

**EXAM 1 – STUDY GUIDE**  
**PSY 210-Abnormal Psychology**  
**Professor Jennings**

The exam will be 75 multiple-choice questions. Most of the questions will be based on material covered in lecture. It is also important that you read the chapters in the textbook – there will be question that will come directly from the textbook (material not covered in lecture). If you can answer the questions on this study guide... you should have no problem with the exam. I am going to focus on the big concepts. If want you to be able to understand and apply the material ... not just spit back the facts.

**Chapter 1 - Understanding Abnormality: A Look at History and Research Methods**

1. What is the study of abnormal behavior called?
  - a. How is abnormality defined?
  - b. What factors influence the definition?
  - c. How is this definition separate from a psychological disorder?
    - i. What factors are included in this concept?
2. How are Psychological disorders evaluated?
  - a. Why is the clinical description used by professionals?
  - b. What is the presenting problem? Be able to identify and explain.
  - c. What key words are used by professionals to describe and predict psychological disorders?
3. Discuss and identify early treatments for psychological disorders.
  - a. Were early treatments effective? Why or why not.
  - b. Were early treatments humane? Why or why not?
  - c. What happened to change the type of care people with mental illness received?
    - i. What was the consequence of this action? Be able to identify and discuss key people associated with this movement.

**Chapter 2- Classification and Treatment Plans and Chapter 3- Assessment**

1. What is the function clinical assessment? Describe and explain.
  - a. What factors make an assessment instrument valuable? Explain.
  - b. Be able to discuss and identify various methods of assessment.
  - c. What is the purpose of a clinical interview?
    - i. How is this related to a mental status exam?
    - ii. What are the 5 general areas covered in a mental status exam? Be able to identify and explain each area.
2. What is the difference between assessment and diagnosis? Explain.
  - a. What is the process of diagnosis?
  - b. Are the standards universal? Why or why not. Justify your answer.
  - c. What is the most current classification system of mental disorders?
    - i. What is the “model” of the current system? How is this different from earlier editions?
    - ii. What changes have be made that differ from previous editions? Why is this system updated?
    - iii. Be able to discuss and explain Axes 1-5 and the appropriate disorders for each axis.
    - iv. What is the GAF? Be able to explain and identify.
    - v. What are some potential problems with this form of classification?

## Ch. 5-Anxiety Disorders

1. What is Anxiety?
  - a. What does anxiety feel like?
  - b. What are the physical symptoms of anxiety?
    - i. What is the difference between anxiety and fear? Explain.
    - ii. What are panic attacks?
  - c. Is there a purpose to anxiety? Why or why not?
    - i. How do psychologists explain the etiology?
      1. Is there a single “anxiety gene?”
      2. Is there a biological etiology?
      3. Could environment be a cause? Identify and discuss several factors.
2. What are phobias?
  - a. Identify the symptoms of specific phobias.
  - b. Identify and explain the four types of phobias. Provide example for each.
  - c. Discuss the age of onset for each type of phobia
  - d. Discuss the cause of phobias.
  - e. What is the prevalence of this disorder?
  - f. How can this disorder be treated?
3. What is PTSD?
  - a. How is this disorder defined?
  - b. What situations can cause PTSD?
  - c. What are the symptoms of PTSD?
  - d. Identify the two types of PTSD? Distinguish between each.
  - e. Can PTSD be experienced without direct exposure to a trauma?
    - i. Discuss the impact of proximity of exposure to the probable development of PTSD.
  - f. What factors influence the development of PTSD?
  - g. How can this disorder be treated?
    - i. Which treatments are most effective?
4. What is OCD?
  - a. What are obsessions? Explain and provide example.
    - i. What are the most common categories of obsessions?
  - b. What are compulsions? Explain and provide example.
    - i. What are the most common compulsions?
  - c. Are there gender differences in the diagnosis of OCD?
  - d. What is the etiology of this disorder?
    - i. Identify and explain biological factors.
    - ii. Identify and explain environmental factors.
  - e. How can this disorder be treated?
    - i. Discuss effective medications
    - ii. Discuss CBT and ERP.