

Chap 02 4e - Kearney

Indicate whether the statement is true or false.

- ___ 1. The ego uses secondary processes to mediate demands of the id and demands of the environment.
a. True
b. False

ANSWER: True

- ___ 2. Scientists in disciplines such as cognitive and social psychology and neuroscience have found that cognitive and behavioral processes do not always appear to be under cognitive control.
a. True
b. False

ANSWER: True

- ___ 3. When assessing syndromes, many psychiatrists believe that each syndrome has biological causes.
a. True
b. False

ANSWER: True

- ___ 4. The amount of variation in a phenotype attributed to genetic factors is known as heritability.
a. True
b. False

ANSWER: True

- ___ 5. A researcher who studies the genetics of mental illnesses is most likely using the psychodynamic model.
a. True
b. False

ANSWER: False

- ___ 6. Features or dimensions of family functioning are referred to as the family environment.
a. True
b. False

ANSWER: True

- ___ 7. The central nervous system is composed of the brain and spinal cord.
a. True
b. False

ANSWER: True

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- ___ 8. Hidden realms of emotion, thought, and behavior may affect motives that drive us to act in certain ways. This is known as psychic determinism.
- a. True
 - b. False

ANSWER: False

- ___ 9. The research area dedicated to understanding what specific inherited genes contribute to mental disorders is called molecular genetics.
- a. True
 - b. False

ANSWER: True

- ___ 10. Major depression has the lowest genetic heritability, compared to other mental disorders.
- a. True
 - b. False

ANSWER: True

- ___ 11. Maslow believed that the most basic needs a person has are physiological.
- a. True
 - b. False

ANSWER: True

- ___ 12. The person considered to be the father of psychiatric classification and a major contributor to the biological model was Emil Kraepelin.
- a. True
 - b. False

ANSWER: True

- ___ 13. The ego experiences depression when the id urges seeking impulsive gratification or when the superego imposes shame and guilt.
- a. True
 - b. False

ANSWER: False

- ___ 14. Freud proposed that each person progresses through psychodynamic stages of development.
- a. True
 - b. False

ANSWER: False

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- ___ 15. The assumption that one's behavior is determined by perceptions of self and others is central to the cognitive approach.
- a. True
 - b. False

ANSWER: False

- ___ 16. Many mental health professionals develop their own models.
- a. True
 - b. False

ANSWER: False

- ___ 17. In classical conditioning, a previously neutral stimulus comes to elicit a particular response.
- a. True
 - b. False

ANSWER: True

- ___ 18. When scientists study the impact of genetic and environmental influences, the research area is called genome mapping.
- a. True
 - b. False

ANSWER: False

- ___ 19. A child deprived or neglected during the oral stage of development may, as an adult, engage in behaviors such as excessive neatness.
- a. True
 - b. False

ANSWER: True

- ___ 20. The basic ego defense that occurs when a person banishes threatening feelings, thoughts, or impulses from consciousness is repression.
- a. True
 - b. False

ANSWER: True

- ___ 21. Theorists who emphasize personal growth, choice, and accountability adopt the humanistic model of psychology.
- a. True
 - b. False

ANSWER: True

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- ___ 22. The behavioral perspective is based on the assumption that all behavior—normal or abnormal—is learned.
- a. True
 - b. False

ANSWER: True

- ___ 23. Mental health professionals use perspectives, called models, to understand why someone has problems.
- a. True
 - b. False

ANSWER: True

- ___ 24. The degree to which family interactions are marked by emotional overinvolvement, hostility, and criticism is called expressed emotion.
- a. True
 - b. False

ANSWER: True

- ___ 25. Discrimination could be decreased or prevented through global sociocultural interventions.
- a. True
 - b. False

ANSWER: True

Indicate the answer choice that best completes the statement or answers the question.

- ___ 26. The second level of Maslow's hierarchy of needs includes needs related to
- a. self-actualization.
 - b. safety/security.
 - c. social/belonging.
 - d. unconditional positive regard.

ANSWER: b

- ___ 27. According to research, the model that is best able to account for gender differences in alcohol use disorders is the
- a. behavioral model.
 - b. integrative model.
 - c. psychodynamic model.
 - d. biological model.

ANSWER: b

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- ___ 28. Emil Kraepelin noticed groupings of symptoms that became referred to as
- a. syndromes.
 - b. clusters.
 - c. diagnostics.
 - d. outbreaks.

ANSWER: a

- ___ 29. An organized, rational system that uses higher-order thinking processes to obtain gratification is the
- a. id.
 - b. ego.
 - c. superego.
 - d. self-image

ANSWER: b

- ___ 30. Beate is terribly fearful of birds. She loves going for walks in the city, but the pigeons, which seem to her to be everywhere, are really creating problems. Beate is seeing a counselor who has arranged for a session in the aviary of the local zoo, where Beate will have the opportunity to learn more about birds, to be near them, and even to handle them. Beate's counselor most likely is focusing on which model?
- a. psychodynamic
 - b. humanistic
 - c. cognitive-behavioral
 - d. sociocultural

ANSWER: c

- ___ 31. Rosetta has been diagnosed with depression. Her psychiatrist has just prescribed a medication, and it seems to be very effective. It probably is targeting which neurotransmitter to alleviate Rosetta's symptoms?
- a. glutamate
 - b. dopamine
 - c. serotonin
 - d. acetylcholine

ANSWER: c

- ___ 32. The projective hypothesis is an assumption based on the belief that people
- a. demonstrate unconscious needs in behavioral patterns of behavior.
 - b. think about their unconscious needs and wants.
 - c. reveal unconscious needs and conflicts when presented with ambiguous stimuli.
 - d. reveal internal conflicts in brain imaging techniques.

ANSWER: c

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- ___ 33. Which model of mental disorder focuses on external environmental events and includes the family systems perspective?
- a. sociocultural
 - b. psychodynamic
 - c. cognitive-behavioral
 - d. humanistic

ANSWER: a

- ___ 34. Erroneously blaming oneself for events leads to the cognitive distortion known as
- a. arbitrary inference.
 - b. catastrophizing.
 - c. personalization.
 - d. external locus of control.

ANSWER: c

- ___ 35. Samouel has had a great deal of difficulty functioning in the last year. He has gone to a therapist for an evaluation and assessment to help diagnose the nature of his problems. During the assessment, the therapist shows him images of different inkblots and asks Samouel to describe what he sees in the inkblot. The therapist believes that Samouel's responses reveal unconscious conflicts that may be the root cause of his problems. Which model might Samouel's therapist support?
- a. cognitive-behavioral
 - b. humanistic
 - c. sociocultural
 - d. psychodynamic

ANSWER: d

- ___ 36. Siemen is very shy and uncomfortable in his interactions with others. He is seeing a counselor who seems very warm and accepting. The counselor doesn't focus on labels or judgments, but rather encourages Siemen's attempts to maximize his personal growth. On which model is Siemen's counselor most likely focusing in her practice?
- a. psychodynamic
 - b. humanistic
 - c. cognitive-behavioral
 - d. sociocultural

ANSWER: b

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- ___ 37. Which pairing between the neurotransmitter and some of its major functions is correct?
- a. serotonin: regulation of arousal, mood, behavior, and sleep
 - b. norepinephrine: involved in influencing learning and memory
 - c. dopamine: involved in novelty-seeking, motivation, and coordination
 - d. glutamate: regulation of mood, especially anxiety and arousal

ANSWER: c

- ___ 38. The biological model rests on the assumption that mental states, emotions, and behaviors arise from
- a. brain function and other physical processes.
 - b. motives and conflicts within a person.
 - c. choice, free will, and personal growth.
 - d. measurable environmental stimuli.

ANSWER: a

- ___ 39. Fixation can be caused
- a. when excessive frustration or overindulgence occurs.
 - b. if the Oedipus complex overtakes the Electra complex.
 - c. when regression has occurred.
 - d. when a client represses feelings.

ANSWER: a

- ___ 40. The two hemispheres of the brain
- a. each control movement for the opposite side of the body.
 - b. are almost entirely redundant.
 - c. rarely communicate with each other.
 - d. cannot function to sustain life without the other.

ANSWER: a

- ___ 41. Alina gives a presentation during her psychopathology class. She notices that most students are attentive and ask questions, but four students were playing on their phones during her entire presentation. Afterward, Alina assumes that her presentation was boring and that she is a bad public speaker. This is an example of which cognitive distortion?
- a. catastrophizing
 - b. arbitrary inference
 - c. locus of control
 - d. expressed emotion

ANSWER: b

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- ___ 42. The structure located in the limbic system that is involved in emotion and aggression is the
- a. medulla.
 - b. hippocampus.
 - c. thalamus.
 - d. amygdala.

ANSWER: d

- ___ 43. Which model focuses on both internal and external factors, has good empirical support, and applies to many people with a mental disorder?
- a. cognitive-behavioral
 - b. psychoanalytic
 - c. psychosomatic
 - d. humanistic

ANSWER: a

- ___ 44. A recently separated couple are in the process of divorcing. The soon to be ex-wife has taken to sharing the details of the breakup, which include her soon to be ex-husband's multiple infidelities, with their 13-year-old daughter. The soon to be ex-husband vents his grievances to their 11-year-old son. These patterns are most similar to a(n)
- a. triangular relationship.
 - b. inflexible family.
 - c. enmeshed family.
 - d. disengaged relationship.

ANSWER: a

- ___ 45. In the course of a therapy session, Kali suddenly understands that the reason he has been depressed is because he is unconsciously angry at his parents for pushing him to be a lawyer. Kali's sudden understanding into his unconscious emotion and its connection to his depression illustrates
- a. projection.
 - b. manifest content.
 - c. insight.
 - d. transference.

ANSWER: c

- ___ 46. Lars has removed feelings and thoughts of his abusive childhood from his conscious memory through the process of
- a. reaction formation.
 - b. repression.
 - c. regression.
 - d. projection.

ANSWER: b

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- ___ 47. Kiefer is telling his therapist about the strange dream he had. "I went down to the dining hall, and when I got there, someone told me I had to jog around the building four times before I could get my breakfast. So I did, and as I ran, I bumped into my professor and she started chasing me." Kiefer is describing which content of his dream to his therapist?
- a. manifest
 - b. latent
 - c. projective
 - d. objective

ANSWER: a

- ___ 48. Jair is completing a projective assessment. He is shown different cards with pictures on them and asked to generate a story about what each card depicts. His therapist then analyzes his responses for clues as to his unconscious motivations. Jair is most likely taking which personality test?
- a. Rorschach Inkblot Test
 - b. Thematic Apperception Test
 - c. Myers-Briggs Test
 - d. The MMPI

ANSWER: b

- ___ 49. The section of the brain associated with touch is the
- a. limbic system.
 - b. occipital lobe.
 - c. parietal lobe.
 - d. frontal lobe.

ANSWER: c

- ___ 50. Valeska is terrified of snakes. She becomes very anxious even thinking they exist. Her therapist is teaching her how to relax, after which they will construct a hierarchy of levels of exposure to snakes. Her therapist is using
- a. cognitive restructuring.
 - b. behavioral management.
 - c. humanism.
 - d. systematic desensitization.

ANSWER: d

- ___ 51. According to the psychodynamic model, depression may occur as a result of
- a. unconscious conflict of emotions.
 - b. conscious conflict of emotions.
 - c. unconscious expression of emotions.
 - d. conscious expression of emotions.

ANSWER: a

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- ___ 52. The individual who originated the idea that humans have basic and higher-order needs they strive to satisfy during their lifetime was
- a. Freud.
 - b. Maslow.
 - c. Rogers.
 - d. Skinner.

ANSWER: b

- ___ 53. Which of the following are the four basic structures of nerve cells (neurons)?
- a. glia, neurotransmitters, the membrane, and the axon
 - b. dendrites, the cell body, the axon, and terminal buttons
 - c. the axon, soma, cell body, and synapses
 - d. electrolytes, ions, the membrane, and dendrites

ANSWER: b

- ___ 54. The terms “genotype” and “phenotype” refer, respectively, to
- a. one's genetic composition and one's observable characteristics.
 - b. the allele combinations and the notion of personality.
 - c. genetic engineering and physical alterations.
 - d. one's observable traits and one's genetic code.

ANSWER: a

- ___ 55. What type of reinforcement involves giving a pleasant event or consequence after a behavior has occurred?
- a. cognitive
 - b. behavioral
 - c. positive
 - d. negative

ANSWER: c

- ___ 56. Rogers developed which of the following therapies that rely heavily on unconditional positive regard and empathy?
- a. cognitive
 - b. psychodevelopmental
 - c. behavioral
 - d. client-centered

ANSWER: d

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- ___ 57. Medications influence neurotransmitter systems to treat mental disorders. What might medications do to increase neurotransmitter levels?
- a. block synapses
 - b. block reuptake
 - c. stimulate membranes
 - d. stimulate reuptake

ANSWER: b

- ___ 58. Removing an aversive event following a behavior in order to increase the future likelihood of the behavior is known as which type of reinforcement?
- a. cognitive
 - b. behavioral
 - c. positive
 - d. negative

ANSWER: d

- ___ 59. When we enter a situation with some expectation of what may happen, we use a network of accumulated knowledge known as
- a. cognitive schemas.
 - b. expectancy effects.
 - c. perspective taking.
 - d. arbitrary inference.

ANSWER: a

- ___ 60. Angelle's therapist studied under Aaron Beck's guidance and subsequently focused on which principle in therapy?
- a. cognitive-behavioral merging
 - b. conditioning and behavior modification
 - c. cognitive distortions
 - d. psychodrama and role-playing

ANSWER: c

- ___ 61. The cornerstone of psychodynamic therapy and the method by which unconscious meanings of thoughts and behavior are revealed is
- a. insight therapy.
 - b. projection.
 - c. interpretation.
 - d. dream analysis.

ANSWER: c

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- ___ 62. In the midbrain, which structure is involved in arousal and stress or tension?
- a. reticular activating system
 - b. medulla
 - c. frontal lobe
 - d. pons

ANSWER: a

- ___ 63. Pavla begins to yell at her therapist just as she yelled at her father when she was a child. Psychodynamic therapy would explain this behavior as
- a. projection.
 - b. transference.
 - c. analysis.
 - d. manifestation.

ANSWER: b

- ___ 64. Families that are overly rigid and do not adapt well to changes within or outside the family are referred to as
- a. disengaged.
 - b. enmeshed.
 - c. inflexible.
 - d. biological model.

ANSWER: c

- ___ 65. Modron is excessively neat and compulsive. A therapist who supports the psychodynamic model might argue that Modron is fixated at the _____ stage of psychosexual development.
- a. oral
 - b. anal
 - c. phallic
 - d. latency

ANSWER: b

- ___ 66. Anwen has a great deal of anxiety around dogs. Her therapist notes that this anxiety disappears when Anwen removes herself from the presence of the dog, thereby reinforcing her avoidance of dogs. This analysis of how anxiety precedes Anwen's encounter with dogs and relief that follows when Anwen gets away from dogs is an example of which assessment technique?
- a. projective testing
 - b. MRI
 - c. functional analysis
 - d. structured interview.

ANSWER: c

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- ___ 67. Itri believes that people are innately good and will quite naturally strive to grow and seek fulfillment. Of which model is Itri a likely proponent?
- a. humanistic
 - b. behavioristic
 - c. cognitivistic
 - d. eclectic

ANSWER: a

- ___ 68. The small separation between neurons that facilitates neurotransmitter activity is called the
- a. terminal gap.
 - b. fluid cleft.
 - c. synapse.
 - d. reabsorption zone.

ANSWER: c

- ___ 69. Learning by observing and imitating others is evident during
- a. distortions.
 - b. personalization.
 - c. modeling.
 - d. cognition.

ANSWER: c

- ___ 70. Which defense mechanism refers to attributing one's own unacceptable motives or impulses to another person?
- a. intellectualization
 - b. regression
 - c. projection
 - d. reaction formation

ANSWER: c

- ___ 71. Anders was at a party where pretty much everyone was intoxicated. Although Anders would very much like to fit in with his peers at the party, he was raised to believe that intoxication is wrong, and he can't bring himself to participate.
According to the psychodynamic model, which part of Anders' personality most likely influenced his choice to abstain from drinking at the party?
- a. id
 - b. ego
 - c. superego
 - d. superid

ANSWER: c

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- ___ 72. Which principle does the id operate on?
- a. reality
 - b. pleasure
 - c. morality
 - d. suggestive

ANSWER: b

- ___ 73. Helping someone think more realistically about a situation is called
- a. rational restructuring.
 - b. rationalization.
 - c. cognitive restructuring.
 - d. behavioral restructuring.

ANSWER: c

- ___ 74. Vitor wasn't always afraid of stoplights, but when he was little he was involved in a car accident at a stoplight while riding with his mother. Someone rear-ended them. While it was only a fender bender and there were no injuries, even as an adult, he finds himself avoiding stoplights, and if he can't avoid them, he feels tension mounting. In classical conditioning paradigms, Vitor's fear of stoplights is a(n)
- a. unconditioned stimulus.
 - b. unconditioned response.
 - c. conditioned stimulus.
 - d. conditioned response.

ANSWER: d

- ___ 75. Nargiza is working on a research grant that aims to identify the specific genes involved in autism. She and her colleagues want to understand how these genes work to produce the symptoms associated with autism in all its varying degrees. Nargiza is most accurately described as being involved in the study of
- a. psychiatry.
 - b. child psychology.
 - c. behavior genetics.
 - d. molecular genetics.

ANSWER: d

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- ___ 76. Odilie is a first-year college student. She is consumed with thoughts of how she might fail, and these thoughts tend to impede her ability to perform well on tests and assignments. Her counselor at the student health center has been working with her to develop new ways of thinking. Which perspective might her counselor emphasize?
- a. cognitive
 - b. behavioral
 - c. humanistic
 - d. psychodynamic

ANSWER: a

- ___ 77. The cerebral cortex of the brain is largely responsible for
- a. control of posture, motor activity, and anxiety.
 - b. consciousness, memory, attention, and other higher-order areas of human functioning.
 - c. basic drives like hunger, thirst, and sex.
 - d. regulation of life-sustaining functions such as breathing and blood circulation.

ANSWER: b

- ___ 78. According to the psychodynamic model, which strategies are used to cope with unconscious anxiety or stressors, such as conflict with others?
- a. unconscious motivations
 - b. defense mechanisms
 - c. psychic determinism
 - d. primary process

ANSWER: b

- ___ 79. Returning to a stage that previously gave a person much gratification is the defense mechanism called
- a. reaction formation.
 - b. repression.
 - c. regression.
 - d. projection.

ANSWER: c

- ___ 80. Ciara constantly talks too much. She smokes, overeats, and bites her fingernails. A therapist who supports the psychodynamic model might see Ciara as fixated on which stage of psychosexual development?
- a. oral
 - b. anal
 - c. phallic
 - d. genital

ANSWER: a

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- ___ 81. Culturally shared beliefs and ideas can lead to particular forms of stress that, in turn, lead to specific forms of disorders called
- a. cultural disorders.
 - b. ethnic syndromes.
 - c. cultural syndromes.
 - d. racial disorders.

ANSWER: c

- ___ 82. Which model focuses on personal growth and responsibility?
- a. cognitive-behavioral
 - b. sociocultural
 - c. humanistic
 - d. psychodynamic

ANSWER: c

- ___ 83. Hirshel is terrified of spiders. His therapist has decided to place him in a room and have him confront the feared stimulus. His therapist is using a form of
- a. behavioral management.
 - b. exposure treatment.
 - c. cognitive restructuring.
 - d. positive reinforcement.

ANSWER: b

- ___ 84. The deep valley in the cerebral cortex that divides the frontal lobe from the rest of the brain is the
- a. longitudinal fissure.
 - b. central fissure.
 - c. lateral fissure.
 - d. subcortical fissure.

ANSWER: b

- ___ 85. Gabriel, who is a resident in a facility for individuals with moderate to severe intellectual disabilities, is given plastic poker chips for desirable behavior. He understands that the chips can be used later on for privileges. Gabriel is responding to a(n)
- a. intermittent schedule.
 - b. token economy.
 - c. negative reinforcer.
 - d. projective value system.

ANSWER: b

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- ___ 86. Zoja storms into her counseling session and lashes out at her counselor, who she accuses of being judgmental and controlling. Her counselor quietly asks if she spoke to her father on the phone recently. As Zoja becomes calmer, she and her counselor explore how her feelings toward her counselor are like her feelings about her father. Zoja's counselor most likely focuses on the
- a. psychodynamic model.
 - b. humanistic model.
 - c. cognitive-behavioral model.
 - d. sociocultural model.

ANSWER: a

- ___ 87. The highest level of need that Maslow proposed is
- a. physiological.
 - b. self-actualization.
 - c. security.
 - d. social.

ANSWER: b

- ___ 88. Rogers' client-centered approach has led to an understanding of process variables that contribute to treatment success. One particularly helpful process variable is a therapeutic environment based on
- a. insight.
 - b. empathy.
 - c. instruction.
 - d. confrontation.

ANSWER: b

- ___ 89. Cahaya and Kodey were once a close married couple who enjoyed a variety of activities together. Recently, however, they seem to each just go about their own lives separately, despite sharing an apartment. This pattern is most similar to a(n)
- a. triangular relationship.
 - b. inflexible family.
 - c. enmeshed family.
 - d. disengaged relationship.

ANSWER: d

- ___ 90. The area of the brain that is located behind the parietal and temporal lobes and is associated with vision is the
- a. cerebellum.
 - b. prefrontal cortex.
 - c. occipital lobe.
 - d. frontal lobe.

ANSWER: c

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91. Identify and describe the function of at least three neurotransmitter systems.

ANSWER: Answers will vary but may include any three of the following:

- Serotonin: Processing of information; regulation of mood, behavior, and thought processes
 - Norepinephrine: Regulation of arousal, mood, behavior, and sleep
 - Dopamine: Influences novelty-seeking, sociability, pleasure, motivation, coordination, and motor movement
 - Gamma-aminobutyric acid (GABA): Regulation of mood, especially anxiety, arousal, and behavior
 - Acetylcholine: Important in motor behavior, arousal, reward, attention, learning, and memory
 - Glutamate: Influences learning and memory
-
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92. Describe and evaluate the sociocultural model of mental disorders.

ANSWER: Student responses should include the following:

- A sociocultural perspective focuses on how other people, social institutions, and social forces influence a person's mental health.
 - A strength of the sociocultural perspective is its focus on social and environmental factors and family on mental health.
 - A limitation of the sociocultural perspective is the lack of evidence that adverse environments cause mental disorders.
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93. Identify three ways in which culture can affect mental disorders and list at least one example illustrating each way.

ANSWER: Answers will vary but may include these ways in which culture:

- Results from a direct cause: culturally shared belief leads to stress, and then to symptoms of mental disorder; Dhat syndrome
 - Influences the way individuals cope with stress: Amok; family suicide
 - Shapes the content of the symptoms or the symptoms themselves: anthropobia; brain fog; dissociative identity disorder; anorexia nervosa
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94. Identify and describe at least five ego defense mechanisms.

ANSWER: Answers will vary but may include:

- Denial: Refusing to accept or acknowledge reality
 - Displacement: Expressing one's unacceptable feelings onto a different object or person than the one that is truly the target of the feelings
 - Fantasy: Imagining some unattainable desire
 - Identification: Modeling another person's behavior or preferences to be more like them
 - Intellectualization: Providing an in-depth intellectual analysis of a traumatic or other situation to distance oneself from its emotional content
 - Overcompensation: Emphasizing strength in one area to balance a perceived weakness in another area
 - Projection: Attributing one's own unacceptable motives or impulses to another person
 - Rationalization: Developing a specific reason for an action, such as justifying why one did not purchase a particular car
 - Reaction formation: Expressing an unconscious impulse by engaging in its behavioral opposite
 - Regression: Returning to an earlier psychosexual stage that provided substantial gratification
 - Repression: Keeping highly threatening sexual or aggressive material from consciousness
 - Sublimation: Transforming emotions or sexual or aggressive material into more acceptable forms such as dancing or athletic or creative activity
 - Undoing: Reversing an unacceptable behavior or thought using extreme means
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95. Identify and describe the location and function of at least five critical structures in the human brain.

ANSWER: Answers will vary but may include any five of the following:

- Cerebellum: Located within the hindbrain; coordinates muscle movement and balance
- Cerebral cortex: Outer-most layer of the brain. Covers almost all of each hemisphere of the brain; referred to as the grey matter of the brain (named after its characteristic coloring)
- Frontal lobe: Located in the front of the brain (in front of the central fissure). The frontal lobe is the seat of a number of very important functions, including controlling movement, planning, organizing, inhibiting behavior or responses, and decision-making
- Left hemisphere: Controls the right half of the body, is typically responsible for analytic thinking, and is responsible for speech
- Right hemisphere: Controls the left side of the body, is involved in the determination of spatial relations and patterns, and is involved in emotion and intuition
- Occipital lobe: Located behind the parietal and temporal lobes of the brain; associated with vision
- Parietal lobe: Located behind the frontal lobe of the brain and above the lateral fissure; associated with the sensation of touch
- Prefrontal cortex: Controls attention and impulse control; used in problem solving and critical thinking
- Temporal lobe: Located below the lateral fissure of the brain; associated with auditory discrimination
- Amygdala: Structure in the limbic system that is involved in emotion and in aggression
- Basal ganglia: Brain structures that control posture, motor activity, and anxiety level
- Corpus callosum: A band of nerve fibers that connects the two hemispheres of the brain, allowing for communication between the right and left sides of the brain
- Hindbrain: Most posterior part of the brain; includes the medulla, pons, and cerebellum; these structures are involved in important “automatic” activities of the body like breathing, heartbeat, and digestion; in addition, the cerebellum controls motor coordination
- Hypothalamus: Regulates basic biological needs like hunger, thirst, and body temperature
- Hippocampus: Part of the limbic system involved in memory and learning
- Limbic system: Regulates emotions and impulses, and is also responsible for basic drives like thirst, sex, and aggression; the limbic system consists of several structures that are implicated in psychological disorders: the hippocampus, cingulate gyrus, septum, and amygdala
- Medulla: Located in the hindbrain; involved in regulating breathing and blood circulation
- Pituitary gland: Regulates other endocrine glands and controls growth; sometimes called the “master gland”
- Pons: Located in the hindbrain; involved in sleep and arousal
- Reticular formation: Internal structures within the midbrain that are involved in arousal and stress or tension
- Thalamus: Relays signals to and from the cerebral cortex to other brain structures

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96. Describe and evaluate the humanistic model of mental disorders.

ANSWER: Student responses should include the following:

- The humanistic model focuses on how humans can make choices that influence their environment and how they can take responsibility for their actions.
 - The phenomenological approach is based on the assumption that one's behavior is determined by perceptions of themselves and others.
 - The humanistic perspective relies on qualitative assessment of an individual's perceptions of himself and the world as well as nondirective therapy.
 - Strengths of the humanistic perspective include its emphasis on personal responsibility for recovery and process variables important for treatment.
 - Weaknesses of the humanistic perspective include relative lack of research support and for utility for certain groups of people.
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97. What are models and why are models important to psychopathology?

ANSWER: Answers will vary but may include:

- Models are systematic ways of viewing and explaining what we see in the world.
 - Models are important because of the complexity of human cognitive states, behaviors, and emotions and the multiple causes of psychopathology.
 - Models help identify causes of mental disorders and direct treatment and prevention efforts.
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98. Describe and evaluate the biological model of mental disorders.

ANSWER: Student responses should include the following:

- The biological model assumes that mental states, emotions, and behaviors arise largely from physical processes.
 - A genetic approach to mental disorder focuses on heritability and molecular genetics.
 - The biological model is important for understanding many components of major mental disorders, but it cannot explain all aspects of the disorders.
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Chap 02 4e - Kearney

99. Describe and evaluate the psychodynamic model of mental disorders.

ANSWER: Student responses should include the following:

- The psychodynamic model rests on the assumption that mental states, emotions, and behaviors arise from unconscious motives and intrapsychic conflicts.
 - Two major assumptions of the perspective are psychic determinism and unconscious motivation.
 - According to psychodynamic theorists, the mind comprises the id, ego, and superego.
 - Psychosexual stages are developmental stages that influence personality and abnormal behavior.
 - Defense mechanisms are used to cope with life demands and intrapsychic conflict.
 - Problems arise when we use defense mechanisms exclusively or excessively.
 - Strengths of the psychodynamic perspective include defense mechanisms and an emphasis on how childhood experiences influence adult personality.
 - A major weakness of the psychodynamic perspective is the relative lack of research support for its major assumptions.
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100. Describe and evaluate the cognitive-behavioral model of mental disorders.

ANSWER: Student responses should include the following:

- The behavioral perspective on mental disorders is based on the assumption that behavior is learned.
 - Two major learning principles underlie the behavioral approach: classical conditioning and operant conditioning.
 - The cognitive perspective suggests that problematic symptoms and behavior develop from the way we perceive and think about our present and past experiences.
 - Key principles of the cognitive perspective include schemas and cognitive distortions.
 - Behavioral and cognitive perspectives have been combined to form the cognitive-behavioral model.
 - Major cognitive-behavioral treatment approaches include cognitive-behavioral therapy, rational restructuring, systematic desensitization, exposure, and token economy.
 - Strengths of the cognitive-behavioral model include a broad array of effective treatments.
 - A major limitation of the cognitive-behavioral model is its poor account of how mental problems originally develop.
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