MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question (30 points).

1) Which statement best describes the relationship between mood disorders and domestic violence?  
   A) Men who are depressed and feel their control threatened may use disinhibiting drugs like alcohol to relieve their depression and then act violently on impulse.  
   B) Women who are depressed invite their husbands to attack them by being excessively dependent.  
   C) Men become violent as a way of protecting themselves when their wives, who suffer from manic episodes, become impulsively aggressive.  
   D) Whenever there is a violent attack it is caused by a man who, in a manic episode, is unaware of the nature of his behavior or even who he is attacking.

2) Selective serotonin reuptake inhibitors  
   A) act to stabilize the mood swings of those with bipolar disorder.  
   B) were the first antidepressants to be developed.  
   C) may lead to sexual problems.  
   D) are more effective than the tricyclic antidepressants.

3) Which statement about the risk of suicide is true?  
   A) About half of people who complete suicide do so during or in the recovery phase of a depressive episode.  
   B) Depressed people are no more likely to commit suicide than nondepressed people.  
   C) Suicide is most likely when a person in a manic episode is getting "high."  
   D) The risk of suicide is greatest at the lowest point in a depression.

4) Freud suggested that depression  
   A) involved the anal stage of development.  
   B) was a result of overly high self-esteem.  
   C) was anger turned inward.  
   D) was actually a healthy adaptation to stress.

5) The director of a city health department wants to know who is most likely to complete suicide in her city. The group with the highest risk is  
   A) elderly men with chronic physical illnesses.  
   B) college-educated people.  
   C) young women who were recently separated or divorced.  
   D) teenagers, especially depressed girls.
6) Mania and depression may reflect defensive strategies for coping with severe stress. This is a theory associated with the _______ approach.

   A) interpersonal       B) humanistic
   C) psychodynamic       D) cognitive–behavioral

7) Which of the following might explain why rates of depression are low in China and Japan?

   A) Mental illnesses are not stigmatized, thus those who are depressed receive much social support and do not seek treatment.
   B) The lack of emphasis on the individual decreases the likelihood of blaming the self for failure.
   C) Blunted emotions characterize Asian peoples, so both positive and negative emotional extremes are rare.
   D) Symptoms of depression tend to be somatic.

8) Drugs that alter the availability of norepinephrine and serotonin are not clinically effective in the treatment of depression for several weeks. Which of the following does this finding suggest?

   A) It is overactivity of these neurotransmitters that underlies depression, not underactivity.
   B) That the effectiveness of antidepressants is a placebo effect, as opposed to a result of a biochemical manipulation.
   C) These neurotransmitters are not involved in depression.
   D) Changes in neurotransmitter function, as opposed to neurotransmitter level, cause depression.

9) George, a twenty-two-year-old mechanic, always seems to have a cloud over his head. For the past three years, he has had problems sleeping and he seems to always overeat. While he may sometimes seem to be relatively content for short periods of time, this happens very rarely and it never lasts for more than a week. If George were to seek help for his negative mood state, which of the following diagnoses would he most likely receive?

   A) major depressive disorder
   B) adjustment disorder with depressed mood
   C) dysthymia
   D) chronic adjustment disorder with depressed mood

10) Childhood suicide

    A) most commonly is seen in victims of early onset schizophrenia.
    B) has been declining since the early 1980's.
    C) is one of the top ten causes of death for children in the United States.
    D) is common.

11) Beck’s negative cognitive triad involves feeling negatively about

    A) one’s family, one’s self and one’s friends.
    B) one’s self, one’s experiences and one’s future.
    C) helplessness, hopelessness and sorrow.
    D) one’s past, one’s present and one’s future.
12) Why is it not wise to treat an individual who has a bipolar disorder with an antidepressant?
   A) the drugs used to treat unipolar disorders do not alter the activity of the neurotransmitters that are affected in bipolar disorder
   B) the combination of antidepressants and lithium is likely to be lethal
   C) individuals with bipolar disorder may or may not exhibit symptoms of depression
   D) the drug may trigger rapid cycling

13) "Postpartum blues" are
   A) serious, brief and a type of unipolar depression.
   B) common, usually brief and not a disorder.
   C) a subtype of Major Depressive Disorder.
   D) a serious disorder.

14) The prognosis for bipolar disorder is
   A) guarded, most people continue to have some symptoms.
   B) excellent, most people recover fully.
   C) uncertain.
   D) unpredictable, all possible outcomes are seen frequently.

15) What are the two key moods involved in mood disorders?
   A) mania and depression
   B) sadness and anxiety
   C) anger and mania
   D) anger and depression

16) No matter what prisoners try to do, they cannot escape. Eventually they become passive and depressed. This illustrates the central idea in the _______ theory of depression.
   A) learned helplessness
   B) depressogenic schema
   C) attribution
   D) behavioral

17) Which of the following is true?
   A) Bipolar disorder is more strongly inherited than unipolar disorder.
   B) Both unipolar and bipolar disorders have a strong genetic contribution.
   C) Neither unipolar nor bipolar disorder have a strong genetic contribution.
   D) Unipolar disorder is more strongly inherited than bipolar disorder.

18) Lithium
   A) is more effective than antidepressants at treating bipolar depression.
   B) has both antimanic and antidepressant effects.
   C) is well-tolerated by most bipolar patients.
   D) is an anticonvulsant.
19) Depression
   A) cannot occur in childhood.
   B) can occur even in infants and very young children.
   C) is extremely rare in childhood.
   D) can occur in childhood in females but not in males.

20) The finding that people with one type of serotonin transporter gene and childhood maltreatment had higher rates of depression than either those without the gene or those with the gene without the maltreatment suggests that
   A) both a gene and certain environmental factors need to be present to cause depression.
   B) either or a gene or certain environmental factors need to be present to cause depression.
   C) only one type of gene causes depression.
   D) childhood maltreatment causes depression.

21) Seasonal affective disorder is best described as a _______ depressive disorder.
   A) mood-congruent  B) psychotic
   C) recurrent  D) atypical

22) In order to meet the criteria for a major depressive episode, a person MUST have
   A) significant distress or impairment.
   B) a depressed mood most of the day for at least 2 weeks.
   C) significant weight loss.
   D) insomnia.

23) A hypomanic episode is best described as a
   A) manic episode characterized by inactivity.
   B) short manic episode.
   C) mild manic episode.
   D) manic episode followed by symptoms of a mild depression.

24) Quentin is severely depressed and presents an immediate and serious suicidal risk. In the past he has not responded to tricyclics. A wise course of action is to treat him with
   A) lithium because suicide is almost always accompanied by manic episodes.
   B) Prozac because it can reduce symptoms in 12–24 hours.
   C) electroconvulsive therapy because it can rapidly reduce symptoms.
   D) anticonvulsants such as carbamazepine and valproate because they can prevent future depressions.
25) Carleen comes to therapy because she is feeling sad. She says her she has often had periods of extreme sadness in the past and they typically last between 6 and 8 months. During those times she overeats, has trouble sleeping, feels exhausted all the time and thinks a lot about dying. At other times, however, Carleen says she feels wonderful. During those times, which last about a week, she gets a lot done, feels as if she could do anything, talks a lot and quickly, doesn’t sleep but doesn’t feel tired. Carleen says her "up" times are great and have never caused her any trouble. Carleen’s most likely diagnosis is

A) dysthymia.   B) major depressive disorder.
C) bipolar I.   D) bipolar II.

26) Which of the following is true?

A) Most first time episodes of depression are preceded by a very stressful life event but this is not as true for recurrent episodes.
B) Mildly stressful events are only associated with the onset of first time depression, not with recurrent episodes.
C) Even mildly stressful events are associated with the onset of episodes of depression.
D) Both first time and recurrent episodes of depression are usually preceded by a very stressful life event.

27) Which of the following is necessary for a diagnosis of bipolar I disorder?

A) the occurrence of at least one manic episode
B) symptoms of psychosis
C) the occurrence of two or more episodes of major depression
D) unremitting symptoms for a period of at least two years

28) The majority of individuals who ATTEMPT suicide are _______ and the majority of those who COMPLETE suicide are _______.

A) the elderly; adolescents  
B) adolescents; the elderly  
C) women and people under age 35; men and people over age 65  
D) men and people over age 65; women and people under age 35

29) How does dysthymia compare to major depressive disorder?

A) Symptoms are much more severe than in major depressive disorder.
B) Symptoms are mild to moderate but last for much longer than in major depressive disorder.
C) There are many more symptoms required to meet dysthymia than to meet major depressive disorder.
D) Symptoms change from day to day, with lots of days with normal functioning in between dysthymic episodes.
30) Which statement about bipolar I disorder is accurate?

A) Single episodes of the disorder are extremely rare.
B) Manic and depressive phases are always separated by lengthy intervals of normal mood.
C) The onset of bipolar symptoms are never associated with seasons of the year as they are in unipolar depression.
D) The depressive phase is more likely to involve psychotic features than in major depressive disorder.