

**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. I want you to be able to understand and apply the material ... not just spit back the facts.

**Depressive and Bipolar Disorders**

1. What is Major Depressive Disorder?
  - a. What are physical symptoms of Depression? Provide example.
  - b. What are the cognitive symptoms of Depression? Provide example.
  - c. What is the diagnostic criterion for Depression?
  - d. What is Peripartum Onset Specifier?
  - e. How long do depressive episodes typically last?
2. What is Persistent Depressive Disorder?
  - a. Compare and contrast this disorder with Major depression.
3. What is Disruptive Mood Dysregulation Disorder?
4. What is Premenstrual Dysphoric Disorder (PMDD)?
5. What are the symptoms of mania?
  - a. What is the difference between mania and hypomania?
6. What is Bipolar disorder?
  - a. What are the symptoms of Bipolar Disorder?
  - b. What is the course of Bipolar Disorder?
    - i. How is Rapid cycling Bipolar Disorder different?
  - c. Compare and contrast bipolar disorder with Cyclothymia
  - d. Describe the difference between Bipolar I and II.
  - e. What is the prevalence of this disorder?
7. Describe and explain the causes of mood disorders
  - a. What is Learned Helplessness? How does it effect treatment?
8. How can mood disorders be treated?
  - a. Understand psychological and biological theories for causation and treatment
    - i. Explain CBT, ECT, and medication as treatment options

**Chapter 9 Dissociative and Somatic Symptom Disorders**

1. What are Somatic Symptom Disorders?
2. What is Illness Anxiety Disorder? Explain and describe.
  - a. What is the prevalence?
  - b. What are the factors like influence the development of Illness Anxiety Disorder?
  - c. How can this disorder be treated?
3. What are Conversion Disorders (Functional Neurological Symptom Disorders)? Describe and explain.
  - a. How is this different than malingering? Explain.
4. Understand *Factitious disorder imposed on self* and *Factitious disorder imposed on another*
  - a. Provide examples of how people create these symptoms
    - i. Why do people with this disorder create symptoms? Explain.
    - ii. What is the prevalence of this disorder?

- iii. What is the secondary gain of this behavior?
  - iv. How can this disorder be treated?
- 5. What are Dissociative disorders? Describe and explain.
  - a. What is dissociation? Provide an example.
  - b. What is Depersonalization Disorder? Explain and describe.
  - c. What is Derealization Disorder? Explain and describe.
  - d. Dissociative amnesia? Explain and describe.
  - e. 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 in persons with this disorder.
      - 2. Is this disorder real? Justify your answer.
    - iii. Can professionals create this disorder? Why or why not. Justify your answer.
  - f. Understand psychological and biological theories for causation and treatment
    - iv. What is its relation to PTSD? Discuss and explain.
    - v. What other factors contribute to this disorder? Explain.