

Chapter 1

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

Question type: True/False

1) 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

2) 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

3) 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

4) 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

5) 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

6) 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

7) 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

8) 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

9) 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

10) 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

11) 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

12) 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

13) 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

14) 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

15) 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

16) 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

17) 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

18) 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

19) 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

20) 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

21) 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

22) An illustration of abnormal behaviour would be:

- a) Soiling oneself once a month at age 14.
- b) Experiencing anxiety when engaged in rituals after leaving the house.
- c) Losing control of oneself in anger, with no apparent provocation.
- d) 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

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

- a) Disability or dysfunction
- b) Unexpectedness
- c) Personal distress
- d) 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

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

- a) IQ below 70 is considered mentally retarded.
- b) It is unusual for people to have delusions.
- c) Math prodigies are rare in the population.
- d) 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

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

- a) Statistical infrequency
- b) Violation of personal norms
- c) Personal distress

d) Social distress

Answer: a

Section Reference: Statistical Infrequency

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

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

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

Answer: d

Section Reference: Statistical Infrequency

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Knowledge

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

- a) Whether the behaviour violates social norms
- b) Whether the behaviour causes personal distress
- c) Whether the behaviour reflects a past history of abnormal behaviour
- d) 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

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

- a) involves a deviation from norms.

- b) leads to dysfunction.
- c) improves after therapy.
- d) causes personal distress.

Answer: a

Section Reference: Violation of Norms

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Analysis

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

- a) A prostitute
- b) A psychopath
- c) A developmentally delayed child
- d) An anxious person

Answer: a

Section Reference: Violation of Norms

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

30) Which characteristic of abnormal behaviour do cultural differences affect most?

- a) Statistical infrequency
- b) Violation of norms
- c) Personal distress
- d) Disability or dysfunction

Answer: b

Section Reference: Violation of Norms

Difficulty: Easy

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Comprehension

31) 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?

- a) Personal distress
- b) Unexpectedness
- c) Violation of norms
- d) Disability or dysfunction

Answer: c

Section Reference: Violation of Norms

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

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

- a) Distress and suffering is normal in modern society.
- b) Some disorders do not involve personal suffering.
- c) It ignores the suffering of family members of disturbed people.
- d) 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

33) 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.

- a) Unexpectedness
- b) Violation of social norms
- c) Personal distress
- d) Statistical infrequency

Answer: c

Section Reference: Personal Suffering

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

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

- a) Social phobia
- b) Psychopathy
- c) Obsessive-compulsive disorder
- d) Depression

Answer: b

Section Reference: Personal Suffering

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

35) 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?

- a) Unexpectedness
- b) Disability or dysfunction
- c) Statistical infrequency
- d) Violation of norms

Answer: b

Section Reference: Disability or Dysfunction

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

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

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

Answer: d

Section Reference: Disability or Dysfunction

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

37) Jim wants to be a professional basketball player, but his height (i.e., 5'5") will not allow him to make a career of the sport. This could be considered a _____, but it is not a concern of abnormal psychology.

- a) Statistical infrequency
- b) Violation of norms
- c) Personal distress
- d) Disability or dysfunction

Answer: d

Section Reference: Disability or Dysfunction

Difficulty: Medium

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

38) Pat threatened to punch out a student colleague when the latter refused to lend him \$20. This is an example of which criteria for abnormal behaviour?

- a) Unexpectedness
- b) Disability or dysfunction
- c) Statistical infrequency
- d) A and B

Answer: a

Section Reference: Unexpectedness

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Application

39) While it is normal for students to get nervous before an exam, it may be considered abnormal for a student to be so anxious as to run screaming from the classroom when the exam is handed out. This is an example of which criteria for abnormal behaviour?

- a) Statistical infrequency
- b) Unexpectedness
- c) Disability or dysfunction
- d) Personal suffering

Answer: b

Section Reference: Unexpectedness

Difficulty: Hard

Learning Objective: 1.1 Understand what constitutes abnormal behaviour

Bloom's: Analysis

40) Which of the following was developed so that credentials of psychologists in one province would transfer to other provinces in Canada?

- a) Agreement on Provincial Trade (APT)
- b) Mutual Recognition Agreement
- c) Canadian Psychological Association (CPA)
- d) College of Psychologists

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

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

Bloom's: Knowledge

41) According to Gauthier (2002), to become registered as a psychologist, one must demonstrate competency in the following core areas: interpersonal relatedness, assessment and evaluation, intervention and consultation, ethics and standards, and _____

- a) child development.
- b) organizational behaviour.
- c) medical-legal matters.
- d) research.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

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

Bloom's: Knowledge

42) The Ph.D. in clinical psychology has _____ as main focus.

- a) therapy
- b) treatment
- c) research

d) medical

Answer: C

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

43) The Psy.D. approach is based on the _____ model.

- a) scientist-practitioner
- b) scholar-practitioner
- c) medical-practitioner
- d) boulder model

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

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

Bloom's: Knowledge

44) Before the Mutual Recognition Agreement came into effect in Canada, there was _____ among the provinces and territories in terms of the minimal academic requirements needed in order to be registered as a clinical psychologist.

- a) no consensus
- b) some consensus
- c) almost complete consensus
- d) None of the above are correct; a mutual recognition agreement has not been reached.

Answer: a

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

45) Psy.D. programs

- a) have been in existence for many years in Canada.
- b) will probably never be introduced in Canada because of disagreements among the provinces.

- c) were introduced in Canada in the last 15 years.
- d) will probably never be introduced in Canada because they duplicate existing options.

Answer: c

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

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

Bloom's: Comprehension

46) Psychiatrists differ from clinical psychologists in that psychiatrists

- a) receive training in scientific bases of behaviour.
- b) receive training in diagnosis of psychopathology.
- c) undergo personal analysis as part of their training.
- d) prescribe medication.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

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

Bloom's: Knowledge

47) Which profession requires a research dissertation as a prerequisite for a doctoral degree?

- a) Psychiatry
- b) Clinical psychology
- c) Psychiatric nurse
- d) Psychoanalyst

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

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

Bloom's: Knowledge

48) The doctor of psychology degree (Psy.D.) emphasizes

- a) medication based training.
- b) psychodynamic training.
- c) testing and measurement of mental illness.
- d) clinical training more than research training.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

Learning Objective:

Bloom's: Knowledge

49) Who regulates and has jurisdiction over the practice of psychology in Canada?

- a) The Federal Government
- b) The Provincial Governments
- c) The College of Psychologists
- d) None of the above; the practice is not regulated.

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Easy

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

Bloom's: Knowledge

50) What is the difference between a Ph.D. and a Psy.D. program?

- a) Ph.D. has more emphasis on research than Psy.D. program.
- b) Psy.D. has more emphasis on research than Ph.D. program.
- c) Psy.D. doesn't allow you to practice as a psychologist in Canada.
- d) There is no difference between the two programs.

Answer: a

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

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

Bloom's: Analysis

51) Clinical psychology Ph.D. candidates differ from Ph.D. candidates from other fields of psychology in that they learn skills in which two additional areas:

- a) Diagnosis and ethics
- b) Diagnosis and treatment
- c) Diagnosis and statistics
- d) Diagnosis and research design