Undergraduate Psychology Student Association (UPSA)

Tutoring Department

PSYC 1010 Mock Exam (Chapters 13, 14, 15 & 16)

57 multiple choice questions
Chapter 13 Questions

1. After receiving your exam results, you find out you did not do well, and your friend tells you it is because you did not study enough. You, however, are convinced that the professor purposely made your exam difficult to make you fail. This is an example of...
   a. actor-observer bias.
   b. fundamental attribution error.
   c. internal attribution.
   d. self-serving bias.

2. Kelly always dreams of a perfect romance. With each boyfriend, however, she acts obsessive, and gets into many fights because of her jealousy. It’s hard for Kelly’s dream to come true. She most likely had which attachment relationship as an infant?
   a. A secure attachment.
   b. An avoidant attachment.
   c. An anxious-ambivalent attachment.
   d. A fearful-avoidant attachment.

3. Why are online dating sites so successful?
   a. the mere exposure effect- increased exposure to others increases liking.
   b. connectivity effect- increased connection between others being rewarding for users.
   c. similarity effect- seeing only similar others who may be your future “soulmates”
   d. reciprocity effect- we start to like those who show that they like us

4. According to the Elaboration Likelihood Model, the ______ route is taken when people carefully think about the logic of messages, while the ______ route is taken when persuasion depends on noncomplex factors, such as attractiveness.
   a. peripheral, central
   b. central, peripheral
   c. high elaboration, low elaboration
   d. low elaboration, high elaboration
5. According to Soloman Asch (1956), based on his findings during his study which consisted of determining the length of a line, what did he state were the key determinants of conformity?

   a. group think
   b. group unanimity
   c. group size
   d. b & c only

6. In Toronto, various cases of physical harm to innocent people in public transit are reported. Typically, someone is filming the incident while others watch, doing nothing. Why does this happen?

   a. Social Loafing
   b. Group Polarization
   c. Group Conformity
   d. Bystander Effect
Chapter 14 Questions

7. Which of these types of conflicts produce the most indecision?
   a. approach-approach conflict
   b. avoidance-avoidance conflict
   c. avoidance-approach conflict
   d. they all result in the same amount of indecision.

8. What is the Social Readjustment Scale?
   a. A scale that states the rate of negative impact of a life event on someone.
   b. A scale stating the magnitude of change required for each specific event.
   c. A scale that outlines the frequency rate of various stressors.
   d. A scale that demonstrates people’s vulnerabilities to certain stressors.

9. Rachel is creating dessert for her friends on thanksgiving. She is trying something new and following a recipe book to make sure she gets it right. She’s never done this before, so it’s a fairly complex task. To ensure she is successful, her arousal level should be...
   a. high
   b. medium
   c. low
   d. low at first and then increase as it becomes more complex.

10. Defence mechanisms are unconscious reactions that protect a person from unpleasant emotions. Which one of these is not a defence mechanism?
    a. Denial of reality
    b. Fantasy
    c. Redoing
    d. Overcompensation

11. Which of these behavioural responses to stress did Freud believe to be adaptive?
    a. Indulging Oneself
    b. Giving Up
    c. Constructive Coping
    d. Striking Out At Others
12. Clinicians must rely on a variety of criteria in order to make a diagnosis on what is considered to be abnormal behaviour. One criterion involves understanding what society deems as “normal” or acceptable. Normality varies in different communities but each community has its own set of norms. When an individual does not meet the norms of the society, their behaviour is deemed as abnormal. Which criterion does this fall under?

a. Maladaptive behaviour  
b. Personal distress  
c. Deviance  
d. Social standards

13. Bella is a 17-year-old who lives with her parents and younger sister and has been getting homeschooled ever since she was 10-years-old after she was in a minor car accident. After the accident, Bella became afraid of leaving her house because of potentially getting into another car accident. Her parents have done everything they could to convince her to leave the house however even the mere thought of stepping outside caused Bella to feel overwhelmed with anxiety to a point where she would tremble, feel faint and have difficulty breathing. Over the course of the years since she was 10-years-old, Bella had left her house only three times and is unexpectedly hit with an overwhelming amount of anxiety nearly three times a month. What type(s) of anxiety disorder(s) does Bella have?

a. Generalized anxiety disorder  
b. Panic disorder  
c. Agoraphobia  
d. Both (b) & (c)

14. Christian is feeling elated as he is actively trying to convince his friends to dive into the water from a high cliff. He has been up since 5 o’clock in the morning even though he slept at midnight and he is confidently trying to urge all his friends to follow his lead as he dives off the cliff and into the ocean below. Tristan, who has been sitting next to where Christian was, watches with an emotionless face as he tugs the blanket around him some more and slouches against a rock, feeling exhausted even though he had slept at 9 o’clock and woke up at 8 o’clock. As their friends converse, Tristan tries to make himself smaller by hugging himself and sitting away from all his friends. Christian is having a _____ episode while Tristan is having a _____ episode.

a. Bipolar; depressive  
b. Hyperactive; emotional  
c. Manic; depressive  
d. Euphoric; anhedonia
15. Rose is diagnosed with schizophrenia. She is socially withdrawn, has auditory hallucinations, impaired attention, intense agitation and does not know how to groom herself. What schizophrenic symptoms does Rose have?
   
   a. Positive symptoms  
   b. Negative symptoms  
   c. Catatonic symptoms  
   d. Both positive and negative symptoms

16. Ariana's doctor has recently prescribed a drug that slows the reuptake process at serotonin synapses. What is Ariana most likely being treated for?
   
   a. Depression  
   b. Schizophrenia  
   c. Somatoform disorder  
   d. Bipolar disorder

17. Jim came home from the office trembling, irritable, unable to concentrate, experiencing shortness of breath, and worrying about whether his business would still be open next week, despite the fact that his business was evidencing its highest profit ever. Which disorder is most consistent with these symptoms?
   
   a. Generalized anxiety disorder  
   b. Phobic disorder  
   c. Minor psychotic break  
   d. Major depressive disorder

18. Zachary is 16 years old, and has a lot of difficulty with social interactions. He has a hard time understanding the perspective of other people and he often engages in repetitive behaviours that others find very odd. Which of the following disorders best fits Zachary's behaviour?
   
   a. Obsessive compulsive disorder  
   b. Autistic disorder  
   c. Borderline personality disorder  
   d. Dissociative identity disorder
19. Samha finds she is no longer interested in things she used to do, is sad most of the time, and thinks she is a terrible person. Additionally, she has recently lost a lot of weight and doesn’t sleep very much. Which category of disorders is most consistent with Samha’s behaviour?

   a. Dissociative disorder
   b. Personality disorder
   c. Anxiety disorder
   d. Mood disorder

20. After watching numerous videos about the incidences of schizophrenia, Jack has become convinced that many of his friends could be candidates for the disorder. What problem-solving technique (heuristic) did Jack employ to come to this conclusion?

   a. Simplified Truth Heuristic
   b. Increased Prevalence Heuristic
   c. Availability Heuristic
   d. Two of above are used

21. Your friend, Michelle, has been readily losing weight to a point where she looks unhealthy. At lunch, she refuses to eat anything but low-calorie salads and often wears many layers of clothing to stay warm. Which of the following eating disorders does Michelle most likely have? Choose the BEST answer.

   a. Binge-eating/purging type Anorexia Nervosa
   b. Bulimia Nervosa
   c. Generalized Anorexia Disorder (GAD)
   d. Restricting Type Anorexia Nervosa

22. Generally, phobias of spiders and snakes are very common among society as they are evolutionary biological threats to humans. Which of the following models/concepts outlined this phenomena: where the development of phobias related to evolutionary threats are easier obtained? (select MOST CORRECT answer(s))

   a. Evolved Model for Fear Learning
   b. Biological Threat Theory
   c. Concept of Preparedness
   d. Two of the above are true (a & b)
   e. Two of the above are true (a & c)
   f. Three of the above are true
23. Your friend has invited you to her house for dinner. As you enter her house, you are surprised by how clean and organized her living space is. As you walk to sit in her living room, she instantly stops you and flickers the living room lights on/off 4 times. Furthermore, before beginning to eat, she washes her hands two times with antibacterial soap. To you this all seems rather deviant. What condition/disorder could best describe your friend’s behaviour?

   a. Mysophobia  
   b. Obsessive-Compulsive Disorder (OCD)  
   c. Generalized Anxiety Disorder  
   d. a & b

24. Which criterion of the following clinicians do NOT rely on while forming a diagnosis

   a. Maladaptive behaviours.  
   b. Personal goals.  
   c. Deviance.  
   d. Personal distress

25. In 2005 the residents of New Orleans faced the devastating Hurricane Katrina. According to the textbook, when mental health professionals were brought in to help with the effects of the disaster they found out that almost ________ of the residents were estimated to suffer from various anxiety disorders, including ________ suffering from PTSD.

   a. 50%, 20%  
   b. 20%, 40%  
   c. 50%, 30%  
   d. 10%, 40%

26. According to the cognitive theorists, which style of thinking is NOT included in the inclinations of those who are highly likely to suffer from problems with anxiety

   a. Misinterpretation harmful situations as threatening.  
   b. Excessive attention on perceived threats.  
   c. Forming highly detailed schedules.  
   d. Selectively recall information that seems threatening.
27. Evidence suggests that overactivity in the ______ in response to stress can often play a role in the development of depression.

   a. Cingulate gyrus.
   b. Parahippocampal gyrus.
   c. Hypothalamic pituitary adrenocortical axis
   d. Medial prefrontal cortex.

28. Dissociative amnesia is…

   a. Sudden loss of memory for personal information that is too extensive to be due to normal forgetting
   b. Also known as multiple personality disorder
   c. An identity disassociation rooted in severe emotional trauma that occurred during childhood
   d. Loss of memories regarding one’s entire life and personal sense of identity

29. According to etiology

   a. Twin studies suggest that there is no genetic predisposition to mood disorders
   b. The onset of anxiety has also been linked to seasonal patterns
   c. Twin studies suggest that there is a genetic predisposition to anxiety disorders
   d. Stress always contributes to the emergence of anxiety disorders

30. Which of the following is TRUE about the etiology of psychological disorders?

   a. Schizophrenia spectrum disorders have a genetic vulnerability factor, and one hypothesis points to a disruption with normal maturation process of the brain during prenatal development
   b. Disturbances to neural circuits using Serotonin, Dopamine and NE appear to contribute to mood disorders like Bipolar Disorders and Major Depressive Disorder
   c. Disturbances to neural circuits using GABA and Serotonin appear to contribute to mood disorders like Bipolar Disorders and Major Depressive Disorder
   d. Twin studies suggest a genetic predisposition to Dissociative Amnesia, and one hypothesis points to a disruption with normal maturation process of the brain during prenatal development
   e. All of the above are true
   f. None of the above are true
31. Which of the following statements about psychological disorders is TRUE?

a. Having a psychological disorder doesn’t automatically increase the incidence of aggression in a person. Should a crime be committed however, the “insanity defence” defends the victim and makes the person criminally responsible on account of mental disorder (NCRMD). NCRMD is highly publicized but rarely used, and rarely successful.

b. Having a psychological disorder doesn’t automatically increase the incidence of aggression in a person. Should a crime be committed however, the “insanity defence” explains and indicates that the person is NOT criminally responsible on account of mental disorder (NCRMD). NCRMD is highly publicized but rarely used, and rarely successful.

c. Having a psychological disorder often increases the incidence of aggression in a person. Should a crime be committed, the “insanity defence” explains and indicates that the person is NOT criminally responsible on account of mental disorder (NCRMD). NCRMD is highly publicized, and used often due to its high success rate.

d. Having a psychological disorder doesn’t automatically increase the incidence of aggression in a person. Should a crime be committed however, the “insanity defence” explains and indicates that the person is NOT criminally responsible on account of mental disorder (NCRMD). NCRMD is highly publicized but, although highly successful, it is rarely used.

32. You notice that your friend Jenny (who is usually a calm person) has sudden, overwhelming panic attacks, and she fears going to public places because of that. Which of the following is the MOST LIKELY:

a. Jenny has Specific Phobia Disorder, with the specificity being that she has a rational fear of the unknown; that fear of the unknown explains why he fears going to public places.

b. Jenny has Generalized Anxiety Disorder and also seems to have PTSD caused by the gradual build up of stress from her daily life.

c. Jenny has Panic Disorder with Agoraphobia, the fear making direct physical contact with people.

d. Jenny has Panic Disorder with Agoraphobia, the fear of going to public places.

e. Jenny has Generalized Anxiety Disorder. This explains why she fears going to public places where there is a high level of uncertainty for things she cannot control, which causes her anxiety to flare up.
33. Which is true about Mood Disorders?

a. Bipolar I Disorder is a milder version of Bipolar II Disorder
b. Bipolar II Disorder is a milder version of Bipolar I Disorder
c. Major Depressive I Disorder is a milder version of Major Depressive II Disorder
d. Major Depressive II Disorder is a milder version of Major Depressive I Disorder
e. All mood disorders have manic and depressed episodes, what varies is the degree of intensity
Chapter 16 Questions

34. Carl Rogers firmly believed that a supportive emotional climate is the critical force promoting healthy changes in therapy. What are the three things that client-centred therapists must provide to create a warm therapeutic climate?

   a. Genuineness, conditional positive regard, accurate empathy
   b. Genuineness, unconditional positive regard, acute empathy
   c. Genuineness, conditional positive regard, acute empathy
   d. Genuineness, unconditional positive regard, accurate empathy

35. Insight therapies involve verbal interactions intended to enhance client's self-knowledge and thus promote healthful changes in personality and behaviour. Common factors play a significant role in the efficacy of the diverse insight therapies. Which of the following is NOT one of the most widely cited common factors?

   a. The cultivation of hope and positive expectations in the client
   b. The provision of emotional support and empathy
   c. The involvement of the client's social network in the therapeutic process
   d. The provision of a rationale for the client's problems and a plausible method for reducing them.

36. Electroconvulsive therapy (ECT) is a biomedical treatment in which electric shock is used to produce a cortical seizure accompanied by convulsions. Which disorder is this controversial therapy primarily recommended to treat?

   a. Obsessive-Compulsive Disorder
   b. Depression
   c. Phobias
   d. Schizotypal Personality Disorder

37. Deinstitutionalization refers to transferring the treatment of mental illness from inpatient institutions to community-based facilities that emphasize out-patient care. Which of the following is a development that made this shift in responsibility possible?

   a. The deployment of community mental health centres to coordinate local care
   b. A severe decrease in chronic mental illness within the Western population
   c. The emergence of effective talk therapies for severe disorders
   d. An increase in employment prospects due to job-skill training among patients
38. Unlike psychodynamic therapists, humanistic therapists tend to focus on the _____ more than the _____.
   a. Present; future  
   b. Past; present  
   c. Present; past  
   d. Past; future

39. During a marriage counseling session, the therapist suggests to Mr. and Mrs. Richards that they each restate their spouse’s comments before making their own. The therapist applied a technique most closely associated with:
   a. Psychoanalysis  
   b. Cognitive-behavioural therapy  
   c. Systematic desensitization  
   d. Client-centered therapy

40. Two counterconditioning techniques for replacing unwanted responses are:
   a. Systematic Desensitization and free association  
   b. Aversive conditioning and exposure therapy  
   c. Unconditional positive regard and transference  
   d. Spontaneous recovery and stress inoculation training

41. Stacey is so fearful of taking tests for university courses that she experiences mild anxiety when registering for a course, intense anxiety when studying for a test, and extreme anxiety when answering the actual test questions. Her greatest fear, however, is experienced while waiting for a professor to hand out tests. During the process of systematically desensitizing her test anxiety, the therapist is likely to ask Stacey first to imagine:
   a. Registering for a university course  
   b. Answering questions on a university-level test  
   c. Waiting for a professor to hand out university-level tests  
   d. Studying for a university test
42. In a study conducted by Seligman and colleagues to measure the efficacy of a treatment method, which method was shown to be most effective at reducing clients' depression scores?

   a. Behaviour Therapy  
   b. Client-centered therapy  
   c. Therapy with medication  
   d. Positive psychotherapy

43. When Dwight was little, he was involved in a car crash. For the rest of his life, the thought of riding a car made him extremely anxious, to the point that he avoided them each time. The car is an example of ______ and Dwight’s anxiety is best treated with ______

   a. A conditioned stimulus, classical conditioning  
   b. An unconditioned stimulus, counterconditioning  
   c. A conditioned stimulus, counterconditioning  
   d. An unconditioned stimulus, classical conditioning

44. Cognitive-Behavioural Therapy (CBT) is different from other therapy methods because ______

   a. It places an emphasis on treating the symptoms of a maladaptive behaviour only.  
   b. It uses various behavioural and verbal interventions to change negative thoughts and beliefs.  
   c. Clients play a major role in the direction and outcome of their therapy.  
   d. Focuses on insight, enhancing client’s self knowledge to promote successful outcomes.

45. What is the reason why psychologists rely on second generation antipsychotic drugs?

   a. With first-generation drugs, psychotic symptoms are only reduced in 60 percent of patients.  
   b. Second generation drugs had higher effectiveness.  
   c. Traditional drugs increase patient vulnerability to diseases such as diabetes.  
   d. Traditional drugs produced too many unpleasant side effects.
46. The two most popular antianxiety drugs, Valium and Xanax, are also known as
   a. Tranquilisers
   b. Selective serotonin reuptake inhibitors (SSRIs)
   c. Tricyclic antidepressants
   d. MAO inhibitors

47. Systematic desensitization is to the treatment of ____________, as Antipsychotic drugs are to the treatment of ________________.
   a. Phobia, schizophrenia
   b. Schizophrenia, phobia
   c. OCD, ADHD
   d. ADHD, OCD

48. Susan is fighting Nicotine dependence and can not stop smoking. To help her quit smoking, her psychologist paired cigarettes with a nausea-inducing drug. This strategy is an example of
   a. Cognitive-behavioral therapies
   b. Systematic desensitization
   c. Aversion therapy
   d. Social skills training

49. According to Sigmund Freud, the unconscious conflicts that take place between the id, ego, and superego can lead to
   a. Depression
   b. Phobia
   c. ADHD
   d. Anxiety

50. It is known that North American minority groups generally underutilize psychotherapeutic services due to a number of barriers. If an individual who only speaks Hindu refrains from seeking services that are offered in English, this is an example of ________:
   a. Institutional barriers
   b. Cultural barriers
   c. Language barriers
   d. Vocal barriers
51. The realization that hospitals often make patients more sick than they initially were led to the community mental health movement in the 1960s. Which of the following was NOT a primary focus of this movement?

   a. Local community-based care  
   b. Prevention of psychological disorders  
   c. Reduced dependence on hospitalization  
   d. Closing down all hospitals in the community

52. Proponents of behaviour therapies believe that even pathological behaviour is a product of learning, and that what has been learned can be unlearned. Which of the following is an example of treatments used in behaviour therapies?

   a. Psychoanalysis  
   b. Social skills training  
   c. Group therapy  
   d. Client-centered therapy

53. Sally and her classmates took a math test. She felt really good about her grade when the teacher told her that she scored in the top 10 percent of the class. Unfortunately, the teacher lost the marks and had the class retake the test. This time, Sally got a mark closer to that of most of her classmates. What statistical phenomenon caused Sally’s shift in grade?

   a. Regression towards the mean  
   b. Regression towards the median  
   c. The average of the group  
   d. The placebo effect

54. Several therapeutic models focus on helping the client appreciate their strengths and find meaning in life. Each model, however, has its own theories on how the client’s problems or disorders arose in the first place. Which of the following models posits that clients' problems stem from not paying enough attention to one’s strengths and blessings? Please choose the BEST answer:

   a. Rogers’ client-centred therapy  
   b. Maslow's client-centred therapy  
   c. Positive psychotherapy  
   d. Humanistic psychotherapy
55. In the textbook, a variety of therapeutic approaches are discussed. Some approaches are more directive and systematic than others, where the therapist plays an integral role in controlling the therapeutic process. In which of the below therapies is the therapist usually the LEAST involved?

   a. Group therapy
   b. Insight therapy
   c. Cognitive therapy
   d. Cognitive-behavioural therapy

56. Resistance is known as the unconscious defensive behaviour clients tend to display during therapy, when they feel threatened by attempts to dive deep into their real conflicts. A phenomenon which often helps bring these conflicts to the surface, often coupled with resistance, and therefore facilitating the therapeutic process is __________.

   a. Free association
   b. Transference
   c. Counter-transference
   d. Both b and c

57. “Different therapeutic approaches are similarly effective in improving their clients’ wellbeing, although for certain problems, some approaches can be better than others.” This statement is ___.

   a. True, and ultimately, it depends on whether the client’s presenting problem is psychosis or neurosis
   b. True, and ultimately, it depends on the therapist’s skill
   c. False; some approaches have been proven to be overwhelmingly better than others overall
   d. False, as the therapeutic orientation is the number-one determinant of the success of therapy
Answer Key:

1. a
2. c
3. c
4. b
5. d
6. d
7. c
8. b
9. c
10. c
11. d
12. c
13. d
14. c
15. d
16. a
17. a
18. a
19. d
20. c
21. d
22. e
23. d
24. b
25. c
26. c
27. c
28. a
29. c
30. a
31. b
32. d
33. b
34. d
35. c
36. b
37. a
38. c
39. d
40. b
41. a
THIS MOCK MIDTERM & ITS CONTENTS WERE CREATED BY
(ALPHABETICAL ORDER):

Tutor Alisha
Tutor Christine
Tutor Dana
Tutor Dea
Tutor Dema
Tutor Fara
Tutor Kamyar
Tutor Maria
Tutor Parisa
Tutor Salma
Tutor Sarah
Tutor Tatiana