Psychological Disorders

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. The area of psychology that studies maladaptive behaviour, its causes and treatment, is:
   (a) cognitive psychology **(b)** developmental psychology
   (c) social psychology **(d)** abnormal psychology

2. In the four Ds of abnormality, distress means behaviour that is:
   (a) unpleasant and upsetting to the person and others
   (b) learned only in childhood
   (c) shared by everyone in a culture
   (d) possibly harmful to the person or others

3. Kabir, a psychologist, explains abnormal behaviour as learned through conditioning, so it can be unlearned. Which model of abnormal behaviour does this approach follow?
   (a) diathesis-stress model **(b)** humanistic-existential model
   (c) behavioural model **(d)** cognitive model

4. How does the biological model explain abnormal behaviour?
   (a) a biochemical or physiological basis, such as genes or neurotransmitters
   (b) blocked growth and failing to give meaning to one’s life
   (c) irrational assumptions and illogical, overgeneralised thinking
   (d) a predisposition set off by stressful situations

5. What view of disorders is linked with the Age of Reason and Enlightenment?
   (a) disturbed behaviour arises from conflicts between emotion and reason
   (b) reform of asylums and compassion for people with disorders
   (c) the scientific method replaced dogma in understanding behaviour
   (d) imbalances among four body fluids, or humours

6. In the chapter, which kind of factor is “maternal deprivation”?
   (a) a socio-cultural factor **(b)** not linked to behaviour
   (c) a biological factor **(d)** a psychological factor

7. What is the four Ds?
   (a) common features of definitions of abnormality
   (b) community care for people who have recovered
   (c) prepared by the WHO and used officially in India
   (d) published by the American Psychiatric Association with discrete clinical criteria

8. What does viewing abnormality as deviation from social norms imply?

(a) it depends on what a society's culture expects

(b) stigma, which stops people seeking help

(c) it proves the person is to blame

(d) it depends only on a person's age

Section B — Short answer — 8 × 2 = 16 marks

9. Name the four Ds of abnormality.

10. Match each of these Ds of abnormality with its meaning: (a) deviance (b) dysfunction (c) danger. Choose from: different, extreme or unusual; possibly harmful to the person or others; interfering with daily activities.

11. Name the model of abnormal behaviour each psychologist follows. (a) Rahul, a psychologist, studies how labels and social networks shape behaviour. (b) Dev, a psychologist, looks at how a biological predisposition and stress act together.

12. Is each a biological, psychological or socio-cultural factor? (a) malnutrition (b) lack of social support

13. How does each explain abnormal behaviour? (a) the psychodynamic model (b) the biological model

14. What view of disorders is linked with each? (a) the Reform Movement (b) present-day psychology

15. Give one difference between the socio-cultural model and the humanistic-existential model in explaining abnormal behaviour.

16. The bio-psycho-social approach looks at several kinds of factors. Classify these two and say why looking at all kinds together helps: (a) maternal deprivation (b) societal labels and roles

Section C — Word problems — 4 × 4 = 16 marks

17. Explain the two views of abnormal behaviour discussed in the chapter.

18. Match each with its explanation: (a) the cognitive model (b) the socio-cultural model (c) the behavioural model. Choose from: irrational assumptions and illogical, overgeneralised thinking; maladaptive behaviour learned through conditioning, which can be unlearned; social forces such as family, social networks and labels.

19. Put these views of disorders in history in the correct order: the bio-psycho-social approach; the Reform Movement; ancient Greek ideas of emotion and reason.

20. (a) Vikram, a psychologist, looks at how a biological predisposition and stress act together. (b) Arjun, a psychologist, studies how faulty genes and neurotransmitters affect behaviour. Name the model each follows, explain it, and say why many psychologists now prefer the interactional approach.

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Answer key

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Q	Answer	Working
1	(d) abnormal psychology	—
2	(a) unpleasant and upsetting to the person and others	—
3	(c) behavioural model	—
4	(a) a biochemical or physiological basis, such as genes or neurotransmitters	—
5	(c) the scientific method replaced dogma in understanding behaviour	—
6	(d) a psychological factor	—
7	(a) common features of definitions of abnormality	—
8	(a) it depends on what a society's culture expects	—
9	Deviance, distress, dysfunction and danger.	—
10	(a) different, extreme or unusual (b) interfering with daily activities (c) possibly harmful to the person or others	deviance: different from what is usual; dysfunction: gets in the way of daily activities; danger: possible harm
11	(a) socio-cultural model (b) diathesis-stress model	—
12	(a) biological (b) socio-cultural	—
13	(a) unconscious conflicts between inner forces, often from childhood (b) a biochemical or physiological basis, such as genes or neurotransmitters	—
14	(a) reform of asylums and compassion for people with disorders (b) the interactional, bio-psycho-social approach	—
15	the socio-cultural model: social forces such as family, social networks and labels; the humanistic-existential model: blocked growth and failing to give meaning to one's life	—
16	(a) psychological (b) socio-cultural; disorders are shaped by biological, psychological and social factors	—

Q	Answer	Working
	together, so no single kind explains them	
17	**One sees it as deviation from social norms, so it depends on a society's culture and can change over time. The other sees it as maladaptive: it interferes with the person's well-being and growth, even if it conforms.**	—
18	**(a) irrational assumptions and illogical, overgeneralised thinking (b) social forces such as family, social networks and labels (c) maladaptive behaviour learned through conditioning, which can be unlearned**	—
19	**ancient Greek ideas of emotion and reason → the Reform Movement → the bio-psycho-social approach**	—
20	**(a) diathesis-stress model (b) biological model; explanations as in the chapter; biological, psychological and social factors all play a part, so combining them explains more**	—

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