

5. What is the primary feature of dissociative identity disorder (DID)?
- A) Experiencing multiple personalities within oneself
 - B) Persistent thoughts of suicide or self-harm
 - C) Fear of gaining weight despite being underweight
 - D) Extreme mood swings and impulsivity
6. Which of the following is a characteristic symptom of schizophrenia?
- A) Hallucinations and delusions
 - B) Excessive worry and tension
 - C) Rapid mood swings between mania and depression
 - D) Persistent and irrational fears of specific objects or situations
7. Which of the following is a psychoanalytic explanation for the development of anxiety disorders?
- A) Excessive activation of the fight-or-flight response
 - B) Traumatic experiences during childhood
 - C) Chemical imbalances in the brain
 - D) Genetic predisposition combined with environmental stressors
8. What is the primary goal of cognitive-behavioral therapy (CBT) in treating psychological disorders?
- A) Exploring unconscious conflicts and childhood experiences
 - B) Identifying and changing negative thought patterns and behaviors
 - C) Increasing insight and self-awareness through introspection
 - D) Providing unconditional positive regard and empathy
9. Which of the following neurotransmitters is implicated in the development of mood disorders?
- A) Dopamine
 - B) GABA

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L Darling-Hammond



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