.
63. Mr. Padgett has been found incompetent to stand trial. What will happen next?
- a. Mr. Padgett's court case will be dismissed, and he will be committed for indefinite treatment.
 - b. Mr. Padgett will be involuntarily committed to a forensic hospital unit until such time as he can stand trial.*
 - c. Mr. Padgett will be assigned a special advocate who will work with the defendant and his lawyer throughout the trial.
 - d. Mr. Padgett will be evaluated according to the ALI rule, and the prosecution will determine whether the case actually proceeds to trial.
64. Ishi, an involuntarily committed patient, is insisting on her right to treatment. This means that she has a right to:
- a. accept or refuse treatment as she sees fit.
 - b. be treated under conditions of informed consent.
 - c. be involved in any treatment decisions made for her disorder.
 - d. receive effective treatment rather than simply be confined.*
 - e. be released immediately.
65. Client "S" has been diagnosed as having a paraphilia. Client S is most likely to be:
- a. female.
 - b. psychotic.
 - c. adolescent.
 - d. over age 60.
 - e. male.*
66. Each time Coretta touches a bottle of alcohol, her therapist administers a mild but aversive shock to her arm. In classical conditioning terms, when Coretta feels apprehensive upon seeing a bottle in the cabinet at home, the bottle has become a(n):
- a. conditioned stimulus.*
 - b. conditioned response.
 - c. unconditioned stimulus.
 - d. unconditioned response.
 - e. extinction mechanism.
67. 1. Most evidence for the effectiveness of self-help programs comes from:
- A) carefully monitored longitudinal studies.
 - B) laboratory experimentation and generalization of findings.
 - C) cross-sectional surveys of self-help program participants.
 - D. Studies using animals
 - E) testimonials from those who have gone through such a program. *

OPTIONAL essay

As mentioned in class, there is no pressure on you to write an essay. If you choose to do so, your multiple-choice questions will automatically count 1.0 each and the essay can receive up to 33 points. If you choose not to write the essay, your multiple choice questions will count 1.492 each. There is no extra credit for answering the essay; it only lessens the weight of the multiple-choice questions. It gives you an opportunity to do some critical thinking on an important subject.

If you choose to answer the essay, please write your name below and write your answer on the blank sides of the pages. Use as many pages as you want.

Name (please print) _____

ID Number _____

Essay Question

Describe each of the following tests of criminal insanity: M'Naghton rule; Durham decision; American Law Institute (ALI) test AND discuss the good and the bad features of each test.