**Lecturer Testbank**

**This testbank has been created to supplement Field and Cartwright-Hatton’s Essential Abnormal and Clinical Psychology.**

**The questions have been split out by chapter. Correct answers are marked with an asterisks.**

**Chapter 1: The big issues in classification, diagnosis, and research into psychological disorders**

1. Which of the following is *not* one of the ‘four Ds’ that can be used to define what makes somebody ‘abnormal’?
2. Deviance
3. Distress
4. Difficult\*
5. Dangerous
6. When was the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM 5) published?
7. 1990
8. 2000
9. 2010
10. 2013\*
11. Which of the following assumptions are *not* made by classification systems for psychological disorders, such as DSM-5 and ICD-10?
12. Different psychological disorders are distinct from each other
13. Diagnosis is possible only if the ultimate causes of symptoms are understood\*
14. Diagnosis of a specific disorder will ensure that a person will receive the most appropriate treatment
15. Two patients with the same diagnosis (e.g. ‘Schizophrenia’) are likely to be similar to each other.
16. Which of the following criticisms were made of DSM 5?
17. The number of different psychological disorders was reduced
18. The threshold for being diagnosed with a psychological disorder was lowered\*
19. The symptom-based approach was adopted
20. Fewer people would receive medication for their psychological disorder
21. Psychological (or case) formulation….
22. Usually takes place alongside diagnosis of a specific disorder\*
23. Is based on the psychoanalytic approach
24. Is not suitable for patients who are seriously mentally ill
25. All of the above
26. What does the implicit association test (IAT) measure?
27. The strength of automatic associations between different categories of objects\*
28. Beliefs about a certain object, e.g. spiders
29. Working memory capacity
30. The likelihood that a person will behave in a certain way
31. What can functional magnetic resonance imaging (fMRI) tell us?
32. Which parts of the brain have abnormal structure.
33. If levels of neurotransmitters in the brain are within normal levels
34. Which areas of the brain are relatively active, and which relatively underactive, at that moment in time \*
35. The pattern of electrical activity on the scalp
36. Which of the following statements about qualitative research methods are true?
37. The aim is to gather a deep understanding of human experience
38. Findings from qualitative research can be used to develop theories and hypotheses that can be tested in future research
39. Caution is required before generalising the findings to people other than those who were studied
40. All of the above \*
41. Which of the following is a disadvantage of cross-sectional research methods?
42. They do not allow us to characterise psychological disorders accurately
43. They do not allow us to identify the causes or consequences of psychological disorders\*
44. They do not allow us to demonstrate associations between different psychological constructs
45. They do not enable us to quantify human behaviour or subjective experience

1. Studies that use prospective (or longitudinal) research methods can inform us….
2. Which symptoms cluster together
3. If one symptom causes a different symptom
4. Which psychological characteristics predict who will develop a psychological disorder in the future\*
5. If one treatment is better than another

**Chapter 2: How are Psychological Disorders Treated?**

1. Which of these is *not* a benefit of prescribing medications for psychological disorders?
2. Medications usually have long-lasting effects that are maintained once the medication is withdrawn\*
3. Medications are usually cheaper to provide than therapies
4. There are not enough qualified therapists to give therapy to all who need it. Medication can help people who don’t have access to therapy
5. Taking medication takes less time and effort than engaging in therapy
6. What is a randomised controlled trial (RCT)?
7. An experiment where participants take part in a number of interventions in a randomised order
8. An experiment where some of the participants will be randomly assigned to receive the intervention of interest, and the others will receive no treatment or a control treatment \*
9. An experiment where all participants trial a new treatment, followed by a control treatment
10. None of the above
11. Which of the following is *not* a difficulty of running an RCT?
12. It is difficult to know whether improvements in treated clients were due to the new intervention or simply the passage of time\*
13. Drop-out rates are often very high
14. It is difficult to make sure that outcome assessments are objective and unbiased
15. The researcher’s excitement about an intervention may result in that intervention doing better than it’s comparison
16. What does it mean to have a “double-blind” trial?
17. The participant doesn’t know whether or not they are receiving the treatment of interest
18. The researcher doesn’t know whether or not the participant is receiving the treatment of interest
19. Neither the participant or the researcher knows whether or not the participant is receiving the treatment of interest\*
20. Both the participant and the researcher know whether or not the participant is receiving the treatment of interest
21. Why might meta-analyses of treatment trials be used in the context of intervention evaluation?
22. Meta-analyses test whether it is feasible to carry out a trial of a new intervention
23. Meta-analyses enable the pooling of results from a number of trials, to give a more powerful insight into the effectiveness of new interventions\*
24. Meta-analyses of treatment trials identify why new interventions are or are not effective
25. Both B and C
26. Which of the following describes the theoretical framework of Freud’s psychodynamic theory?
27. People are influenced by early traumatic experiences
28. People are influenced by ‘unconscious desires’
29. Characters and situations in people’s dreams are symbolic of other things, such as the individual’s feelings of resentment or sexual desires
30. All of the above\*
31. Which of the following is true of Freud’s psychodynamic approach to treatment of psychological disorders?
32. Freud identified the role of the unconscious and early life experiences, leading to the later development of other models of psychological treatment\*
33. It has been shown, in rigorous RCTs, to be superior to CBT for most psychological disorders
34. It is based on sound scientific understanding
35. None of the above
36. Why are clients given homework as part of cognitive behavioural therapy (CBT)?
37. To test the client on what they have learnt during the session
38. To check that the client is engaged with the therapy
39. To practice what they have learnt during the session within the outside world\*
40. None of the above
41. Which of the following is *not* an ethical principle from the Code of Ethics and Conduct (2009)
42. Dependability\*
43. Competence
44. Integrity
45. Respect
46. In which of the following scenarios would it be appropriate to break the confidentiality agreement with a client?
47. It would never be appropriate to break the confidentiality agreement with a client
48. If a client tells you that they have a clear plan to kill themselves after leaving the session
49. If a client tells you that they have abused a child
50. Both B and C\*