1. All of the following are components of a neuron EXCEPT the
   A) soma.
   B) axon.
   C) synapse.  
   D) dendrite.
   E) cell body.

2. Chemical messengers that transport nerve impulses from one nerve cell to another are called
   A) hormones.
   B) glials.
   C) synapses.
   D) neurotransmitters.  
   E) interneurons.

3. The fatty layer of cells that is wrapped around many axons is called the
   A) myelin sheath.
   B) synaptic cover.
   C) dendritic wrap.
   D) terminal button.
   E) nerve.

4. Psychologists believe that irregularities in ______ transmission may help explain symptoms of schizophrenia.
   A) glutamate
   B) dopamine
   C) norepinephrine
   D) epinephrine
   E) GABA

5. During the past hour, nine-month-old Heather has engaged in each of the following actions. Which action was NOT controlled by her medulla?
   A) She had an accelerated heart beat when her older brother frightened her.
   B) She coughed after breathing in some dust particles.
   C) She swallowed formula from her bottle.
   D) Wind caused her mobile to move, and she smiled.
   E) Developing allergies caused her to sneeze.
6. The fact that alcohol often causes problems with balance and coordination suggests that it may have an effect on the
   A) cerebrum.
   B) corpus callosum.
   C) cerebellum.
   D) thalamus.
   E) reticular formation.

7. Which brain structure is best described as a “relay station”?
   A) hypothalamus
   B) thalamus
   C) basal ganglia
   D) limbic system
   E) cerebellum

8. Ivan was committed to a mental institution after he was caught happily shopping at the local supermarket without any clothes on. By what criterion is Ivan’s behavior considered abnormal?
   A) dangerousness
   B) maladaptive behavior
   C) social deviance
   D) emotional distress
   E) faulty perceptions or interpretations of reality

9. Gina believes that she is the secret love child of the late Princess Diana and singer Elton John. Since she really is not their child, Gina’s belief would be considered a(n)
   A) diathesis.
   B) delusion.
   C) hallucination.
   D) obsession.
   E) compulsion.

10. All but which of the following people have a specific phobia?
    A) Joe, who is afraid of spiders
    B) Pat, who is afraid of heights
    C) Nicole, who is afraid of venturing out into open places
    D) Michael, who is afraid of snakes
    E) Meghan, who is afraid of flying in airplanes
11. Bruce hears his dog singing lyrics to his favorite song. Since this is not really happening, Bruce hearing his dog sing is probably which type of symptom:
A) auditory hallucination
B) visual hallucination
C) delusions of control
D) delusions of reference
E) delusions of grandeur

12. Tako occasionally finds himself in a state of sheer terror. The sensation lasts for several minutes and he often believes he is having a heart attack. His symptoms most closely describe
A) agoraphobia.
B) posttraumatic stress disorder.
C) obsessive-compulsive disorder.
D) panic disorder.
E) generalized anxiety disorder.

13. Nagging, intrusive thoughts are called ______, and repetitive or ritual behaviors are called ______.
A) diatheses; delusions
B) compulsions; obsessions
C) obsessions; compulsions
D) diatheses; conversions
E) conversions; diatheses

14. Eleanor is a quiet 41-year-old housewife. Occasionally, she seems to “become” a 14-year-old male juvenile delinquent. Other times she “becomes” a 52-year-old, foul-mouthed alcoholic. This sounds like a textbook case of
A) schizophrenia.
B) manic-depressive disorder.
C) dissociative identity disorder.
D) conversion disorder.
E) bipolar disorder.

15. Dr. Tomlin is a therapist working from the cognitive perspective. Tomlin is likely to describe abnormal behavior in terms of
A) the role of repressed thoughts and beliefs.
B) failure to achieve self-actualization.
C) classical conditioning.
D) the combination of classical and operant conditioning.
E) irrational or distorted thinking.
16. During a visit to his therapist, Ishmael was asked to begin talking about whatever was on his mind even if it seems trivial or irrelevant. This example describe

A) transference.
B) interpretation.
C) countertransference.
D) free association.
E) insight.

17. According to Carl Rogers, what are three important components of therapy?

A) placebos, ECT, and REBT
B) activating events, beliefs, and consequences
C) fear hierarchies, gradual exposure, and systematic desensitization
D) interpretation, dream analysis, and free association
E) empathy, genuineness, and unconditional positive regard

18. Electroconvulsive shock therapy is effective in treating

A) schizophrenia.
B) generalized anxiety disorder.
C) severe depression.
D) obsessive-compulsive disorder.
E) dissociative identity disorder.

19. Wanda’s therapy involves directly confronting fearful stimuli, little by little, until her fear of the stimulus is reduced or eliminated. Based on this description, which technique is Wanda’s therapist utilizing?

A) aversive conditioning
B) transference
C) modeling
D) gradual exposure
E) reconditioning
20. Gail suffers from bipolar disorder. What type of drug is Gail’s doctor likely to prescribe to help stabilize her mood swings?

A) antianxiety medication
B) mood stabilizer
C) antidepressant
D) marijuana
E) conventional antipsychotics

21. Actor Michael J. Fox and boxing great Muhammad Ali have a disease that leads to progressive loss of their motor functioning. This condition results from a shortage of

A) epinephrine.
B) norepinephrine.
C) dopamine.  
D) gamma-amniobutyric acid (GABA).
E) serotonin.

22. Which of the following imaging techniques provides information about activity of certain areas of the brain:

A) PET scan
B) CT scan
C) fMRI
D) MRI 
E) both A & C

23. Your heartbeat, digestion, and pupil contractions are ______ processes regulated by the ______ nervous system.

A) involuntary; somatic
B) involuntary; autonomic
C) controllable; somatic
D) voluntary; somatic
E) voluntary; autonomic
24. Angelique has not left her house for two years. She is completely terrified of going out. Based on this description, she is probably suffering from

A) agoraphobia.
B) social phobia.
C) specific phobia.
D) panic disorder.
E) posttraumatic stress disorder.

25. Insomnia, social withdrawal and flashbacks are symptoms of what disorder:
A) generalized anxiety disorder
B) depression
C) phobia
D) PTSD
E) schizophrenia

26. Danny has periods of time in which he has an abundance of energy, sleeps very little, is extremely excitable, which is followed by weeks of lethargy, sadness and lack of motivation. Danny most likely suffers from:
A) bipolar disorder
B) depression
C) schizophrenia
D) panic disorder
E) dissociative identity disorder

27. Pairing an unpleasant stimulus with a maladaptive behavior is key to what type of therapy?
A) CBT
B) RET
C) psychoanalysis
D) aversive therapy
E) cognitive therapy

28. Which of the following is an example of a negative symptom of schizophrenia:
A) poverty of speech
B) delusions of grandeur
C) exaggerated emotions
D) auditory hallucinations
E) all of the above
29. Sherry’s therapist gives her a token each time she successfully does not engage in compulsive hand washing. After Sherry receives 10 tokens, her therapist will give her discount on her next therapy session. Sherry’s therapist is using what type of therapeutic intervention?
   A) punishment
   B) token economy
   C) aversive therapy
   D) reinforcement
   E) both B & D

30. What is the most successful type of therapy for treating schizophrenia?
   A) ECT
   B) drug therapy
   C) cognitive-behavioral therapy
   D) psychoanalysis
   E) meditation