



Multiple Choice Answer Key & Explanations

Clinical Psychology

1. What disorder has no medical condition to explain the symptoms a person may be experiencing? Symptoms may include pain, dizziness, or vomiting.	
A. Specific phobia	This is not the correct answer. This is when an individual has an irrational fear and intense avoidance of a specific object, activity, or situation
B. Agoraphobia	This is not the correct answer. This is when an individual has an irrational fear of unfamiliar places or public situations
C. Schizophrenia	This is not the correct answer. This is when a person experiences hallucinations, delusions, and other impairments of their thoughts, feelings, and behaviors
D. Trichotillomania	This is not the correct answer. This is when a person constantly pulls hair from a particular part of their body. When the hair is pulled the individual feels satisfaction and a reduction in their anxiety
E. Somatic symptom disorder	This is the correct answer. This is a condition in which a person will experience symptoms such as pain, dizziness, or vomiting and there is no medical condition to explain the symptoms

2. George recently was in an intense car crash. At first George was experiencing intense stress, and avoided getting in any vehicle whenever possible. But about a week after the crash George's stress and anxiety has decreased and he is willing to go into vehicles again. George would most likely be diagnosed with which of the following disorders?	
A. PTSD	This is not the correct answer. This disorder has symptoms that last for over a month to possibly years after the traumatic event
B. Conversion disorder	This is not the correct answer. This is when a person experiences symptoms that they cannot control. On the surface it appears that they have a physical disorder, however, it is actually psychological
C. Acute stress disorder	This is the correct answer. This is intense stress that an individual experiences for a short amount of time, traditionally less than a month after the traumatic event
D. Trichotillomania	This is not the correct answer. This is when a person constantly pulls hair from a particular part of their body. When the hair is pulled the individual feels satisfaction and a reduction in their anxiety
E. Agoraphobia	This is not the correct answer. This is when an individual has an irrational fear of unfamiliar places or public situations



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3. What disorder is characterized by a person having an exaggerated sense of worth, fantasizing about unlimited power, and a constant need for attention?	
A. Antisocial personality disorder	This is not the correct answer. This is when an individual lacks a conscience, has impulsive and aggressive tendencies, and a disregard for others safety
B. Borderline personality disorder	This is not the correct answer. This is when an individual may participate in self-damaging behavior and has an unstable self-image and mood
C. Avoidant personality disorder	This is not the correct answer. This is when an individual will be extremely sensitive to criticism, has a desire for social approval, and is withdrawn from social settings
D. Schizotypal personality disorder	This is not the correct answer. This is when an individual has similar oddities of thought, behavior, and speech to a person with schizophrenia. But the symptoms are not severe enough to be schizophrenia
E. Narcissistic personality disorder	This is the correct answer. This is when a person has a pattern of having an exaggerated sense of worth or talent, fantasizes about unlimited power, brilliance, or beauty

4. Which individual developed a type of psychotherapy called cognitive therapy?	
A. Albert Ellis	This is not the correct answer. Albert Ellis created rational-emotive behavior therapy
B. Sigmund Freud	This is not the correct answer. Freud used free association to unearth an individual's unconscious mind
C. Mary Cover Jones	This is not the correct answer. Mary Cover Jones was a behavioral psychologist who used counterconditioning
D. Aaron Beck	This is the correct answer. Cognitive therapy was also known as beck therapy
E. Carl Rogers	This is not the correct answer. Rogers focused on client-centered therapy



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5. Which of the following best explains rational-emotive behavior therapy?	
A. The therapist does not give advice or tell the client what things mean	This is not the correct answer. This answer is describing a client-centered method
B. Cognitive therapy that works on changing a person's internal thought process about the situation	This is the correct answer. This therapy is based around the idea that a person will suffer because of their own self-defeating assumptions
C. A therapy that uses conditioning to shape an individual's behavior	This is not the correct answer. This would be an example of a token economy or a therapy that falls under the behavioral approach
D. A treatment that involves repeatedly exposing the person to the stimulus that frightens them	This is not the correct answer. This therapy is describing exposure therapy
E. Non-directive therapy	This is not the correct answer. This answer is describing a client-centered method

6. An individual who has at least two identities that control their behavior at different times is most likely going to be diagnosed with...	
A. PTSD	This is not the correct answer. This disorder has symptoms that last for over a month to possibly years after the traumatic event
B. Conversion disorder	This is not the correct answer. This is when a person experiences symptoms that they cannot control. On the surface it appears that they have a physical disorder, however, it is actually psychological
C. Dissociative identity disorder	This is the correct answer. This is believed to be caused by severe trauma
D. Schizotypal personality disorder	This is not the correct answer. This is when an individual has similar oddities of thought, behavior, and speech to a person with schizophrenia. But the symptoms are not severe enough to be schizophrenia
E. Agoraphobia	This is not the correct answer. This is when an individual has an irrational fear of unfamiliar places or public situations



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7. Chris's therapist uses free association to help uncover the source of his anxiety and stress. Which of the following psychological perspectives is Chris's therapist most likely using?

A. Humanistic	This is not the correct answer. This approach sees disorders occurring when an individual has an incongruent self-concept
B. Psychodynamic	This is the correct answer. This approach sees disorders occurring from repressed unconscious thoughts
C. Biological	This is not the correct answer. This approach sees disorders occurring due to abnormalities in a person's brain or nervous system
D. Behavioral	This is not the correct answer. This approach sees disorders as learned and maintained through conditioning
E. Evolutionary	This is not the correct answer. This approach sees disorders as originating in an individual's genetics

8. When trying to diagnose a disorder what could a therapist use?

A. DSM 5	This is the correct answer. This provides a standard to make sure everyone is basing their decisions off the same common understanding of different disorders
B. M'Naghten rule	This is not the correct answer. This is used with the insanity defense with courts
C. American law institute test	This is not the correct answer. This is used with the insanity defense with courts
D. Self-reports	This is not the correct answer. The person is not qualified to diagnosis a disorder
E. Personality inventory	This is not the correct answer. This is used to identify a person's personality traits



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9. Sarah experiences anxiety and stress when she leaves the house. She is convinced that she did not lock the door and feels compelled to check the door multiple times before leaving the house. Over time these thoughts continue to grow and it has started to disrupt her daily activities. Sarah would most likely be diagnosed with which of the following disorders?	
A. PTSD	This is not the correct answer. This disorder has symptoms that last for over a month to possibly years after the traumatic event
B. Conversion disorder	This is not the correct answer. This is when a person experiences symptoms that they cannot control. On the surface it appears that they have a physical disorder, however, it is actually psychological
C. OCD	This is the correct answer. This disorder is when a person has obsessive thoughts that are followed by compulsive behavior
D. Trichotillomania	This is not the correct answer. This is when a person constantly pulls hair from a particular part of their body. When the hair is pulled the individual feels satisfaction and a reduction in their anxiety
E. Agoraphobia	This is not the correct answer. This is when an individual has an irrational fear of unfamiliar places or public situations

10. Which of the following is not a neurodevelopmental disorder?	
A. Autism spectrum disorder	This is not the correct answer. This would be an example of a neurodevelopmental disorder
B. Attention-deficit hyperactivity	This is not the correct answer. This would be an example of a neurodevelopmental disorder
C. Learning disorder	This is not the correct answer. This would be an example of a neurodevelopmental disorder
D. Intellectual disabilities	This is not the correct answer. This would be an example of a neurodevelopmental disorder
E. Bulimia nervosa	This is the correct answer. This would be an eating disorder