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Answer Key: Clinical Nuance: Grade 9 Abnormal Psychology Quiz

Students analyze complex diagnostic criteria and the biopsychosocial model to differentiate between intricate mental health conditions and their systemic impacts.

1. A patient exhibits a persistent pattern of detachment from social relationships and a restricted range of expression of emotions in interpersonal settings. These symptoms are most characteristic of which Cluster A personality disorder?

Answer: B) Schizoid Personality Disorder

Schizoid Personality Disorder is defined by social isolation and limited emotional expression, distinct from the 'dramatic' behaviors of Cluster B or the 'anxious' behaviors of Cluster C.

2. When evaluating the causes of disorders, the _____ model suggests that a person may have a biological predisposition for a mental illness that remains dormant until triggered by environmental stressors.

Answer: B) Diathesis-stress

The diathesis-stress model is a psychological theory that explains how the interaction between genetics (diathesis) and life experiences (stress) leads to the development of disorders.

3. According to the DSM-5, a diagnosis of Agoraphobia requires an individual to fear or avoid staying home alone because of a perceived inability to escape safely.

Answer: B) False

False. Agoraphobia involves fear of being in situations where escape might be difficult or help unavailable, typically in public or open spaces; being 'home alone' is often the only place where these individuals feel safe.

4. Which of the following best describes the 'negative symptoms' often associated with Schizophrenia?

Answer: C) Deficits such as emotional flattening (flat affect) and lack of motivation (avolition)

In clinical psychology, 'negative symptoms' refer to the absence or reduction of normal functions, such as emotional expression or goal-directed behavior.

5. In the context of the Biopsychosocial model, which factor is considered a 'social' influence on the development of Anorexia Nervosa?

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Answer: B) Internalized cultural ideals regarding body image and thinness

Cultural ideals and societal pressure represent the 'social' pillar of the model, whereas genetics are biological and cognitive distortions are psychological.

6. The therapeutic technique developed by Carl Rogers that emphasizes empathy, genuineness, and unconditional positive regard is known as _____ therapy.

Answer: B) Client-centered

Client-centered (or person-centered) therapy is a humanistic approach that shifts the focus from the therapist as a 'healer' to the client's self-actualizing tendency.

7. Which neurodevelopmental disorder is primarily characterized by persistent deficits in social communication and restricted, repetitive patterns of behavior?

Answer: C) Autism Spectrum Disorder (ASD)

ASD is categorized by the DSM-5 as a neurodevelopmental disorder focusing on social-emotional reciprocity and repetitive sensory-motor behaviors.

8. In psychotherapy, the term 'Comorbidity' refers to the occurrence of two or more disorders in the same individual at the same time.

Answer: A) True

Comorbidity is a critical clinical concept, as many patients diagnosed with an anxiety disorder also meet the criteria for a depressive disorder.

9. A patient reporting physical symptoms like blindness or paralysis with no apparent physiological cause, often following a stressful event, would likely be evaluated for _____ disorder.

Answer: A) Conversion

Conversion disorder (Functional Neurological Symptom Disorder) involves psychological stress 'converting' into physical neurological symptoms.

10. How does Dialectical Behavior Therapy (DBT) differ from traditional Cognitive Behavioral Therapy (CBT)?

Answer: B) DBT adds components of mindfulness and distress tolerance to cognitive restructuring

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DBT was specifically designed to help people manage intense emotions by balancing 'change' (the goal of CBT) with 'acceptance' (mindfulness).