

**EXAM 2 – STUDY GUIDE**  
**PSY 210-Abnormal Psychology**  
**Professor Jennings**

The exam will be 50 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.

**Ch. 4-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.
  - c. Is there a purpose to anxiety? Why or why not?
  - d. What are panic attacks?
    - i. Identify the three types
    - ii. 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 is GAD? Explain.
  - a. What are the symptoms of GAD? Identify.
  - b. What is the prevalence of GAD? Identify and discuss
  - c. What is the course of GAD? Discuss
  - d. How do psychologists explain the etiology?
    - i. Biological vulnerabilities? Explain.
    - ii. Environmental vulnerabilities? Explain.
  - e. How is this disorder treated?
    - i. What medications are effective? Why?
    - ii. What psychotherapies are effective? Explain.
3. 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?
4. 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?

5. 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.
6. What is Body Dysmorphic Disorder? Describe.
  - a. How common is this disorder?
  - b. Is gender a factor?
  - c. Is ethnicity a factor?
  - d. Is plastic surgery a cure for BDD?
  - e. How do psychologists explain the etiology?
  - f. How is this disorder treated?
    - i. What medications are effective?
    - ii. What psychotherapies are effective?
7. What is Hypochondriasis? Explain and describe.
  - a. What is the prevalence?
  - b. What are the factors like influence the development of hypochondriasis?
  - c. How can this disorder be treated?
8. What are conversion disorders? Describe and explain.
  - a. Identify and describe malingering
  - b. Identify and describe factitious disorders.
    - i. Provide examples of how people create these symptoms
    - ii. Why do people with this disorder create symptoms? Explain.
  - c. What is Munchausen's Syndrome? Describe and explain.
  - d. What is Munchausen's By Proxy? Describe and explain.
    - i. Is this child abuse?
    - ii. Who is the most common perpetrator?
9. What are dissociative disorders? Describe and explain.
  - a. What is dissociation? Provide an example.
  - b. What are the two types of dissociative experiences? Explain and describe.
  - c. What is dissociative amnesia? Explain and describe.
  - d. What is DID? Explain and describe symptoms.
    - i. Why did the APA change this disorder from multiple *personality* disorder?
    - ii. What are "alters"? Discuss and provide example.
      1. Discuss observable changes or behaviors .
      2. Is this disorder real? Justify your answer.
    - iii. Can professionals create this disorder? Why or why not. Justify your answer.
    - iv. Why does this disorder develop? Discuss and explain.
    - v. What other factors contribute to this disorder? Explain.
    - vi. Can this be treated? How?