

## Chapter 1

### Introduction: Definitional and Historical Considerations and Canada's Mental Health System

Question type: True/False

It is easy to remain objective when studying abnormal psychology.

Answer: False

Section Reference: Introduction

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

There is no single defining characteristic of abnormal behaviour.

Answer: True

Section Reference: What Is Abnormal Behaviour?

Difficulty: Easy

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

The Psy.D. approach is based on the scientist-practitioner model.

Answer: False

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Comprehension

All psychologists would like to be able to prescribe medication.

Answer: False

Section Reference: What Is Abnormal Behaviour?

Difficulty: Easy

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Comprehension

Demons thought to cause abnormal behaviour could be released by trepanning.

Answer: True

Section Reference: Early Demonology

Difficulty: Easy

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Knowledge

Hippocrates believed that abnormal behaviour was the result of brain pathology.

Answer: True

Section Reference: Somatogenesis

Difficulty: Medium

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Knowledge

In the Middle Ages, mental illness was often mistaken for witchcraft.

Answer: True

Section Reference: Witchcraft and Mental Illness

Difficulty: Easy

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Knowledge

Pinel was the first to remove chains from the mentally ill in asylums.

Answer: False

Section Reference: Moral Treatment

Difficulty: Medium

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Comprehension

Today more care is provided in psychiatric units of general hospitals than in psychiatric hospitals.

Answer: True

Section Reference: Canadian Perspectives 1.2

Difficulty: Easy

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Knowledge

The most recent research data shows that stays in psychiatric hospitals in Canada are typically longer than in psychiatric units of general hospitals.

Answer: False

Section Reference: Canadian Perspectives 1.2

Difficulty: Hard

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Knowledge

Mesmer believed that one person could change another's behaviour.

Answer: True

Section Reference: Psychogenesis

Difficulty: Medium

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Comprehension

Lobotomies were never performed in Canada.

Answer: False

Section Reference: Canadian Perspectives 1.3

Difficulty: Hard

Learning Objective: 1.2 Compare the history of psychopathology across centuries

Bloom's: Knowledge

Mental illness can affect anyone.

Answer: True

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Easy

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

Most people with psychological disorders can never be cured of their illness.

Answer: False

Section Reference: The Public Perception

Difficulty: Hard

Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy

Bloom's: Analysis

The media shapes our perception of the dangerousness of people with mental illness.

Answer: True

Section Reference: Anti-Stigma Campaigns

Difficulty: Medium

Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking

Bloom's: Comprehension

Most Canadians see mental health issues as separate from medical problems.

Answer: False

Section Reference: Mental Health Literacy

Difficulty: Medium

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Comprehension

Anxiety Disorders carry the heaviest burden.

Answer: False

Section Reference: Cost of Mental Health Problems

Difficulty: Medium

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Comprehension

Psychological treatment is fully covered by Medicare.

Answer: False

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

Difficulty: Easy

Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy

Bloom's: Knowledge

Women seek mental health care more than men.

Answer: True

Section Reference: Help-Seeking and the Perceived Need for Help

Difficulty: Easy

Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

Bloom's: Knowledge

When mental health care is universally accessible, people with low SES seek care at equal rates to people with high SES.

Answer: False

Section Reference: Help-Seeking and the Perceived Need for Help

Difficulty: Medium

Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking

Bloom's: Comprehension

Focusing on prevention may help more than focusing on treatment on mental illness.

Answer: True

Section Reference: Community Psychology and Prevention

Difficulty: Medium

Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy

Bloom's: Comprehension

Question type: Multiple Choice

An illustration of abnormal behaviour would be:

Soiling oneself once a month at age 14.

Experiencing anxiety when engaged in rituals after leaving the house.

Losing control of oneself in anger, with no apparent provocation.

None of the above are examples of abnormal behaviour.

Answer: d

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

A happily married man covertly purchases women's shoes. Afterwards he masturbates while wearing the shoes. This illustrates what definition of abnormality?

Disability or dysfunction

Unexpectedness

Personal distress

None of these; the behaviour is not abnormal.

Answer: d

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

Which of the following illustrates the difficulty in defining abnormal behaviour as behaviour that is statistically infrequent?

IQ below 70 is considered mentally retarded.

It is unusual for people to have delusions.

Math prodigies are rare in the population.

Bedwetting is common in young children.

Answer: c

Section Reference: Statistical Infrequency

Difficulty: Easy

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

Autism is based on which of the following definitions of abnormal behaviour?

Statistical infrequency

Violation of personal norms

Personal distress

Social distress

Answer: a

Section Reference: Statistical Infrequency

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

A commonly accepted cut-off point for a diagnosis of mental retardation is an intelligence quotient (IQ) that is below:

- a) 125
- b) 100
- 85
- 70

Answer: d

Section Reference: Statistical Infrequency

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

According to the criteria outlined by Davison et al. in their definition of abnormality, which of the following is *not* part of the definition?

- Whether the behaviour violates social norms
- Whether the behaviour causes personal distress
- Whether the behaviour reflects a past history of abnormal behaviour
- None of the above

Answer: c

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

Variations in cultural background make it difficult to define abnormal behaviour as simply behaviour which

involves a deviation from norms.

leads to dysfunction.  
improves after therapy.  
causes personal distress.

Answer: a

Section Reference: Violation of Norms

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Analysis

Which of the following is least likely to be studied in abnormal psychology?

- A prostitute
- A psychopath
- A developmentally delayed child
- An anxious person

Answer: a

Section Reference: Violation of Norms

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

Which characteristic of abnormal behaviour do cultural differences affect most?

- Statistical infrequency
- Violation of norms
- Personal distress
- Disability or dysfunction

Answer: b

Section Reference: Violation of Norms

Difficulty: Easy

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

Kevin was seen walking around campus naked on the first day of term. When campus security caught up with him, they told him he was crazy and needed a psychiatric evaluation, despite Kevin telling them he was a nudist. While Kevin is not mentally ill, his behaviour meets which criteria of abnormal behaviour?

Personal distress  
Unexpectedness  
Violation of norms  
Disability or dysfunction

Answer: c

Section Reference: Violation of Norms  
Difficulty: Medium  
Learning Objective: 1.1 Understand what constitutes abnormal behaviour  
Bloom's: Application

Defining abnormal behaviour on the basis of personal distress or suffering is problematic for which reason?

Distress and suffering is normal in modern society.  
Some disorders do not involve personal suffering.  
It ignores the suffering of family members of disturbed people.  
Only people with depression experience personal distress.

Answer: b

Section Reference: Personal Suffering  
Difficulty: Hard  
Learning Objective: 1.1 Understand what constitutes abnormal behaviour  
Bloom's: Analysis

Which criterion for abnormality applies to Cindy? Cindy is an accomplished lawyer who sought psychological help in dealing with the stresses of balancing work and family responsibilities.

Unexpectedness  
Violation of social norms  
Personal distress  
Statistical infrequency

Answer: c

Section Reference: Personal Suffering  
Difficulty: Medium  
Learning Objective: 1.1 Understand what constitutes abnormal behaviour  
Bloom's: Application

Which of the following disorders would most likely not fit the “personal distress” characteristic of abnormal psychology?

- Social phobia
- Psychopathy
- Obsessive-compulsive disorder
- Depression

Answer: b

Section Reference: Personal Suffering

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

Ted, who has a fear of snakes, quit his job when he was asked to relocate to the Southwest (where snakes are more common.) This is an example of which criterion for abnormal behaviour?

- Unexpectedness
- Disability or dysfunction
- Statistical infrequency
- Violation of norms

Answer: b

Section Reference: Disability or Dysfunction

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

Transvestism (i.e., cross-dressing for sexual pleasure) was used in the textbook to make the point that:

- The same behaviour both can and cannot meet criteria for abnormality.
- Behaviours that distress other people can automatically be considered abnormal.
- Even atypical behaviours may not necessarily reflect a disability.
- Both A and C.

Answer: d

Section Reference: Disability or Dysfunction

Difficulty: Medium