

Name: _____ Date: _____

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?

- A. Antisocial Personality Disorder
- B. Schizoid Personality Disorder
- C. Borderline Personality Disorder
- D. Histrionic Personality Disorder

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.

- A. Neuroplasticity
- B. Diathesis-stress
- C. Cognitive-dissonance
- D. Psychosomatic

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.

- A. True
- B. False

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

- A. The presence of auditory hallucinations and paranoid delusions
- B. Disorganized speech patterns known as 'word salad'
- C. Deficits such as emotional flattening (flat affect) and lack of motivation (avolition)
- D. Excessive motor activity and extreme agitation

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

- A. Genetic markers linked to serotonin regulation
- B. Internalized cultural ideals regarding body image and thinness
- C. Imbalances in the hypothalamic-pituitary-adrenal (HPA) axis
- D. Individual cognitive distortions regarding self-worth

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

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- A. Rational Emotive Behavior
- B. Client-centered
- C. Dialectical Behavior
- D. Exposure

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

- A. Attention-Deficit/Hyperactivity Disorder (ADHD)
- B. Specific Learning Disorder
- C. Autism Spectrum Disorder (ASD)
- D. Oppositional Defiant Disorder

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

- A. True
- B. False

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.

- A. Conversion
- B. Illness Anxiety
- C. Body Dysmorphic
- D. Panic

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

- A. DBT focuses solely on biological medication rather than talk therapy
- B. DBT adds components of mindfulness and distress tolerance to cognitive restructuring
- C. DBT is used exclusively for primary school children with ADHD
- D. DBT ignores the role of thought patterns and only analyzes dreams