

Question 1

Individuals who do not believe that they can change are

- a. more open to learning
- b. less willing to confront challenges
- c. better able to bounce back from failure
- d. better able to face challenges

Answer: <https://biology-forums.com/index.php?topic=284030>

Question 2

Lisa and Bill have promised that they will stay married only as long as they remain in love, a view that is known as

- a. companionate love
- b. voluntary marriage
- c. romantic love
- d. trial marriage

Answer: <https://biology-forums.com/index.php?topic=284448>

Question 3

Magda has learned to decrease her fear of riding in crowded elevators by associating a state of relaxation with a hierarchy of fear-provoking stimuli. This technique is known as

- a. flooding
- b. multimodal therapy
- c. cognitive restructuring
- d. desensitization

Answer: <https://biology-forums.com/index.php?topic=284574>

Question 4

Flashbacks are associated with what disorder?

- a. OCD
- b. phobia
- c. PTSD
- d. none of these

Answer: <https://biology-forums.com/index.php?topic=284534>

Question 5

People suffering from generalized anxiety disorder almost always exhibit

- a. avoidance behavior and cleaning rituals
- b. difficulty communicating with others
- c. a persistent sense of free-floating anxiety
- d. delusions and hallucinations

Answer: <https://biology-forums.com/index.php?topic=284526>

Question 6

Some of the most obvious signs of middle age include

- a. memory losses
- b. better eyesight
- c. changes in physical appearance
- d. none of these

Answer: <https://biology-forums.com/index.php?topic=284088>

Question 7

The "spotlight effect" related to self-esteem means that

- a. low-esteem people like to draw attention to themselves
- b. high-esteem people hope to be the center of attention
- c. we expect others to judge us more harshly than they really do
- d. we actively seek out criticism as part of self-growth

Answer: <https://biology-forums.com/index.php?topic=284122>

Question 8

During the early stages of self-improvement, people tend to express a lot of

- a. self-acceptance
- b. rejection of the therapist
- c. self-disparagement
- d. self-insight

Answer: <https://biology-forums.com/index.php?topic=284150>

Question 9

The first of Erikson's stages of psychosocial development corresponds to

- a. autonomy vs. shame
- b. industry vs. inferiority
- c. trust vs. mistrust
- d. intimacy vs. isolation

Answer: <https://biology-forums.com/index.php?topic=284050>

Question 10

Some students feel distressed only in test situations. They might be said to suffer from

- a. acute stress
- b. hyperstress
- c. eustress
- d. hypostress

Answer: <https://biology-forums.com/index.php?topic=284484>

Question 11

Which of the following is an example of a primary group?

- a. a crowd waiting for a rock concert
- b. a kindergarten class
- c. a family
- d. passengers on a jetliner

Answer: <https://biology-forums.com/index.php?topic=284317>

Question 12

In contrast to major depression, bipolar disorder

- a. usually occurs before age 30
- b. is more prevalent among women than men
- c. is more common in the general population
- d. is more prevalent among married people

Answer: <https://biology-forums.com/index.php?topic=284540>

Question 13

A major gender difference in regard to psychological disorders is that

- a. women are more likely to suffer from phobias
- b. men are twice as likely as women to seek therapy
- c. women are more likely to abuse alcohol
- d. men are much more likely to suffer from depression

Answer: <https://biology-forums.com/index.php?topic=284525>

Question 14

The sleep/wake cycle is designed to

- a. conserve energy
- b. save electricity
- c. function with daylight savings time
- d. all of the above

Answer: <https://biology-forums.com/index.php?topic=284194>

Question 15

What is the recidivism rate (frequency of those who eventually resume the habit) for smokers who quit?

- a. almost all quitters resume the habit
- b. few ex-smokers smoke again
- c. about 50 percent return to smoking
- d. it varies by age, length of the habit, etc.

Answer: <https://biology-forums.com/index.php?topic=284174>

Question 16

Robert is a loner who hears imaginary voices and claims people are plotting against him. Robert is most likely suffering from

- a. schizophrenia
- b. bipolar disorder
- c. an anxiety disorder
- d. antisocial personality disorder

Answer: <https://biology-forums.com/index.php?topic=284552>

Question 17

The process by which we learn by observing is called

- a. punishment
- b. reinforcement
- c. learning theory
- d. observational learning

Answer: <https://biology-forums.com/index.php?topic=284061>

Question 18

In problem-focused coping, an individual tries to change

- a. the environment
- b. his or her perception of the stressor
- c. the emotional reaction to stress
- d. from expressing to suppressing the emotion

Answer: <https://biology-forums.com/index.php?topic=284517>

Question 19

George is aware that he is dying, but has been thinking that if he follows all the doctor's orders, maybe God will let him live until his son's wedding. He has entered which of the stages of dying?

- a. denial
- b. resentment
- c. acceptance
- d. bargaining

Answer: <https://biology-forums.com/index.php?topic=283975>

Question 20

Which of these is most likely to influence a patient's compliance with a prescribed treatment?

- a. personality
- b. gender
- c. socioeconomic status
- d. relationship with their doctor

Answer: <https://biology-forums.com/index.php?topic=284187>