

Student: _____

1. Which of the following terms reflects the view that the people in treatment collaborate with those who treat them?
 - A. "patient"
 - B. "inmate"
 - C. "recipient"
 - D. "client"
2. Which of the following expressions best reflects respect for the individual?
 - A. psychotic patient
 - B. schizophrenic client
 - C. psychopathic deviate
 - D. person with schizophrenia
3. The degree awarded to individuals who receive their training in clinical psychology from professional schools is a(n)
 - A. MSW.
 - B. CAC.
 - C. PsyD.
 - D. DO.
4. Clinical psychologists have earned either a PhD or a(n)
 - A. PsyD.
 - B. MSW.
 - C. MD.
 - D. DSW.
5. What kind of training do clinical psychologists have?
 - A. PhD or PsyD in clinical psychology
 - B. MD with advanced training in psychological disorders
 - C. MSW with three years of residency
 - D. MS in psychology with a behavior management certificate
6. Medical doctors with advanced training in treating psychological disorders are referred to as
 - A. psychologists.
 - B. neurologists.
 - C. psychiatrists.
 - D. clinicians.
7. Dr. Reed has a PhD in clinical psychology and was trained in administering psychological tests. Dr. Davis has an MD with advanced training in treating psychological disorders and can prescribe medications. From the given information, we can infer that
 - A. Dr. Reed is a psychiatrist and Dr. Davis is a psychologist.
 - B. Dr. Reed is a psychologist and Dr. Davis is a psychiatrist.
 - C. Dr. Reed is a psychologist and Dr. Davis is a neurologist.
 - D. Dr. Reed is a social worker and Dr. Davis is a psychologist.
8. Which of the following individuals is trained in the administration and interpretation of psychological tests?
 - A. recreational therapist
 - B. psychologist
 - C. counselor
 - D. occupational therapist

9. A mental health professional with training in the behavioral sciences who provides direct service to clients is known as a(n)
 - A. psychiatrist.
 - B. occupational therapist.
 - C. clinical psychologist.
 - D. clinician.
10. Which of the following is an individual without a graduate-level training in psychology who can also play a critical role in mental health services?
 - A. family therapist
 - B. recreational therapist
 - C. counseling psychologist
 - D. psychiatrist
11. The publication that contains descriptions of the various psychological disorders is called the
 - A. International Manual of Mental Diseases.
 - B. Physicians' Desk Reference.
 - C. Diagnostic and Statistical Manual of Mental Disorders.
 - D. American Psychological Association's Mental Disorders Handbook.
12. The consistency of measurements or diagnoses is referred to as
 - A. reliability.
 - B. validity.
 - C. the base rate.
 - D. a correlation.
13. Ralph has been sad and listless for three years. He cannot sleep and has lost his appetite. Using a diagnostic system, one clinician arrives at a diagnosis of depression. Using the exact same diagnostic system, another clinician arrives at a diagnosis of schizophrenia. What is the problem with this system?
 - A. It lacks effectiveness.
 - B. It lacks universality.
 - C. It lacks reliability.
 - D. It lacks validity.
14. Which of the following refers to the extent to which a diagnosis or rating accurately characterizes a person's psychological status?
 - A. reliability
 - B. validity
 - C. precision
 - D. significance
15. The purpose of a diagnostic manual is to provide
 - A. consistent diagnoses across people based on the presence or absence of a set of specific symptoms.
 - B. a clinician with a statistical model derived from data of different patients.
 - C. a list of names and contacts of mental patients who have been correctly diagnosed and successfully treated.
 - D. elaborate studies and documents of mentally retarded patients who have also had physical disabilities.
16. Which of the following questions best describes one of the critical debates that will shape the new *DSM-5*?
 - A. Is the DSM too inclusive of conditions that are known to be medical in nature?
 - B. Are the terms "disease", "illness", and "disorder" biomedical terms or sociopolitical terms?
 - C. Should the categorical approach be abandoned in favor of a dimensional approach?
 - D. Should the term "insanity" be included in the new edition of the *DSM*?

17. The diagnoses contained in the current *DSM-IV-TR* more closely correspond to those included in the
 - A. Physician's Desk Reference.
 - B. International Manual of Mental Diseases.
 - C. *DSM-II*.
 - D. International Classification of Diseases.
18. An axis is a class of information in *DSM-IV* regarding
 - A. one aspect of an individual's functioning.
 - B. a list of individuals suffering from schizophrenia.
 - C. the treatment of physical disabilities.
 - D. the number of cases pending with incorrect diagnosis.
19. The notion that disorders involving a loss of identity fit into a distinct group separate from other disorders is the essence behind the
 - A. statistical approach.
 - B. psychodynamic model.
 - C. categorical approach.
 - D. dimensional model.
20. Dr. Johnson believes that the frequency and intensity of compulsive behavior exists on a continuum from mild to severe. Dr. Johnson prefers to use which approach when viewing this behavior?
 - A. categorical
 - B. dimensional
 - C. psychoanalytical
 - D. statistical
21. The *DSM-IV-TR* adheres to the
 - A. psychoanalytic model.
 - B. behavioral model.
 - C. societal model.
 - D. medical model.
22. The fact that many clinicians view alcoholism as a disease is consistent with the *DSM-IV-TR* assumption that classification should be based on the
 - A. psychogenic model.
 - B. humanitarian model.
 - C. medical model.
 - D. multimodal model.
23. A clinically significant behavioral or psychological syndrome that occurs in a person and is associated with present distress, disability, or increased risk of suffering is defined in the *DSM-IV-TR* as a
 - A. disease.
 - B. psychological disability.
 - C. mental disorder.
 - D. neurological dysfunction.
24. The number of axes the *DSM-IV-TR* utilizes along which clients are evaluated is
 - A. 2
 - B. 5
 - C. 7
 - D. 10
25. A collection of symptoms that together constitute a particular psychological disorder is a(n)
 - A. diagnosis.
 - B. syndrome.
 - C. prognosis.
 - D. axis.

26. "Coughing, sniffing, sneezing, runny nose, achiness, scratchy throat, and inability to sleep." This collection of symptoms represents a(n)
- association.
 - diagnosis.
 - prognosis.
 - syndrome.
27. Which of the following is NOT a component of the definition of a mental disorder included in the *DSM-IV-TR*?
- The disorder is reflected in a behavioral or psychological syndrome.
 - The disorder is associated with present distress.
 - The disorder is an expectable and culturally sanctioned response.
 - The disorder is associated with impairment in life.
28. A man arrives one hour late for work every day because he is compelled to read every street sign on the road to his workplace. Which of the following components of a mental disorder is exemplified by this scenario?
- behavioral syndrome
 - impairment in life
 - impulse-control
 - anxiety
29. Which of the following is a somatoform disorder?
- hypochondriasis
 - pedophilia
 - anorexia nervosa
 - kleptomania
30. Disorders in which the normal integration of consciousness, memory, sense of self, or perception is disrupted are known as
- adjustment disorders.
 - anxiety disorders.
 - dissociative disorders.
 - impulse-control disorders.
31. Jack believes he is Jesus Christ and that he can walk on water. He claims he hears God talking to him every morning at 3:00 a.m. In general terms, Jack seems to be suffering from
- neurosis.
 - psychosis.
 - hypochondriasis.
 - prognosis.
32. Which of the following terms is used to refer to various forms of behavior that involve disturbed sleep patterns?
- depression
 - neurosis
 - delusion
 - insomnia
33. Which of the following disorders is characterized by disruption of normal integration of consciousness or perception?
- dissociative disorder
 - bipolar disorder
 - somatoform disorder
 - major depression

34. Which of the following is characterized by a consistently sad mood?
- A. manic-depression
 - B. bipolar disorder
 - C. schizophrenia
 - D. major depression
35. The disorders which involve impairment in thought processes caused by medical conditions are called
- A. amnesic disorders.
 - B. psychotic disorders.
 - C. schizophrenic disorders.
 - D. prognostic disorders.
36. Which of the following terms is NOT used in the *DSM-IV-TR*?
- A. bipolar disorder
 - B. major depression
 - C. schizophrenia
 - D. neurosis
37. Conditions characterized by the development of emotional and behavioural symptoms within 3 months after a clear stressor are called
- A. clinical disorders.
 - B. somatoform disorders.
 - C. cognitive disorders.
 - D. adjustment disorders.
38. The potential loss of his job has caused RJ to become deeply despondent. For the past six months, he has begun drinking heavily and spending money irresponsibly. RJ is likely to be diagnosed with a(n)
- A. impulse control disorder.
 - B. personality disorder.
 - C. adjustment disorder.
 - D. clinical disorder.
39. What information led Dr. Tobin to conclude that Peter was suffering from bipolar disorder?
- A. Peter reported having intense bouts of anxiety.
 - B. Peter recently married but divorced three months later.
 - C. Peter experienced a psychotic episode after losing his job.
 - D. Peter was in a period of elation but had previously experienced a period of depression.
40. Which of the following disorders belongs to Axis I in *DSM-IV-TR*?
- A. antisocial personality disorder
 - B. mood disorder
 - C. stress disorder
 - D. culture-bound disorder
41. Clinical disorders are listed on which axis in a *DSM-IV-TR* diagnosis?
- A. Axis I
 - B. Axis III
 - C. Axis IV
 - D. Axis V
42. Schizophrenia and major depression are classified on
- A. Axis I of the *DSM-IV-TR*.
 - B. Axis II of the *DSM-IV-TR*.
 - C. Axis III of the *DSM-IV-TR*.
 - D. Axis IV of the *DSM-IV-TR*.

43. Elaine is suffering from an anxiety disorder. She is classified as having an
- A. Axis I disorder.
 - B. Axis II disorder.
 - C. Axis III disorder.
 - D. Axis IV disorder.
44. Susan and Ron are having marital difficulties; their difficulties are not due to any long-standing psychological problems. A clinician might document their difficulties by
- A. diagnosing each as having a personality disorder.
 - B. diagnosing each as having an adjustment disorder.
 - C. only listing the information on Axis IV.
 - D. considering the problem as a part of Axis I.
45. Axis II of the *DSM-IV-TR* is used for
- A. clinical disorders.
 - B. personality disorders and mental retardation.
 - C. organic brain disorders.
 - D. substance abuse disorders.
46. Joey is diagnosed as having mental retardation. Which *DSM-IV-TR* Axis does this diagnosis appear on?
- A. III
 - B. IV
 - C. V
 - D. II
47. Which disorders are built into the fabric of an individual's personality or behavior patterns?
- A. Axis IV disorders
 - B. Axis II disorders
 - C. Axis III disorders
 - D. Axis V disorders
48. Which *DSM-IV-TR* Axis is reserved for information about physical conditions that may be the basis of a client's emotional problems?
- A. Axis V
 - B. Axis IV
 - C. Axis I
 - D. Axis III
49. Kathy was diagnosed with breast cancer three months ago and is now reporting feelings of severe depression. On what *DSM-IV-TR* Axis would the information about her medical condition be recorded?
- A. Axis I
 - B. Axis II
 - C. Axis III
 - D. Axis IV
50. Cheryl's high blood pressure is aggravated by her persistent obsession with cleanliness. On which axis would information regarding her medical condition appear?
- A. Axis I
 - B. Axis III
 - C. Axis IV
 - D. Axis V

51. A psychologist suspects that Dan's psychotic episode may be related to the recent death of his wife. On which *DSM-IV-TR* Axis would this stressful event be recorded?
- A. Axis I
 - B. Axis II
 - C. Axis III
 - D. Axis IV
52. The likelihood of a client recovering from a disorder is referred to as his or her
- A. prognosis.
 - B. diagnosis.
 - C. convalescence.
 - D. determination.
53. On which *DSM-IV-TR* Axis is information listed about the client's global level of functioning at the time he or she is seen by the clinician?
- A. Axis I
 - B. Axis II
 - C. Axis IV
 - D. Axis V
54. Heather has been diagnosed as having schizophrenia. Six months ago Heather's symptoms were rather mild but now they are severe. On which Axis would this information appear in a *DSM-IV-TR* diagnosis?
- A. Axis IV
 - B. Axis VI
 - C. Axis V
 - D. Axis III
55. Mrs. Waltham is 75 years old and has been brought in for treatment by her daughter. Her daughter claims that Mrs. Waltham has not only become forgetful, but has begun fabricating stories about how she is a Bavarian princess who must return to her homeland to help the king. The clinician automatically diagnoses Mrs. Waltham as having schizophrenia. What important information has the clinician obviously ignored in making this diagnosis?
- A. occupational status
 - B. client's age
 - C. prevalence of this disorder
 - D. client's gender
56. The Global Assessment of Functioning (GAF) scale is the basis for
- A. Axis I.
 - B. Axis III.
 - C. Axis IV.
 - D. Axis V.
57. A GAF scale of 11-20 of an individual's psychological health indicates
- A. persistent danger to self.
 - B. a superior functioning.
 - C. slight passing symptoms.
 - D. serious impairment.
58. The first step for a clinician in the diagnostic process involves
- A. ruling out differential diagnoses.
 - B. planning a treatment strategy.
 - C. reviewing the *DSM* criteria for disorders matching the client's symptoms.
 - D. commencing the treatment program.

59. According to the original National Comorbidity Survey, which of the following types of disorders was most commonly comorbid with other psychiatric diagnoses?
- A. the schizophrenias
 - B. drug and alcohol abuse
 - C. anxiety disorders
 - D. mood disorders
60. The original National Comorbidity Survey revealed that of those individuals with a lifetime history of psychological disorders, the percentage of individuals who suffer from multiple conditions is about
- A. 10.
 - B. 40.
 - C. 50.
 - D. 80.
61. Multiple diagnostic conditions that occur simultaneously within the same individual are referred to as
- A. comorbid disorders.
 - B. culture-bound syndromes.
 - C. differential diagnoses.
 - D. primary diagnoses.
62. Martin was recently diagnosed with bipolar disorder. He has also struggled for years with alcoholism, so in addition to his therapy sessions, his therapist recommends that he attend Alcoholics Anonymous meetings. Based on this information, we can say that Martin
- A. has an impulse-control disorder.
 - B. has a somatoform disorder.
 - C. has comorbid psychiatric conditions.
 - D. has a therapist who works in a CMHC.
63. The process of ruling out possible alternative diagnoses is called a(n)
- A. differential diagnosis.
 - B. compound diagnosis.
 - C. assessment of functioning.
 - D. multiaxial diagnosis.
64. Dr. Richards is treating Joey who is suffering from extreme anxiety. Dr. Richards finds that his patient's symptoms could also be suggestive of a substance-abuse disorder or a serious impulse-control problem. In this case, Dr. Richards should
- A. consider a principal diagnosis treatment.
 - B. undertake a differential diagnosis treatment.
 - C. transfer Joey to a halfway house.
 - D. declare a simple case of dissociative identity disorder.
65. Robert has a serious drinking problem. His therapist feels that the drinking is a result of Robert's constant bouts with depression. Based on this information, what would the principal diagnosis be?
- A. alcoholism
 - B. bipolar disorder
 - C. degenerative dementia
 - D. major depression
66. An analysis of the client's development and the factors that may have influenced the client's current emotional state is called a
- A. diagnosis.
 - B. prognosis.
 - C. classification.
 - D. case formulation.

67. Dr. Burns is analyzing his client's personal history in an attempt to identify the factors that may have produced his psychotic behavior. Dr. Burns is creating a(n)
- A. assessment of global functioning.
 - B. final diagnosis.
 - C. case formulation.
 - D. treatment regimen.
68. Jenny has received a diagnosis of major depression. What might give you a more complete picture of this client's condition?
- A. a primary diagnosis
 - B. her case formulation
 - C. her long-term prognosis
 - D. the clinician's theoretical perspective
69. Recurrent patterns of abnormal behavior that are limited to specific societies or cultural areas are defined as
- A. mood disorders.
 - B. comorbid disorders.
 - C. culture-bound syndromes.
 - D. sociocultural criteria.
70. Mr. Kang, a recent immigrant from China, is overwhelmed and distressed by the untimely death of his wife. His co-workers are concerned about his mental health because he believes he is in constant contact with her and can be seen talking to her on a regular basis. It is not likely that Mr. Kang would be diagnosed as having a mental disorder because his behavior
- A. is an acceptable and culturally sanctioned response in his particular culture.
 - B. reflects a documented behavioral/psychological syndrome.
 - C. is not associated with his present distress and impairment.
 - D. cannot be explained using the medical model.
71. Sanguo dormido, or "sleeping blood", is a condition observed among individuals from the Cape Verde Islands and involves paralysis, convulsions, blindness, and tremors. This condition is referred to in the *DSM-IV-TR* as a(n)
- A. adjustment disorder.
 - B. clinical syndrome.
 - C. general medical condition.
 - D. culture-bound syndrome.
72. Which of the following is true?
- A. Psychologists are in the business of handing out medication.
 - B. Louisiana became the first state to approve prescription privileges to psychologists.
 - C. Homicidal behavior can be attributed to a culture-bound syndrome.
 - D. Therapeutic work is effective only if the client has almost fully recovered.
73. Which of the following supports the argument in favor of prescription privileges for psychologists?
- A. Psychiatrists receive medical training unlike psychologists.
 - B. Psychologists work as a team with psychiatrists to deal with disorders like schizophrenia.
 - C. Normal physicians have a broader knowledge base than psychologists.
 - D. Psychologists can integrate medication into psychotherapy.
74. The outline for how therapy should take place is known as
- A. the treatment plan.
 - B. the case formulation.
 - C. the primary diagnosis.
 - D. psychoanalytic treatment.

75. Which of the following is the proper sequence for treating a client's condition?
- A. short-term goals, immediate management, long-term goals
 - B. long-term goals, short-term goals, immediate management
 - C. immediate management, long-term goals, short-term goals
 - D. immediate management, short-term goals, long-term goals
76. Which of the following is an immediate goal in treatment planning of a client who is severely depressed?
- A. establish a working relationship between the clinician and the client
 - B. admit the client into a mental hospital
 - C. develop a strategy for coping with the symptoms
 - D. take the client off the medication
77. Donna's clinician has recommended electroconvulsive therapy in an attempt to control her drastic suicidal impulses. What stage of treatment is she in?
- A. immediate management
 - B. assessment of objectives
 - C. assessment of current functioning
 - D. formulation of development strategy
78. Roger is in the stage of therapy where he and his therapist are working on altering his long-standing patterns of dependent behavior. What phase of therapy is Roger in?
- A. immediate management
 - B. assessment of objectives
 - C. management of short-term goals
 - D. management of long-term goals
79. After a final diagnosis is made and a case formulation is constructed, what is the next step in treating a client?
- A. administration of medication
 - B. deciding on a treatment site
 - C. evaluation of the therapeutic outcome
 - D. designing a treatment plan
80. If a client needs intensive supervision, but not actual hospital care, a clinician might suggest a
- A. community mental health center (CMHC).
 - B. halfway house.
 - C. psychiatric hospital.
 - D. specialized inpatient treatment center.
81. What treatment site is usually recommended by a clinician when clients present a risk of harming themselves or others?
- A. community mental health center
 - B. psychiatric hospital
 - C. halfway house
 - D. outpatient treatment center
82. An outpatient clinic that provides psychological services on a sliding fee scale and serves individuals who live in a certain geographic region is called a(n)
- A. halfway house.
 - B. psychiatric hospital.
 - C. community mental health center.
 - D. asylum.

83. Which of the following treatment sites are recommended by clinicians for children who need constant monitoring due to severe behavioral disturbances?
- A. specialized inpatient treatment centers
 - B. outpatient treatment centers
 - C. psychiatric hospitals
 - D. halfway houses
84. Rob is receiving treatment for his psychological disorder from a private therapist in his neighbourhood. It is most likely that Rob is going to a
- A. community mental health center.
 - B. halfway house.
 - C. psychiatric hospital.
 - D. psychoanalytic institute.
85. Deinstitutionalized clients coming out of the hospital who are not yet ready for independent living often move into
- A. CMHCs.
 - B. psychiatric hospitals.
 - C. outpatient clinics.
 - D. halfway houses.
86. Structured programs in a community treatment facility that provide activities similar to those provided in a psychiatric hospital are called
- A. day treatment programs.
 - B. employee assistance programs.
 - C. assertive community treatment.
 - D. recovery programs.
87. Michelle, who is recovering from schizophrenia, is being released from the psychiatric hospital because her symptoms are under control. Michelle's living skills, however, are still inadequate since she has been institutionalized for quite some time. What will her therapist most likely suggest?
- A. placement in an asylum
 - B. readmission to the psychiatric hospital
 - C. placement in a halfway house
 - D. admission to a sanitarium
88. James is a person with schizophrenia who has delusions that the CIA is after him. He has been brought to a psychologist by the police after being arrested for assaulting an elderly woman whom he claimed was trying to kill him. Assuming that testing reveals that he truly is psychotic, where will the psychologist recommend that he be sent?
- A. a CMHC
 - B. a day treatment program
 - C. a halfway house
 - D. a psychiatric hospital
89. Programs which provide confidential settings in the workplace where individuals can seek treatment in the form of counseling, assistance with substance abuse, and family treatment are known as
- A. employee assistance programs.
 - B. day treatment programs.
 - C. unemployment benefit programs.
 - D. special employee programs.
90. David is a junior at the local high school. The school's administration believes that his recent emotional outbursts during class may be due to problems in his home life. Who might be best suited to deal with this situation?
- A. the principal
 - B. a guidance counselor
 - C. a psychiatrist
 - D. an EAP counselor

91. The form in which psychotherapy is offered (e.g., individual psychotherapy versus group therapy) is referred to as its
- modality.
 - milieu.
 - mechanism.
 - delivery mode.
92. Shelley is being treated by a therapist along with her parents and siblings. Which form of therapy is this most likely to be?
- group therapy
 - family therapy
 - milieu therapy
 - social therapy
93. Which of the following treatment processes is specific to psychiatric hospitals and is based on the premise that the environment is a major component of the treatment?
- group therapy
 - traditional psychotherapy
 - family therapy
 - milieu therapy
94. A treatment approach used in an inpatient psychiatric facility in which all facets of the environment are components of the treatment is referred to as
- psychoanalytic therapy.
 - person-centered therapy.
 - milieu therapy.
 - group therapy.
95. Shelly meets twice a week with a number of individuals who have problems similar to hers. They openly share their problems with others in a trusting, receptive environment which also facilitates improvement of their interpersonal skills. Shelly is participating in
- milieu therapy.
 - group therapy.
 - dynamic therapy.
 - social therapy.
96. Ryan has been in trouble with the law for shoplifting and vandalism. His therapist has asked that Ryan's family participate in his therapy sessions. What therapy modality is Ryan's therapist employing?
- group therapy
 - family therapy
 - milieu therapy
 - dynamic therapy
97. What is the current trend with regard to theoretical perspectives and treatment of psychological disorders?
- the person-centered theory
 - the psychodynamic theory
 - the object relations theory
 - the combination of elements from various orientations
98. Integration of the best available proof offered by research and clinical expertise in the context of a client's life characterizes
- evidence-based practice in psychology.
 - the results of the Epidemiological Catchment Area study.
 - the results of the National Comorbidity Survey.
 - data on the prevalence of disorders in minority populations.

99. Clinical decision-making that integrates the best available research evidence and clinical expertise in the context of the cultural background, preferences, and characteristics of clients is called
- comorbid decision-making.
 - evidence-based practice in psychology.
 - integrative expertise.
 - combinatory thinking.
100. The idea that clinicians should adapt their knowledge of state-of-the-art research findings to different clients' particular backgrounds, needs, and prior experiences is called
- integrative choice in psychology.
 - the adaptation model.
 - evidence-based practice in psychology.
 - mental health parity.
101. Dr. Patel likes to stay on the cutting edge of research in her psychotherapy practice. She also feels strongly about recognizing the influences of a client's cultural background, personal preferences, and characteristics on the therapy process. We refer to clinical decision-making that takes all of these areas under consideration as
- adaptation therapy.
 - evidence-based practice.
 - combinatory counseling.
 - concatenation counseling.
102. Which of the following is NOT a role of a good clinician while treating his/her client?
- to infuse a deep personal interest in the matter
 - to show a sense of respect toward the problem of the client
 - to judge the present condition by taking into account all available information regarding the client
 - to forcefully insert his/her own thoughts regarding the issue into the client's mind
103. What is the most crucial determinant of whether or not therapy will succeed?
- the clinician's theoretical perspective
 - the severity of the client's problem
 - the quality of the client-clinician relationship
 - the duration of the client's symptoms
104. Which of the following is one of the skills that a clinician develops to provide insight into the nature of a client's problems?
- the ability to interpret the results of physiological assessments
 - the ability to determine a client's underlying motives for seeking treatment
 - the ability to determine whether or not a client is lying
 - the ability to scan the client-clinician interaction for cues
105. Which of the following types of information are people LEAST comfortable revealing to professionals?
- emotional
 - financial
 - legal
 - medical
106. Brian is a high-school student and has suffered major depression in the last six months. If a psychiatrist is consulted at this time, it is likely that Brian will face most difficulty in revealing the reason for his depression which is largely due to the separation of his parents because of:
- the financial nature of his problem.
 - legal implications.
 - the emotional nature of his problem.
 - technical complications.

107. Despite the best treatment some patients seem unwilling to change because
- A. most of the time clinicians fail to make a proper primary diagnosis.
 - B. chances are that they have become accustomed to living with their symptoms.
 - C. recent data reveals that short-term goals are more successfully achieved than long-term goals of treatment.
 - D. modern medical science is not equipped to deal with major mental disorders.
108. Occupational therapists are professionals with a master's degree in psychology.
True False
109. A new proposal for the *DSM-5* is to create a dual diagnostic system to be used by clinicians and researchers.
True False
110. Current diagnostic manuals are based on statistical research and findings.
True False
111. Mental retardation falls under Axis II of the *DSM-IV-TR*.
True False
112. The American Psychiatric Association has revised the *DSM* because of reliability and validity difficulties.
True False
113. Axis IV provides a place for the clinician to document events.
True False
114. The *DSM-IV-TR* utilizes a categorical approach to define mental disorders.
True False
115. The term "prognosis" is not used by mental health professionals anymore.
True False
116. According to Axis IV of *DSM-IV-TR*, death of a significant family member is an example of problems with a primary support group.
True False
117. According to the Global Assessment of Functioning Scale (GAF), a rating of 80-90 means an individual has suicidal tendencies.
True False
118. A cultural formulation is developed when the client has a culturally diverse background.
True False
119. When planning a treatment, it is important to consider the short-term goals of therapy first.
True False
120. Community mental health centers are inpatient clinics that provide psychological services on a sliding fee scale.
True False
121. Today, clinicians typically combine the best elements of various theoretical perspectives when treating a client's illness rather than adhering to one particular theoretical model.
True False
122. In family therapy, the clinician identifies the person in the concerned family as the "patient".
True False
123. Strict use of evidence-based treatments will invariably result in desired therapeutic outcomes.
True False

124. The client must be willing to open up and share extremely personal and detailed information with the clinician if therapy is to succeed.

True False

125. Match the term with the appropriate definition or description.

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|---------------------------|--|-----|
| 1. Prognosis | the consistency of measurements or diagnoses | ___ |
| 2. Psychotic disorder | a collection of symptoms that together form a definable pattern | ___ |
| 3. Case formulation | term used to refer to various forms of behavior involving a loss of contact with reality | ___ |
| 4. Axis I | disorders involving disturbed sleep patterns | ___ |
| 5. Axis V | reserved for clinical syndromes | ___ |
| 6. Reliability | reserved for global assessment of functioning rating | ___ |
| 7. Differential diagnosis | the likelihood of a client recovering from a disorder | ___ |
| 8. Halfway house | the process of ruling out possible alternative diagnoses | ___ |
| 9. Insomnia | an analysis of the client's development and the factors that might have influenced his or her current status | ___ |
| 10. Syndrome | setting designed for those clients who have been discharged from psychiatric facilities who are not yet ready for independent living | ___ |

126. Match the term with the appropriate definition or description.

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| 1. Community mental health center | medical doctor with advanced training in treating people with psychological disorders | ___ |
| 2. Validity | diagnoses that represent real and distinct phenomena | ___ |
| 3. Adjustment disorder | the result of a reaction to life events that are more extreme than would be expected | ___ |
| 4. Culture-bound syndromes | the extent to which psychiatric disorders coexist | ___ |
| 5. Milieu therapy | reserved for general medical conditions | ___ |
| 6. Axis IV | reserved for psychosocial/environmental stressors | ___ |
| 7. Comorbidity | recurrent patterns of abnormal behavior limited to specific societies | ___ |
| 8. Axis III | outpatient clinic which provides services on a sliding scale | ___ |
| 9. Psychiatrist | the provision of an environment where a team of professionals works with the client | ___ |

127. A person seeking psychological treatment is known as a _____.

128. When diagnoses represent real and distinct clinical phenomena, they are said to have _____.

129. Reactions to life events that are more extreme than normally expected are referred to as _____ disorders.

130. Axis III is reserved for information on any _____ that the client might have.

131. A rating of the individual's overall level of psychological health is made using the _____ scale.

132. Conditions that are specific to certain cultures are referred to as _____ syndromes.

133. Psychiatric disorders are said to be _____ when a client has two or more at the same time.

134. Programs designed for formerly hospitalized patients who do not need hospitalization but require some structured activity are referred to as _____ programs.

135. _____ refers to the form in which psychotherapy is offered.

136. The type of therapy in which a team of treating professions work together in a new setting to improve the client's mental health is called _____ therapy.

137. What are some of the differences in how psychiatrists and clinical psychologists are trained? What do clinical psychologists do that psychiatrists do not typically do and vice versa?
138. Briefly discuss how the task forces are attempting to determine the structure of *DSM-5*.
139. Distinguish between the categorical approach utilized by the *DSM-IV-TR* and the proposed dimensional approach. Which approach is implied by the medical model?

140. Briefly identify and describe the types of information which appear on each of the axes of a *DSM-IV-TR* diagnosis.
141. What are some of the reasons why it is important to consider a client's cultural background when attempting to diagnose his/her condition?
142. Identify the relevant factors to consider when planning a treatment.
143. Discuss the skills that a clinician needs to develop in order to effectively treat a client's condition.

02 Key

1. Which of the following terms reflects the view that the people in treatment collaborate with those who treat them?
- A. "patient"
 - B. "inmate"
 - C. "recipient"
 - D. "client"**

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #1*

2. Which of the following expressions best reflects respect for the individual?
- A. psychotic patient
 - B. schizophrenic client
 - C. psychopathic deviate
 - D. person with schizophrenia**

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #2*

3. The degree awarded to individuals who receive their training in clinical psychology from professional schools is a(n)
- A. MSW.
 - B. CAC.
 - C. PsyD.**
 - D. DO.

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #3*

4. Clinical psychologists have earned either a PhD or a(n)
- A. PsyD.**
 - B. MSW.
 - C. MD.
 - D. DSW.

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #4*

5. What kind of training do clinical psychologists have?
- A. PhD or PsyD in clinical psychology**
 - B. MD with advanced training in psychological disorders
 - C. MSW with three years of residency
 - D. MS in psychology with a behavior management certificate

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #5*

6. Medical doctors with advanced training in treating psychological disorders are referred to as
- A. psychologists.
 - B. neurologists.
 - C. psychiatrists.**
 - D. clinicians.

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #6*

7. Dr. Reed has a PhD in clinical psychology and was trained in administering psychological tests. Dr. Davis has an MD with advanced training in treating psychological disorders and can prescribe medications. From the given information, we can infer that
- A. Dr. Reed is a psychiatrist and Dr. Davis is a psychologist.
 - B.** Dr. Reed is a psychologist and Dr. Davis is a psychiatrist.
 - C. Dr. Reed is a psychologist and Dr. Davis is a neurologist.
 - D. Dr. Reed is a social worker and Dr. Davis is a psychologist.

*Blooms: Apply
Difficulty: Medium
Objective: 02-01*

Whitbourne - Chapter 02 #7

8. Which of the following individuals is trained in the administration and interpretation of psychological tests?
- A. recreational therapist
 - B.** psychologist
 - C. counselor
 - D. occupational therapist

*Blooms: Remember
Difficulty: Easy
Objective: 02-01*

Whitbourne - Chapter 02 #8

9. A mental health professional with training in the behavioral sciences who provides direct service to clients is known as a(n)
- A. psychiatrist.
 - B. occupational therapist.
 - C.** clinical psychologist.
 - D. clinician.

*Blooms: Remember
Difficulty: Easy
Objective: 02-01*

Whitbourne - Chapter 02 #9

10. Which of the following is an individual without a graduate-level training in psychology who can also play a critical role in mental health services?
- A. family therapist
 - B.** recreational therapist
 - C. counseling psychologist
 - D. psychiatrist

*Blooms: Remember
Difficulty: Easy
Objective: 02-01*

Whitbourne - Chapter 02 #10

11. The publication that contains descriptions of the various psychological disorders is called the
- A. International Manual of Mental Diseases.
 - B. Physicians' Desk Reference.
 - C.** Diagnostic and Statistical Manual of Mental Disorders.
 - D. American Psychological Association's Mental Disorders Handbook.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #11

12. The consistency of measurements or diagnoses is referred to as
- A.** reliability.
 - B. validity.
 - C. the base rate.
 - D. a correlation.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #12

13. Ralph has been sad and listless for three years. He cannot sleep and has lost his appetite. Using a diagnostic system, one clinician arrives at a diagnosis of depression. Using the exact same diagnostic system, another clinician arrives at a diagnosis of schizophrenia. What is the problem with this system?
- A. It lacks effectiveness.
 - B. It lacks universality.
 - C.** It lacks reliability.
 - D. It lacks validity.

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #13

14. Which of the following refers to the extent to which a diagnosis or rating accurately characterizes a person's psychological status?
- A. reliability
 - B.** validity
 - C. precision
 - D. significance

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #14

15. The purpose of a diagnostic manual is to provide
- A.** consistent diagnoses across people based on the presence or absence of a set of specific symptoms.
 - B. a clinician with a statistical model derived from data of different patients.
 - C. a list of names and contacts of mental patients who have been correctly diagnosed and successfully treated.
 - D. elaborate studies and documents of mentally retarded patients who have also had physical disabilities.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #15

16. Which of the following questions best describes one of the critical debates that will shape the new *DSM-5*?
- A. Is the *DSM* too inclusive of conditions that are known to be medical in nature?
 - B. Are the terms "disease", "illness", and "disorder" biomedical terms or sociopolitical terms?
 - C.** Should the categorical approach be abandoned in favor of a dimensional approach?
 - D. Should the term "insanity" be included in the new edition of the *DSM*?

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #16

17. The diagnoses contained in the current *DSM-IV-TR* more closely correspond to those included in the
- A. Physician's Desk Reference.
 - B. International Manual of Mental Diseases.
 - C. *DSM-II*.
 - D.** International Classification of Diseases.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #17

18. An axis is a class of information in *DSM-IV* regarding
A. one aspect of an individual's functioning.
B. a list of individuals suffering from schizophrenia.
C. the treatment of physical disabilities.
D. the number of cases pending with incorrect diagnosis.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #18

19. The notion that disorders involving a loss of identity fit into a distinct group separate from other disorders is the essence behind the
A. statistical approach.
B. psychodynamic model.
C. categorical approach.
D. dimensional model.

*Blooms: Understand
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #19

20. Dr. Johnson believes that the frequency and intensity of compulsive behavior exists on a continuum from mild to severe. Dr. Johnson prefers to use which approach when viewing this behavior?
A. categorical
B. dimensional
C. psychoanalytical
D. statistical

*Blooms: Understand
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #20

21. The *DSM-IV-TR* adheres to the
A. psychoanalytic model.
B. behavioral model.
C. societal model.
D. medical model.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #21

22. The fact that many clinicians view alcoholism as a disease is consistent with the *DSM-IV-TR* assumption that classification should be based on the
A. psychogenic model.
B. humanitarian model.
C. medical model.
D. multimodal model.

*Blooms: Understand
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #22

23. A clinically significant behavioral or psychological syndrome that occurs in a person and is associated with present distress, disability, or increased risk of suffering is defined in the *DSM-IV-TR* as a
A. disease.
B. psychological disability.
C. mental disorder.
D. neurological dysfunction.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #23

24. The number of axes the *DSM-IV-TR* utilizes along which clients are evaluated is
- A. 2
 - B. 5**
 - C. 7
 - D. 10

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #24

25. A collection of symptoms that together constitute a particular psychological disorder is a(n)
- A. diagnosis.
 - B. syndrome.**
 - C. prognosis.
 - D. axis.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #25

26. "Coughing, sniffing, sneezing, runny nose, achiness, scratchy throat, and inability to sleep." This collection of symptoms represents a(n)
- A. association.
 - B. diagnosis.
 - C. prognosis.
 - D. syndrome.**

*Blooms: Understand
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #26

27. Which of the following is NOT a component of the definition of a mental disorder included in the *DSM-IV-TR*?
- A. The disorder is reflected in a behavioral or psychological syndrome.
 - B. The disorder is associated with present distress.
 - C. The disorder is an expectable and culturally sanctioned response.**
 - D. The disorder is associated with impairment in life.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #27

28. A man arrives one hour late for work every day because he is compelled to read every street sign on the road to his workplace. Which of the following components of a mental disorder is exemplified by this scenario?
- A. behavioral syndrome
 - B. impairment in life
 - C. impulse-control**
 - D. anxiety

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #28

29. Which of the following is a somatoform disorder?
- A. hypochondriasis**
 - B. pedophilia
 - C. anorexia nervosa
 - D. kleptomania

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #29

30. Disorders in which the normal integration of consciousness, memory, sense of self, or perception is disrupted are known as
- A. adjustment disorders.
 - B. anxiety disorders.
 - C.** dissociative disorders.
 - D. impulse-control disorders.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #30

31. Jack believes he is Jesus Christ and that he can walk on water. He claims he hears God talking to him every morning at 3:00 a.m. In general terms, Jack seems to be suffering from
- A. neurosis.
 - B.** psychosis.
 - C. hypochondriasis.
 - D. prognosis.

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #31

32. Which of the following terms is used to refer to various forms of behavior that involve disturbed sleep patterns?
- A. depression
 - B. neurosis
 - C. delusion
 - D.** insomnia

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #32

33. Which of the following disorders is characterized by disruption of normal integration of consciousness or perception?
- A.** dissociative disorder
 - B. bipolar disorder
 - C. somatoform disorder
 - D. major depression

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #33

34. Which of the following is characterized by a consistently sad mood?
- A. manic-depression
 - B. bipolar disorder
 - C. schizophrenia
 - D.** major depression

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #34

35. The disorders which involve impairment in thought processes caused by medical conditions are called
- A.** amnestic disorders.
 - B. psychotic disorders.
 - C. schizophrenic disorders.
 - D. prognostic disorders.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #35

36. Which of the following terms is NOT used in the *DSM-IV-TR*?
- A. bipolar disorder
 - B. major depression
 - C. schizophrenia
 - D. neurosis**

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #36

37. Conditions characterized by the development of emotional and behavioural symptoms within 3 months after a clear stressor are called
- A. clinical disorders.
 - B. somatoform disorders.
 - C. cognitive disorders.
 - D. adjustment disorders.**

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #37

38. The potential loss of his job has caused RJ to become deeply despondent. For the past six months, he has begun drinking heavily and spending money irresponsibly. RJ is likely to be diagnosed with a(n)
- A. impulse control disorder.
 - B. personality disorder.
 - C. adjustment disorder.**
 - D. clinical disorder.

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #38

39. What information led Dr. Tobin to conclude that Peter was suffering from bipolar disorder?
- A. Peter reported having intense bouts of anxiety.
 - B. Peter recently married but divorced three months later.
 - C. Peter experienced a psychotic episode after losing his job.
 - D. Peter was in a period of elation but had previously experienced a period of depression.**

*Blooms: Understand
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #39

40. Which of the following disorders belongs to Axis I in *DSM-IV-TR*?
- A. antisocial personality disorder
 - B. mood disorder**
 - C. stress disorder
 - D. culture-bound disorder

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #40

41. Clinical disorders are listed on which axis in a *DSM-IV-TR* diagnosis?
- A. Axis I**
 - B. Axis III
 - C. Axis IV
 - D. Axis V

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #41

42. Schizophrenia and major depression are classified on
A. Axis I of the *DSM-IV-TR*.
B. Axis II of the *DSM-IV-TR*.
C. Axis III of the *DSM-IV-TR*.
D. Axis IV of the *DSM-IV-TR*.

Blooms: Remember

Difficulty: Easy

Objective: 02-02

Whitbourne - Chapter 02 #42

43. Elaine is suffering from an anxiety disorder. She is classified as having an
A. Axis I disorder.
B. Axis II disorder.
C. Axis III disorder.
D. Axis IV disorder.

Blooms: Apply

Difficulty: Medium

Objective: 02-02

Whitbourne - Chapter 02 #43

44. Susan and Ron are having marital difficulties; their difficulties are not due to any long-standing psychological problems. A clinician might document their difficulties by
A. diagnosing each as having a personality disorder.
B. diagnosing each as having an adjustment disorder.
C. only listing the information on Axis IV.
D. considering the problem as a part of Axis I.

Blooms: Apply

Difficulty: Medium

Objective: 02-02

Whitbourne - Chapter 02 #44

45. Axis II of the *DSM-IV-TR* is used for
A. clinical disorders.
B. personality disorders and mental retardation.
C. organic brain disorders.
D. substance abuse disorders.

Blooms: Remember

Difficulty: Easy

Objective: 02-02

Whitbourne - Chapter 02 #45

46. Joey is diagnosed as having mental retardation. Which *DSM-IV-TR* Axis does this diagnosis appear on?
A. III
B. IV
C. V
D. II

Blooms: Apply

Difficulty: Medium

Objective: 02-02

Whitbourne - Chapter 02 #46

47. Which disorders are built into the fabric of an individual's personality or behavior patterns?
A. Axis IV disorders
B. Axis II disorders
C. Axis III disorders
D. Axis V disorders

Blooms: Knowledge

Difficulty: Easy

Objective: 02-02

Whitbourne - Chapter 02 #47

48. Which *DSM-IV-TR* Axis is reserved for information about physical conditions that may be the basis of a client's emotional problems?
- A. Axis V
 - B. Axis IV
 - C. Axis I
 - D. Axis III**

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #48

49. Kathy was diagnosed with breast cancer three months ago and is now reporting feelings of severe depression. On what *DSM-IV-TR* Axis would the information about her medical condition be recorded?
- A. Axis I
 - B. Axis II
 - C. Axis III**
 - D. Axis IV

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #49

50. Cheryl's high blood pressure is aggravated by her persistent obsession with cleanliness. On which axis would information regarding her medical condition appear?
- A. Axis I
 - B. Axis III**
 - C. Axis IV
 - D. Axis V

*Blooms: Understand
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #50

51. A psychologist suspects that Dan's psychotic episode may be related to the recent death of his wife. On which *DSM-IV-TR* Axis would this stressful event be recorded?
- A. Axis I
 - B. Axis II
 - C. Axis III
 - D. Axis IV**

*Blooms: Apply
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #51

52. The likelihood of a client recovering from a disorder is referred to as his or her
- A. prognosis.**
 - B. diagnosis.
 - C. convalescence.
 - D. determination.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #52

53. On which *DSM-IV-TR* Axis is information listed about the client's global level of functioning at the time he or she is seen by the clinician?
- A. Axis I
 - B. Axis II
 - C. Axis IV
 - D. Axis V**

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #53

54. Heather has been diagnosed as having schizophrenia. Six months ago Heather's symptoms were rather mild but now they are severe. On which Axis would this information appear in a *DSM-IV-TR* diagnosis?
- A. Axis IV
 - B. Axis VI
 - C. Axis V**
 - D. Axis III

Blooms: Apply
Difficulty: Medium
Objective: 02-02

Whitbourne - Chapter 02 #54

55. Mrs. Waltham is 75 years old and has been brought in for treatment by her daughter. Her daughter claims that Mrs. Waltham has not only become forgetful, but has begun fabricating stories about how she is a Bavarian princess who must return to her homeland to help the king. The clinician automatically diagnoses Mrs. Waltham as having schizophrenia. What important information has the clinician obviously ignored in making this diagnosis?
- A. occupational status
 - B. client's age**
 - C. prevalence of this disorder
 - D. client's gender

Blooms: Understand
Difficulty: Medium
Objective: 02-02

Whitbourne - Chapter 02 #55

56. The Global Assessment of Functioning (GAF) scale is the basis for
- A. Axis I.
 - B. Axis III.
 - C. Axis IV.
 - D. Axis V.**

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #56

57. A GAF scale of 11-20 of an individual's psychological health indicates
- A. persistent danger to self.**
 - B. a superior functioning.
 - C. slight passing symptoms.
 - D. serious impairment.

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #57

58. The first step for a clinician in the diagnostic process involves
- A. ruling out differential diagnoses.
 - B. planning a treatment strategy.
 - C. reviewing the *DSM* criteria for disorders matching the client's symptoms.**
 - D. commencing the treatment program.

Blooms: Remember
Difficulty: Easy
Objective: 02-04

Whitbourne - Chapter 02 #58

59. According to the original National Comorbidity Survey, which of the following types of disorders was most commonly comorbid with other psychiatric diagnoses?
- A. the schizophrenias
 - B. drug and alcohol abuse**
 - C. anxiety disorders
 - D. mood disorders

Blooms: Remember
Difficulty: Easy
Objective: 02-04

Whitbourne - Chapter 02 #59

60. The original National Comorbidity Survey revealed that of those individuals with a lifetime history of psychological disorders, the percentage of individuals who suffer from multiple conditions is about
- A. 10.
 - B. 40.
 - C. 50.**
 - D. 80.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #60

61. Multiple diagnostic conditions that occur simultaneously within the same individual are referred to as
- A. comorbid disorders.**
 - B. culture-bound syndromes.
 - C. differential diagnoses.
 - D. primary diagnoses.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #61

62. Martin was recently diagnosed with bipolar disorder. He has also struggled for years with alcoholism, so in addition to his therapy sessions, his therapist recommends that he attend Alcoholics Anonymous meetings. Based on this information, we can say that Martin
- A. has an impulse-control disorder.
 - B. has a somatoform disorder.
 - C. has comorbid psychiatric conditions.**
 - D. has a therapist who works in a CMHC.

*Blooms: Apply
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #62

63. The process of ruling out possible alternative diagnoses is called a(n)
- A. differential diagnosis.**
 - B. compound diagnosis.
 - C. assessment of functioning.
 - D. multiaxial diagnosis.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #63

64. Dr. Richards is treating Joey who is suffering from extreme anxiety. Dr. Richards finds that his patient's symptoms could also be suggestive of a substance-abuse disorder or a serious impulse-control problem. In this case, Dr. Richards should
- A. consider a principal diagnosis treatment.
 - B. undertake a differential diagnosis treatment.**
 - C. transfer Joey to a halfway house.
 - D. declare a simple case of dissociative identity disorder.

*Blooms: Apply
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #64

65. Robert has a serious drinking problem. His therapist feels that the drinking is a result of Robert's constant bouts with depression. Based on this information, what would the principal diagnosis be?
- A. alcoholism
 - B. bipolar disorder
 - C. degenerative dementia
 - D. major depression**

*Blooms: Apply
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #65

66. An analysis of the client's development and the factors that may have influenced the client's current emotional state is called a
- A. diagnosis.
 - B. prognosis.
 - C. classification.
 - D. case formulation.**

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #66

67. Dr. Burns is analyzing his client's personal history in an attempt to identify the factors that may have produced his psychotic behavior. Dr. Burns is creating a(n)
- A. assessment of global functioning.
 - B. final diagnosis.
 - C. case formulation.**
 - D. treatment regimen.

*Blooms: Apply
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #67

68. Jenny has received a diagnosis of major depression. What might give you a more complete picture of this client's condition?
- A. a primary diagnosis
 - B. her case formulation**
 - C. her long-term prognosis
 - D. the clinician's theoretical perspective

*Blooms: Apply
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #68

69. Recurrent patterns of abnormal behavior that are limited to specific societies or cultural areas are defined as
- A. mood disorders.
 - B. comorbid disorders.
 - C. culture-bound syndromes.**
 - D. sociocultural criteria.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #69

70. Mr. Kang, a recent immigrant from China, is overwhelmed and distressed by the untimely death of his wife. His co-workers are concerned about his mental health because he believes he is in constant contact with her and can be seen talking to her on a regular basis. It is not likely that Mr. Kang would be diagnosed as having a mental disorder because his behavior
- A.** is an acceptable and culturally sanctioned response in his particular culture.
 - B. reflects a documented behavioral/psychological syndrome.
 - C. is not associated with his present distress and impairment.
 - D. cannot be explained using the medical model.

*Blooms: Apply
Difficulty: Hard
Objective: 02-04*

Whitbourne - Chapter 02 #70

71. Sanguis dormido, or "sleeping blood", is a condition observed among individuals from the Cape Verde Islands and involves paralysis, convulsions, blindness, and tremors. This condition is referred to in the *DSM-IV-TR* as a(n)
- A. adjustment disorder.
 - B. clinical syndrome.
 - C. general medical condition.
 - D.** culture-bound syndrome.

*Blooms: Understand
Difficulty: Medium
Objective: 02-04*

Whitbourne - Chapter 02 #71

72. Which of the following is true?
- A. Psychologists are in the business of handing out medication.
 - B. Louisiana became the first state to approve prescription privileges to psychologists.
 - C.** Homicidal behavior can be attributed to a culture-bound syndrome.
 - D. Therapeutic work is effective only if the client has almost fully recovered.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #72

73. Which of the following supports the argument in favor of prescription privileges for psychologists?
- A. Psychiatrists receive medical training unlike psychologists.
 - B. Psychologists work as a team with psychiatrists to deal with disorders like schizophrenia.
 - C. Normal physicians have a broader knowledge base than psychologists.
 - D.** Psychologists can integrate medication into psychotherapy.

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #73

74. The outline for how therapy should take place is known as
- A.** the treatment plan.
 - B. the case formulation.
 - C. the primary diagnosis.
 - D. psychoanalytic treatment.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #74

75. Which of the following is the proper sequence for treating a client's condition?
- A. short-term goals, immediate management, long-term goals
 - B. long-term goals, short-term goals, immediate management
 - C. immediate management, long-term goals, short-term goals
 - D.** immediate management, short-term goals, long-term goals

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #75

76. Which of the following is an immediate goal in treatment planning of a client who is severely depressed?
- A. establish a working relationship between the clinician and the client
 - B. admit the client into a mental hospital**
 - C. develop a strategy for coping with the symptoms
 - D. take the client off the medication

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #76

77. Donna's clinician has recommended electroconvulsive therapy in an attempt to control her drastic suicidal impulses. What stage of treatment is she in?
- A. immediate management**
 - B. assessment of objectives
 - C. assessment of current functioning
 - D. formulation of development strategy

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #77

78. Roger is in the stage of therapy where he and his therapist are working on altering his long-standing patterns of dependent behavior. What phase of therapy is Roger in?
- A. immediate management
 - B. assessment of objectives
 - C. management of short-term goals
 - D. management of long-term goals**

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #78

79. After a final diagnosis is made and a case formulation is constructed, what is the next step in treating a client?
- A. administration of medication
 - B. deciding on a treatment site
 - C. evaluation of the therapeutic outcome
 - D. designing a treatment plan**

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #79

80. If a client needs intensive supervision, but not actual hospital care, a clinician might suggest a
- A. community mental health center (CMHC).
 - B. halfway house.
 - C. psychiatric hospital.
 - D. specialized inpatient treatment center.**

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #80

81. What treatment site is usually recommended by a clinician when clients present a risk of harming themselves or others?
- A. community mental health center
 - B. psychiatric hospital**
 - C. halfway house
 - D. outpatient treatment center

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #81

82. An outpatient clinic that provides psychological services on a sliding fee scale and serves individuals who live in a certain geographic region is called a(n)
- A. halfway house.
 - B. psychiatric hospital.
 - C.** community mental health center.
 - D. asylum.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #82

83. Which of the following treatment sites are recommended by clinicians for children who need constant monitoring due to severe behavioral disturbances?
- A.** specialized inpatient treatment centers
 - B. outpatient treatment centers
 - C. psychiatric hospitals
 - D. halfway houses

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #83

84. Rob is receiving treatment for his psychological disorder from a private therapist in his neighbourhood. It is most likely that Rob is going to a
- A.** community mental health center.
 - B. halfway house.
 - C. psychiatric hospital.
 - D. psychoanalytic institute.

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #84

85. Deinstitutionalized clients coming out of the hospital who are not yet ready for independent living often move into
- A. CMHCs.
 - B. psychiatric hospitals.
 - C. outpatient clinics.
 - D.** halfway houses.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #85

86. Structured programs in a community treatment facility that provide activities similar to those provided in a psychiatric hospital are called
- A.** day treatment programs.
 - B. employee assistance programs.
 - C. assertive community treatment.
 - D. recovery programs.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #86

87. Michelle, who is recovering from schizophrenia, is being released from the psychiatric hospital because her symptoms are under control. Michelle's living skills, however, are still inadequate since she has been institutionalized for quite some time. What will her therapist most likely suggest?
- A. placement in an asylum
 - B. readmission to the psychiatric hospital
 - C.** placement in a halfway house
 - D. admission to a sanitarium

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #87

88. James is a person with schizophrenia who has delusions that the CIA is after him. He has been brought to a psychologist by the police after being arrested for assaulting an elderly woman whom he claimed was trying to kill him. Assuming that testing reveals that he truly is psychotic, where will the psychologist recommend that he be sent?
- A. a CMHC
 - B. a day treatment program
 - C. a halfway house
 - D. a psychiatric hospital**

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #88

89. Programs which provide confidential settings in the workplace where individuals can seek treatment in the form of counseling, assistance with substance abuse, and family treatment are known as **A.** employee assistance programs.
- B. day treatment programs.
 - C. unemployment benefit programs.
 - D. special employee programs.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #89

90. David is a junior at the local high school. The school's administration believes that his recent emotional outbursts during class may be due to problems in his home life. Who might be best suited to deal with this situation?
- A. the principal
 - B. a guidance counselor**
 - C. a psychiatrist
 - D. an EAP counselor

*Blooms: Remember
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #90

91. The form in which psychotherapy is offered (e.g., individual psychotherapy versus group therapy) is referred to as its **A.** modality.
- B. milieu.
 - C. mechanism.
 - D. delivery mode.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #91

92. Shelley is being treated by a therapist along with her parents and siblings. Which form of therapy is this most likely to be?
- A. group therapy
 - B. family therapy**
 - C. milieu therapy
 - D. social therapy

*Blooms: Understand
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #92

93. Which of the following treatment processes is specific to psychiatric hospitals and is based on the premise that the environment is a major component of the treatment?
- A. group therapy
 - B. traditional psychotherapy
 - C. family therapy
 - D. milieu therapy**

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #93

94. A treatment approach used in an inpatient psychiatric facility in which all facets of the environment are components of the treatment is referred to as
- A. psychoanalytic therapy.
 - B. person-centered therapy.
 - C. milieu therapy.**
 - D. group therapy.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #94

95. Shelly meets twice a week with a number of individuals who have problems similar to hers. They openly share their problems with others in a trusting, receptive environment which also facilitates improvement of their interpersonal skills. Shelly is participating in
- A. milieu therapy.
 - B. group therapy.**
 - C. dynamic therapy.
 - D. social therapy.

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #95

96. Ryan has been in trouble with the law for shoplifting and vandalism. His therapist has asked that Ryan's family participate in his therapy sessions. What therapy modality is Ryan's therapist employing?
- A. group therapy
 - B. family therapy**
 - C. milieu therapy
 - D. dynamic therapy

*Blooms: Apply
Difficulty: Medium
Objective: 02-05*

Whitbourne - Chapter 02 #96

97. What is the current trend with regard to theoretical perspectives and treatment of psychological disorders?
- A. the person-centered theory
 - B. the psychodynamic theory
 - C. the object relations theory
 - D. the combination of elements from various orientations**

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #97

98. Integration of the best available proof offered by research and clinical expertise in the context of a client's life characterizes
- A.** evidence-based practice in psychology.
 - B. the results of the Epidemiological Catchment Area study.
 - C. the results of the National Comorbidity Survey.
 - D. data on the prevalence of disorders in minority populations.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #98

99. Clinical decision-making that integrates the best available research evidence and clinical expertise in the context of the cultural background, preferences, and characteristics of clients is called
- A. comorbid decision-making.
 - B.** evidence-based practice in psychology.
 - C. integrative expertise.
 - D. combinatory thinking.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #99

100. The idea that clinicians should adapt their knowledge of state-of-the-art research findings to different clients' particular backgrounds, needs, and prior experiences is called
- A. integrative choice in psychology.
 - B. the adaptation model.
 - C.** evidence-based practice in psychology.
 - D. mental health parity.

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #100

101. Dr. Patel likes to stay on the cutting edge of research in her psychotherapy practice. She also feels strongly about recognizing the influences of a client's cultural background, personal preferences, and characteristics on the therapy process. We refer to clinical decision-making that takes all of these areas under consideration as
- A. adaptation therapy.
 - B.** evidence-based practice.
 - C. combinatory counseling.
 - D. concatenation counseling.

*Blooms: Apply
Difficulty: Medium
Objective: 02-06*

Whitbourne - Chapter 02 #101

102. Which of the following is NOT a role of a good clinician while treating his/her client?
- A. to infuse a deep personal interest in the matter
 - B. to show a sense of respect toward the problem of the client
 - C. to judge the present condition by taking into account all available information regarding the client
 - D.** to forcefully insert his/her own thoughts regarding the issue into the client's mind

*Blooms: Remember
Difficulty: Easy
Objective: 02-06*

Whitbourne - Chapter 02 #102

103. What is the most crucial determinant of whether or not therapy will succeed?
- A. the clinician's theoretical perspective
 - B. the severity of the client's problem
 - C.** the quality of the client-clinician relationship
 - D. the duration of the client's symptoms

*Blooms: Remember
Difficulty: Easy
Objective: 02-06*

Whitbourne - Chapter 02 #103

104. Which of the following is one of the skills that a clinician develops to provide insight into the nature of a client's problems?
- A. the ability to interpret the results of physiological assessments
 - B. the ability to determine a client's underlying motives for seeking treatment
 - C. the ability to determine whether or not a client is lying
 - D.** the ability to scan the client-clinician interaction for cues

*Blooms: Remember
Difficulty: Easy
Objective: 02-06*

Whitbourne - Chapter 02 #104

105. Which of the following types of information are people LEAST comfortable revealing to professionals?
- A.** emotional
 - B. financial
 - C. legal
 - D. medical

*Blooms: Remember
Difficulty: Easy
Objective: 02-06*

Whitbourne - Chapter 02 #105

106. Brian is a high-school student and has suffered major depression in the last six months. If a psychiatrist is consulted at this time, it is likely that Brian will face most difficulty in revealing the reason for his depression which is largely due to the separation of his parents because of:
- A. the financial nature of his problem.
 - B. legal implications.
 - C.** the emotional nature of his problem.
 - D. technical complications.

*Blooms: Apply
Difficulty: Medium
Objective: 02-06*

Whitbourne - Chapter 02 #106

107. Despite the best treatment some patients seem unwilling to change because
- A. most of the time clinicians fail to make a proper primary diagnosis.
 - B.** chances are that they have become accustomed to living with their symptoms.
 - C. recent data reveals that short-term goals are more successfully achieved than long-term goals of treatment.
 - D. modern medical science is not equipped to deal with major mental disorders.

*Blooms: Remember
Difficulty: Easy
Objective: 02-06*

Whitbourne - Chapter 02 #107

108. Occupational therapists are professionals with a master's degree in psychology.
FALSE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #108

109. A new proposal for the *DSM-5* is to create a dual diagnostic system to be used by clinicians and researchers.
TRUE

*Blooms: Understand
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #109

110. Current diagnostic manuals are based on statistical research and findings.
FALSE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #110

111. Mental retardation falls under Axis II of the *DSM-IV-TR*.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #111

112. The American Psychiatric Association has revised the *DSM* because of reliability and validity difficulties.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #112

113. Axis IV provides a place for the clinician to document events.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #113

114. The *DSM-IV-TR* utilizes a categorical approach to define mental disorders.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #114

115. The term "prognosis" is not used by mental health professionals anymore.

FALSE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #115

116. According to Axis IV of *DSM-IV-TR*, death of a significant family member is an example of problems with a primary support group.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #116

117. According to the Global Assessment of Functioning Scale (GAF), a rating of 80-90 means an individual has suicidal tendencies.

FALSE

*Blooms: Remember
Difficulty: Easy
Objective: 02-02*

Whitbourne - Chapter 02 #117

118. A cultural formulation is developed when the client has a culturally diverse background.

TRUE

*Blooms: Remember
Difficulty: Easy
Objective: 02-04*

Whitbourne - Chapter 02 #118

119. When planning a treatment, it is important to consider the short-term goals of therapy first.

FALSE

*Blooms: Remember
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #119

120. Community mental health centers are inpatient clinics that provide psychological services on a sliding fee scale.

FALSE

Blooms: Remember

Difficulty: Easy

Objective: 02-05

Whitbourne - Chapter 02 #120

121. Today, clinicians typically combine the best elements of various theoretical perspectives when treating a client's illness rather than adhering to one particular theoretical model.

TRUE

Blooms: Remember

Difficulty: Easy

Objective: 02-05

Whitbourne - Chapter 02 #121

122. In family therapy, the clinician identifies the person in the concerned family as the "patient".

FALSE

Blooms: Remember

Difficulty: Easy

Objective: 02-05

Whitbourne - Chapter 02 #122

123. Strict use of evidence-based treatments will invariably result in desired therapeutic outcomes.

FALSE

Blooms: Remember

Difficulty: Easy

Objective: 02-05

Whitbourne - Chapter 02 #123

124. The client must be willing to open up and share extremely personal and detailed information with the clinician if therapy is to succeed.

TRUE

Blooms: Remember

Difficulty: Easy

Objective: 02-06

Whitbourne - Chapter 02 #124

125. Match the term with the appropriate definition or description.

- | | | |
|---------------------------|--|-----------------|
| 1. Prognosis | the consistency of measurements or diagnoses | <u>6</u> |
| 2. Psychotic disorder | a collection of symptoms that together form a definable pattern | <u>1</u> |
| 3. Case formulation | term used to refer to various forms of behavior involving a loss of contact with reality | <u>2</u> |
| 4. Axis I | disorders involving disturbed sleep patterns | <u>9</u> |
| 5. Axis V | reserved for clinical syndromes | <u>4</u> |
| 6. Reliability | reserved for global assessment of functioning rating | <u>5</u> |
| 7. Differential diagnosis | the likelihood of a client recovering from a disorder | <u>1</u> |
| 8. Halfway house | the process of ruling out possible alternative diagnoses | <u>7</u> |
| 9. Insomnia | an analysis of the client's development and the factors that might have influenced his or her current status | <u>3</u> |
| 10. Syndrome | setting designed for those clients who have been discharged from psychiatric facilities who are not yet ready for independent living | <u>8</u> |

Whitbourne - Chapter 02 #125

126. Match the term with the appropriate definition or description.
- | | |
|--------------------------------------|---|
| 1. Community
mental health center | medical doctor with advanced training in treating
people with psychological disorders 9 |
| 2. Validity | diagnoses that represent real and distinct
phenomena 2 |
| 3. Adjustment
disorder | the result of a reaction to life events that are more
extreme than would be expected 3 |
| 4. Culture-bound
syndromes | the extent to which psychiatric disorders coexist
7 |
| 5. Milieu therapy | reserved for general medical conditions
8 |
| 6. Axis IV | reserved for psychosocial/environmental stressors
6 |
| 7. Comorbidity | recurrent patterns of abnormal behavior limited to
specific societies 4 |
| 8. Axis III | outpatient clinic which provides services on a
sliding scale 1 |
| 9. Psychiatrist | the provision of an environment where a team of
professionals works with the client 5 |

Whitbourne - Chapter 02 #126

127. A person seeking psychological treatment is known as a _____.
client

Blooms: Remember
Difficulty: Easy
Objective: 02-01

Whitbourne - Chapter 02 #127

128. When diagnoses represent real and distinct clinical phenomena, they are said to have _____.
validity

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #128

129. Reactions to life events that are more extreme than normally expected are referred to as _____.
disorders.
adjustment

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #129

130. Axis III is reserved for information on any _____ that the client might have.
general medical conditions

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #130

131. A rating of the individual's overall level of psychological health is made using the _____ scale.
Global Assessment of Functioning Scale

Blooms: Remember
Difficulty: Easy
Objective: 02-02

Whitbourne - Chapter 02 #131

132. Conditions that are specific to certain cultures are referred to as _____ syndromes.
culture-bound

*Blooms: Remember
Difficulty: Easy
Objective: 02-02
Whitbourne - Chapter 02 #132*

133. Psychiatric disorders are said to be _____ when a client has two or more at the same time.
comorbid

*Blooms: Remember
Difficulty: Easy
Objective: 02-04
Whitbourne - Chapter 02 #133*

134. Programs designed for formerly hospitalized patients who do not need hospitalization but require some structured activity are referred to as _____ programs.
day treatment

*Blooms: Remember
Difficulty: Easy
Objective: 02-05
Whitbourne - Chapter 02 #134*

135. _____ refers to the form in which psychotherapy is offered.
Modality

*Blooms: Remember
Difficulty: Easy
Objective: 02-05
Whitbourne - Chapter 02 #135*

136. The type of therapy in which a team of treating professions work together in a new setting to improve the client's mental health is called _____ therapy.
milieu

*Blooms: Remember
Difficulty: Easy
Objective: 02-05
Whitbourne - Chapter 02 #136*

137. What are some of the differences in how psychiatrists and clinical psychologists are trained? What do clinical psychologists do that psychiatrists do not typically do and vice versa?

Psychiatrists are medical doctors who specialize in the treatment of mental disorders and receive their training in medical school. Clinical psychologists, on the other hand, receive graduate training in clinical psychology and earn either a PhD or a PsyD. Psychiatrists can prescribe medications, whereas clinical psychologists administer psychological tests.

*Blooms: Remember
Difficulty: Easy
Objective: 02-01
Whitbourne - Chapter 02 #137*

138. Briefly discuss how the task forces are attempting to determine the structure of *DSM-5*.

The task forces are still considering whether to adopt the system that is followed by the World Health Organization's International Classification of Diseases (ICD). In that case, the first three axes would be collapsed into one axis that contains all diagnoses, including psychiatric and medical. Both Axes IV and V might get restructured in a way similar to the ICD. In addition, the task force is also shifting from a categorical to a dimensional rating system.

*Blooms: Remember
Difficulty: Easy
Objective: 02-02
Whitbourne - Chapter 02 #138*

139. Distinguish between the categorical approach utilized by the *DSM-IV-TR* and the proposed dimensional approach. Which approach is implied by the medical model?

The categorical approach is based on the notion that disorders fit into distinct and separate categories. Dimensional approaches or models are based on the thinking that the symptoms of disorders can be quantified and individuals can be rated according to the level of severity of symptoms on a continuum. The categorical approach is more directly related to the medical model.

*Blooms: Analysis
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #139

140. Briefly identify and describe the types of information which appear on each of the axes of a *DSM-IV-TR* diagnosis.

Axis I provides information on the presence of clinical disorders like schizophrenia and depression. Axis II is reserved for information regarding personality disorders and mental retardation - disorders that pervade the fabric of an individual's being. Axis III is reserved to list information regarding any general medical conditions that may be directly or indirectly related to an Axis I or Axis II disorder. Axis IV is reserved for describing any psychosocial stressors that may be directly or indirectly related to the individual's condition. Axis V is reserved for rating the individual's GAF score(s).

*Blooms: Remember
Difficulty: Medium
Objective: 02-02*

Whitbourne - Chapter 02 #140

141. What are some of the reasons why it is important to consider a client's cultural background when attempting to diagnose his/her condition?

First, the client may not have a good command of the clinician's language and so the clinician may not develop a good sense of the client's problem. Second, some mental disorders are culture-specific (e.g., culture-bound syndromes). Third, individuals from different cultures may interpret certain events as being very serious or frivolous based on the particular significance of the event in their native culture. And finally, differing social norms and social conventions may cause conflict in the therapy situation.

*Blooms: Understand
Difficulty: Hard
Objective: 02-04*

Whitbourne - Chapter 02 #141

142. Identify the relevant factors to consider when planning a treatment.

When planning a treatment, one must consider: the immediate, short-term, and long-term goals of treatment; possible treatment sites, such as psychiatric hospitals or CMHCs; the modality of the treatment, that is, whether the therapy will be provided in one-on-one situations or in group or family settings; and, the theoretical perspective on which the treatment will be based.

*Blooms: Understand
Difficulty: Easy
Objective: 02-05*

Whitbourne - Chapter 02 #142

143. Discuss the skills that a clinician needs to develop in order to effectively treat a client's condition.

In addition to being able to apply various therapeutic techniques, clinicians also need to be able to scan the interaction between clients and themselves. The relationship that develops between the client and clinician can provide clues to dysfunctional ways in which the client interacts with other people in his/her life.

Blooms: Understand

Difficulty: Medium

Objective: 02-06

Whitbourne - Chapter 02 #143

02 Summary

<u>Category</u>	<u># of Questions</u>
Blooms: Analysis	1
Blooms: Apply	26
Blooms: Knowledge	1
Blooms: Remember	100
Blooms: Understand	13
Difficulty: Easy	104
Difficulty: Hard	2
Difficulty: Medium	35
Objective: 02-01	12
Objective: 02-02	65
Objective: 02-04	19
Objective: 02-05	36
Objective: 02-06	9
Whitbourne - Chapter 02	143