Psychology 101A Final Exam Fall 2008

Multiple Choice

Identify the choice that best completes the statement or answers the question and mark your answer on the answer sheet (2 points each).

1. Jackie's therapist wants her to adjust her appraisal of a recent event so she will be able to cope more effectively. Her therapist most likely uses the ____ approach to therapy.
   a. behavioral
   b. psychodynamic
   c. humanistic
   d. cognitive

2. Tim was recently promoted. He feels that he has worked very hard to get that promotion. However when his latest sales pitch did not end up in a sale, he attributed the failure to the fact that the company he was pitching to was having financial difficulties. Tim's behavior is an illustration of ____.
   a. the actor-observer effect
   b. a fundamental attribution error
   c. the self-serving bias
   d. the foot-in-the-door technique

3. Jeffrey is a con artist who swindled his own grandmother out of her life savings. He shows no remorse and claims it was her own fault for being so gullible. Jeffrey exhibits the characteristics of ____ personality disorder.
   a. avoidant
   b. paranoid
   c. schizoid
   d. antisocial

4. Regarding weight and interpersonal attractiveness, which of the following statements is TRUE?
   a. College men tend to see themselves as too heavy.
   b. College men’s prediction of what women desire in a mate is heavier than what women actually want.
   c. College women’s prediction of what men desire in a mate is about the same as what men actually want.
   d. College women tend to see themselves as too thin.

5. According to the text, the recency effect is
   a. the tendency to change ourselves to match with recent events.
   b. the tendency to evaluate others on the basis of the initial information we receive about them.
   c. the tendency to evaluate others in terms of the most recent impression they make on us.
   d. the tendency to obey authority figures.

6. Mr. Feeny lives at the end of your street. He has never married and lives alone, but he does seem to trust his neighbors. It is hard to make friends with him, though, because he often says odd things and his behavior is often peculiar. You’ve learned that he does not, however, have any delusions or hallucinations. Psychologists would say that Mr. Feeny's behavior best matches the description of
   a. schizotypal personality disorder.
   b. paranoid personality disorder.
   c. paranoid schizophrenia.
   d. acute stress disorder.
7. Diana is standing in line in school. While she isn't looking, a boy steps on her toe. Diana believes the boy stepped on her toe because that boy is mean, stupid, and probably wanted to step on her. Diana is making a ____ attribution.
   a. fundamental
   b. situational
   c. dispositional
   d. humanistic

8. According to the learning (behavioral) theory of etiology, a patient who is labeled schizophrenic is likely to
   a. have low socioeconomic status.
   b. be thwarted from pursuit of self-actualization.
   c. have a genetic vulnerability towards the disorder.
   d. act in a schizophrenic manner when the behavior is rewarded.

9. A client reclines as she talks about whatever comes to mind. The therapist listens and notices relationships or time periods that the client avoids talking about. This best describes the _____ therapeutic method.
   a. client-centered
   b. rational-emotive
   c. operant conditioning
   d. psychoanalytic

10. You overhear a classmate tell a friend that we are free to do what we choose with our lives and that the meaning of our lives is the meaning we give to it. He further explains that we all have unique ways of looking at the world, known as our frame of reference. Your classmate is describing which personality theory?
    a. behavioral
    b. psychoanalytic
    c. humanistic
    d. trait

11. A therapist is helping a client ascertain what rewards are maintaining the client's drinking habit so a modification plan can be devised. This is an example of ____ therapy.
    a. psychoanalytic
    b. client-centered
    c. behavioral
    d. cognitive

12. According to the textbook, the operant technique used to help formerly hospitalized patients live in communities is called
    a. token economy.
    b. aversive conditioning.
    c. classical conditioning.
    d. social skills training.

13. Which best illustrates a child in the phallic stage of psychosexual development?
    a. Kelly seeks out strangers for sexual encounters.
    b. Maria has not had conscious sexual desires for the past year.
    c. Billy acts out to get his mother's attention whenever she is alone with his father.
    d. Alan always goes shopping with his father.

14. Albert Ellis's rational emotive behavior therapy is best described as
    a. nondirective.
    b. noncognitive.
    c. active and directive.
    d. psychoanalytic.
15. Mike is shopping for a new car and he has found one that he thinks is perfect. He has read some good reviews about the car’s performance. He has also found a few negative reviews about the car but he has decided to ignore them. Diverting one’s attention from information inconsistent with one’s attitudes is called
   a. selective elaboration.  
   b. selective avoidance.  
   c. groupthink.  
   d. selective exposure.

16. According to the lecture on how long therapy should last, which of the following people should talk to their therapist about making a change?
   a. Tony, who has been going to therapy once a week for 4 months and has not seen any improvement.
   b. Judy, who has been going to therapy every other week for 3 months and has not seen any improvement.
   c. Diane, who has been going to therapy once a week for 1 month and has not seen any improvement.
   d. Joshua, who has been going to therapy once a month for 6 months and has not seen any improvement.

17. According to lecture, which of the following is NOT a symptom of autism?
   a. Mood impairments.
   b. Communication impairments.
   c. Stereotyped and repetitive patterns of interests, behaviors and activities.
   d. Impairments in social interaction.

18. Nonspecific factors that influence the result of therapy are
   a. elements that differentiate one type of therapy from another.
   b. factors that are easily measured and operationalized.
   c. nonessential elements of therapy.
   d. factors that all types of therapy have in common.

19. Which defense mechanism is being used when an alcoholic criticizes everybody else for their inability to handle alcohol, but doesn't believe that they have a problem in this area?
   a. rationalization
   b. sublimation
   c. projection
   d. regression

20. When a famous movie star endorses a cosmetic, advertisers are using a _____ to persuade customers to buy their product.
   a. prestige route
   b. tangential route
   c. peripheral route
   d. central route

21. Kelley has devoted her weekends to working in a homeless shelter. Skinner would most likely use the behavioral approach to explain Kelley’s personality by saying that
   a. she has been rewarded for altruistic behaviors.
   b. she did not receive enough nurturance from her mother.
   c. she is exhibiting reaction formation
   d. she has irrational beliefs about the value of such work.
22. According to the textbook, the process by which immigrants become acclimated to the customs and behavior patterns of their new host culture is known as
   a. immigration.
   b. acculturation.
   c. conscientiousness.
   d. individualism.

23. Asylums are to _____ as a mental hospital is to _____.
   a. St Mary's; Bedlam
   b. the second phase in the history of therapy; the third phase in the history of therapy.
   c. warehousing; treatment
   d. psychological disorders; mental disorders.

24. John's parents never cared for Southerners. They thought Southerners were slow and lazy. John often heard them make jokes about the south. John is being transferred to Alabama and he knows he won't like it because of the people there. Based SOLELY on the information provided here, John seems to have acquired this attitude through _______.
   a. operant conditioning
   b. eating Northern food
   c. observational learning
   d. classical conditioning

25. A projective test includes
   a. suggested answers given by the tester.
   b. ambiguous stimuli.
   c. forced-choice format.
   d. correct responses.

26. Peter and Kirsten share a warm relationship and are able to count on each other for emotional support. According to Sternberg, their relationship most clearly demonstrates
   a. romance.
   b. passion.
   c. intimacy.
   d. commitment

27. The five-factor model includes which five basic personality factors?
   a. extraversion, neatness, conscientiousness, agreeableness, openness
   b. extraversion, neuroticism, conscientiousness, agreeableness, openness
   c. obsessiveness, conscientiousness, psychosis, agreeableness, openness
   d. narcissism, neuroticism, conscientiousness, agreeableness, openness

28. Which of the following factors decreases the tendency to conform?
   a. social shyness
   b. lack of familiarity with the task
   c. low self-esteem
   d. valuing being right over being liked

29. The stages of Freudian psychosexual development, in order, are:
   a. oral, latent, anal, phallic, genital
   b. phallic, latent, anal, oral, genital
   c. anal, phallic, genital, oral, latent
   d. oral, anal, phallic, latent, genital
30. Suzanne is a Christian woman who says that she gets along with people of all religions. In fact, however, Suzanne has a strong bias against Jewish individuals. According to lecture, her bias is called a(n):
   a. implicit attitude
   b. explicit attitude
   c. involuntary attitude
   d. altruistic attitude

31. People form prejudices because of which factor(s)?
   a. social conflict
   b. dissimilarity
   c. social learning
   d. all of the above

32. A counselor believes the cause of depression in his client is the client's insistence that he has no choices in life. The counselor supports the _____ theory of etiology for depression.
   a. learning
   b. cognitive
   c. humanistic
   d. psychodynamic

33. On a personality test, Jason had the option of choosing one of 4 different answers. This type of test format is called
   a. an objective test.
   b. a subjective test.
   c. a measure of personality aptitude.
   d. a projective test.

34. Which of the following class of medications is typically prescribed for treatment of ADHD?
   a. psychostimulants
   b. anxiolytics
   c. lithium
   d. antidepressants

35. Which perspective examines poverty, racism and unemployment as contributing factors to psychological disorders?
   a. the behavioral perspective
   b. the sociocultural perspective
   c. the biological perspective
   d. the cognitive perspective

36. Delmar believes that he has been sent to earth to save mankind. He believes that women are evil and that any male who speaks to or associates with a female is doomed to a life as a servant to the female's wishes. Recently, he has told you that the females on campus want to silence him and he has become agitated and fearful. Nothing you say or do will convince him that his ideas are untrue. With what disorder would Delmar most likely be diagnosed?
   a. catatonic schizophrenia
   b. disorganized schizophrenia
   c. paranoid schizophrenia
   d. avoidant personality disorder
37. The owners and captain of the Titanic believed the ship was invincible and could not sink. Even though there were several iceberg warnings, when they discussed how to proceed they decided to keep going. This shows the effect of ____ on the members of the group.
   a. individual decision schemes
   b. groupthink
   c. social norms
   d. the bystander effect

38. Which of the following is NOT an explanation we discussed for why people complied in Milgram’s original study?
   a. The “teacher” was making a dispositional attribution.
   b. Arousal may have interfered with access to values.
   c. The “learner” was depersonalized.
   d. The foot-in-the-door technique was taking place.

39. Gregory witnessed an explosion in which a co-worker died. Afterward, Gregory’s vision failed. After many neurological tests, doctors could find no organic basis for Gregory’s loss of his eyesight. Gregory seems to have
   a. conversion disorder.
   b. dissociative amnesia.
   c. post-traumatic stress disorder.
   d. body dysmorphic disorder.

40. Johnny is given a sticker every time he completes an assignment. When he has accrued 5 stickers, Johnny is allowed to visit the class treasure box. Which behavior therapy method is Johnny's teacher is using?
   a. repression
   b. token economy
   c. successive approximation
   d. classical conditioning

41. In the Asch study, what percentage of the subjects went along with the majority's wrong answer at least once?
   a. 25%
   b. 75%
   c. 50%
   d. 15%

42. Monique is above-average weight for her height and age. She often eats large quantities of food in one sitting and then fasts for days to make up for the intake. She has engaged in this behavior for two years and it is distressing to her. Which disorder does Monique most likely have?
   a. generalized anxiety disorder
   b. bulimia nervosa
   c. bipolar I
   d. anorexia nervosa

43. Drew thought that if he asked Tracey to go the movies with him, she would refuse. This would be considered an example of ____ by social-cognitive theorists.
   a. conditions of worth
   b. expectancies
   c. encoding
   d. repression
44. Ken has a poor appetite and has experienced serious weight loss. He is unable to concentrate and make decisions. He often expresses feelings of unworth and guilt for things he has not done. He says he no longer cares about life and has talked about death and how he would welcome it. Psychologists would likely diagnose Ken with which of the following disorders?
   a. Major depression
   b. Bipolar disorder
   c. Generalized anxiety disorder
   d. Conversion disorder

45. Which defense mechanism is being used when an angry adult throws things and yells and screams?
   a. regression
   b. reaction formation
   c. projection
   d. rationalization

46. Katie is excessively fearful of doing something that will be humiliating or embarrassing when in public. Psychologists would likely diagnose Katie with
   a. bipolar disorder.
   b. obsessive-compulsive disorder.
   c. generalized anxiety disorder.
   d. social phobia.

47. Steve has started responding to his therapist as if she was his mother. He often asks her for advice on different issues and seeks her approval for his behaviors. This is called
   a. association.
   b. resistance.
   c. transference.
   d. catharsis.

48. The automatic ejection of anxiety-evoking ideas from awareness is
   a. resistance.
   b. preconscious.
   c. repression.
   d. sublimation.

49. Which best illustrates the concept of the "preconscious mind"?
   a. thoughts that are about the future
   b. thoughts that are out of awareness but can be made conscious
   c. images that cannot be translated into words
   d. the entire "human iceberg" as described by Freud

50. Mary is a schizophrenic who shows symptoms of hallucinations, delusions, lack of emotional expression and social withdrawal. Mary exhibits
   a. neutral symptoms
   b. both positive and negative symptoms.
   c. positive symptoms.
   d. negative symptoms.

51. According to the textbook, systematic desensitization and modeling are behavioral methods for reducing
   a. psychotic symptoms.
   b. depressive symptoms.
   c. fear.
   d. interpersonal conflict.
52. According to lecture, the second step in working with disorders is:
   a. diagnosis
   b. assessment
   c. clinical interview
   d. treatment

53. According to lecture, the ideas of a key psychoanalytic theorist who came after Freud greatly influenced the Myers-Briggs Type Indicator. Who was this person?
   a. Skinner
   b. Adler
   c. Horney
   d. Jung

54. You have advised a patient to discontinue use of antianxiety drugs. After two weeks, your patient calls to complain that his anxiety symptoms are now worse than before he started to take the drug. You tell the patient that his feelings are a predictable response to discontinuing antianxiety medication. In fact, according to the textbook he is experiencing what is called
   a. rebound anxiety.
   b. tolerance.
   c. catharsis.
   d. regression.

55. The situationist perspective studies the ways in which people can be goaded by social influences into doing things which
   a. are based on the primacy effect.
   b. are not consistent with their personalities.
   c. are altruistic.
   d. are highly dispositional.

Completion
Complete each statement and mark your answer on the answer sheet (3 points each).

56. ___________ therapy assumes that people disown parts of themselves that might meet with social disapproval or rejection.

57. When the presence of others causes our performance to improve, ___________ has occurred.

58. A person who is high in ___________ is emotionally unstable.

59. A(n) ___________ approach to therapy is one in which more than one stand-alone intervention is used.

60. Individuals with ___________ may show waxy flexibility.

61. ___________ disorder was formerly called multiple personality disorder.

62. ___________ personality disorder is characterized by an instability in mood, self-concept and interpersonal relationships.

63. When functioning as a member of a group, ___________ -- a state of reduced self-awareness and lowered concern for social evaluation -- can occur.

64. The characteristic ways in which we think, feel and behave are referred to as our ___________.

65. ___________ is a selfless concern for the welfare of others, which can lead to heroic behavior.
Matching

Match each term to its definition. Note that there are more definitions than there are terms — some will not be used. Write your answer on the answer sheet. (2 points each).

a. characterized by the persistent belief that one is ill despite a lack of medical findings
b. the passing of electric current through the head to aid the symptoms of major depression
c. an irrational, excessive fear of public scrutiny
d. a recurring thought or image that seems beyond control
e. taking an extreme position or attitude on an issue
f. characterized by preoccupation with an imagined or exaggerated defect in one’s appearance
g. the method of combining and averaging the results of individual research studies
h. the process of being influenced by group cohesiveness and a dynamic leader, leading to an ignorance of external realities
i. concern that others are evaluating our behavior
j. the tendency to block the free expression of impulses and primitive ideas
k. the recurrent experiencing of attacks of heart palpitations, sweating, nausea, and trembling that occur without any external stimulus
l. a person who defines himself or herself in terms of personal traits
m. changing one’s attitudes or behavior to adhere to social norms
n. the severing or destruction of a section of the frontal lobe of the brain
o. a person who defines himself or herself in terms of relationships to other people and groups
p. an irresistible urge to repeat an act or engage in ritualistic behavior
q. a belief concerning why people behave in a certain way
r. the uncensored uttering of all thoughts that come to mind
s. the life instinct
t. the death instinct

66. polarization
67. electroconvulsive therapy (ECT)
68. meta-analysis
69. eros
70. free association
71. body dysmorphic disorder
72. collectivist
73. compulsion
74. conformity
75. panic disorder
Short Answer

Choose any TWO of the following three questions (10 points each).

76. Discuss the development of the id, ego and superego, covering A) when they each develop, B) the principle under which each operates, and C) how they each affect your behavior today. In order to complete Part C you must provide a specific example from your life of each of the psychic structures in action and indicate which psychic structure currently predominates your behavior and why you say this (that is, justify your choice).

77. Write a brief therapy transcript (that is, an exchange between a therapist and a client, indicating exactly what each person says) using the client-centered approach. Your client is MaryAnn, a 50-year-old mother of two who has generalized anxiety disorder (feel free to make up further details about her case). In your transcript, be sure to display all THREE key elements of what a client-centered therapist does and to display your knowledge of the symptoms of generalized anxiety disorder.

78. Display your knowledge of cognitive dissonance theory by: A) briefly describing the classic study that was performed in support of this theory (we discussed it in class and it was in the text), and B) briefly relating this research/theory to your own life (that is, provide a specific example of when cognitive dissonance theory can be used to explain the actions of you or someone you know).