1. A group of emotional, cognitive, or behavioral symptoms that cause significant distress or significant problems is a(n):
   1. mental disorder.
   2. deviation.
   3. stressor.
   4. abnormal concept.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Introduction to Abnormal Psychology

*OTHER:* TYPE: factual

1. Abnormal psychology is
   1. the scientific study of troublesome feelings, thoughts, and behaviors associated with mental disorders.
   2. assertions about what might be abnormal emotional experience.
   3. a scientific study of how and why people become unique.
   4. the opposite of biological psychology.

*ANSWER:* a

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Amanda has been severely depressed in the past year. She is constantly sad, almost to the point of numbness. She ponders constantly about what a failure she is and how nothing she does is ever right. She finds it hard to get out of bed and get going. Which of these symptoms is an example of a cognitive symptom of Amanda's mental disorder?
   1. Constant sadness
   2. Feeling numb
   3. Pondering her failures
   4. Difficulty getting out of bed

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* Introduction to Abnormal Psychology

*OTHER:* TYPE: application

1. Michael is experiencing a number of thoughts that are making it difficult for him to stay focused on his work, although he is still able to accomplish the tasks he is assigned to complete. He may be classified as having a mental disorder on the basis of his
   1. behavioral symptoms that are causing distress in his coworkers.
   2. feelings of rejection.
   3. distress caused by his cognitive symptoms.
   4. inability to stay focused on a task.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. Dr. Elliot is teaching a course on different mental disorders. The course focuses on exploring scientific thought on problematic feelings, thoughts, and behaviors associated with mental disorders. The learning objectives include strategies for evaluating patients who might have a mental disorder, understanding the causes behind mental disorders, and prevention and treatment strategies for mental disorders. The title of Dr. Elliot's course is most likely
   1. Abnormal Psychology.
   2. Testing and Assessment.
   3. Counseling Psychology.
   4. Community Psychology.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* Introduction to Abnormal Psychology

*OTHER:* TYPE: application

1. John has been reading articles posted on the web by people who say they suffer from mental disorders. He tells his friend that he is engaging in the study of abnormal psychology. According to your text, what is missing from his definition of abnormal psychology?
   1. Abnormal psychology involves scientific study
   2. The study of troublesome feelings associated with mental disorders
   3. Studying behavior that is considered abnormal
   4. Applying the techniques of psychology to abnormal behavior

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* Introduction to Abnormal Psychology

*OTHER:* TYPE: conceptual

1. The definition of abnormal psychology includes the practice of
   1. scientific study.
   2. introspection.
   3. comparison of humans to animals.
   4. reverse-psychology.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* Introduction to Abnormal Psychology

*OTHER:* TYPE: conceptual

1. Your textbook describes normal behavior as behaviors
   1. we see in all people at all times.
   2. observed in particular cultures.
   3. that characterizes most people.
   4. that interfere with one's ability to adapt to life’s demands.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Which of the following is NOT one of the three criteria in the textbook that helps determine whether an emotion, thought, or behavior is abnormal?
   1. Deviance from the norm
   2. Presence of depression
   3. Difficulty meeting the demands of daily life
   4. Experience of personal distress

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Deviance, adaptation difficulties, and personal distress are concepts used to describe
   1. mental retardation.
   2. students on probation from college.
   3. abnormal behavior.
   4. psychological maladjustment.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Which of the following criteria is considered when determining whether a behavior is normal or abnormal?
   1. Ability to learn from mistakes
   2. Poor academic performance
   3. Experience of personal distress
   4. Traditions for a culture

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Patterns of behavior that deviate from the norms of society would be called
   1. prosocial behavior.
   2. normal behavior.
   3. abnormal behavior.
   4. college behavior.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

1. Treva Throneberry vanished as a young woman and turned up in another town insisting that she was a high-school student named Brianna Stewart. Her behavior was considered abnormal because it
   1. was deviant from the norm.
   2. caused difficulty for individuals who worked with her.
   3. caused her significant personal distress.
   4. resulted in failing grades in school.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. John has been diagnosed with having a mental disorder when he was found repeatedly cutting himself. Cutting behavior could be considered
   1. deviant from the norm.
   2. disappointing to people watching.
   3. disturbing.
   4. ritualistic.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. Suppose you are trying to determine how much physical activity is normal. A definition of abnormal levels of physical activity based on the statistical approach would include
   1. extremely high levels of activity.
   2. extremely low levels of activity.
   3. extremely high and low levels of activity.
   4. average levels of activity.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Identification of deviance from the norm would be beneficial to
   1. assess abnormality.
   2. diagnose normalcy.
   3. develop a prognosis.
   4. establish treatment guidelines.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Statistical methods would be used to assess abnormality based on the criterion of
   1. survival of the fittest.
   2. experience of personal distress.
   3. deviance from the norm.
   4. difficulty adapting to life's demands.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Less frequent or less probable behaviors are considered to be abnormal or
   1. statistically deviant.
   2. statistically significant.
   3. statistically irrelevant.
   4. statistically modifiable.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. One disadvantage of the deviation-from-the-norm criterion for mental disorders is that
   1. not all behaviors are maladaptive.
   2. cultures differ in how they define what is normal.
   3. daily problems prompt people to seek treatment.
   4. statistical deviance offers clear guidelines for researchers.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Different cultures have different ideas about what normal behavior is. This is a key limitation of which of the following ideas about defining abnormal behavior?
   1. Deviance from the norm
   2. Presence of depression
   3. Difficulties adapting to life demands
   4. Experience of personal distress

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Dr. Jones is working with a client from a culture other than his own. He would like to use the deviation-from-the- norm criteria. This would be inappropriate to use because
   1. daily problems prompt people to seek treatment.
   2. statistical deviance only offers guidelines for researchers.
   3. cultures differ in how they define what is normal.
   4. none of these – there is no reason why he cannot use this criteria.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. How does the Einstein example in your text illustrate a drawback of the statistical deviance approach to defining abnormality?
   1. Deviance is always a disorder
   2. The measurement accuracy is limited
   3. Too many people have high intelligence
   4. Statistical deviance from the norm is not necessarily a disorder

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Suddenly disappearing from home and assuming a new identity, as Treva did, would be considered
   1. statistically far from the norm.
   2. statistically within the norm.
   3. statistically close to the norm.
   4. statistically irrelevant.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. When a mental health professional treats someone from another culture, it is important for him/her to remember that
   1. a uniform approach to mental disorder may be used cross-culturally.
   2. symptoms of mental disorders differ from culture to culture.
   3. cultural analysis of scores is nearly impossible to perform.
   4. scoring high on an intelligence score may indicate culturally biased questions.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. The fact that symptoms of mental disorders vary from culture to culture is important when
   1. a professional treats someone from another culture.
   2. studying abnormal psychology.
   3. identifying causes of a disorder.
   4. researching medical records.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. One difficulty of using the deviation-from-the-norm criterion in determining if a behavior is abnormal is deciding
   1. the statistical point at which a behavior is abnormal.
   2. who will be responsible for determining statistical cut-off points.
   3. the definition of maladaptive behavior.
   4. the definition of deviance.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. In determining whether a behavior is abnormal, one key judgment that is often made by mental health professionals is
   1. deciding how long a specific behavior has occurred.
   2. to determine if a cultural bias exists within the therapeutic relationship.
   3. whether the individual is experiencing sadness and irritability at the same time.
   4. whether the behavior interferes with a person’s ability to function effectively.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Josh is 18 and believes that something outside of him is controlling his thoughts and that he must retrace his steps four times to keep them under control. This behavior causes him to be released from his job due to tardiness. A mental health professional would say that his behavior is abnormal because it
   1. interferes with his ability to function effectively.
   2. has presented abnormally early in life.
   3. is not accepted in his culture.
   4. exposes him to ridicule.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. According to the textbook, a behavior is one that interferes with a person’s life, including ability to

care for oneself, have good relationships with others, and function well at school or at work.

* 1. useless
  2. withdrawn
  3. depressed
  4. maladaptive

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Sasha worries about her mother’s cancer so much that she cannot concentrate on her schoolwork, causing it to suffer. Her continual thoughts about her mother and trouble concentrating would be considered maladaptive because she
   1. deviated from the norm of her family.
   2. presented difficulties adapting to life’s demands.
   3. expressed personal distress to her therapist.
   4. was hospitalized for suicidal ideation.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. Bob has always been a clean-shaven, well-kept individual. Lately he has failed to shower on a regular basis, neglected his oral care, and has not been able to eat as much as previously. It appears that Bob has begun to exhibit
   1. damage to the occipital lobe.
   2. maladaptive behavior.
   3. suicidal tendencies.
   4. personal distress.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. Emotional experience and expression are MOST clearly influenced by
   1. IQ.
   2. the experience of maladaptive behavior.
   3. genetics.
   4. culture.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. One problem with the difficulties-adapting-to-life-demands criterion in diagnosing a person as having a mental disorder is that people may engage in unusual behaviors that
   1. do not harm others.
   2. do not affect family members.
   3. are seen as normal in other cultures.
   4. do not interfere in daily functioning.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Terrance refuses to leave home due to the belief that there are too many free radicals that are specifically aiming to harm him and his complexion. He works from home, has all of his food and other needs delivered to him, and communicates on a regular basis with friends and family. The above illustrates the problem with the difficulties- adapting-to-life-demands criterion for diagnosing a mental disorder because people engage in
   1. behaviors that harm others from birth.
   2. behaviors to become self-actualizing.
   3. behaviors that are normal in other cultures than their own.
   4. odd behaviors that do not interfere with their daily functioning.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Problems with interpreting difficulty-adapting-to-life demands criterion include
   1. that people often do not recognize their problems.
   2. nature and nurture become confused.
   3. challenges in measuring the difference between good functioning and maladaptive behavior.
   4. being too judgmental and harsh.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Maladaptive behavior may result in
   1. changing one’s environment to better accommodate the behavior.
   2. seeking professional assistance.
   3. not seeking treatment.
   4. any of these may be responses to maladaptive behavior.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Margarette has an irrational fear of entering tunnels. As a result, she experiences a high level of personal distress. Jason is highly disruptive in school and does not experience personal distress, but his behavior is still considered abnormal because
   1. it produces a high level of distress for others around him.
   2. his parents experience the same behaviors outside of school.
   3. his actions occur in public.
   4. none of these would be reasons for identifying his behavior as abnormal.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. One problem that mental health professionals encounter when using personal distress as a measure of maladaptive behavior is
   1. establishing a cut-off point that indicates abnormality.
   2. establishing therapeutic guidelines.
   3. combining culture and emotional response.
   4. all of these may present as problems that must be negotiated.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Which of the following limitations does the text cite regarding the interpretation of statistical deviance from the norm?
   1. Labels solve everything
   2. Culture conflict is quite minimal
   3. Identification is always cut and dry
   4. There are arbitrary cutoffs

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Defining abnormality successfully involves identifying
   1. thoughts, movements, and intentions.
   2. deviance, dysfunction, and personal distress.
   3. time, date, and place.
   4. measures developed by each practitioner.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. One critical aspect of being able to understand and effectively treat mental disorders such as partner abuse is
   1. a necessity for standard or consistent definition.
   2. the use of counter conditioning and reciprocal abuse.
   3. the admission of the behavior.
   4. to distinguish the abuser from the abuse.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. We refer to emotions, thoughts, or behaviors as abnormal when they
   1. are statistically in the mean.
   2. interfere with functioning.
   3. are seen by the legal system as being abnormal.
   4. cause minimal distress to self or others.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. John’s thoughts of death are causing him to lose sleep, eat poorly, and constantly worry. He expresses much concern over his current mental state, so much so that he has made an appointment to see a counselor. We would refer to his thoughts as abnormal since they
   1. are statistically in the mean.
   2. interfere with pursuing career goals.
   3. cause great personal distress.
   4. are seen by others as abnormal.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. Which of the following study mental problems to see how disorders develop and continue and how they can be prevented or alleviated?
   1. Counseling psychologists
   2. Psychopathologists
   3. Mentalists
   4. Social workers

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. A standard or consistent definition of partner abuse is important because individuals who are physically violent against a partner may
   1. differ from those who are emotionally or sexually violent.
   2. use multiple forms of abuse against their partner.
   3. be resistant to therapeutic interventions.
   4. impede our understanding of abnormal psychology.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Experts in abnormal psychology view the abnormality of emotions, thoughts, or behaviors as
   1. a dichotomous distinction between normal and abnormal.
   2. a matter of degree.
   3. a matter of kind.
   4. dependent on the environmental context.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Applying a judgment about abnormality relative to deviance requires an understanding of
   1. normality as an all or nothing phenomenon.
   2. how to determine the reliability and validity of an assessment.
   3. a person's alter ego.
   4. normality as a continuum.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. When mental health professionals say that behaviors exist on a continuum they are describing
   1. the possible magnitude of a potential problem behavior.
   2. how they believe a disorder developed.
   3. how many similar behaviors exist in a population.
   4. none of these are related to the continuum concept.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. An important consideration when identifying anxiety and stress levels of an individual is
   1. how much of the stress they create themselves.
   2. the amount of impairment of daily functioning.
   3. if they are labeled or not.
   4. levels of isolation.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. A person’s overall mood is also known as his/her
   1. cognitive state.
   2. self-esteem.
   3. emotional state.
   4. cognitive style.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. When a mental health clinician describes an individual’s emotional state, he/she is referring to
   1. overall mood.
   2. avoidance behavior.
   3. cognitive outlook.
   4. emotional tendencies.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. Which of the following is an example of a person's cognitive style?
   1. Elliot tends to avoid people.
   2. Shannon tends to feel nervous a lot.
   3. Zoe likes to maintain an active lifestyle.
   4. Brandon thinks pessimistic thoughts constantly.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: application

1. A mental disorder characterized by avoidance of social situations, intense anxiety, and clinically significant impairment in functioning is
   1. social anxiety disorder.
   2. phobic disorder.
   3. dissociation disorder.
   4. antisocial personality disorder.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Research suggests that the same causal factors are responsible for the following levels of anxiety-related symptoms:
   1. mild and moderate.
   2. moderate and severe.
   3. mild and severe.
   4. mild, moderate, and severe.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. As you read the textbook you will undoubtedly identify with some of the symptoms and disorders that are presented. This
   1. most likely indicates that you have a mental disorder.
   2. does not necessarily mean that you have a mental disorder.
   3. indicates abnormal behavior that should be evaluated immediately.
   4. confirms that a high percentage of the population suffers from mental disorders.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. The occurrence of mental disorders among adults on a yearly basis is estimated to be
   1. 1 in 20.
   2. 1 in 10.
   3. 1 in 4.
   4. 1 in 3.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. Approximately adults in the United States will experience a mental disorder every year.
   1. five in ten
   2. two in three
   3. one in ten
   4. one in four

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: factual

1. The text example on neatness and OCD is meant to point out
   1. having a symptom that does not cause dysfunction is not a disorder.
   2. everyone is susceptible to OCD if given enough stress.
   3. OCD is an entirely genetic predisposition.
   4. all anxiety disorders are interchangeable.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* What is a Mental Disorder?

*OTHER:* TYPE: conceptual

1. During times of political conservatism and economic hardship, people tend to emphasize
   1. individual causes of abnormal behavior.
   2. physical causes of abnormal behavior.
   3. biological treatments such as psychosurgery.
   4. all of these.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Research has suggested that social, political, and economic forces
   1. have had little to do with trends in mental health and treatment.
   2. have shaped ideas concerning mental health and disorders.
   3. have been shown to be inconsistent toward mental health influences.
   4. only influence the lower socioeconomic strata.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. Examining the development of abnormal psychology over time is important
   1. to help understand modern-day conceptualizations of abnormal psychology.
   2. to help understand modern-day attitudes toward abnormal psychology.
   3. to help understand modern-day treatment approaches to abnormal psychology.
   4. all of these.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. If you were a person living in the times of ancient Egypt and developed a mental disorder, what sort of treatment would you be most likely to receive?
   1. A stay in an asylum
   2. Rest and abstinence from alcohol
   3. Bleeding and purging
   4. Exorcism

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: application

1. Early attempts at treating abnormal behavior have a predominant belief in
   1. the mind-brain connection.
   2. rejuvenation and experimentation.
   3. how community elders diagnosed that disorder.
   4. the supernatural.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Which of the following involves cutting a hole in a person’s skull to help release a harmful spirit?
   1. Exorcism
   2. Excision
   3. Trephination
   4. Tumorization

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. According to your text, all of the following were early treatments for mental disorder EXCEPT
   1. casting out the demonic spirit.
   2. making the person an unpleasant host for the demon.
   3. driving unwanted thoughts from the body.
   4. altering maladaptive behaviors.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The development of medical concepts among Egyptians and Greeks helped to
   1. replace supernatural theories with natural ones.
   2. restore normal brain function through electro-convulsive therapy.
   3. provide a rationale for the dissection of human cadavers.
   4. none of these resulted from the development of medical concepts.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. The earliest known practitioner who believed that brain dysfunction, not demons and evil spirits, was the cause of abnormal behavior was
   1. Socrates.
   2. Hippocrates.
   3. Plato.
   4. Bhutto.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The father of modern medicine who believed the brain was the central organ of the body and that brain dysfunction caused abnormal behavior was
   1. Plato.
   2. Socrates.
   3. Hippocrates.
   4. Bhutto.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Throughout Greece and Rome, physicians emphasized a approach to learning about the causes of abnormal behavior.
   1. theoretical
   2. spiritual
   3. scientific
   4. theological

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The Middle Ages had continued scientific progress in the Middle East while post-Roman empire Europe
   1. discovered many natural drug substances.
   2. returned to supernatural theories.
   3. was polarized between humane treatment and torture.
   4. reverted to Neanderthal morphology.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. During the Renaissance period, treatment for abnormality
   1. continued on a dismal path of superstition and torture.
   2. sought a total abandonment of the concept.
   3. often portrayed insanity.
   4. saw a return of natural and scientific approaches.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. The asylums created during the Renaissance were generally
   1. highly therapeutic with first rate treatment.
   2. lacking in treatment with poor living conditions.
   3. about the same as the community center punishment corridors.
   4. nonexistent.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. Treatment during the Middle Ages focused on
   1. confinement and exorcism.
   2. holy objects or relics.
   3. pilgrimages to holy places.
   4. all of these were focus of treatment.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Mass madness occurred during which historical period?
   1. Middle Ages
   2. Stone Ages
   3. Renaissance
   4. Reform Movement

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. One possible cause of mass hysteria that occurred during the Middle Ages is
   1. lack of emotional stability.
   2. lack of feelings such as fear and panic.
   3. ingestion of fungi on food.
   4. belief that a person with mental disorders would undergo transformation into a werewolf.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. New approaches to treating people with mental disorder in the Renaissance period included which of the following?
   1. Psychogenicism
   2. Lycanthropy
   3. Asylums
   4. Tarantism

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Paracelsus introduced the notion of psychic or mental causes for abnormal behavior and posed a treatment that would become known as
   1. behaviorism.
   2. hypnosis.
   3. asylums.
   4. tarantism.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. During the Renaissance, were places set aside for people with mental disorder.
   1. asylums
   2. developmental centers
   3. psychiatric hospitals
   4. psychiatric prisons

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. An individual who was key to the movement to change the deplorable conditions found in asylums was
   1. Hippocrates.
   2. Aristotle.
   3. William James.
   4. Philippe Pinel.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. If you were to travel in time to meet Philippe Pinel and ask him what his life's work involved, he would probably tell you,
   1. "to rid the world of supernatural approaches to treating mental disorders."
   2. "to promote mental health through exorcism and religiosity."
   3. "to create more humane conditions in mental hospitals."
   4. "to integrate biological methods into the treatment of mental illness."

*ANSWER:* c

*DIFFICULTY:* difficult

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: application

1. Shocked by the living conditions of patients, Pinel introduced changes that included
   1. more humane treatment.
   2. the availability of exercise.
   3. sunny rooms.
   4. all of these.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The Reform Movement instigated by Pinel was characterized by
   1. a slogan with no meaningful progress.
   2. government takeover of mental illness diagnosis.
   3. advances in the humane treatment of mental patients.
   4. isolation to small towns in France.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. The humane type of care emphasized during the Reform Movement period was sometimes referred to as
   1. palliative care.
   2. moral treatment.
   3. over the top.
   4. amoral treatment.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The type of treatment that paved the way for the modern approach to mental disorders was known as
   1. the mental hygiene movement.
   2. institutionalization in asylums.
   3. supernatural treatment.
   4. moral treatment.

*ANSWER:* d

*DIFFICULTY:* difficult

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. Pinel’s reforms in France soon spread to other locations. In America, is credited with making the most

significant changes in treating individuals with mental disorder.

* 1. William Tuke
  2. Clifford Beers
  3. Dorothea Dix
  4. all of these individuals shared in making changes within the United States

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The mental hygiene movement emerged from a book titled *A Mind that Found Itself* by
   1. Clifford Beers.
   2. Dorothea Dix.
   3. Philip Pinel.
   4. Dorothea Beers.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The somatogenic perspective deals with causes, while the psychogenic perspective is about causes.
   1. psychological; physical
   2. physical; psychological
   3. arbitrary; concrete
   4. metaphysical; behavioral

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. The modern approach to abnormal psychology includes
   1. accepting those with mental disorder as people who need professional attention.
   2. placing people with a mental disorder into a psychiatric hospital.
   3. allowing police the ability to perform a mental hygiene arrest when necessary.
   4. placing individuals into asylums for their own protection.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: conceptual

1. In the modern era, methods are used to understand and treat mental disorder.
   1. scientific
   2. biomedical
   3. psychological
   4. all of these are methods used in the modern era.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. *A Mind That Found Itself* was considered to be a highly influential book because it provided the basis for the
   1. hospitalization of patients.
   2. formation of group homes.
   3. mental hygiene movement.
   4. development of the DSM.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Several theoretical perspectives were developed during the late 19th century and throughout the 20th century. Which of the following perspectives was NOT one of these perspectives?
   1. Biopsychosocial
   2. Psychodynamic
   3. Sociocultural
   4. Cognitive

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. The somatogenic perspective emphasizes
   1. bodily causes of behavior.
   2. psychological causes of behavior.
   3. mind-related causes of behavior.
   4. psychosomatic causes of behavior.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Clifford Beers’ autobiography recounted his experience as
   1. a patient in a mental institution.
   2. a physician in the 1800s.
   3. a mental health counselor.
   4. the first psychiatrist in America.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: factual

1. Charice has to do a term paper for her course in Abnormal Psychology. She is reading a book she plans to use as a source in her paper. Her roommate asks her what the book is about, and Charice tells her it is a first-hand account of a man's experience with mental disorder and subsequent treatment. "You can't believe the kind of abuse and neglect that were considered 'treatment' during that era!" Charice exclaims. "This guy wrote this book about it and sparked a reform movement in treatment in the United States that later spread across the world." Charice is probably reading a book by
   1. Philippe Pinel.
   2. Hippocrates.
   3. Benjamin Rush.
   4. Clifford Beers.

*ANSWER:* d

*DIFFICULTY:* difficult

*REFERENCES:* History of Abnormal Psychology

*OTHER:* TYPE: application

1. Self-help gurus and their messages seem to fall into two categories:
   1. delusion and rehabilitation.
   2. hysteria and community.
   3. victimization and empowerment.
   4. individualism and support.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The self-help industry promotes
   1. victimization.
   2. empowerment.
   3. both victimization and empowerment.
   4. neither victimization nor empowerment.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The main emphasis in the dimensional perspective is on
   1. how many symptoms are present.
   2. how long the symptoms have been present.
   3. the degree of symptoms.
   4. isolating the effects of how long a symptom has been present.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. The prevention perspective in mental health has its origins in
   1. personal hardiness.
   2. mental hygiene.
   3. yearly checkups.
   4. consistent denial.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The science of promoting mental health and thwarting mental disorder through education, early treatment, and public health measures is known as
   1. public health.
   2. psychogenics.
   3. somatogenics.
   4. mental hygiene.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The key to disorder prevention is
   1. subjective criteria.
   2. memorizing all disorder symptoms.
   3. interpreting others' behavior as disorder.
   4. identifying, responding to, and coping with risk factors.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. A prevention approach is consistent with
   1. alternative therapies.
   2. being aware of the unconscious.
   3. a public health model.
   4. a private health model.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Regarding mental disorders and physical health,
   1. they seem to be unrelated.
   2. mental disorders have been associated with physical health decline.
   3. both seem to be entirely hereditary.
   4. the more disorders there are in a culture, the lower the health of that culture.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The model of prevention that focuses on promoting good health and good health practices to avert disease is known as
   1. the public health model.
   2. psychogenics.
   3. somatogenics.
   4. the moral treatment model.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Primary prevention is aimed at
   1. people in primary education.
   2. first time onset subjects.
   3. large numbers of people not yet experiencing mental disorder.
   4. the first efforts to influence someone.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Secondary prevention targets
   1. problems early on—while still manageable.
   2. the second onset of symptoms.
   3. people who contacted the subject.
   4. factors not yet known.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Tertiary prevention is about
   1. preventing disorder through social programs.
   2. reducing the severity, time length, and adverse effects of a disorder.
   3. the third attempt to intervene and help.
   4. allowing the disorder to run its course naturally.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Addressing emerging problems while they are still manageable and before they become resistant to intervention describes
   1. primary prevention.
   2. secondary prevention.
   3. tertiary prevention.
   4. combinational prevention.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Reducing the severity, duration, and negative effects of a mental disorder after it has occurred describes
   1. primary prevention.
   2. secondary prevention.
   3. tertiary prevention.
   4. combinational prevention.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Erin is depressed, and the main symptom her friends notice is that she seems sad and will not go out with them socially anymore. Alexander is depressed, and his main symptom is that he has increased his activity to an almost frenetic level so that he will not have time to dwell on the deep sadness that plagues him. The difference between Erin's experience of depression and Alexander's may be partly due to their difference in gender. This observation relates most closely to which theme of your text?
   1. Stigma
   2. Diversity
   3. Consumer perspective
   4. Dimensional perspective

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: application

1. Examining the effect of culture on the way people think, feel, and act is the focus of
   1. abnormal psychology.
   2. multicultural psychology.
   3. psychopathology.
   4. the mental hygiene movement.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The consumer perspective offered in your text
   1. provides tips on over consumption and addiction.
   2. is all-encompassing.
   3. systematically rejects dissimilar perspectives.
   4. helps readers become informed about scientific information on mental health.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. When a person is characterized by others based on a single characteristic, such as being shunned or rejected, they are experiencing the effects of
   1. stigma.
   2. maladaptive behavior.
   3. social deviance.
   4. stereotypical response.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Stigma may occur when government or other institutional policies negatively affect opportunities for people who are seen as
   1. threatening.
   2. dangerous.
   3. less deserving of support.
   4. all of these.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Many people avoid psychological treatment and diagnosis because of
   1. excessive cost of treatment.
   2. the stigma associated with being labeled with a disorder.
   3. believing they have no problems whatsoever.
   4. feeling that they can handle it themselves.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The stigma of mental disorder is associated with
   1. a real tendency toward imbalance behavior.
   2. the stereotype of being unpredictable, dangerous, violent, and incompetent.
   3. a high number of actual events.
   4. an accurate understanding of mental factors.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. When the media focuses on negative aspects and outcomes of mental disorders
   1. the public reacts with positive support.
   2. it results in prejudice and discrimination.
   3. massive public paranoia results.
   4. it seems to have no consequence.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. Stigma likely arises from a stereotype that people with mental disorder are all of the following EXCEPT
   1. dangerous and violent.
   2. incompetent.
   3. irresponsible and unpredictable.
   4. caring and concerned.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. One type of stigma that refers to the general disgrace the public confers on people with mental disorder that can result in prejudice, stereotyping, and discrimination is
   1. personal stigma.
   2. group stigma.
   3. public stigma.
   4. self-stigma.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. State laws that limit health insurance coverage for mental health problems are an example of stigma.
   1. structural
   2. self
   3. public
   4. personal

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. One type of stigma that refers to the disgrace a person assigns to him/herself is
   1. group stigma.
   2. self-stigma.
   3. personal stigma.
   4. public stigma.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. stigma happens when the public conveys a general disgrace, while stigma is more when a person assigns a disgrace to him/herself.
   1. Private; public
   2. Public; self
   3. General; specific
   4. Specific; general

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: conceptual

1. The two main methods to fight stigma are
   1. rejection of labels and denial of symptoms.
   2. communication and denunciation.
   3. education and promoting personal contact.
   4. influencing and refuting.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. The text attempts to fight stigma by
   1. isolated reports, sympathy building, and repetition.
   2. giving factual information to dispel myths.
   3. providing positive information and omitting negative information.
   4. appealing to emotions.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Stigma can be fought by
   1. distributing flyers to increase education.
   2. presenting factual information in courses regarding mental disorder.
   3. promoting personal contact with a mental disorder.
   4. all of these.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Stigma of mental disorder may best be fought by
   1. promoting personal contact with a person who has a mental disorder.
   2. scanning Internet social sites for information.
   3. attending church on a regular basis.
   4. none of these will help reduce stigma of mental disorder.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: factual

1. Larry was diagnosed with schizophrenia. As part of his treatment, once he has recovered some lucidity, he writes a memoir describing what the experience of having schizophrenia is like. This first-hand account of what it is like to experience schizophrenia is an example of a(n)
   1. scenario.
   2. narrative.
   3. discourse.
   4. explanation.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* Abnormal Psychology and Life: Themes

*OTHER:* TYPE: application

1. Describe what is meant by the term "mental disorder" in your text. Offer one example of a particular mental disorder and explain how the three major categories of symptoms are manifest in that particular example.

*ANSWER:* Student responses should include

- a mental disorder is a group of emotions, cognition, or behavioral symptoms that cause significant distress or problems in functioning (examples of particular mental disorders may vary, but should describe the emotional, cognitive, and behavioral symptoms relevant to the example; for instance, if a student offered the example of "depression" as a particular mental disorder, then emotional symptoms might include feeling extreme sadness, cognitive symptoms might include persistent thinking about past failures, and behavioral symptoms might include lethargy)

1. Define and describe the three components to abnormality.

*ANSWER:* Student responses should include

- emotions, thoughts, and behaviors are considered abnormal when they deviate greatly from the norm, interfere with daily functioning, or cause substantial personal distress

1. Identify the history of abnormal psychology up to the Renaissance.

*ANSWER:* Student responses should include

* early theoreticians attributed abnormal behavior to supernatural causes such as demon possession with exorcism and trephination as primary forms of treatment
* development of medicine among Egyptians and Greeks helped replace ancient supernatural areas with natural ones, and treatment focusing on creating therapeutic environments via healthy diet, exercise, massage, and education
* the fall of the Roman empire led to supernatural theories of abnormal behavior such as demon possession with treatment focusing on prayer, holy objects, pilgrimages, confinement, and exorcism

1. Identify the history of abnormal psychology from the Renaissance to the modern era.

*ANSWER:* Student responses should include

* during the end of the Middle Ages and beginning of the Renaissance, natural and scientific approaches to health and human behavior reemerged
* asylums were built for those with mental disorder, but generally provided poor care and treatment
* the Reform Movement introduced significant changes to treating mental disorder and led to modern approach, which includes accepting those with mental disorder as individuals needing treatment and applying biomedical and psychological methods

1. Identify and describe prevention of mental disorders. Discuss what stigma associated with mental disorders is, what its consequences can be, and how to prevent it.

*ANSWER:* Student responses should include

- primary prevention targets groups of people who have not developed a disorder—to decrease overall

rates of a given problem.

* secondary prevention addresses problems while they are still manageable and before they become resistant to intervention
* tertiary prevention reduces duration and negative effects of a mental disorder after it occurs in an individual
* stigma occurs when a person is viewed negatively by others based on an individual characteristic, such as a diagnosis with a mental disorder

-stigma associated with mental disorder can result in discrimination, social avoidance, and failure to seek treatment

* stigma can be fought via education and by promoting personal contact with those with a mental disorder