1. Psychologists determine whether a person has a psychological disorder based on whether his or her behavior
   a. is maladaptive.
   b. causes emotional discomfort.
   c. is socially acceptable or not.
   d. all of the above

2. What is the leading cause of disability for people aged 15 to 44?
   a. high blood pressure
   b. heart attacks
   c. mental disorders
   d. substance abuse

3. What is the name of the most widely used classification scheme for psychological disorders?
   a. Social Readjustment Rating Scale
   b. Minnesota Multiphasic Personality Inventory
   c. California Personality Inventory
   d. Diagnostic and Statistical Manual of Mental Disorders

4. On what basis were psychological disorders classified before 1980?
   a. presumed causes
   b. symptoms
   c. observable signs
   d. treatments

5. What is one criticism of the DSM?
   a. The latest revision should not have included post-traumatic stress disorder.
   b. Some disorders that have been added are simply everyday problems.
   c. Schizophrenia was left out of the latest version.
   d. Very diverse disorders are grouped under the labels neuroses and psychoses

6. The short-term anxiety disorder that occurs almost immediately after a traumatic event is
   a. post-traumatic stress disorder.
   b. acute stress disorder.
   c. obsessive-compulsive disorder.
   d. panic disorder.

7. Many people with panic disorder also have which of the following?
   a. zoophobia
   b. claustrophobia
   c. agoraphobia
   d. arachnophobia

8. What are two general categories of mood disorders?
   a. depression and bipolar disorder
   b. biological and psychological disorders
   c. anxiety and trauma
   d. neuroses and psychoses
9. A person is diagnosed with major depression when he or she
a. has symptoms of depression that last for at least two weeks.
b. has symptoms of depression that occur nearly every day.
c. experiences at least five of the nine symptoms of depression.
d. suffers from all of the above.

10. What was bipolar depression once called?
a. manic depression
b. extreme mania
c. bipolar syndrome
d. postpartum depression

11. A person with dissociative identity disorder has
a. frequent panic attacks.
b. two or more personalities.
c. impulses to commit socially unacceptable behavior.
d. amnesia about personal information and past events.

12. According to psychoanalytic theory, people dissociate in order to
a. compensate for brain injuries.
b. repress unacceptable urges.
c. fake an illness.
d. all of the above

13. Conversion disorders involve a change in a person's
a. sleep patterns.
b. levels of anxiety.
c. body shape.
d. physical functioning.

14. What kind of disorder is hypochondriasis?
a. anxiety disorder
b. mood disorder
c. somatoform disorder
d. dissociative disorder

15. What is the usual cause of dissociative disorder?
a. traumatic event
b. severe head injury
c. genetic factors
d. all of the above

16. In most cases, what type of hallucinations do people with schizophrenia have?
a. auditory
b. olfactory
c. visual
d. tactile

17. What are people with disorganized schizophrenia likely to experience?
a. loss of bladder control
b. inappropriate emotions
c. incoherent thought and speech patterns
d. all of the above

18. A person with catatonic schizophrenia is most affected in
a. speech patterns.
b. thought organization.
c. bodily movements.
d. mood swings.
19. People who have ordered and systematic delusions or frequent auditory hallucinations relating to a single theme suffer from what?
   a. paranoid schizophrenia
   b. disorganized schizophrenia
   c. catatonic schizophrenia
   d. generalized anxiety disorder

20. At what age does schizophrenia usually appear?
   a. infancy
   b. childhood
   c. young adulthood
   d. middle age

21. What characterizes people with personality disorders?
   a. patterns of inflexible traits
   b. delusions of grandeur
   c. hallucinations
   d. episodes of illness

22. What do people who are loners and have no interest in relationships with other people likely to suffer from?
   a. paranoid schizophrenia
   b. schizoid personality disorder
   c. dissociative identity disorder
   d. schizotypal personality disorder

23. Learning theorists suggest that antisocial personality disorders can be caused when children
   a. see other people’s behavior as threatening.
   b. lack appropriate role models.
   c. do not develop a sense of guilt.
   d. have fewer neurons in the front part of the brain

24. People with paranoid personality disorder tend to be difficult to get along with and
   a. submissive.
   b. violent.
   c. cold and aloof.
   d. warm and friendly.

25. What keeps people with avoidant personality disorder from having relationships with others?
   a. They fear the disapproval of others.
   b. They believe they deserve excessive admiration.
   c. They are dramatic and seek constant attention.
   d. They are extremely inflexible.

26. A person in the manic phase of bipolar disorder may have
   a. delusions about his or her superior abilities.
   b. recurrent thoughts of death or suicide.
   c. more than two personalities.
   d. feelings of worthlessness or guilt.

27. What is a general state of dread or uneasiness called?
   a. fear
   b. anxiety
   c. hypochondriasis
   d. depersonalization

28. What are repetitive ritual behaviors often involving checking or cleaning called?
   a. delusions
   b. obsessions
   c. compulsions
   d. panic attacks
29. What is behavior that impairs an individual’s ability to function adequately in everyday life called?
   a. maladaptive
   b. typical
   c. culture-bound
   d. catalytic

30. What are people with acrophobia afraid of?
   a. spiders
   b. spaces
   c. animals
   d. heights

31. What might someone with hematophobia want to avoid?
   a. medical treatment
   b. air travel
   c. crowded places
   d. cats

32. In order to determine if a condition may be diagnosed as a disorder we look at the three D’s.
   a. Disease, Duration, Defamation
   b. Duration, Documentation, Dysfunction
   c. Dysfunction, Distressing, Deviant
   d. Diet, Dysfunction, Deviant

33. During an anxiety attack a person may experience?
   a. Intense fear, shortness of breath and dizziness.
   b. Hallucinations and paranoia
   c. Incoherent speech and confusion.
   d. Paranoia and a catatonic state.

34. The fourth D that is part of determining when a symptom of a disorder may become a diagnosed is?
   a. Distance
   b. Detriment
   c. Duration
   d. Discontinuation

35. These are symptoms of _____ in women.
   Persistent sad, anxious, or "empty" mood.
   Loss of interest or pleasure in activities, including sex.
   Restlessness, irritability, or excessive crying.
   Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism.
   Sleeping too much or too little, early-morning awakening.
   a. Anxiety
   b. Bipolar
   c. Paranoia
   d. Depression

36. Ken is a 67 year old farmer who lives with his wife Margaret. Ken and Margaret had hoped to retire late in their 60s and move to the west coast to be closer to their children, reluctantly selling the family property that has been struggling financially. They have limited investment funds set aside to support their retirement and have been told it is unlikely that they would be successful in selling their farm. Ken also suffers chronic back pain from a previous farm injury. A neighbor has become concerned about Ken’s ability to cope with his property, and has visited Ken and Margaret a number of times due to problems with his stock and pasture management. Margaret believes the farm is “too much for them now,” but feels she can’t talk to Ken about this. Ken has become withdrawn and refuses to discuss the issue. He talks about there being “no way out of this,” and that it “might as well be over.” He sees his physician infrequently, having difficulty traveling the 60 miles to the nearby town.
   This scenario represents?
   a. Depression
   b. Anxiety Disorder
   c. Mood Disorder
   d. Schizophrenia
37. Martin is a 21 year-old business major at a large university. Over the past few weeks his family and friends have noticed increasingly bizarre behaviors. On many occasions they’ve overheard him whispering in an agitated voice, even though there is no one nearby. Lately, he has refused to answer or make calls on his cell phone, claiming that if he does it will activate a deadly chip that was implanted in his brain by evil aliens. His parents have tried to get him to go with them to a psychiatrist for an evaluation, but he refuses. He has accused them on several occasions of conspiring with the aliens to have him killed so they can remove his brain and put it inside one of their own. He has stopped attended classes altogether. He is now so far behind in his coursework that he will fail if something doesn’t change very soon. Although Martin occasionally has a few beers with his friends, he’s never been known to abuse alcohol or use drugs. He does, however, have an estranged aunt who has been in and out of psychiatric hospitals over the years due to erratic and bizarre behavior.
This case study is an example of?

a. Schizophrenia
b. Depression
c. Mood Disorder
d. Somatoform Disorder

38. Josh is a 27 year-old male who recently moved back in with his parents after his fiancée was killed by a drunk driver 3 months ago. His fiancée, a beautiful young woman he’d been dating for the past 4 years, was walking across a busy intersection to meet him for lunch one day. He still vividly remembers the horrific scene as the drunk driver ran the red light, plowing down his fiancée right before his eyes. He raced to her side, embracing her crumpled, bloody body as she died in his arms in the middle of the crosswalk. No matter how hard he tries to forget, he frequently finds himself reliving the entire incident as if it was happening all over. Since the accident, Josh has been plagued with nightmares about the accident almost every night. He had to quit his job because his office was located in the building right next to the little café where he was meeting his fiancée for lunch the day she died. The few times he attempted to return to work were unbearable for him. He has since avoided that entire area of town. Normally an outgoing, fun-loving guy, Josh has become increasingly withdrawn, “jumpy”, and irritable since his fiancée’s death. He’s stopped working out, playing his guitar, or playing basketball with his friends – all activities he once really enjoyed. His parents worry about how detached and emotionally flat he’s become.
This case study is an example of?

a. Schizophrenia
b. Depression
c. PTSD
d. Somatoform Disorder

39. Kristen is a 38 year-old divorced mother of two teenagers. She has had a successful, well-paying career for the past several years in upper-level management. Even though she has worked for the same, thriving company for over 6 years, she’s found herself worrying constantly about losing her job and being unable to provide for her children. This worry has been troubling her for the past 8 months. Despite her best efforts, she hasn’t been able to shake the negative thoughts. Ever since the worry started, Kristen has found herself feeling restless, tired, and tense. She often paces in her office when she’s there alone. She’s had several embarrassing moments in meetings where she has lost track of what she was trying to say. When she goes to bed at night, it’s as if her brain won’t shut off. She finds herself mentally rehearsing all the worse-case scenarios regarding losing her job, including ending up homeless.
This case study is an example of?

a. Schizophrenia
b. Depression
c. PTSD
d. Generalized Anxiety Disorder.

40. “On the way to the store, I had a flat tire. I thought this was planned also. At the petrol pump, the man smiled at me with twinkle’s in their eyes and I knew they were closing in. I was done for. They would kill me. Suddenly I saw their faces in the skies…” I developed a feeling that I smelled bad and that somewhere I had left a tap open and consequently would be responsible for destroying a building, and that if I accidentally struck a match, I would cause mass destruction and kill many people. I was suspicious about everyone… At first, I strained to hear the voices. They were soft and working in the form of a code. I broke the code after a long struggle. Then I could distinctly hear four voices. “The rotten prostitute…” said one. “The Gods will not leave her…” said the second. “I think you should kill yourself and spare God the trouble…” said the third one addressing directly to me.
We at Shaddha believe that by bringing together this information into a form of publication, we are dispelling various doubts, misconceptions and ill-conceived notion that often exist in the minds of people, and thus are contributing in our own small way to reducing the stigma that surrounds mental illness. We sincerely hope that our endeavors will be appreciated.
Free Response: Analyze the disorder in this scenario summarizing the 4 D’s and the disorder that would be diagnosed.