

ABNORMAL PSYCHOLOGY

PSY-350-TE

This exam tests the material usually taught in a one-semester course in abnormal psychology. It focuses on the causes of abnormality, the different forms of abnormal behavior, theories that have been put forth to explain abnormal behavior, and common forms of treatment. (3 s.h.)

This is a 2-hour examination in which you must answer 100 multiple-choice questions worth 1 point each. A passing score is **60** out of 100 points.

Here are the topics covered and their approximate importance on the test:

I. Historical/Contemporary Views; Causal Factors; Clinical Assessment/Diagnosis (25%)

- A. Elements of abnormality
- B. DSM definition of mental disorder
- C. Prevalence of mental disorders
- D. Historical and contemporary views of abnormal behavior
- E. Research approaches in abnormal psychology
- F. Causes and risk factors for abnormal behavior
- G. Diathesis-stress models
- H. Viewpoints and causal factors: biological, psychological, sociocultural
- I. Basic elements of clinical assessment: physical and psychosocial
- J. Different approaches to treatment

II. Stress and Physical/Mental Health (5%)

- A. Physical and psychological reactions to stress
- B. Prevention and treatment of stress disorders

III. Panic/Anxiety Disorders; Somatoform/Dissociative Disorders; Eating Disorders (15%)

- A. Phobias
- B. Panic and anxiety disorders
- C. Somatoform and dissociative disorders
- D. Eating disorders and obesity
- E. Causal factors
- F. Treatment

IV. Substance Abuse Disorders (10%)

- A. Alcohol abuse and dependence
- B. Drug abuse and dependence

V. Personality Disorders; Sexual Issues (10%)

- A. Personality disorders: Clusters A, B, C
- B. Using the DSM
- C. Sexual variants, abuse, dysfunctions

VI. Mood Disorders; Psychotic Disorders (15%)

- A. Mood disorders: unipolar, bipolar
- B. Affect disorders: anxiety
- C. Suicide
- D. Psychotic disorders: schizophrenia, psychosis, delusions, hallucinations

VII. Neurocognitive Disorders (5%)

- A. Delirium
- B. Dementia
- C. Head injuries
- D. Cognitive deficits

VIII. Childhood/Adolescent Disorders (5%)

- A. Developmental disorders
- B. Symptom disorders
- C. Learning disabilities
- D. Maladaptive behaviors

IX. Therapy; Contemporary/Legal Issues (10%)

- A. Types of treatment
- B. How to evaluate successful treatments for disorders
- C. Treatment approaches: psychosocial, sociocultural, biological
- D. Prevention strategies: interventions and community-based treatment models
- E. Legal challenges and issues for therapists, families, clients

This TECEP exam assesses mastery of the following outcomes. Students will need to demonstrate:

- an understanding of the spectrum of behaviors encompassed by the term *abnormal behavior*
- the ability to distinguish differences among the major theoretical viewpoints regarding causal factors, clinical assessment, and treatment
- the ability to categorize abnormal behaviors into their various classes of disorder
- the ability to compare and contrast therapeutic treatments, treatment approaches, and prevention strategies

Some textbooks to help you prepare:

Abnormal Psychology. James Butcher, Susan Mineka, Jill Hooley
Current edition. Boston: Pearson

Abnormal Psychology in a Changing World. Jeffrey Nevid, Spencer Rathus, Beverly Greene
Current edition. Boston: Pearson

Fundamentals of Abnormal Psychology. Ronald J. Comer
Current edition. New York: Worth Publishers

Most college-level texts in this subject include the topics listed above and will prepare you for the test. Whatever text you choose, be sure to compare its table of contents against the topic outline to make sure all of the topics are covered.

SAMPLE QUESTIONS

1. Which of the following elements is considered sufficient to make a determination of abnormality?
 - a. Deviancy
 - b. Maladaptiveness
 - c. Suffering
 - d. None of the above
2. What term is used to describe the factors that play a role in causing a disease?
 - a. Prevalence
 - b. Resiliency
 - c. Etiology
 - d. Classification
3. The term psychological assessment refers to the
 - a. determination of how environmental factors impact the course of a disorder
 - b. process used by professionals to arrive at a diagnosis
 - c. development of a treatment plan for an individual client
 - d. procedures used to summarize a client's problem
4. Today there is a growing recognition of the fact that
 - a. cognitive factors primarily determine the course of both psychological and biological disorders
 - b. both behavioral and biological factors interact to determine health
 - c. most psychological disorders have a clearly-defined biological basis
 - d. it is unlikely that it will ever be possible to determine the causes of psychological disorders
5. Why is the new DSM-5 classification, which omits the concept of neurosis, considered an improvement?
 - a. Because the diagnostic criteria are based on shared, observable symptoms that are more clearly defined
 - b. Because each category now consists of symptoms with causal origins included
 - c. Because anxiety disorders are identified as such whether or not anxiety symptoms are expressed
 - d. Because each category that is identified includes specific etiology, symptoms, and potential treatments
6. Fear is a basic emotion that involves
 - a. negative thoughts but no change in physiological arousal
 - b. the activation of the 'fight or flight' response
 - c. anxiety and concern about future events
 - d. a complex blend of stress and self-preoccupation
7. Which of the following disorders involves physical complaints or disabilities that occur in the absence of physical pathology?
 - a. Anxiety disorders
 - b. Cognitive disorders
 - c. Somatoform disorders
 - d. Dissociative disorders
8. Which of the following conditions is NOT included in the DSM?
 - a. Bulimia
 - b. Anorexia
 - c. Binge-eating
 - d. Obesity