

## AP Psychology Unit 8 - Clinical Psychology Practice Test

### Question 1

**Which therapeutic orientation utilizes unconditional positive regard?**

- A. Logistical
- B. Psychodynamic
- C. Behavioral
- D. Humanistic
- E. Psychoanalytic

### Question 2

**Which of the following therapies is used to treat drug-resistant or especially severe psychiatric disorders such as major depression, bipolar disorder, and schizophrenia?**

- A. Cognitive therapy
- B. Electroconvulsive therapy
- C. Phototherapy
- D. Group therapy
- E. Behavioral therapy

### Question 3

**Although Sigmund Freud is widely criticized for his theories of psychology, he also came up with the famous talk-therapy, which is a highly-recommended treatment for many different problems and disorders. The ideal way talk-therapy works is to help the patient understand and change the underlying causes of their suffering and psychological distress.**

**What are the potential consequences of other therapeutic treatments that do not address the cause of a mental illness?**

- A. More success, especially in the cause of prescribing drugs
- B. Further mental decay
- C. No hope of relief for the patient
- D. Symptom substitution
- E. All of these

Question 4

**What are some of the side effects of electroconvulsive therapy?**

- A. Nausea
- B. Brief loss of consciousness
- C. Memory loss
- D. Brief seizure
- E. All of these

Question 5

**What does the cognitive model postulate as the cause of unipolar depression?**

- A. Cognitive theorists believe that depression results when a person's relationships leave them feeling insecure and unsafe.
- B. Cognitive theorists believe that people with unipolar depression persistently view events and situations in life in negative ways. As a result of these defeatist perceptions, people sink into feelings of gloom, helplessness, and depression.
- C. Cognitive theorists believe that unipolar depression results from significant changes in the number of rewards and punishments people receive in their lives.
- D. Cognitive theorists believe that, due to over-active neurotransmitters in the brain, people gradually begin to experience stronger and stronger depressive thoughts.

- E. None of these answers represent the cognitive model for explaining unipolar depression

Question 6

**Which of the following events could cause post-traumatic stress disorder (PTSD)?**

- A. Surviving a natural disaster
- B. Surviving a car accident
- C. Surviving a serious bodily injury
- D. Surviving a war
- E. All of these could result in post-traumatic stress disorder

Question 7

**Which of the following is not a type of anxiety disorder?**

- A. Panic disorder
- B. Post-traumatic stress disorder
- C. Agoraphobia
- D. Generalized anxiety disorder
- E. Trichotillomania

Question 8

**Which of the following is not a symptom of generalized anxiety disorder (GAD)?**

- A. Flashbacks
- B. Worry that becomes unproductive and restrictive
- C. Muscle tension and fatigue
- D. Worry about every part of daily life

- E. Trouble stopping the worry process

Question 9

**Which of the following is a difference between a manic episode and a hypomanic episode?**

- A. A hypomanic episode has more depressive symptoms than a manic episode
- B. Hypomanic episodes only occur in children and adolescents
- C. Hypomanic episodes do not happen to people with bipolar disorder, while manic episodes do
- D. A hypomanic episode lasts longer than a manic episode
- E. A hypomanic episode is not severe enough to require inpatient hospitalization

Question 10

**Which of the following is not a symptom of major depressive disorder?**

- A. Disturbances in appetite and sleep
- B. Anhedonia (an inability to experience any pleasure at all)
- C. Pessimism due to feelings of hopelessness and helplessness
- D. Preoccupation with maintaining a rigid, productive schedule
- E. Lack of drive, initiative, and spontaneity

Question 11

**What disorder is considered to be a milder, but more chronic, form of depression?**

- A. Schizophrenia
- B. Somatoform disorder

C. Parkinson's disease

D. Bipolar disorder

E. Dysthymia

Question 12

**What types of disorders have salts of lithium been used to treat?**

A. Dissociative disorders

B. Sleeping disorders

C. Multiple personality disorders

D. Bipolar disorders

E. Eating disorders

Question 13

**What is the most popular psychotropic medication to treat bipolar disorder?**

A. Berillium

B. Selective serotonin reuptake inhibitors (SSRIs)

C. Lithium

D. Anti-anxiety medication

E. Anti-depressant medication

Question 14

**Billy has an intense and irrational fear of clowns. His therapist is most likely to use which technique to help him?**

A. Systematic desensitization

B. Rational emotive therapy

C. Aversion therapy

D. Electroconvulsive therapy (ECT)

E. Client-centered therapy

Question 15

**Eddie has been seeing a therapist who encourages him to talk at length about whatever comes into his head without censoring himself. His therapist also asks him to keep a dream journal and helps him to figure out what underlying hidden meaning might be found in his dreams. What type of therapy does Eddie's therapist appear to be practicing?**

- A. Client-centered therapy
- B. Cognitive therapy
- C. Aversion therapy
- D. Psychoanalysis
- E. Gestalt therapy

Question 16

**Dr. Jones helps patients to eliminate maladaptive behaviors, such as smoking or overeating, by pairing those behaviors with something unpleasant like a mild shock. What type of therapy is Dr. Jones using?**

- A. Behavioral
- B. Cognitive
- C. Gestalt
- D. Psychoanalytic
- E. Electroconvulsive therapy (ECT)

Question 17

**Because she is not responding well to more traditional treatments, Elizabeth's doctor has suggested that she undergo electroconvulsive therapy (ECT). What disorder is it likely that Elizabeth is suffering from?**

- A. Anorexia nervosa
- B. Social anxiety
- C. Schizophrenia
- D. Major depression
- E. Obsessive compulsive disorder

Question 18

**Tardive dyskinesia is a side effect of medication most often used to treat which disorder?**

- A. Depression

- B. Anxiety
- C. Schizophrenia
- D. Anorexia nervosa
- E. Antisocial personality disorder

Question 19

**Which of the following is not a method of treatment for depression?**

- A. Person-centered therapy
- B. Anti-depressant medications (like SSRIs)
- C. Cognitive therapy
- D. Systematic exposure
- E. Group therapy

Answer Key

- 1. D
- 2. B
- 3. D
- 4. E
- 5. B
- 6. E
- 7. E
- 8. A
- 9. E
- 10. D
- 11. E
- 12. D
- 13. C
- 14. A
- 15. D
- 16. A
- 17. D
- 18. C
- 19. D