1. According to Lewinsohn and colleagues (1985), which of the following does not belong in the vicious cycle of depression?
   A) depressed mood
   B) defensive pessimism
   C) self-blame
   D) self-focus

2. Dr. Jones is a psychologist who specializes in the causes and control of stress. Dr. Jones is most likely a(n) _________ psychologist.
   A) forensic
   B) health
   C) educational
   D) consumer

3. Both assertiveness training and rational-emotive therapy are cited in the text as examples of psychotherapeutic techniques that
   A) utilize the attitudes-follow-behavior principle.
   B) use counter-conditioning strategies.
   C) utilize social support to change behavior.
   D) encourage changes in explanatory style.

4. Which of the following does not belong?
   A) stable attribution
   B) global attribution
   C) negative explanatory style
   D) external attribution

5. Rosenhan (1973) and his colleagues faked schizophrenic symptoms to infiltrate mental hospitals. Once they had been admitted and no longer complained of any fake symptoms,
   A) the clinicians sought and found evidence in their histories and behavior to confirm their admitting diagnoses.
   B) the pseudo-patients were ostracized by the hospital's real patients.
   C) the pseudo-patients absorbed their “sick” roles and developed additional symptoms in the course of their treatment.
   D) professional clinicians quickly distinguished them from the real patients and released them from hospitalization.
6. Snyder and his colleagues (1982) found that they could get interviewers to search for behaviors that would disconfirm the trait they were testing for by
A) telling them that it was relevant and informative to find out ways in which the person might not be like the stereotype.
B) promising $25 to the interviewer who developed the set of questions that told the most about the interviewee.
C) Both A and B resulted in interviewers overcoming their confirmation bias.
D) None of the above worked in overcoming the confirmation bias of the interviewers.

7. Chronically lonely people tend to blame ____________ for their poor social relationships.
A) the uncaring attitudes of those presently around them
B) cultural patterns
C) their parents and early childhood experiences
D) themselves

8. Warr and Payne (1982) asked British adults what had emotionally strained them and what had brought them emotional pleasure the day before. Their most frequent answers were _______ and _______, respectively.
A) family; family
B) work; family
C) work; friends
D) family; hobbies

9. Which of the following is not an example of one of the components of a pessimistic explanatory style?
A) “I've learned my lesson.”
B) “Things are going to be terrible from now on.”
C) “This is all my fault.”
D) “This is going to ruin everything.”

10. Yvonne, a college senior, is mildly depressed. Asked to describe herself, she notes both her positive and negative qualities. She recalls both past successes and failures and takes personal responsibility for both. Yvonne clearly illustrates the ______ effect.
A) head-in-the-clouds
B) rose-colored-glasses
C) feet-on-the-ground
D) sadder-but-wiser
Chapter 14 Quiz

Answer Key

1. B  
   Page: 580
2. B  
   Page: 585
3. A  
   Page: 592
4. D  
   Page: 578
5. A  
   Page: 570
6. D  
   Page: 571
7. D  
   Page: 582
8. A  
   Page: 597
9. A  
   Page: 590
10. D  
    Page: 577