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 Quiz file for Psy 404  
 Abnormal psychology  
 From lecture 23 – 45.

1) Which therapy originally was promoted as a third force in psychotherapy.

- a) Beck's cognitive therapy .
- b) Rational emotive therapy.
- c) Humanistic psychotherapy .(pg:97)**
- d) Gestalt therapy.

2) ----- involve putting your self in some one else's shoes and conveying your understanding of that person's feeling and perspectives.

- a) Role reversal.
- b) Empathy.(pg:97)**
- c) both a and b .
- d) none of the above.

3) In which technique clients are told to talk as the other person and feel as the other person.

- a) Existential therapy.
- b) Role reversal.(pg:97)**
- c) Meta analysis.
- d) none of the above .

4) In order to summarize findings across all of these studies, psychologists have invented a new statistical technique called -----.

- a) Existential therapy.
- b) Gestalt therapy.
- c) meta analysis.(pg:98)**
- d) none of the above .

5) ----- is a mood state , characterized by marked negative affect.

Bodily symptoms of tension , restlessness and apprehension about future .

- a) phobia .
- b) stress.
- c) schizophrenia.
- d) anxiety .(pg:104)**

6) The ----- response of anxiety is reflected in increase heart beat and muscle tension.

a) psychological.

**b) physiological.(pg:104)**

c) danger.

d) none of the above.

7) Anxiety disorder share several important similarities with -----.

a) stress disorders.

b) memory related disorders .

c) schizophrenic disorders.

**d) mood disorders.(pg:106)**

8) Excessive anxiety and worry that occur on most days for a period of six months about events and activities such as work or schools , symptoms include restlessness, fatigue, difficulty concentrating, irritability , muscles tension and sleep disturbance.

a) social phobia.

b) panic attacks .

**c) generalized anxiety disorder.(pg:106)**

d) Acute stress disorder .

9) Phobic disorder are the most common of the anxiety disorder ,Magee and associates (1996) reported life time prevalence for social phobia.

a) 11.3 %.

**b) 13.3% (pg:109)**

c) 6.7 %

d) 14.2 %

10) The term agoraphobia which we derived from the Greek word agora means market place ,was originally used to refer a pathological fear of -----

a) pointed places.

b) Spiders.

**c) open places.(pg:110)**

d) water.

11) ----- are persistent and unwanted thoughts , ideas or images that a person does no intentionally produce .

a) compulsion.

**b) obsession(pg:113)**

c) stress.

d) phobia.

12)----- are the most common psychological disorders and the risk of developing them is increasing all over the world especially among the young people .

- a) anxiety.
- b)depression.
- c)Stress .

**d) Mood.(pg:116)**

13) ----- refers to subjective state of feelings , such as sadness, anger and adjust .

**a) emotions.(pg:116)**

- b) Affects.
- c) mood.
- d) stress.

14) Which is flip side of depression ,and also involve in disturbance mood that is additional symptoms.

- a) Unipolar mood disorder.
- b) Bipolar mood disorder.

**c) Mania.(pg:117)**

- d) all of the above .

15) People who are clinically depressed frequently note that their thinking is slowed down , that they have trouble concentrating, and that they are easily distract .guild are worthlessness are also common preoccupation is symptoms of which state of depression.

- a)Emotional.

**b)Cognitive.(pg:117)**

- c) Somatic.
- d) Behavioral.

#### **What is Psychology?**

Psychology is the science of behavior it deals with prediction and control of behavior. Psychologists use the methods of science to investigate and study all kinds of behavior and mental processes say for example the activity of single nerve cell to social conflicts that take place in complex societies or say from the development of language in childhood to the major adjustments required in old age.

#### **What is Abnormal Psychology?**

It is a branch or field of Psychology which relates to mental disorders or psychopathology. It involves studying patterns of thinking and behaving that are maladaptive, disruptive .These disruptive patterns of thinking and behaving ultimately effects the individual relationship with others.

### Which steps use to study abnormal behavior?

Abnormal Psychology studies:

- The symptoms (what the disorders look like?), about
- The etiology (what causes these disorders),
- The assessment (how we can measure the disorders)
- The diagnosis (how we can classify the disorders)
- The prognosis (the possible outcome of the disorder)
- The treatment (how we intervene)
- Social implications (the effects that disorders have on the individual, their family and on the society in particular).

#### What is psychosis?

**PSYCHOSIS** is a general term that refers to several types of severe mental disorder in which the person is considered to be out of contact with reality.

#### Which term refer to neurosis?

**Neurosis** is a term no more used now we use the term **Anxiety disorders** it refers to mild types of mental disorder in which the person has contact with reality but its one area of his life which is problematic.

### The four criteria for defining abnormality include ?

They are often called the four D's, Deviance, Distress, Dysfunction and Danger.

**Deviant** behavior means different extreme unusual and bizarre

**Distress** refers to unpleasant or upsetting behavior of an individual

**Dysfunctional** or disruptive in a way that possibly can became dangerous as well

**Danger** of hurting one self and others

#### What is meant by Psychopathology?

The term Psychopathology is the scientific study of Psychological disorders. There are three major categories of concepts that make up the study and discussion of Psychological disorder.

#### Study of Psychological disorders:

Clinical Description

Causation Etiology

Treatment and Outcome

### How many models for studying psychopathology?

There are three models of studying psychopathology.

1. Supernatural Model
2. Biological Model
3. The Psychological Model

#### What purpose do these Models serve?

These Models try to explain the cause of individual Abnormal Behavior. Each model represents its own individual interpretation of psychopathology and recommends its individual treatment procedures. So all the models try to answer the question that

#### How supernatural model serve?

1. The Supernatural Model

This Model attributes Abnormal Behavioral to magic, evil spirits, demons, moon and the stars. This model includes

- a- Witchcraft and Demonology
- b -Moon and Stars
- c- Mass Hysteria

#### How biological model serve?

#### 2-Biological model

This model attributes mental disorders to disease and biochemical imbalances in the body.

#### Greek Contribution

- Hippocrates (450-377 B.C.)
- Galen (129-198A.D.)

#### Nineteenth Century

- J.P. Grey -1854
- E. Kraepelin -1913

#### Twentieth Century

- Insulin shock therapy
- Electroconvulsive therapy

#### • With which purpose physician adopt the Four fluid theory?

- Galen a Roman physician adopted Hippocratic theory and advocated that the four fluids relate to the Greek environmental concepts such as heat (blood) ,dryness (black bile), moisture (yellow bile) and cold ( phlegm).
- Each fluid was related to one quality. Excess of one or more fluids were treated by regulating the environment to increase or decrease heat, dryness, moisture and cold depending on the deficiency of the fluid.
- Example
- King Charles the sixth, when he got sick he was treated according to the following concept of Galen. He was moved to less stressful countryside environment to restore the balance of his body fluids .Rest, good diet and exercise were recommended.

#### What is Syphilis?

A sexually transmitted disease caused by a bacterial micro-organism entering the brain.

The person having syphilis developed behavior patterns and cognitions of a psychotic disorder i.e. Schizophrenia and paralysis. The symptoms of Schizophrenia include

Hallucination (apperception), delusion (false belief) of grandeur, persecution and reference and bizarre behaviors as well.

#### 3. Psychological Model consists of following

- a. Psychoanalysis
- b. Humanistic
- c. Behavioristic

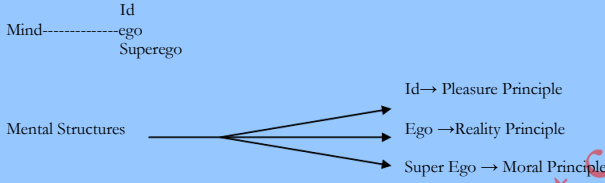
#### Psychoanalysis

Psychoanalysis was pioneered by Sigmund Freud (1856-1939). He learned the art of Hypnosis from France. He experimented with somewhat different procedures of Hypnosis. He used Hypnosis in a innovative way. He encouraged his patients to talk freely about their problems, conflicts and fears

He discovered the unconscious mind and its influence in psychopathology by using the techniques of Free Association, Dream Analysis and Freudian Slips.

**Structure of mind consist on ?**

Structure of the mind: According to Freud the mind consists of



**Which are some important ego defense mechanisms?**

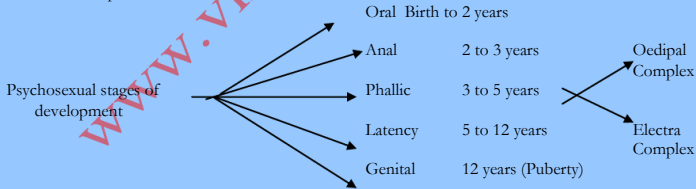
- 1-Denial, 2- Displacement, 3- Projection, 4- Reaction formation,5- Repression,
- 6-Rationalization, 7- Sublimation

**Theory of development which proposed by Freud?**

Freud proposed a theory of development. This is known as the psychosexual theory of development. The main emphasis in this theory is on the physical and psychological development.

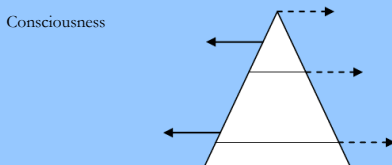
- Psychosexual theory of development
- 1- Oral stage -birth to 18 months
  - 2- Anal stage-18 months to 3 years
  - 3- Phallic stage -3 to 6 years
  - 4- Latency stage
  - 5-Genital stage-6 to 12 years

Freud theorized that during childhood we pass through a number of psycho sexual stages of development.



**Describe the level of consciousness?**

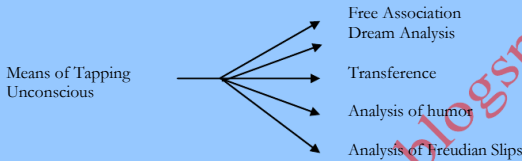
**Levels of Consciousness:**



Preconscious/  
Sub conscious  
  
Unconscious

According to this triangle, the top smallest part is the conscious experience the middle small layer is subconscious and the largest portion is unconscious.

**Freud suggest which technique for reaching at unconscious?**



**Which is the main purpose of defense mechanism?**

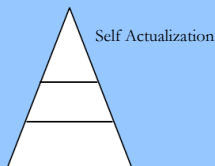


**Humanistic model how's describe the psychological behavior?**  
**Humanistic Model**

Humanistic view puts the emphasis on the positive aspects of life, free choices and personal growth experiences. Abnormality results from refusal to accept personal responsibility for one's own actions and thoughts. So human behavior is caused by the choices we make voluntarily. The Humanistics assume that human nature is inherently good and they blame abnormal / aggressive behavior caused by the society but not by the individual.

**Describe the Maslow's Herarche of needs?**

**Abraham Maslow** (1908-1970) postulated a hierarchy of needs beginning with physiological needs at the bottom and self actualization at the top. An individual must meet the basic needs before trying to meet the higher needs.



Self Esteem

Love and Belongingness

Safety Needs

Psychological Needs

*Maslow's Hierarchy of needs*

**Describe behavioral model of psychological behavior ?**

**Behavioral Model / Cognitive-Behavioral / social learning model**

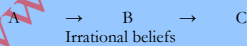
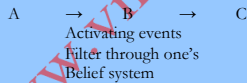
Behavioral model emphasizes that behavior patterns (both normal and abnormal) are learned from the environment. The three forms of learning associated with psychological disorders are

1. Classical Conditioning
2. Operant Conditioning
3. Observational learning/Modeling.

**Describe the rational emotive behavioral therapy (rebt) and describe how it works ?**

According to Albert Ellis, maladaptive behavior results when people operate on misguided and inaccurate assumptions. Ellis catalogued 11 irrational beliefs responsible for maladaptive behavior. The ABC of rational emotive behavior therapy is where:

- A – Activating event
- B – Belief System
- C – Emotional behavioral consequences.



Activating event A can cause unwanted emotional and behavioral consequences when filter through beliefs that are irrational.

**How many types of therapy from cognitive model?**

*There are two types of therapy of cognitive model.*

- 1) Rational emotive behavioral therapy (REBT)
- 2) Cognitive theory of depression.

**What is research?**

Research is a process of constant exploration and discovery. It is a systematic process of collecting and analyzing information (data), in order to increase our understanding of the phenomenon with which we are concerned or interested.

#### *Types of research which being use in Abnormal psychology ?*

Following types of research are used in Abnormal psychology

- **Individual case study** is used to study one or more individual in depth.
- **Research by correlation;** tell whether a relationship exists between two variables. Epidemiological research is a type of correlation research that reveals the incidence, prevalence and consequences of a disorder.
- **Research by experiment** can follow two designs group or single. In both designs, a variable or variables are manipulated and their effects are observed in order to determine the nature of casual relationship.
- **Genetic research** includes Family Studies, Adoption Studies, Twin Studies, Genetic Linkage Analysis and Association Studies.

Research examines psychopathology across time include **Cross Sectional** and **Longitudinal designs**.

#### *Describe the eight reasons ,Why you should study research method?*

Eight reasons, why you should study research methods:

1. To understand psychology better.
2. To keep up with recent discoveries by reading research.
3. To evaluate research claims.
4. To protect yourself from quack and frauds.
5. To be a better thinker.
6. To be scientifically literate, better educated citizen and consumer.
7. To improve your market ability in information age.
8. To do your own research.

#### **What is science?**

Science is the observation, identification, description, experimental investigation and theoretical explanation of natural phenomenon. These methods of science i.e. observation, identification, description, experimental investigation and theoretical explanation are based on Empiricism i.e. we can know about the world through careful observation or more precisely through naturalistic observation and controlled observation.

Naturalistic observation is watching animals or humans in their normal environment. It gives a realistic picture of behavior. Participant observation is naturalistic observation in which the observer becomes a participant in the group being observed (to reduce observer effect).

Laboratory observation or controlled observation is watching animals or humans in a laboratory setting. The advantage is in controlling the environment and making use of specialized equipment. Observation assists an individual in identifying and asking research questions i.e. hypothesis.

#### **Hypothesis**

Hypothesis is a logical and testable question and opinion, opened for verification through experiment or test.

#### *Which basic steps is involve in scientific inquiry?*

### The basic steps involved in the scientific inquiry

- S. Specifying the problem.
- C. Collecting information.
- I. Identifying possible causes.
- E. Examining options.
- N. Narrowing the options by narrowing the experimentation.
- C. Comparing data.
- E. Extending, revising and testing.

*Which are the basic component of research and how it is important for conducted research ?*

*Basic component of research are given below:*

1	Hypothesis	An educated guess or statement to be supported by data.
2	Research Design	The plan for testing the hypothesis. The sample or subjects to be used. The instrument and tool to be utilized.
3	Dependent Variable	An aspect of phenomenon that is measured, expected to change or influenced by the independent variable.
4	Independent variable	The aspect that is manipulated or that thought to influence the change in the dependent variable.
5	Internal Validity	The extend to which results of the study can be attributed to the independent variable.
6	External Validity	The extend to which results of the study can be generalized or applied outside this study.

*Describe the drawback and advantages of case study?*

#### Case Study

Case study examines and describes in depth an individual's current feeling, thoughts and behaviors. It investigates intensively one or more individuals, who display the behavior patterns. The case study method relies on a clinician's observations of differences between one person and group with a disorder, people with other disorders and people with no psychological disorders.

#### Drawbacks of case study methods:

- i. Case study lacks internal validity (methodological control)
- ii. Case study lacks external validity (representative ness)

#### Advantages of case study:

- The case study method is a valuable source for:
- i. Examining rare disorders
  - ii. Evaluating and assessing innovative treatment or interventions.

*Describe the technique of placebo control group?*

People in the experimental group often expect to get better. So when behavior changes, as a result of people's expectations rather than due to independent variable we label the phenomenon as placebo affect.

The word placebo means "I Shall Please" in other words placebo means inactive medications such as sugar coated empty pills. The placebo is given to the members of control group to make them believe that they are getting treatment. (Parloff, 1986).

A placebo control in a medication study can be carried out because people in the control group receive something that "looks like" medicine that the experimental group is getting. If the therapists want their clients to expect improvement, this placebo affect helps strengthen the treatment.

- **Placebo effect** is the phenomenon in which the expectations of the participants in a study can influence their behavior.
- **Experimenter effect** is the tendency of the experimenter's expectations for a study to unintentionally influence the results of the study.

A young woman labeled 'A' comes into her office complaining about anxiety. Anxiety is a feeling of being restless, uncomfortable and uneasy. When she is asked to rate her feelings of anxiety on a rating scale of 0 to 10. she gives her anxiety a score of 9 whereas 10 is the worst. After several weeks of treatment, client A rates her anxiety at 6. Can we say that the treatment has reduced her anxiety?

According to scenario how we can measure the anxiety level of client A by use repeated measurement technique?

Using the repeated measurement techniques, we can measure client A's anxiety each day during the week before her visit to the office and observe that the ratings differ greatly. On a good day she rated her anxiety 5 and on a bad she rated her anxiety at 8. Repeated measurement techniques helps to identify how a person is doing before and after treatment. We can conclude that client A had good and bad days both before and after treatment and doesn't seem to have change much. There are important parts of repeated measurements:

- The degree of behavior change with different interventions.
- The degree of behavior change over time.
- The trend and direction of behavior change.

#### **What is Genetics?**

Genetics means what we inherit from our parents. I got my mother's eyes, I got hair like my father, and I am stubborn like my father. This suggests how we look, feel and behave is predetermined by our genetic make up. The field of **behavior genetics** deals with phenomenon how genetic information in form of chromosomes from both father and mother is transmitted to children.

#### **Which terms are use in genetics research?**

**Some important terms used in behavior genetics are following**

**Phenotype** refers to observable characteristics or behavior of the individual whereas **genotype** refers to unique genetic make up of individual.

**Dominant gene** is one which is expressed in offspring. If the offspring has dark black hair then dominant genes for hair color is black.

**Recessive gene** is one which is expressed when paired with an identical one.

**Single dominant gene** is one which is expressed as a rare types of disorder such colorblindness.

**Multiple genes** refer to trait that is expressed in the offspring due to a number of genes such as height.

**DNA** stands for **deoxyribonucleic acid**, the principal component of genes.

*Methods, Goals and limitations which are involve in genetics research?*

Method	Question to be answered	Limitations
Family Study	Does the disorder runs in families?	Cannot separate genetic and environmental effects
High Risk Study	What factor influence development of the disorder?	Cannot separate genetic and environmental effects, although it can characterize the impact of specific effects; results generalizable only to similar high-risk populations.
Twin Study	Is the disorder inherited?	Rare examples; environmental factors uncontrolled
Adoption Study	Can we separate genetic and environmental contributions?	Difficult to get accurate information on biological parents or to control confounding factors.
Pedigree Analysis	What is the nature of inheritance?	Requires large inbred families with the disorder.
Linkage Analysis	Where is the gene located	Best with disorders controlled by a single dominant gene.

*How disorders runs in family describe with example?*

1- The investigator first identifies a patients with a particular disorder and a comparison group without the disorder.

2-The next step is to obtain information about each close relative of the participants both with and without the disorder – either by directly interviewing them or, if that is not possible, by asking each participant or someone else in the family about the relatives.

3-Finally, the researcher compares the rates of the disorder to see if these rates are higher among the relatives of patients with the disorder than in the control group representing the general population.

In family studies, scientists examine a behavioral pattern in the context of family.

Example

**William Grove** at University of the Minnesota, who used the family study method to study schizophrenia. He administered structured **interviews, questionnaires** and **tasks** to **seventeen** schizophrenic patients, **sixty** one first degree relatives and **eighteen** normal control subjects. The result showed that schizophrenic and their relatives scored significantly more in the abnormal direction, then the normal control subjects.

*Write down the following issue when we use humans as a subject with research ethics?*

**i. Risk**

Risk is involved related with physical, psychological or social injury that may be caused to subjects.

**ii. Consent**

Researchers seek the willingness or consent of their students, patient, clients and other members of the community who are taking part in a scientific investigation.

**iii. Deception**

