

Abnormal Psychology Quiz 3, Chapter 8 JFKU**Multiple Choice**

Identify the choice that best completes the statement or answers the question.

- _____ 1. The chief motivating factor in both anorexia and bulimia is:
- a desire to purge
 - an overwhelming drive to eat
 - an overwhelming urge to be thin
 - a desire to starve oneself
- _____ 2. Amy is a young woman who is very competitive and comes from a high achieving, wealthy family. She is very social and likes the fact that she is quite popular. She believes that her popularity is dependent on the weight and shape of her body. Amy has a boyfriend but worries that she may care more about their relationship than he does. The feature that puts Amy most at risk for an eating disorder such as bulimia is her:
- belief that her weight and body shape influence her popularity
 - belief that her boyfriend cares less about the relationship than she does
 - successful family
 - competitive nature
- _____ 3. The most common medical complication of anorexia is:
- brittle hair
 - downy hair on limbs
 - electrolyte imbalance
 - cessation of menstrual cycle
- _____ 4. Which of the following might help to explain the vast differences in the incidence of eating disorders among men and women?
- the influence of behavioral genetics
 - the fact that boys are encouraged to play sports and girls to be active in social functions
 - the fact that puberty brings boys' bodies closer to the societal ideal and girls' bodies further from the societal ideal
 - the differences in the way boys and girls tend to gain weight from overeating
- _____ 5. With regard to the biological influences of anorexia and bulimia, the most accurate statement is:
- anorexia and bulimia are culturally determined and not biologically influenced
 - the biological influences of anorexia and bulimia have not been studied
 - although the studies are still limited, there appears to be some biological influence in the development of anorexia and bulimia
 - although the studies are limited, there does appear to be a large biological influence for anorexia and a very small biological influence for bulimia

Name: _____

ID: A

- _____ 6. Joe has recently started having a great deal of difficulty falling asleep. In addition, he frequently wakes up during the night and has trouble falling back to sleep once awakened. At this point we can conclude that Joe's sleep problems are influenced by:
- medical conditions
 - psychological concerns
 - a diagnosable sleep disorder
 - either medical or psychological conditions
- _____ 7. While suddenly and unexpectedly falling asleep during normal waking hours, Sarah experiences vivid hallucinations of being in a horrible car crash. The experience is so realistic that she actually feels physical sensations as if the hallucination were real. Sarah's most likely diagnosis is:
- sleep apnea
 - hypersomnia
 - schizophrenia
 - narcolepsy
- _____ 8. Two factors that help regulate our natural sleep/wake cycles are:
- melanin and auditory stimulation
 - melatonin and auditory stimulation
 - melatonin and light
 - light and blood sugar levels
- _____ 9. Abnormal events such as nightmares, sleep terrors, and sleepwalking that occur during sleep or during the twilight time between sleep and waking are classified as:
- parasomnias
 - dyssomnias
 - narcolepsy
 - REM disorders
- _____ 10. One approach to successfully reducing the frequency of sleep terrors has been to:
- wake the child up during the attack
 - make sure that the child is very tired before going to bed
 - use scheduled awakenings to briefly awaken the child before an attack occurs
 - all of these have been demonstrated to reduce the frequency and duration of sleep terrors