

c2

Student: _____

1. Which of the following statements regarding psychological health is TRUE?
 - A. Psychological health is independent of physical health.
 - B. Psychological health is a myth.
 - C. Psychological health is freedom from disorders.
 - D. Psychological health and physical health are intertwined.

2. The percentage of adult Canadians that suffer from a diagnosable psychological disorder is
 - A. 5 percent.
 - B. 10 percent.
 - C. 20 percent.
 - D. 25 percent.

3. Which of the following phrases is the best description of normality?
 - A. what most people do
 - B. the right thing to do
 - C. what most people should do
 - D. what people think they should do

4. Which of the following is most likely to separate those individuals with psychological problems from those who enjoy good psychological health?
 - A. ideas and attitudes that vary from the norms
 - B. conforming to social demands
 - C. political dissension
 - D. denying the reality of problems

5. Which of the following statements is most TRUE regarding psychological health?
 - A. Being normal is the same as being psychologically healthy.
 - B. It is as difficult to define it as it is important to understand it.
 - C. Freedom from psychological disorders is a comprehensive definition of psychological health.
 - D. Psychological health is the absence of anxiety.

6. According to Maslow, basic human needs are ranked in the following order as they DECREASE in urgency:

- A. physiological needs, safety, being loved, maintaining self-esteem, self-actualization.
- B. safety, physiological needs, being loved, maintaining self-esteem, self-actualization.
- C. safety, physiological needs, maintaining self-esteem, self-actualization.
- D. self-actualization, physiological needs, safety, maintaining self-esteem, being loved.

7. Being self-actualized is characterized by

- A. passivity.
- B. good work habits.
- C. good physical health.
- D. realism.

8. Maslow would NOT have described a self-actualized person as

- A. knowing the difference between what is and what one wants.
- B. willing to accept evidence that contradicts what one wants to believe.
- C. remaining focused on the idea of the way things should be.
- D. not wasting energy trying to force people into the ideal picture of the way they should be.

9. Which of the following statements describes a characteristic of self-actualized people?

- A. They are largely able to accept themselves and others.
- B. They are outer-directed.
- C. They do not trust their own senses and feelings.
- D. They are autocratic.

10. People with acceptance usually

- A. have a positive but realistic perception of themselves.
- B. have a higher opinion of themselves than is healthy.
- C. feel good about themselves but are not likely to live up to their positive self-image.
- D. have big egos.

11. Being inner-directed is most closely associated with

- A. acceptance.
- B. autonomy.
- C. capacity for intimacy.
- D. creativity.

12. Which of the following statements describes people who are autonomous?

- A. They don't express their feelings because of fear of disapproval.
- B. They respond only to what they feel as outside pressure.
- C. They act because they feel driven.
- D. They are inner-directed.

13. Other-directed decision making refers to

- A. intrinsic decision making.
- B. value-based decision making.
- C. satisfying your own desires.
- D. seeking the approval of others.

14. People not afraid to be themselves and be "real" can be described as

- A. authentic.
- B. creative.
- C. intimate.
- D. distressed.

15. The ability to share feelings without fear of rejection from another is most closely associated with

- A. acceptance.
- B. autonomy.
- C. capacity for intimacy.
- D. creativity.

16. An openness to new experiences is most closely associated with

- A. self-esteem.
- B. autonomy.
- C. capacity for intimacy.
- D. creativity.

17. Alex, age 28, lives in a safe and friendly community, has a stable job, and is involved in a relationship with a loving and supportive person. According to Maslow, Alex has a chance of attaining

- A. mastery in life accomplishments.
- B. self-actualization.
- C. psychological freedom.
- D. autonomy.

18. Being psychological normal is the same as

- A. being mentally normal.
- B. mentally, being close to average.
- C. being psychologically healthy.
- D. A and B.

19. The stages of Erik Erikson's model of psychological development are experienced

- A. beginning in the teen years.
- B. sequentially.
- C. randomly.
- D. simultaneously.

20. The development of trust begins

- A. in infancy.
- B. in early childhood.
- C. in adolescence.
- D. in early adulthood.

21. The conflict of Erikson's first stage of development is between

- A. trust and mistrust.
- B. freedom and responsibility.
- C. inner-directed and outer-directed behavior.
- D. autonomy and shame/self-doubt.

22. A 10-year-old girl learning about her capabilities in the classroom and on the playground would be in Erikson's stage of

- A. industry vs. inferiority.
- B. identity vs. role confusion.
- C. autonomy vs. shame and doubt.
- D. integrity vs. despair.

23. According to Erikson's stages of development, the conflict stage for a typical young adult involves

- A. industry vs. inferiority.
- B. integrity vs. despair.
- C. trust vs. mistrust.
- D. intimacy vs. isolation.

24. Our early identity models are most likely to be

- A. parents.
- B. celebrities.
- C. peers.
- D. political leaders.

25. Maggie, a third year university student, is changing her major for the fourth time. She expresses frustration about her attempt to choose a course of study that reflects who she is and what her interests are rather than walking down the career path her family expects of her. According to Erikson, Maggie is

- A. experiencing an identity crisis.
- B. subconsciously rebelling against her parents.
- C. afraid of making a commitment.
- D. feeling overwhelmed by too many career options.

26. One's identity

- A. is established early in life.
- B. is a lifelong process.
- C. rarely changes from year to year.
- D. A and C

27. People with established identities tend to do all the following, EXCEPT

- A. form intimate, lasting relationships.
- B. remain isolated.
- C. share open communication.
- D. love and be loved.

28. Which statement is FALSE regarding the development of self-esteem?

- A. It is based on experiences that occur within the family.
- B. It is influenced by personality.
- C. Rejected children may fail to develop feelings of self-worth.
- D. Children knowingly build images of themselves based on the models of their parents.

29. Stability, as it relates to self-esteem, is best described as

- A. a complete absence of mixed messages about oneself from others.
- B. an integration of the self.
- C. an unwavering positive self-image.
- D. a necessary component for the establishment of a sense of love and belonging.

30. A demoralized person would do all of the following, EXCEPT

- A. use all-or-nothing thinking.
- B. minimize the success of others.
- C. take responsibility for unfortunate situations.
- D. engage in cognitive distortions.

31. A technique that may aid in fighting demoralization is

- A. giving up.
- B. keeping a journal of self-talk.
- C. recognizing failure.
- D. use of defense mechanisms.

32. Which of the following statements is an example of negative self-talk?

- A. "I wonder why my boss wants to see me? I guess I'll just have to wait and see."
- B. "I'll have to start working on that next paper earlier."
- C. "I won the speech contest, but only because none of the other speakers was very good."
- D. "Too bad I missed the one problem through carelessness, but overall I did pretty well on this test."

33. Defense mechanisms like humor and substitution might best be described as

- A. temporary means of coping.
- B. effective solutions to minor problems.
- C. personality characteristics.
- D. age-specific responses to stress.

34. A person who expects failure and accepts it as deserved is called a(n)

- A. optimist.
- B. realist.
- C. masochist.
- D. pessimist.

35. A psychological defense by which unacceptable feelings are transferred from one event or person to a less threatening one is

- A. repression.
- B. projection.
- C. rationalization
- D. displacement.

36. A defense mechanism by which unacceptable thoughts or wishes are excluded from consciousness is

- A. repression.
- B. projection.
- C. rationalization.
- D. displacement.

37. A defense mechanism by which unacceptable inner impulses are attributed to others is

- A. displacement.
- B. rationalization.
- C. projection.
- D. repression.

38. What is the defense mechanism that allows a false, acceptable reason to be given when the real reason is unacceptable?

- A. repression
- B. projection
- C. rationalization
- D. displacement

39. Expressing wishes forcefully, but not necessarily hostilely, describes being

- A. aggressive.
- B. assertive.
- C. passive.
- D. overbearing.

40. A part of assertiveness is characterized most by

- A. aggressiveness.
- B. honest communication.
- C. dominating others.
- D. getting what you want.

41. All of the following are positive reasons to socialize, EXCEPT

- A. fear of being alone.
- B. enjoying the company of others.
- C. meeting new people.
- D. improving your personal knowledge base.

42. If you feel explosive anger coming on, you should

- A. try to reframe what you are thinking at the moment.
- B. replay scenes from the past to help act in the present.
- C. permanently avoid the issue/person that is upsetting you.
- D. do none of the above.

43. If you are dealing with anger in another person, you should NOT

- A. react in a calm manner.
- B. attempt to validate the other person.
- C. accept the verbal abuse, as it is usually a temporary display.
- D. disengage for the time being.

44. Which of the following is NOT a recommended strategy for heading off explosive anger?

- A. having a drink
- B. reframing your thoughts
- C. distracting yourself
- D. having a cooling off period

45. People exposed to a higher number of traumatic life events than others typically

- A. have greater vulnerabilities to future traumas.
- B. develop better coping skills.
- C. have a genetic predisposition to these events.
- D. A and B

46. Psychological disorders may be a result of all of the following, EXCEPT

- A. genetic differences.
- B. exposure to traumatic events.
- C. good coping skills.
- D. life events.

47. Which of the following statements about fear is false?

- A. It is a basic and useful emotion.
- B. It is considered to be a problem if it is out of proportion to real danger.
- C. It is another word for anxiety.
- D. It is a useful daily tool to cope with life.

48. An example of a simple phobia is fear of

- A. dogs.
- B. public speaking.
- C. interaction.
- D. embarrassment.

49. Which of the following is a social phobia?

- A. fear of animals
- B. fear of high places
- C. fear of seeing blood
- D. fear of embarrassment

50. Which of the following does NOT play a major part in psychological disorders?

- A. genetics
- B. culture
- C. biology
- D. They all play a major part.

51. People usually develop panic disorder in their

- A. early twenties.
- B. teenage years.
- C. late adulthood.
- D. early childhood.

52. Panic disorder is

- A. a form of depression.
- B. a mood disorder.
- C. a characteristic of bipolar disorder.
- D. a type of anxiety disorder.

53. Symptoms of panic disorder typically include

- A. a sudden drop in blood pressure.
- B. a loss of physical equilibrium.
- C. lethargy.
- D. a depressed heart rate.

54. A person with panic disorder
- A. will eventually have agoraphobia.
 - B. can function normally in feared situations as long as someone he trusts is with him.
 - C. will develop the disorder in her early teenage years.
 - D. may not realize how common panic attacks are; 10% of Canadians experience them.

55. A condition that causes the sufferer to fear future threats, pushing out all other thoughts, is called
- A. obsessive compulsive disorder.
 - B. generalized anxiety disorder.
 - C. panic disorder.
 - D. simple phobia.

56. An obsession is a _____ thought.
- A. rational, unwanted
 - B. cultivated, irrational
 - C. cultivated, rational
 - D. recurrent, unwanted

57. Repetitive, hard-to-resist actions associated with obsessions are
- A. delusions.
 - B. phobias.
 - C. hallucinations.
 - D. compulsions.

58. An example of a compulsion is
- A. the impulse to hurt a family member.
 - B. anxiety about contracting HIV infection from a sneeze.
 - C. uncontrollable worry about an accident.
 - D. constant and repetitive hand washing.

59. An example of an obsession is
- A. constant hand washing.
 - B. repeating someone's name five times every time you see her.
 - C. concern of contracting syphilis from a handshake.
 - D. repeatedly checking to see if the stove is turned off.

60. Symptoms of post-traumatic stress disorder

- A. include reexperiencing the trauma in dreams and intrusive memories.
- B. include seeking out anything associated with the trauma.
- C. will often decrease in intensity, but will never go away.
- D. usually do not include symptoms of depression.

61. Post-traumatic stress disorder is most likely to occur after

- A. rape.
- B. nightmares.
- C. failure in school.
- D. prolonged compulsive behavior.

62. Which of the following statements is TRUE about shyness?

- A. It is the same as being introverted.
- B. Shyness is often hidden from others.
- C. It usually doesn't appear as part of a person's personality until adolescence.
- D. Shy people are prevented from fulfilling their desire for social interaction by the actions of others.

63. Symptoms of post-traumatic stress disorder include

- A. loss of memory.
- B. reexperiencing of trauma in dreams.
- C. aggressive attempts to relive the stressful situation.
- D. uncontrollable fear of humiliation.

64. Which of the following is a characteristic of depression?

- A. loss of pleasure in doing formerly pleasurable things
- B. autonomy
- C. obsession with exercise
- D. increased social interaction

65. Which of the following is a characteristic of depression?

- A. too much sleep
- B. disturbed sleep
- C. poor appetite and weight loss
- D. overeating
- E. All are characteristics of depression.

66. Though _____ attempt suicide more often, _____ succeed more often.

- A. blacks; whites
- B. adults; teenagers
- C. women; men
- D. Aborigines; whites

67. Which of the following is a risk factor that increases the likelihood of suicide?

- A. multiple minor health problems
- B. suicide of a family member or friend
- C. increased social interactions
- D. obsession with social causes

68. Which of the following is NOT a risk factor for suicide?

- A. a history of previous attempts
- B. readily available means
- C. addiction to alcohol or drugs
- D. a high anxiety level

69. What percentage of Canadians with depression seek treatment?

- A. 5 percent
- B. 10 percent
- C. 20 percent
- D. 35 percent

70. Which of the following is the best initial treatment for a person with moderate to severe depression?

- A. drug therapy exclusively
- B. electroconvulsive therapy
- C. psychoanalysis and amphetamines
- D. drug therapy combined with psychotherapy

71. The neurotransmitter that seems to be the most important in the treatment of depression is called

- A. serotonin.
- B. acetylcholine.
- C. dopamine.
- D. leutine.

72. A treatment used for severe depression when other approaches fail is

- A. psychoanalysis.
- B. drug therapy.
- C. electroconvulsive therapy.
- D. herbal therapy.

73. The preferred method of treatment for seasonal affective disorder is

- A. psychotherapy.
- B. light therapy.
- C. hypnosis.
- D. electroconvulsive therapy.

74. Seasonal affective disorder

- A. is more prevalent during the summer months.
- B. is more prevalent among people living at higher latitudes.
- C. has no effective treatment.
- D. is more prevalent during seasons with more sunlight.

75. The neurotransmitters _____ and _____ are responsible for mood, attentiveness level, and other psychological states.

- A. serotonin; norepinephrine
- B. serotonin; estrogen
- C. estrogen; norepinephrine
- D. endorphins; serotonin

76. Which of the following attributes best characterizes manic behaviour?

- A. classical depression
- B. decreased sexual activity
- C. extraordinary appetite
- D. perpetual energy

77. Manic disorders are characterized by

- A. high energy levels.
- B. the individual's limited vision of his or her potential.
- C. slow, slurred speech.
- D. very focused thinking.

78. A drug commonly used to prevent mood swings associated with bipolar disorder is

- A. thorazine.
- B. Haldol.
- C. amphetamines.
- D. lithium carbonate.

79. A delusion is

- A. similar to an auditory hallucination.
- B. a form of disorganized thought.
- C. a firmly held, false belief.
- D. an obsession with a fantasy.

80. Which of the following is NOT a likely characteristic of a schizophrenic disorder?

- A. auditory hallucinations
- B. compulsive organization
- C. delusions
- D. deteriorating social functioning

81. Schizophrenic disorders are characterized by all of the following, EXCEPT

- A. disorganized thoughts.
- B. inappropriate emotions.
- C. extremely high energy levels.
- D. auditory hallucinations.

82. Which of the following statements is TRUE of schizophrenia?

- A. Medication is not effective in treating it.
- B. Schizophrenics can be logical in their thinking.
- C. Schizophrenia is another name for "split personality."
- D. An individual can manage schizophrenia without professional help.

83. Which statement regarding schizophrenics is false?

- A. They may act to obey inner voices.
- B. They are not at risk for suicide.
- C. They may also have some form of depression.
- D. They may require the help of a mental health professional.

84. The model of human nature that proposes that the mind's activity depends on organic structure and genetics is the _____ model.
- A. biological
 - B. behavioural
 - C. cognitive
 - D. psychodynamic
85. Biological researchers have found genetic influences on
- A. seasonal affective disorder.
 - B. simple phobia.
 - C. depression.
 - D. post-traumatic stress syndrome.
86. All of the following drug categories are prescribed for treatment of psychological disorders, EXCEPT
- A. antidepressants.
 - B. antipsychotics.
 - C. stimulants.
 - D. hallucinogens.
87. The model of human nature that focuses on what people do is the _____ model.
- A. biological
 - B. behavioural
 - C. cognitive
 - D. psychodynamic
88. All of the following terms are used in the behaviourist's analysis of behavioural dysfunction, EXCEPT
- A. reinforcement.
 - B. intervention.
 - C. stimulus.
 - D. response.
89. The technique of exposure is used to
- A. encourage people to face their fears.
 - B. discourage people from encountering their fears.
 - C. promote avoidance of the feared situation.
 - D. introduce the patient to other frightening situations.

90. The model of human nature that emphasizes the effects of ideas on behaviours and feelings is the _____ model.

- A. biological
- B. behavioural
- C. cognitive
- D. psychodynamic

91. All of the following are characteristic of the cognitive therapeutic approach, EXCEPT

- A. showing there isn't enough evidence for the idea fueling the anxiety.
- B. suggesting different ways of looking at the situation.
- C. showing that no disaster is going to occur.
- D. mentally rehearsing the situation in a negative way before you actually face it.

92. The model of human nature that emphasizes behaviour as a complex system hidden by active defenses is the _____ model.

- A. biological
- B. behavioural
- C. cognitive
- D. psychodynamic

93. According to the psychodynamic model, the basis of human behaviour is

- A. rooted in the unconscious mind.
- B. rooted in reasoned intellectual responses.
- C. established through imitation and practice of life experiences.
- D. generated from an innate desire to be mentally healthy.

94. Cognitive-behavioural therapies have been developed for all of the following, EXCEPT

- A. panic disorder.
- B. seasonal affective disorder.
- C. general anxiety disorder.
- D. OCD.

95. Psychodynamic therapies allow the patient to

- A. speak freely with a supportive but objective person.
- B. safely consume necessary prescription medications.
- C. think cognitively about his or her problem.
- D. receive reinforcement for appropriate behavior.

96. Religious belief

- A. undermines problem solving.
- B. is a substitute for a positive self-concept.
- C. promotes psychological health for some individuals.
- D. has little bearing on mental health.

97. For some, self-help can be very useful. This includes

- A. ignoring self-defeating actions and ideas.
- B. becoming more passive.
- C. raising self-esteem by counteracting negative thoughts and people.
- D. avoiding objects and people that are feared.

98. Which of the following statements regarding professional help for psychological health is TRUE?

- A. Never seeking professional health for personal problems means you are psychologically healthy.
- B. Seeking professional help for personal problems proves that you have a psychological illness.
- C. For some, professional help is a choice; for others, it is a necessity.
- D. Everyone will need professional help at some point in his or her life.

99. Which of the following mental health professionals is a licensed physician?

- A. clinical psychologist
- B. psychiatrist
- C. social worker
- D. counselor

100. Which of the following professionals requires the most formal education?

- A. nurse-practitioner
- B. psychiatrist
- C. social worker
- D. counselor

101. University students can typically find inexpensive mental health care through

- A. on-campus counseling centers.
- B. psychology or education departments.
- C. support groups.
- D. all of the above.

102. To help reduce social anxiety,

- A. realize your nervousness is not as visible as you think.
- B. take breaks during anxious situations whenever possible.
- C. get out of the situation if you feel stress.
- D. A and B

103. Living according to values does NOT mean doing the following:

- A. considering your options carefully before making a choice.
- B. choosing between options without succumbing to outside pressures that oppose your values.
- C. agreeing to do something simply because it will make someone happy.
- D. making a choice and acting on it rather than doing nothing.

104. A defense mechanism in which hostility is expressed toward someone by being covertly uncooperative or passive is

- A. displacement.
- B. passive-aggressive behaviour.
- C. projection.
- D. repression.

105. A defense mechanism in which an individual expels from awareness an unpleasant feeling, idea, or memory is

- A. displacement.
- B. passive-aggressive behaviour.
- C. projection.
- D. repression.

106. What percentage of Canadian children and youth are affected by mental illness at any given time?

- A. 5 percent
- B. 15 percent
- C. 25 percent
- D. 35 percent

107. All of the following are characteristic of individuals experiencing an intermittent explosive disorder (IED), EXCEPT

- A. often accompanied by depression or another disorder.
- B. may not think straight or act in their own best interest.
- C. may lash out uncontrollably, hurting someone else or destroying property.
- D. expresses oneself constructively and assertively.

108. What percentage of Canadians will experience an anxiety disorder during their lifetime?

- A. 5 percent
- B. 12 percent
- C. 18 percent
- D. 25 percent

109. Agoraphobia is characterized by a fear of all of the following, EXCEPT

- A. being alone.
- B. away from help.
- C. leaving home (in extreme cases).
- D. loss of control.

110. What percentage of North Americans describe themselves as shy?

- A. 10-20 percent
- B. 20-30 percent
- C. 30-40 percent
- D. 40-50 percent

111. Which of the following is NOT true of depression in Canada?

- A. 10% of Inuit have experienced major depression.
- B. Affects 8% of Canadians.
- C. Women twice as likely as men to experience.
- D. 16% of First Nations people have experienced major depression.

112. All of the following may be associated with depression EXCEPT

- A. poor appetite and weight loss.
- B. insomnia or disturbed sleep.
- C. pleasure in doing normal activities.
- D. thoughts of death or suicide.

113. Which of the following is NOT a myth about suicide?

- A. All suicides are irrational.
- B. Suicide is proof of mental health problems.
- C. People who succeeded in suicide really wanted to die.
- D. Most people who eventually commit suicide have talked about doing it.

114. Auditory hallucinations are characteristic of which mental health disorder?

- A. suicide
- B. schizophrenia
- C. depression
- D. bipolar disorder

115. General characteristics of schizophrenia include all of the following EXCEPT

- A. disorganized thoughts
- B. delusions
- C. hallucinations
- D. enhanced social functioning

116. According to the cognitive model of therapeutic change, behaviour results from all of the following, EXCEPT

- A. simple, immediate reinforcements.
- B. attitudes.
- C. expectations.
- D. motives.

117. To reduce anxiety in social situations, all of the following are appropriate strategies, EXCEPT

- A. be an active listener.
- B. practice realistic self-talk.
- C. refocus your attention away from the stress reaction.
- D. avoid frequent eye contact.

Roger is a single father of two young daughters and has been dating Cheryl for the past 2 years. He recently learned that his company is going to be downsizing. Although Roger is financially stable, he is worried that his job is in jeopardy. He hasn't told anyone of the situation. Cheryl and his daughters have noticed that Roger is irritable and doesn't seem to be interested in doing anything. He is experiencing headaches, restlessness, and insomnia. Roger decides to seek professional help and starts seeing a cognitive therapist.

118. Roger's symptoms are signs of

- A. panic disorder.
- B. depression.
- C. personality disorder.
- D. ineffective use of defense mechanisms.

119. Which one of the following approaches is Roger's therapist LEAST likely to use?

- A. telling Roger that there is absolutely nothing to worry about
- B. helping Roger accept that he isn't going to experience a financial disaster
- C. encouraging Roger to identify his fears and examine them logically
- D. encouraging Roger to disclose his fears to Cheryl

120. Being normal is an accurate definition of psychological health.

True False

121. It is easier to identify criteria for good psychological health than it is to identify criteria for poor psychological health.

True False

122. The most contemporary definition of psychological health is the absence of psychological illness.

True False

123. A simple, but accurate, definition of normality is "what most people do."

True False

124. In Maslow's hierarchy of needs, safety is a more basic need than is being loved.

True False

125. Abraham Maslow arrived at his definition of self-actualized people by studying people of limited abilities.

True False

126. One of the characteristics of the self-actualized person is that she or he is self-accepting.

True False

127. Other-directed individuals are more likely to be influenced by external forces.

True False

128. Inner-directed people make choices that satisfy themselves instead of making choices that satisfy others.

True False

129. Physical intimacy, as it relates to psychological health, is the same as sexual intimacy.

True False

130. Being able to engage in open communication and risk having hurt feelings is necessary for developing a capacity for intimacy.

True False

131. Without becoming self-actualized, we fail to become mentally healthy.

True False

132. Mental health status is based on the presence or absence of symptoms.

True False

133. Most people intent on committing suicide warn a friend or family member.

True False

134. A primary developmental task of adolescence is the development of identity.

True False

135. A person's earliest identity is most likely modeled after peers.

True False

136. Identity is a way of viewing oneself and the world.

True False

137. Identities are established early in adolescence and are usually permanent.

True False

138. Individuals who do not establish a firm sense of identity may have difficulty establishing relationships.

True False

139. A thinking pattern common to demoralized individuals is an all-or-nothing view of events.

True False

140. Cognitive distortions are patterns of thinking that make events seem better than they are.

True False

141. Realistic self-talk is based on substituting a positive thought for a negative one.

True False

142. Expecting the worst and expecting perfection are both examples of negative self-talk.

True False

143. Negative beliefs can be so strong that they become self-fulfilling prophesies.

True False

144. Defense mechanisms can be used positively as long as reality is kept in perspective.

True False

145. An example of rationalization would be a shy person who uses boredom as an excuse not to attend a social function.

True False

146. An optimist is one who expects failure and accepts it as deserved.

True False

147. Loneliness is a passive feeling state.

True False

148. The ability to express anger is healthy.

True False

149. Explosive anger and unexpressed anger are at opposite extremes on the anger continuum.

True False

150. Anxiety is another word for depression.

True False

151. Shyness is often the basis for social phobias.

True False

152. Fear of public speaking is categorized as a simple phobia.

True False

153. People who suffer from panic disorders usually experience them for the first time during childhood.

True False

154. Agoraphobia may be caused by multiple panic attacks.

True False

155. The end result of generalized anxiety disorder is the impairment of one's ability to enjoy life.

True False

156. Excessive worry about probable, ordinary concerns is a common manifestation of obsessive-compulsive disorder.

True False

157. Treatment immediately following a traumatic event is recommended for people with symptoms of post-traumatic stress disorder.

True False

158. It is important not to discuss suicide in front of someone you believe is contemplating suicide because you may give him or her ideas.

True False

159. Schizophrenia is a rare mental disorder.

True False

160. For major depression, treatment solely with antidepressants is the best approach.

True False

161. Self-harm is usually a simple act to get attention and is not serious.

True False

162. Suicide is the ultimate form of mental illness.

True False

163. Medication is the main factor in treating schizophrenia.

True False

164. Bipolar disorder affects more women than men.

True False

165. Using St. John's wort may interfere with depression medications.

True False

166. The behavioural model of human nature focuses on what people do.

True False

167. The cognitive model of human nature emphasizes the effect of ideas on behaviours and feelings.

True False

168. The only way to solve a mental health problem is to seek professional help.

True False

169. List and describe three of the characteristics of a self-actualized person.

170. For each of the following situations, give (1) an example of negative self-talk based on a cognitive distortion and (2) an example of realistic self-talk:

- after a fight with a friend
- not receiving an invitation to an event that others you know are attending
- an average grade on a project
- receiving a surprise message asking you to meet with your academic advisor
- after drinking too much at a party

171. Terry, a university student, just got a new job in a marketing firm and wants to do well. Her husband Bob has been talking about starting a family, and her father has just been diagnosed with prostate cancer. Anxiety disorders have been diagnosed on both sides of her family. Identify and define an anxiety disorder that Terry may be at risk for, and explain why you chose this disorder. What are the symptoms of the disorder, and how might it be treated?

172. List at least five warning signs of severe depression and suicide, and describe what actions you could take to help a depressed or suicidal friend.

173. Think of the last time you were upset at receiving a poor test grade. Write down five positive, healthy self-talk statements that will help you through this problem.

174. Write your obituary. Include in it how you would like to be remembered and what you would like to have achieved. Be honest and realistic. What will be the most important aspect of your life? After completing the obituary, add a paragraph on how you can change to become the person you just wrote about.

c2 Key

1. (p. 4) Which of the following statements regarding psychological health is TRUE?

- A. Psychological health is independent of physical health.
- B. Psychological health is a myth.
- C. Psychological health is freedom from disorders.
- D.** Psychological health and physical health are intertwined.

Blooms: Comprehension

Insel - Chapter 02 #1

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

2. (p. 3) The percentage of adult Canadians that suffer from a diagnosable psychological disorder is

- A. 5 percent.
- B. 10 percent.
- C.** 20 percent.
- D. 25 percent.

Blooms: Knowledge

Insel - Chapter 02 #2

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

3. (p. 5) Which of the following phrases is the best description of normality?

- A.** what most people do
- B. the right thing to do
- C. what most people should do
- D. what people think they should do

Blooms: Knowledge

Insel - Chapter 02 #3

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

4. (p. 5) Which of the following is most likely to separate those individuals with psychological problems from those who enjoy good psychological health?

- A. ideas and attitudes that vary from the norms
- B. conforming to social demands
- C. political dissension
- D. denying the reality of problems**

Blooms: Comprehension

Insel - Chapter 02 #4

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

5. (p. 4) Which of the following statements is most TRUE regarding psychological health?

- A. Being normal is the same as being psychologically healthy.
- B. It is as difficult to define it as it is important to understand it.**
- C. Freedom from psychological disorders is a comprehensive definition of psychological health.
- D. Psychological health is the absence of anxiety.

Blooms: Comprehension

Insel - Chapter 02 #5

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

6. (p. 4) According to Maslow, basic human needs are ranked in the following order as they DECREASE in urgency:

- A. physiological needs, safety, being loved, maintaining self-esteem, self-actualization.**
- B. safety, physiological needs, being loved, maintaining self-esteem, self-actualization.
- C. safety, physiological needs, maintaining self-esteem, self-actualization.
- D. self-actualization, physiological needs, safety, maintaining self-esteem, being loved.

Blooms: Knowledge

Insel - Chapter 02 #6

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

7. (p. 4) Being self-actualized is characterized by

- A. passivity.
- B. good work habits.
- C. good physical health.
- D. realism.**

Blooms: Knowledge

Insel - Chapter 02 #7

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

8. (p. 4-5) Maslow would NOT have described a self-actualized person as
- A. knowing the difference between what is and what one wants.
 - B. willing to accept evidence that contradicts what one wants to believe.
 - C. remaining focused on the idea of the way things should be.**
 - D. not wasting energy trying to force people into the ideal picture of the way they should be.

Blooms: Comprehension

Insel - Chapter 02 #8

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

9. (p. 4) Which of the following statements describes a characteristic of self-actualized people?
- A. They are largely able to accept themselves and others.**
 - B. They are outer-directed.
 - C. They do not trust their own senses and feelings.
 - D. They are autocratic.

Blooms: Knowledge

Insel - Chapter 02 #9

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

10. (p. 4) People with acceptance usually
- A. have a positive but realistic perception of themselves.**
 - B. have a higher opinion of themselves than is healthy.
 - C. feel good about themselves but are not likely to live up to their positive self-image.
 - D. have big egos.

Blooms: Knowledge

Insel - Chapter 02 #10

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

11. (p. 5) Being inner-directed is most closely associated with
- A. acceptance.
 - B. autonomy.**
 - C. capacity for intimacy.
 - D. creativity.

Blooms: Knowledge

Insel - Chapter 02 #11

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

12. (p. 5) Which of the following statements describes people who are autonomous?

- A. They don't express their feelings because of fear of disapproval.
- B. They respond only to what they feel as outside pressure.
- C. They act because they feel driven.
- D.** They are inner-directed.

Blooms: Knowledge

Insel - Chapter 02 #12

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

13. (p. 5) Other-directed decision making refers to

- A. intrinsic decision making.
- B. value-based decision making.
- C. satisfying your own desires.
- D.** seeking the approval of others.

Blooms: Knowledge

Insel - Chapter 02 #13

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

14. (p. 5) People not afraid to be themselves and be "real" can be described as

- A.** authentic.
- B. creative.
- C. intimate.
- D. distressed.

Blooms: Knowledge

Insel - Chapter 02 #14

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

15. (p. 5) The ability to share feelings without fear of rejection from another is most closely associated with

- A. acceptance.
- B. autonomy.
- C.** capacity for intimacy.
- D. creativity.

Blooms: Comprehension

Insel - Chapter 02 #15

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

16. (p. 5) An openness to new experiences is most closely associated with

- A. self-esteem.
- B. autonomy.
- C. capacity for intimacy.
- D.** creativity.

Blooms: Comprehension

Insel - Chapter 02 #16

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

17. (p. 4-5) Alex, age 28, lives in a safe and friendly community, has a stable job, and is involved in a relationship with a loving and supportive person. According to Maslow, Alex has a chance of attaining

- A. mastery in life accomplishments.
- B.** self-actualization.
- C. psychological freedom.
- D. autonomy.

Blooms: Application

Insel - Chapter 02 #17

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

18. (p. 5) Being psychological normal is the same as

- A. being mentally normal.
- B. mentally, being close to average.
- C. being psychologically healthy.
- D.** A and B.

Blooms: Knowledge

Insel - Chapter 02 #18

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

19. (p. 6-7) The stages of Erik Erikson's model of psychological development are experienced

- A. beginning in the teen years.
- B.** sequentially.
- C. randomly.
- D. simultaneously.

Blooms: Knowledge

Insel - Chapter 02 #19

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

20. (p. 6) The development of trust begins

- A. in infancy.
- B. in early childhood.
- C. in adolescence.
- D. in early adulthood.

Blooms: Knowledge

Insel - Chapter 02 #20

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

21. (p. 6) The conflict of Erikson's first stage of development is between

- A. trust and mistrust.
- B. freedom and responsibility.
- C. inner-directed and outer-directed behavior.
- D. autonomy and shame/self-doubt.

Blooms: Knowledge

Insel - Chapter 02 #21

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

22. (p. 6) A 10-year-old girl learning about her capabilities in the classroom and on the playground would be in Erikson's stage of

- A. industry vs. inferiority.
- B. identity vs. role confusion.
- C. autonomy vs. shame and doubt.
- D. integrity vs. despair.

Blooms: Application

Insel - Chapter 02 #22

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

23. (p. 6) According to Erikson's stages of development, the conflict stage for a typical young adult involves

- A. industry vs. inferiority.
- B. integrity vs. despair.
- C. trust vs. mistrust.
- D. intimacy vs. isolation.

Blooms: Knowledge

Insel - Chapter 02 #23

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

24. (p. 6) Our early identity models are most likely to be

- A. parents.
- B. celebrities.
- C. peers.
- D. political leaders.

Blooms: Knowledge

Insel - Chapter 02 #24

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

25. (p. 7) Maggie, a third year university student, is changing her major for the fourth time. She expresses frustration about her attempt to choose a course of study that reflects who she is and what her interests are rather than walking down the career path her family expects of her. According to Erikson, Maggie is

- A. experiencing an identity crisis.
- B. subconsciously rebelling against her parents.
- C. afraid of making a commitment.
- D. feeling overwhelmed by too many career options.

Blooms: Application

Insel - Chapter 02 #25

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

26. (p. 7) One's identity

- A. is established early in life.
- B. is a lifelong process.
- C. rarely changes from year to year.
- D. A and C

Blooms: Knowledge

Insel - Chapter 02 #26

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

27. (p. 6-7) People with established identities tend to do all the following, EXCEPT

- A. form intimate, lasting relationships.
- B. remain isolated.
- C. share open communication.
- D. love and be loved.

Blooms: Comprehension

Insel - Chapter 02 #27

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

28. (p. 8) Which statement is FALSE regarding the development of self-esteem?
- A. It is based on experiences that occur within the family.
 - B. It is influenced by personality.
 - C. Rejected children may fail to develop feelings of self-worth.
 - D. Children knowingly build images of themselves based on the models of their parents.**

Blooms: Comprehension

Insel - Chapter 02 #28

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

29. (p. 8) Stability, as it relates to self-esteem, is best described as
- A. a complete absence of mixed messages about oneself from others.
 - B. an integration of the self.**
 - C. an unwavering positive self-image.
 - D. a necessary component for the establishment of a sense of love and belonging.

Blooms: Knowledge

Insel - Chapter 02 #29

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

30. (p. 9) A demoralized person would do all of the following, EXCEPT
- A. use all-or-nothing thinking.
 - B. minimize the success of others.**
 - C. take responsibility for unfortunate situations.
 - D. engage in cognitive distortions.

Blooms: Comprehension

Insel - Chapter 02 #30

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

31. (p. 9) A technique that may aid in fighting demoralization is
- A. giving up.
 - B. keeping a journal of self-talk.**
 - C. recognizing failure.
 - D. use of defense mechanisms.

Blooms: Knowledge

Insel - Chapter 02 #31

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

32. (p. 10-11) Which of the following statements is an example of negative self-talk?
- A. "I wonder why my boss wants to see me? I guess I'll just have to wait and see."
 - B. "I'll have to start working on that next paper earlier."
 - C. "I won the speech contest, but only because none of the other speakers was very good."**
 - D. "Too bad I missed the one problem through carelessness, but overall I did pretty well on this test."

Blooms: Comprehension

Insel - Chapter 02 #32

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

33. (p. 11) Defense mechanisms like humor and substitution might best be described as
- A. temporary means of coping.**
 - B. effective solutions to minor problems.
 - C. personality characteristics.
 - D. age-specific responses to stress.

Blooms: Knowledge

Insel - Chapter 02 #33

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

34. (p. 12) A person who expects failure and accepts it as deserved is called a(n)
- A. optimist.
 - B. realist.
 - C. masochist.
 - D. pessimist.**

Blooms: Knowledge

Insel - Chapter 02 #34

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

35. (p. 10) A psychological defense by which unacceptable feelings are transferred from one event or person to a less threatening one is
- A. repression.
 - B. projection.
 - C. rationalization
 - D. displacement.**

Blooms: Knowledge

Insel - Chapter 02 #35

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

36. (p. 10) A defense mechanism by which unacceptable thoughts or wishes are excluded from consciousness is A. repression.
B. projection.
C. rationalization.
D. displacement.

Blooms: Knowledge

Insel - Chapter 02 #36

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

37. (p. 10) A defense mechanism by which unacceptable inner impulses are attributed to others is
A. displacement.
B. rationalization.
C. projection.
D. repression.

Blooms: Knowledge

Insel - Chapter 02 #37

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

38. (p. 10) What is the defense mechanism that allows a false, acceptable reason to be given when the real reason is unacceptable?
A. repression
B. projection
C. rationalization
D. displacement

Blooms: Knowledge

Insel - Chapter 02 #38

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

39. (p. 12) Expressing wishes forcefully, but not necessarily hostilely, describes being
A. aggressive.
B. assertive.
C. passive.
D. overbearing.

Blooms: Knowledge

Insel - Chapter 02 #39

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

40. (p. 12) A part of assertiveness is characterized most by

- A. aggressiveness.
- B. honest communication.**
- C. dominating others.
- D. getting what you want.

Blooms: Comprehension

Insel - Chapter 02 #40

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

41. (p. 12) All of the following are positive reasons to socialize, EXCEPT

- A. fear of being alone.**
- B. enjoying the company of others.
- C. meeting new people.
- D. improving your personal knowledge base.

Blooms: Comprehension

Insel - Chapter 02 #41

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

42. (p. 13) If you feel explosive anger coming on, you should

- A. try to reframe what you are thinking at the moment.**
- B. replay scenes from the past to help act in the present.
- C. permanently avoid the issue/person that is upsetting you.
- D. do none of the above.

Blooms: Application

Insel - Chapter 02 #42

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

43. (p. 14) If you are dealing with anger in another person, you should NOT

- A. react in a calm manner.
- B. attempt to validate the other person.
- C. accept the verbal abuse, as it is usually a temporary display.**
- D. disengage for the time being.

Blooms: Application

Insel - Chapter 02 #43

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

44. (p. 13-14) Which of the following is NOT a recommended strategy for heading off explosive anger?

- A. having a drink
- B. reframing your thoughts
- C. distracting yourself
- D. having a cooling off period

Blooms: Comprehension

Insel - Chapter 02 #44

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

45. (p. 14) People exposed to a higher number of traumatic life events than others typically

- A. have greater vulnerabilities to future traumas.
- B. develop better coping skills.
- C. have a genetic predisposition to these events.
- D. A and B

Blooms: Comprehension

Insel - Chapter 02 #45

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

46. (p. 14) Psychological disorders may be a result of all of the following, EXCEPT

- A. genetic differences.
- B. exposure to traumatic events.
- C. good coping skills.
- D. life events.

Blooms: Comprehension

Insel - Chapter 02 #46

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

47. (p. 14) Which of the following statements about fear is false?

- A. It is a basic and useful emotion.
- B. It is considered to be a problem if it is out of proportion to real danger.
- C. It is another word for anxiety.
- D. It is a useful daily tool to cope with life.

Blooms: Comprehension

Insel - Chapter 02 #47

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

48. (p. 14) An example of a simple phobia is fear of
A. dogs.
B. public speaking.
C. interaction.
D. embarrassment.

Blooms: Comprehension

Insel - Chapter 02 #48

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

49. (p. 14) Which of the following is a social phobia?
A. fear of animals
B. fear of high places
C. fear of seeing blood
D. fear of embarrassment

Blooms: Knowledge

Insel - Chapter 02 #49

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

50. (p. 14-15) Which of the following does NOT play a major part in psychological disorders?
A. genetics
B. culture
C. biology
D. They all play a major part.

Blooms: Comprehension

Insel - Chapter 02 #50

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

51. (p. 15) People usually develop panic disorder in their
A. early twenties.
B. teenage years.
C. late adulthood.
D. early childhood.

Blooms: Knowledge

Insel - Chapter 02 #51

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

52. (p. 15) Panic disorder is
- A. a form of depression.
 - B. a mood disorder.
 - C. a characteristic of bipolar disorder.
 - D. a type of anxiety disorder.**

Blooms: Knowledge

Insel - Chapter 02 #52

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

53. (p. 15) Symptoms of panic disorder typically include
- A. a sudden drop in blood pressure.
 - B. a loss of physical equilibrium.**
 - C. lethargy.
 - D. a depressed heart rate.

Blooms: Analysis

Insel - Chapter 02 #53

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

54. (p. 15) A person with panic disorder
- A. will eventually have agoraphobia.
 - B. can function normally in feared situations as long as someone he trusts is with him.**
 - C. will develop the disorder in her early teenage years.
 - D. may not realize how common panic attacks are; 10% of Canadians experience them.

Blooms: Knowledge

Insel - Chapter 02 #54

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

55. (p. 16) A condition that causes the sufferer to fear future threats, pushing out all other thoughts, is called
- A. obsessive compulsive disorder.
 - B. generalized anxiety disorder.**
 - C. panic disorder.
 - D. simple phobia.

Blooms: Knowledge

Insel - Chapter 02 #55

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

56. (p. 16) An obsession is a _____ thought.

- A. rational, unwanted
- B. cultivated, irrational
- C. cultivated, rational
- D.** recurrent, unwanted

Blooms: Knowledge

Insel - Chapter 02 #56

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

57. (p. 17) Repetitive, hard-to-resist actions associated with obsessions are

- A. delusions.
- B. phobias.
- C. hallucinations.
- D.** compulsions.

Blooms: Knowledge

Insel - Chapter 02 #57

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

58. (p. 17) An example of a compulsion is

- A. the impulse to hurt a family member.
- B. anxiety about contracting HIV infection from a sneeze.
- C. uncontrollable worry about an accident.
- D.** constant and repetitive hand washing.

Blooms: Comprehension

Insel - Chapter 02 #58

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

59. (p. 16) An example of an obsession is

- A. constant hand washing.
- B. repeating someone's name five times every time you see her.
- C.** concern of contracting syphilis from a handshake.
- D. repeatedly checking to see if the stove is turned off.

Blooms: Comprehension

Insel - Chapter 02 #59

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

60. (p. 17) Symptoms of post-traumatic stress disorder

- A.** include reexperiencing the trauma in dreams and intrusive memories.
- B. include seeking out anything associated with the trauma.
- C. will often decrease in intensity, but will never go away.
- D. usually do not include symptoms of depression.

Blooms: Analysis

Insel - Chapter 02 #60

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

61. (p. 17) Post-traumatic stress disorder is most likely to occur after

- A.** rape.
- B. nightmares.
- C. failure in school.
- D. prolonged compulsive behavior.

Blooms: Comprehension

Insel - Chapter 02 #61

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

62. (p. 16) Which of the following statements is TRUE about shyness?

- A. It is the same as being introverted.
- B.** Shyness is often hidden from others.
- C. It usually doesn't appear as part of a person's personality until adolescence.
- D. Shy people are prevented from fulfilling their desire for social interaction by the actions of others.

Blooms: Comprehension

Insel - Chapter 02 #62

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

63. (p. 17) Symptoms of post-traumatic stress disorder include

- A. loss of memory.
- B.** reexperiencing of trauma in dreams.
- C. aggressive attempts to relive the stressful situation.
- D. uncontrollable fear of humiliation.

Blooms: Analysis

Insel - Chapter 02 #63

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

64. (p. 17) Which of the following is a characteristic of depression?

- A. loss of pleasure in doing formerly pleasurable things
- B. autonomy
- C. obsession with exercise
- D. increased social interaction

Blooms: Comprehension

Insel - Chapter 02 #64

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

65. (p. 18) Which of the following is a characteristic of depression?

- A. too much sleep
- B. disturbed sleep
- C. poor appetite and weight loss
- D. overeating
- E. All are characteristics of depression.

Blooms: Comprehension

Insel - Chapter 02 #65

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

66. (p. 19) Though _____ attempt suicide more often, _____ succeed more often.

- A. blacks; whites
- B. adults; teenagers
- C. women; men
- D. Aborigines; whites

Blooms: Knowledge

Insel - Chapter 02 #66

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

67. (p. 18) Which of the following is a risk factor that increases the likelihood of suicide?

- A. multiple minor health problems
- B. suicide of a family member or friend
- C. increased social interactions
- D. obsession with social causes

Blooms: Comprehension

Insel - Chapter 02 #67

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

68. (p. 18) Which of the following is NOT a risk factor for suicide?

- A. a history of previous attempts
- B. readily available means
- C. addiction to alcohol or drugs
- D.** a high anxiety level

Blooms: Comprehension

Insel - Chapter 02 #68

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

69. (p. 20) What percentage of Canadians with depression seek treatment?

- A. 5 percent
- B.** 10 percent
- C. 20 percent
- D. 35 percent

Blooms: Knowledge

Insel - Chapter 02 #69

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

70. (p. 20-21) Which of the following is the best initial treatment for a person with moderate to severe depression?

- A. drug therapy exclusively
- B. electroconvulsive therapy
- C. psychoanalysis and amphetamines
- D.** drug therapy combined with psychotherapy

Blooms: Evaluation

Insel - Chapter 02 #70

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

71. (p. 21) The neurotransmitter that seems to be the most important in the treatment of depression is called

- A.** serotonin.
- B. acetylcholine.
- C. dopamine.
- D. leutine.

Blooms: Knowledge

Insel - Chapter 02 #71

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

72. (p. 21) A treatment used for severe depression when other approaches fail is

- A. psychoanalysis.
- B. drug therapy.
- C. electroconvulsive therapy.**
- D. herbal therapy.

Blooms: Knowledge

Insel - Chapter 02 #72

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

73. (p. 21) The preferred method of treatment for seasonal affective disorder is

- A. psychotherapy.
- B. light therapy.**
- C. hypnosis.
- D. electroconvulsive therapy.

Blooms: Knowledge

Insel - Chapter 02 #73

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

74. (p. 21) Seasonal affective disorder

- A. is more prevalent during the summer months.
- B. is more prevalent among people living at higher latitudes.**
- C. has no effective treatment.
- D. is more prevalent during seasons with more sunlight.

Blooms: Knowledge

Insel - Chapter 02 #74

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

75. (p. 22) The neurotransmitters _____ and _____ are responsible for mood, attentiveness level, and other psychological states.

- A. serotonin; norepinephrine**
- B. serotonin; estrogen
- C. estrogen; norepinephrine
- D. endorphins; serotonin

Blooms: Knowledge

Insel - Chapter 02 #75

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

76. (p. 22) Which of the following attributes best characterizes manic behaviour?

- A. classical depression
- B. decreased sexual activity
- C. extraordinary appetite
- D.** perpetual energy

Blooms: Comprehension

Insel - Chapter 02 #76

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

77. (p. 22) Manic disorders are characterized by

- A.** high energy levels.
- B. the individual's limited vision of his or her potential.
- C. slow, slurred speech.
- D. very focused thinking.

Blooms: Comprehension

Insel - Chapter 02 #77

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

78. (p. 22) A drug commonly used to prevent mood swings associated with bipolar disorder is

- A. thorazine.
- B. Haldol.
- C. amphetamines.
- D.** lithium carbonate.

Blooms: Knowledge

Insel - Chapter 02 #78

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Psychological Disorders

79. (p. 23) A delusion is

- A. similar to an auditory hallucination.
- B. a form of disorganized thought.
- C.** a firmly held, false belief.
- D. an obsession with a fantasy.

Blooms: Knowledge

Insel - Chapter 02 #79

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

80. (p. 23) Which of the following is NOT a likely characteristic of a schizophrenic disorder?

- A. auditory hallucinations
- B. compulsive organization**
- C. delusions
- D. deteriorating social functioning

Blooms: Comprehension

Insel - Chapter 02 #80

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

81. (p. 23) Schizophrenic disorders are characterized by all of the following, EXCEPT

- A. disorganized thoughts.
- B. inappropriate emotions.
- C. extremely high energy levels.**
- D. auditory hallucinations.

Blooms: Comprehension

Insel - Chapter 02 #81

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

82. (p. 23) Which of the following statements is TRUE of schizophrenia?

- A. Medication is not effective in treating it.
- B. Schizophrenics can be logical in their thinking.**
- C. Schizophrenia is another name for "split personality."
- D. An individual can manage schizophrenia without professional help.

Blooms: Comprehension

Insel - Chapter 02 #82

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

83. (p. 22-23) Which statement regarding schizophrenics is false?

- A. They may act to obey inner voices.
- B. They are not at risk for suicide.**
- C. They may also have some form of depression.
- D. They may require the help of a mental health professional.

Blooms: Comprehension

Insel - Chapter 02 #83

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

84. (p. 23) The model of human nature that proposes that the mind's activity depends on organic structure and genetics is the _____ model.

- A. biological
- B. behavioural
- C. cognitive
- D. psychodynamic

Blooms: Knowledge

Insel - Chapter 02 #84

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

85. (p. 23) Biological researchers have found genetic influences on

- A. seasonal affective disorder.
- B. simple phobia.
- C. depression.
- D. post-traumatic stress syndrome.

Blooms: Knowledge

Insel - Chapter 02 #85

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

86. (p. 23-24) All of the following drug categories are prescribed for treatment of psychological disorders, EXCEPT

- A. antidepressants.
- B. antipsychotics.
- C. stimulants.
- D. hallucinogens.

Blooms: Comprehension

Insel - Chapter 02 #86

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

87. (p. 25) The model of human nature that focuses on what people do is the _____ model.

- A. biological
- B. behavioural
- C. cognitive
- D. psychodynamic

Blooms: Knowledge

Insel - Chapter 02 #87

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

88. (p. 25) All of the following terms are used in the behaviourist's analysis of behavioural dysfunction, EXCEPT

- A. reinforcement.
- B. intervention.**
- C. stimulus.
- D. response.

Blooms: Comprehension

Insel - Chapter 02 #88

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

89. (p. 25) The technique of exposure is used to

- A. encourage people to face their fears.**
- B. discourage people from encountering their fears.
- C. promote avoidance of the feared situation.
- D. introduce the patient to other frightening situations.

Blooms: Knowledge

Insel - Chapter 02 #89

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

90. (p. 25) The model of human nature that emphasizes the effects of ideas on behaviours and feelings is the _____ model.

- A. biological
- B. behavioural
- C. cognitive**
- D. psychodynamic

Blooms: Knowledge

Insel - Chapter 02 #90

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

91. (p. 25-26) All of the following are characteristic of the cognitive therapeutic approach, EXCEPT

- A. showing there isn't enough evidence for the idea fueling the anxiety.
- B. suggesting different ways of looking at the situation.
- C. showing that no disaster is going to occur.
- D. mentally rehearsing the situation in a negative way before you actually face it.**

Blooms: Comprehension

Insel - Chapter 02 #91

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

92. (p. 26) The model of human nature that emphasizes behaviour as a complex system hidden by active defenses is the _____ model.

- A. biological
- B. behavioural
- C. cognitive
- D. psychodynamic**

Blooms: Knowledge

Insel - Chapter 02 #92

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

93. (p. 26) According to the psychodynamic model, the basis of human behaviour is

- A. rooted in the unconscious mind.**
- B. rooted in reasoned intellectual responses.
- C. established through imitation and practice of life experiences.
- D. generated from an innate desire to be mentally healthy.

Blooms: Knowledge

Insel - Chapter 02 #93

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

94. (p. 17) Cognitive-behavioural therapies have been developed for all of the following, EXCEPT

- A. panic disorder.
- B. seasonal affective disorder.**
- C. general anxiety disorder.
- D. OCD.

Blooms: Comprehension

Insel - Chapter 02 #94

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

95. (p. 27) Psychodynamic therapies allow the patient to

- A. speak freely with a supportive but objective person.**
- B. safely consume necessary prescription medications.
- C. think cognitively about his or her problem.
- D. receive reinforcement for appropriate behavior.

Blooms: Comprehension

Insel - Chapter 02 #95

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

96. (p. 28) Religious belief

- A. undermines problem solving.
- B. is a substitute for a positive self-concept.
- C.** promotes psychological health for some individuals.
- D. has little bearing on mental health.

Blooms: Comprehension

Insel - Chapter 02 #96

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

97. (p. 27-28) For some, self-help can be very useful. This includes

- A. ignoring self-defeating actions and ideas.
- B. becoming more passive.
- C.** raising self-esteem by counteracting negative thoughts and people.
- D. avoiding objects and people that are feared.

Blooms: Comprehension

Insel - Chapter 02 #97

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

98. (p. 28) Which of the following statements regarding professional help for psychological health is TRUE?

- A. Never seeking professional health for personal problems means you are psychologically healthy.
- B. Seeking professional help for personal problems proves that you have a psychological illness.
- C.** For some, professional help is a choice; for others, it is a necessity.
- D. Everyone will need professional help at some point in his or her life.

Blooms: Comprehension

Insel - Chapter 02 #98

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

99. (p. 28) Which of the following mental health professionals is a licensed physician?

- A. clinical psychologist
- B.** psychiatrist
- C. social worker
- D. counselor

Blooms: Knowledge

Insel - Chapter 02 #99

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

100. (p. 28) Which of the following professionals requires the most formal education?

- A. nurse-practitioner
- B. psychiatrist**
- C. social worker
- D. counselor

Blooms: Knowledge

Insel - Chapter 02 #100

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

101. (p. 28) University students can typically find inexpensive mental health care through

- A. on-campus counseling centers.
- B. psychology or education departments.
- C. support groups.
- D. all of the above.**

Blooms: Knowledge

Insel - Chapter 02 #101

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

102. (p. 29) To help reduce social anxiety,

- A. realize your nervousness is not as visible as you think.
- B. take breaks during anxious situations whenever possible.
- C. get out of the situation if you feel stress.
- D. A and B**

Blooms: Comprehension

Insel - Chapter 02 #102

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

103. (p. 7) Living according to values does NOT mean doing the following:

- A. considering your options carefully before making a choice.
- B. choosing between options without succumbing to outside pressures that oppose your values.
- C. agreeing to do something simply because it will make someone happy.**
- D. making a choice and acting on it rather than doing nothing.

Blooms: Comprehension

Insel - Chapter 02 #103

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

104. (p. 10) A defense mechanism in which hostility is expressed toward someone by being covertly uncooperative or passive is

- A. displacement.
- B. passive-aggressive behaviour.**
- C. projection.
- D. repression.

Blooms: Knowledge

Insel - Chapter 02 #104

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

105. (p. 10) A defense mechanism in which an individual expels from awareness an unpleasant feeling, idea, or memory is

- A. displacement.
- B. passive-aggressive behaviour.
- C. projection.
- D. repression.**

Blooms: Knowledge

Insel - Chapter 02 #105

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

106. (p. 12) What percentage of Canadian children and youth are affected by mental illness at any given time?

- A. 5 percent
- B. 15 percent**
- C. 25 percent
- D. 35 percent

Blooms: Knowledge

Insel - Chapter 02 #106

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

107. (p. 13) All of the following are characteristic of individuals experiencing an intermittent explosive disorder (IED), EXCEPT

- A. often accompanied by depression or another disorder.
- B. may not think straight or act in their own best interest.
- C. may lash out uncontrollably, hurting someone else or destroying property.
- D. expresses oneself constructively and assertively.**

Blooms: Knowledge

Insel - Chapter 02 #107

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

108. (p. 14) What percentage of Canadians will experience an anxiety disorder during their lifetime?

- A. 5 percent
- B. 12 percent**
- C. 18 percent
- D. 25 percent

Blooms: Knowledge

Insel - Chapter 02 #108

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

109. (p. 15) Agoraphobia is characterized by a fear of all of the following, EXCEPT

- A. being alone.
- B. away from help.
- C. leaving home (in extreme cases).
- D. loss of control.**

Blooms: Knowledge

Insel - Chapter 02 #109

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

110. (p. 16) What percentage of North Americans describe themselves as shy?

- A. 10-20 percent
- B. 20-30 percent
- C. 30-40 percent
- D. 40-50 percent**

Blooms: Knowledge

Insel - Chapter 02 #110

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

111. (p. 17) Which of the following is NOT true of depression in Canada?

- A. 10% of Inuit have experienced major depression.**
- B. Affects 8% of Canadians.
- C. Women twice as likely as men to experience.
- D. 16% of First Nations people have experienced major depression.

Blooms: Knowledge

Insel - Chapter 02 #111

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

112. (p. 18) All of the following may be associated with depression EXCEPT

- A. poor appetite and weight loss.
- B. insomnia or disturbed sleep.
- C.** pleasure in doing normal activities.
- D. thoughts of death or suicide.

Blooms: Knowledge

Insel - Chapter 02 #112

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

113. (p. 21) Which of the following is NOT a myth about suicide?

- A. All suicides are irrational.
- B. Suicide is proof of mental health problems.
- C. People who succeeded in suicide really wanted to die.
- D.** Most people who eventually commit suicide have talked about doing it.

Blooms: Knowledge

Insel - Chapter 02 #113

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

114. (p. 23) Auditory hallucinations are characteristic of which mental health disorder?

- A. suicide
- B.** schizophrenia
- C. depression
- D. bipolar disorder

Blooms: Knowledge

Insel - Chapter 02 #114

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

115. (p. 23) General characteristics of schizophrenia include all of the following EXCEPT

- A. disorganized thoughts
- B. delusions
- C. hallucinations
- D.** enhanced social functioning

Blooms: Knowledge

Insel - Chapter 02 #115

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

116. (p. 25) According to the cognitive model of therapeutic change, behaviour results from all of the following, EXCEPT

- A. simple, immediate reinforcements.
- B. attitudes.
- C. expectations.
- D. motives.

Blooms: Comprehension

Insel - Chapter 02 #116

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

117. (p. 29) To reduce anxiety in social situations, all of the following are appropriate strategies, EXCEPT

- A. be an active listener.
- B. practice realistic self-talk.
- C. refocus your attention away from the stress reaction.
- D. avoid frequent eye contact.

Blooms: Comprehension

Insel - Chapter 02 #117

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

Roger is a single father of two young daughters and has been dating Cheryl for the past 2 years. He recently learned that his company is going to be downsizing. Although Roger is financially stable, he is worried that his job is in jeopardy. He hasn't told anyone of the situation. Cheryl and his daughters have noticed that Roger is irritable and doesn't seem to be interested in doing anything. He is experiencing headaches, restlessness, and insomnia. Roger decides to seek professional help and starts seeing a cognitive therapist.

Insel - Chapter 02

118. (p. 17-18) Roger's symptoms are signs of

- A. panic disorder.
- B. depression.
- C. personality disorder.
- D. ineffective use of defense mechanisms.

Blooms: Analysis

Insel - Chapter 02 #118

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

119. (p. 27-28) Which one of the following approaches is Roger's therapist LEAST likely to use?

- A.** telling Roger that there is absolutely nothing to worry about
- B. helping Roger accept that he isn't going to experience a financial disaster
- C. encouraging Roger to identify his fears and examine them logically
- D. encouraging Roger to disclose his fears to Cheryl

Blooms: Evaluation

Insel - Chapter 02 #119

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

120. (p. 5) Being normal is an accurate definition of psychological health.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #120

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

121. (p. 4) It is easier to identify criteria for good psychological health than it is to identify criteria for poor psychological health.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #121

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

122. (p. 4) The most contemporary definition of psychological health is the absence of psychological illness.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #122

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

123. (p. 5) A simple, but accurate, definition of normality is "what most people do."

TRUE

Blooms: Knowledge

Insel - Chapter 02 #123

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

124. (p. 4) In Maslow's hierarchy of needs, safety is a more basic need than is being loved.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #124

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

125. (p. 4) Abraham Maslow arrived at his definition of self-actualized people by studying people of limited abilities.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #125

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

126. (p. 4) One of the characteristics of the self-actualized person is that she or he is self-accepting.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #126

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

127. (p. 5) Other-directed individuals are more likely to be influenced by external forces.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #127

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

128. (p. 5) Inner-directed people make choices that satisfy themselves instead of making choices that satisfy others.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #128

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

129. (p. 5) Physical intimacy, as it relates to psychological health, is the same as sexual intimacy.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #129

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

130. (p. 5, 7) Being able to engage in open communication and risk having hurt feelings is necessary for developing a capacity for intimacy.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #130

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

131. (p. 5) Without becoming self-actualized, we fail to become mentally healthy.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #131

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

132. (p. 5) Mental health status is based on the presence or absence of symptoms.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #132

Learning Objective: 02-01 Describe what it means to be psychologically healthy.

Topic: Defining Psychological Health

133. (p. 18) Most people intent on committing suicide warn a friend or family member.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #133

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

134. (p. 6-7) A primary developmental task of adolescence is the development of identity.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #134

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

135. (p. 6) A person's earliest identity is most likely modeled after peers.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #135

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

136. (p. 6) Identity is a way of viewing oneself and the world.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #136

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

137. (p. 6-7) Identities are established early in adolescence and are usually permanent.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #137

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

138. (p. 6-7) Individuals who do not establish a firm sense of identity may have difficulty establishing relationships.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #138

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

139. (p. 10) A thinking pattern common to demoralized individuals is an all-or-nothing view of events.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #139

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

140. (p. 10) Cognitive distortions are patterns of thinking that make events seem better than they are.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #140

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

141. (p. 10) Realistic self-talk is based on substituting a positive thought for a negative one.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #141

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

142. (p. 11) Expecting the worst and expecting perfection are both examples of negative self-talk.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #142

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

143. (p. 11) Negative beliefs can be so strong that they become self-fulfilling prophesies.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #143

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

144. (p. 11) Defense mechanisms can be used positively as long as reality is kept in perspective.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #144

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

145. (p. 11) An example of rationalization would be a shy person who uses boredom as an excuse not to attend a social function.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #145

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

146. (p. 12) An optimist is one who expects failure and accepts it as deserved.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #146

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

147. (p. 12-13) Loneliness is a passive feeling state.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #147

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

148. (p. 13) The ability to express anger is healthy.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #148

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

149. (p. 13) Explosive anger and unexpressed anger are at opposite extremes on the anger continuum.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #149

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

150. (p. 14) Anxiety is another word for depression.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #150

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

151. (p. 14) Shyness is often the basis for social phobias.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #151

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

152. (p. 14) Fear of public speaking is categorized as a simple phobia.

FALSE

Blooms: Application

Insel - Chapter 02 #152

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

153. (p. 15) People who suffer from panic disorders usually experience them for the first time during childhood.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #153

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

154. (p. 15) Agoraphobia may be caused by multiple panic attacks.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #154

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

155. (p. 16) The end result of generalized anxiety disorder is the impairment of one's ability to enjoy life.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #155

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

156. (p. 16-17) Excessive worry about probable, ordinary concerns is a common manifestation of obsessive-compulsive disorder.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #156

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

157. (p. 17) Treatment immediately following a traumatic event is recommended for people with symptoms of post-traumatic stress disorder.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #157

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

158. (p. 18) It is important not to discuss suicide in front of someone you believe is contemplating suicide because you may give him or her ideas.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #158

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

159. (p. 22) Schizophrenia is a rare mental disorder.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #159

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

160. (p. 25) For major depression, treatment solely with antidepressants is the best approach.

FALSE

Blooms: Evaluation

Insel - Chapter 02 #160

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

161. (p. 19) Self-harm is usually a simple act to get attention and is not serious.

FALSE

Blooms: Comprehension

Insel - Chapter 02 #161

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

162. (p. 18-19) Suicide is the ultimate form of mental illness.

FALSE

Blooms: Evaluation

Insel - Chapter 02 #162

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

163. (p. 23) Medication is the main factor in treating schizophrenia.

TRUE

Blooms: Analysis

Insel - Chapter 02 #163

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

164. (p. 22) Bipolar disorder affects more women than men.

FALSE

Blooms: Knowledge

Insel - Chapter 02 #164

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

165. (p. 21) Using St. John's wort may interfere with depression medications.

TRUE

Blooms: Comprehension

Insel - Chapter 02 #165

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

166. (p. 25) The behavioural model of human nature focuses on what people do.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #166

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

167. (p. 25-26) The cognitive model of human nature emphasizes the effect of ideas on behaviours and feelings.

TRUE

Blooms: Knowledge

Insel - Chapter 02 #167

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

168. (p. 27-29) The only way to solve a mental health problem is to seek professional help.

FALSE

Blooms: Evaluation

Insel - Chapter 02 #168

Learning Objective: 02-06 Describe the different types of help available for psychological problems.

Topic: Getting Help

Topic: Models of Human Nature and Therapeutic Change

169. List and describe three of the characteristics of a self-actualized person.

Answers will vary

Blooms: Knowledge

Insel - Chapter 02 #169

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

170. For each of the following situations, give (1) an example of negative self-talk based on a cognitive distortion and (2) an example of realistic self-talk:

- after a fight with a friend
- not receiving an invitation to an event that others you know are attending
- an average grade on a project
- receiving a surprise message asking you to meet with your academic advisor
- after drinking too much at a party

Answers will vary

Blooms: Comprehension

Blooms: Knowledge

Insel - Chapter 02 #170

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

171. Terry, a university student, just got a new job in a marketing firm and wants to do well. Her husband Bob has been talking about starting a family, and her father has just been diagnosed with prostate cancer. Anxiety disorders have been diagnosed on both sides of her family. Identify and define an anxiety disorder that Terry may be at risk for, and explain why you chose this disorder. What are the symptoms of the disorder, and how might it be treated?

Answers will vary

Blooms: Evaluation

Blooms: Knowledge

Insel - Chapter 02 #171

Learning Objective: 02-04 Describe common psychological disorders.

Topic: Psychological Disorders

172. List at least five warning signs of severe depression and suicide, and describe what actions you could take to help a depressed or suicidal friend.

Answers will vary

Blooms: Knowledge

Insel - Chapter 02 #172

Learning Objective: 02-05 List the warning signs of suicide.

Topic: Psychological Disorders

173. Think of the last time you were upset at receiving a poor test grade. Write down five positive, healthy self-talk statements that will help you through this problem.

Answers will vary

Blooms: Knowledge

Insel - Chapter 02 #173

Learning Objective: 02-03 Discuss the importance of an optimistic outlook; good communication skills; and constructive approaches to dealing with loneliness and anger.

Topic: Meeting Lifes Challenges

174. Write your obituary. Include in it how you would like to be remembered and what you would like to have achieved. Be honest and realistic. What will be the most important aspect of your life? After completing the obituary, add a paragraph on how you can change to become the person you just wrote about.

Answers will vary

Blooms: Evaluation

Blooms: Synthesis

Insel - Chapter 02 #174

Learning Objective: 02-02 Explain how to develop and maintain a positive self-concept and healthy self-esteem.

Topic: Meeting Lifes Challenges

c2 Summary

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