MULTIPLE CHOICE

1. The major influence on contemporary personality theory is
   b. Carl Jung.
   c. Sigmund Freud.
   d. Gordon Allport.
   ANS: C Page 48

2. Since his death 60 years ago, interest in Freud and his work
   a. has completely ceased.
   b. is restricted to a few historians.
   c. remains widespread.
   d. remained strong for a decade, then ended.
   ANS: C Page 48

3. Freud's childhood relationship with his mother may have led to his concept of the
   a. method of free association.
   b. Oedipus complex.
   c. id.
   d. ego.
   ANS: B Page 48

4. As a young man, Freud's main goal in life was to become a
   a. medical doctor with a modest family practice.
   b. landscape painter.
   c. research scientist famous for his discoveries.
   d. therapist treating the emotionally disturbed.
   ANS: C Page 49

5. Freud's initial research interest was
   a. hypnotism.
   b. consciousness.
   c. childhood sexual experiences.
   d. physiology.
   ANS: D Page 50

6. With regard to cocaine, the truth is that Freud
   a. never tried it.
   b. urged its use only for the mentally ill.
   c. used it himself well into middle age.
   d. tried it once but didn't inhale.
   ANS: C Page 49
7. Freud learned a great deal about hypnosis from
   a. Jean Martin Charcot.
   b. Alfred Adler.
   c. Josef Breuer.
   d. Carl Jung.

   ANS: A

8. In the 1980s, Jeffrey Masson argued that
   a. Freud was a victim of childhood sexual abuse.
   b. the sexual abuse reported by Freud's patients had never actually occurred.
   c. Freud's patients really had been victims of sexual abuse in childhood.
   d. Freud lied about his relationship with his mother.

   ANS: C

9. Recent findings on childhood sexual abuse show that it is
   a. less widespread than previously believed.
   b. mostly fantasy, as Freud suggested.
   c. far more common than once thought.
   d. rare within a family.

   ANS: C

10. In his own sexual life, Freud
    a. had many children and a happy married life.
    b. experienced many frustrations and conflicts.
    c. never married and had few sexual experiences.
    d. lived out every sexual fantasy imaginable.

    ANS: B

11. With regard to Freud's sex life,
    a. he experienced considerable sexual difficulties.
    b. he may have been responsible for his own neuroses.
    c. it may have ceased at the age of 41.
    d. all of the above

    ANS: D

12. Freud's own psychoanalysis was conducted by
    a. himself.
    b. Charcot.
    c. Breuer.
    d. Adler.

    ANS: A
13. Freud's theory was formulated initially
   a. while he was still in medical school.
   b. on an empirical basis.
   c. on an intuitive basis.
   d. while he was under the influence of Adler.
   ANS: C Page 52

14. For Freud, the basic elements of personality are the
   a. instincts.
   b. traits.
   c. temperaments.
   d. neurons.
   ANS: A Page 54

15. In Freud's view, an instinct is a/n
   a. bodily need transposed into a mental state.
   b. wish.
   c. urge to reduce tension.
   d. all of the above
   ANS: D Page 54

16. The mental representation of a bodily need is
   a. innate.
   b. a wish or instinct.
   c. derived through sublimation.
   d. not connected with motivation.
   ANS: B Page 54

17. The stimuli for instincts are
   a. external in origin.
   b. internal in origin.
   c. based in early childhood experiences.
   d. independent of bodily needs.
   ANS: B Page 54

18. Persons in a state of need experience
   a. tension or pressure to satisfy the need.
   b. mild interest in the need.
   c. neurosis.
   d. psychosis.
   ANS: A Page 54
Chapter 1

19. Focusing psychic energy on substitute objects is called
   a. displacement.
   b. reaction formation.
   c. psychosis.
   d. compulsion.

   ANS: A  Page 55

20. “W” Freud's name for psychic energy manifested by the life instincts is
   a. hysteria.
   b. psyche.
   c. libido.
   d. cathexis.

   ANS: C  Page 55

21. When you love someone, Freud would say your libido is __________ to that person.
   a. displaced
   b. Repressed
   c. Sublimated
   d. Cathexed

   ANS: D  Page 55

22. Even Freud's most dedicated followers had difficulty accepting his idea of the
   a. libido.
   b. superego.
   c. life instincts.
   d. death instincts.

   ANS: D  Page 56

23. The aggressive drive derives from the
   a. life instincts.
   b. conscious mind.
   c. frustrations of life.
   d. death instincts.

   ANS: D  Page 56

24. Material in the preconscious
   a. can be easily brought into consciousness.
   b. has been repressed out of conscious awareness.
   c. was once conscious but cannot become conscious again.
   d. consists mainly of displaced instincts.

   ANS: A  Page 56
25. Freud revised his view of the structure of personality to include the
   a. id.
   b. ego.
   c. superego.
   d. all of the above

   ANS: D Page 56

26. The id functions to
   a. increase pleasure.
   b. avoid pain.
   c. reduce tension.
   d. all of the above

   ANS: D Page 57

27. Which one of the following pairs is correct?
   a. superego - conscience principle
   b. ego - pleasure principle
   c. id - pleasure principle
   d. id - reality principle

   ANS: C Page 57

28. Hallucinatory or fantasy experience concerned with wish fulfillment is known as
   a. primary-process thought.
   b. secondary-process thought.
   c. hysteria.
   d. moral anxiety.

   ANS: A Page 57

29. "W" The task of the ego is to __________ id impulses.
   a. stop satisfaction of
   b. Clarify
   c. postpone, delay, or redirect
   d. help obtain quick satisfaction of

   ANS: C Page 58

30. The ego constantly tries to compromise between the demands of
   a. id and reality.
   b. id and primary-process thought.
   c. primary-process and secondary-process thought.
   d. id, reality, and the superego.

   ANS: D Page 58
31. The ego-ideal consists of
   a. goals that the ego strives to reach.
   b. good or correct behaviors children learn from their parents.
   c. the reality principle and its strivings for the ideal ego.
   d. ideals and principles the ego has rejected.

   ANS: B  Page 59

32. The superego is like the id in that both
   a. demand blind obedience.
   b. derive from physiological needs.
   c. are learned.
   d. strive solely for pleasure.

   ANS: A  Page 59

33. A person's first experience with fear and anxiety is the
   a. stress of toilet training.
   b. conflict between the id and the superego.
   c. birth trauma.
   d. prenatal existence in the womb.

   ANS: C  Page 59

34. If Freud's follower Otto Rank is right, you knew it was going to be a bad day the
   a. first time your mother scolded you severely.
   b. day you were born.
   c. first time you were rejected by a sweetheart.
   d. day you were enrolled in school.

   ANS: B  Page 59

35. Fear of a tangible danger leads to __________ anxiety.
   a. Obsessive
   b. Reality
   c. Psychotic
   d. Sublimated

   ANS: B  Page 60

36. A person who won't stand near an open window for fear of falling is
   a. experiencing reaction formation.
   b. carrying reality anxiety beyond the point of normality.
   c. a victim of moral anxiety.
   d. in need of a parachute.

   ANS: B  Page 60
37. Which of the following is not one of the three types of anxiety proposed by Freud?
   a. frustration anxiety
   b. reality or objective anxiety
   c. neurotic anxiety
   d. moral anxiety

   ANS: A        Page 60

38. Persons who are afraid of being punished for satisfying their impulses are suffering from
   a. reality anxiety.
   b. neurotic anxiety.
   c. moral anxiety.
   d. severe regression.

   ANS: B        Page 60

39. Neurotic anxiety results from a conflict between
   a. id and ego.
   b. superego and ego-ideal.
   c. ego and superego.
   d. id and superego.

   ANS: A        Page 60

40. Moral anxiety results from the conflicting demands of
   a. ego and id.
   b. id and reality.
   c. ego and superego.
   d. id and superego.

   ANS: D        Page 60

41. The defense mechanisms
   a. are always in operation to some degree.
   b. operate unconsciously.
   c. serve to distort reality.
   d. all of the above

   ANS: D        Page 61

42. All of the following are defense mechanisms except
   a. cathexis.
   b. sublimation.
   c. projection.
   d. rationalization.

   ANS: A        Page 61
43. Repression as a defense mechanism
   a. operates voluntarily.
   b. operates on past events, not present ones.
   c. is a conscious mechanism.
   d. is extremely difficult to eliminate, once used

ANS: D Page 62

44. A person who refuses to acknowledge the existence of some external threat is using the defense mechanism of
   a. suppression.
   b. denial.
   c. regression.
   d. reaction formation.

ANS: B Page 62

45. A person who has a strong urge to torture animals but instead becomes a vocal member of an animal rights group is an example of
   a. sublimation.
   b. reaction formation.
   c. displacement.
   d. repression.

ANS: B Page 62

46. “W” The defense mechanism in which behavior is reinterpreted to make it more acceptable is
   a. repression.
   b. reaction formation.
   c. projection.
   d. rationalization.

ANS: D Page 62

47. In the defense mechanism of rationalization, a/n
   a. disturbing impulse is attributed to someone else.
   b. behavior is reinterpreted to make it more acceptable.
   c. original impulse is replaced by a nonthreatening one.
   d. threatening impulse is pushed out of consciousness.

ANS: B Page 63

48. Because people do not have the same childhood experiences, the nature of the __________ varies from person to person.
   a. ego and superego
   b. id
   c. life instinct
   d. death instinct

ANS: A Page 63
49. Each of Freud's psychosexual stages is defined by a/n _________ of the body.
   a. adolescence development
   b. erogenous zone
   c. mature sex organ
   d. sweet spot
   ANS: B

50. Which one of the following is the correct order for Freud's psychosexual stages of development?
   a. phallic - oral - anal - genital
   b. genital - phallic - anal - oral
   c. oral - anal - phallic - genital
   d. anal - oral - phallic - genital
   ANS: C

51. A person may be unable to move from one psychosexual stage of development to the next because the
   a. conflict in the earlier stage is unresolved.
   b. needs in the earlier stage have been so well satisfied the person does not want to move on.
   c. libido is fixated at the earlier stage.
   d. all of the above
   ANS: D

52. The oral stage of development
   a. begins at about age two.
   b. begins after the child is weaned.
   c. lasts from birth until about age two.
   d. lasts from age three to age five.
   ANS: C

53. Infants learn from their mothers to see the world as either good or bad during the
   a. birth trauma.
   b. anal stage.
   c. oral stage.
   d. nasal stage.
   ANS: C

54. A person fixated at the oral aggressive stage is likely to be
   a. miserly.
   b. excessively pessimistic, hostile, and aggressive.
   c. excessively optimistic and dependent.
   d. shy.
   ANS: B
55. A person who is stubborn and stingy may be an __________ type of personality.
a. anal retentive  
b. oral incorporative  
c. anal aggressive  
d. oral aggressive  
ANS: A  Page 67

56. During the phallic stage of development, the child 
a. faces a conflict between an id impulse and societal demands.  
b. wants to sexually possess the parent of the opposite sex.  
c. shifts the focus of pleasure from anus to genitals.  
d. all of the above  
ANS: D  Page 67

57. Castration anxiety  
a. develops in adolescence.  
b. results from the fixation of libido at the anal stage.  
c. may have played a role in Freud's own childhood.  
d. develops from over identification with the father.  
ANS: C  Page 68

58. The Oedipus Complex can develop during the __________ stage.  
a. phallic  
b. oral  
c. anal  
d. genital  
ANS: A  Page 68

59. A boy resolves his Oedipus complex when he  
a. reaches adolescence.  
b. reaches the age of three.  
c. identifies with his father.  
d. falls in love with a girl his own age.  
ANS: C  Page 68

60. Freud believed all females suffer from a problem he called  
a. penis envy.  
b. castration anxiety.  
c. phallic foolishness.  
d. puppy love.  
ANS: A  Page 69
61. Freud believed that a girl's Oedipal complex
   a. could never be totally resolved.
   b. was resolved by identifying with her father.
   c. involves hatred of her father.
   d. develops during the oral stage.
   ANS: A  Page 69

62. The latency period is a natural time for learning because the
   a. superego is formed.
   b. anal conflicts are resolved.
   c. sex instinct is dormant.
   d. phallic character emerges.
   ANS: C  Page 70

63. Sexual conflict during the genital stage is minimized through
   a. sublimation.
   b. regression.
   c. reaction formation.
   d. catharsis.
   ANS: A  Page 70

64. Freud believed that personality was formed mainly through
   a. genetic inheritance.
   b. habits developed through experience.
   c. a series of conflicts during the first five years.
   d. the development of intelligence, reason, and logic.
   ANS: C  Page 71

65. According to Freud, the ultimate goal of life is the
   a. reduction of tension.
   b. maximization of id pleasures.
   c. resolution of the Oedipus complex.
   d. suppression of the ego by the superego.
   ANS: A  Page 71

66. In Freud's view of human nature, people are
   a. not very admirable.
   b. dark cellars of conflict.
   c. doomed to anxiety.
   d. all of the above
   ANS: D  Page 71
67. The method of free association is related to
   a. catharsis.
   b. hypnosis.
   c. rationalization.
   d. denial.

   ANS: A  Page 72

68. The development of a resistance in psychoanalysis indicates that
   a. it is time to terminate the treatment.
   b. treatment is proceeding in the right direction.
   c. the analyst has broken through the patient's repression.
   d. hypnosis will now be required.

   ANS: B  Page 72

69. The latent content of a dream is the
   a. hidden symbolic meaning of the dream.
   b. overt story of the dream.
   c. less important aspect of the dream (the manifest content is more important).
   d. memory of the dream the next morning.

   ANS: A  Page 72

70. In interpreting dream symbols, Freud claimed that steps, ladders, and staircases represented
   a. sexual organs.
   b. sexual intercourse.
   c. flying.
   d. social climbing.

   ANS: B  Page 73

71. The tools Freud employed to investigate personality included all of the following except
   a. free association.
   b. dream analysis.
   c. Resistances.
   d. Questionnaires.

   ANS: D  Page 73

72. Freud's methods of assessment
   a. are no longer used.
   b. relied heavily on self-report inventories.
   c. reveal a great deal of repressed material.
   d. focus on conscious experience.

   ANS: C  Page 73
73. Freud's research can be criticized for all of the following except
   a. he did not look deeply into the psyche.
   b. his data was not gathered in systematic fashion.
   c. he made no attempt to verify the accuracy of his patients' reports.
   d. his sample of subjects was small and unrepresentative of the general population.

ANS: A          Page 73

74. One problem with Freud's published case histories is that they
   a. simply repeat the notes he took during sessions with patients.
   b. are based primarily on statements made under hypnosis.
   c. sometimes differ from the notes he made after each session with a patient.
   d. are based primarily on dream analysis.

ANS: C          Page 74

75. The criticisms made of Freud's research
   a. cannot be made of any other personality theorist.
   b. hold for other theorists who use case studies as their primary research approach.
   c. are the work of a small band of fanatical anti-Freudians.
   d. demonstrate the fallacy of basing a theory on case studies.

ANS: B          Page 74

76. With regard to the scientific validity of his system, Freud believed that
   a. only psychoanalysts were qualified to judge its validity.
   b. science is not an appropriate method for investigating the mind.
   c. only an experimental investigation of dreams would confirm the truths of psychoanalysis.
   d. psychology could never be a science.

ANS: A          Page 75

77. Attempts at scientific validation of Freudian concepts indicate that
   a. not one of Freud's ideas has scientific support.
   b. almost all of Freud's ideas have scientific support.
   c. there is scientific support for some of Freud's ideas but not for others.
   d. Freudian ideas cannot be investigated scientifically.

ANS: C          Page 76

78. Considerable research on the unconscious
   a. fails to verify its existence.
   b. reveals no connection to subliminal perception.
   c. supports the idea that much cognitive activity is influenced by the unconscious.
   d. actually it is impossible to conduct research on the unconscious.

ANS: C          Page 76
79. Much research on the nature of the unconscious involves
   a. catharsis.
   b. cathexis.
   c. subliminal perception.
   d. sublimation.

   ANS: C Page 76

80. Research suggests that the influence of the unconscious is
   a. stronger among neurotics than normal.
   b. substantial.
   c. delayed until adolescence.
   d. negligible.

   ANS: B Page 76

81. Research on repression showed that people called "repressors" were
   a. fixated at the oral stage.
   b. unresolved in their Oedipal conflicts.
   c. considerably younger than nonrepressors.
   d. low in anxiety and high in defensiveness.

   ANS: D Page 80

82. Research on the defense mechanisms has shown that
   a. denial is used more by young children than adolescents.
   b. identification is used more by adolescents than young children.
   c. there may be a hierarchy of defense mechanisms.
   d. all of the above

   ANS: D Page 81

83. Research on the existence of the Oedipus complex shows
   a. some support for it.
   b. some evidence against it.
   c. leaves the issue unresolved.
   d. all of the above

   ANS: D Page 84

84. "W" Research tends to support the concept of the __________ personality type.
   a. ideal
   b. libidinous
   c. oral and anal
   d. phallic

   ANS: C Page 84
85. Freud's idea that aggression is instinctive and universal is
   a. supported by data from anthropology.
   b. supported by data from psychology.
   c. supported by Bandura's research.
   d. disputed by data from anthropology and psychology.

ANS: D  Page 85

86. Which Freudian idea below has *not* been supported by research?
   a. personality subject to little change after age five.
   b. existence of verbal "Freudian" slips.
   c. existence of the unconscious.
   d. defense mechanism of repression.

ANS: A  Page 85

87. All of the following are valid criticisms of Freudian psychoanalysis *except*
   a. Freud failed to consider the impact of biological forces.
   b. Freud's definitions are somewhat ambiguous.
   c. Freud did not study emotionally healthy persons.
   d. Freud focused too much on past behavior.

ANS: A  Page 91

88. Recent research on repressed memories of sexual abuse shows that
   a. false memories of sexual abuse can be implanted.
   b. subjects never lie about sexual abuse.
   c. sexual abuse is rare today.
   d. you can never forget something like sexual abuse.

ANS: A  Page 87

89. Anna Freud revised her father's theory by
   a. seeing the ego as the servant of the id.
   b. placing less emphasis on the ego than Freud did.
   c. placing more emphasis on the ego than Freud did.
   d. seeing the ego as independent of the superego.

ANS: C  Page 88

90. One of the leaders of the neo-Freudian movement was
   a. Carl Jung.
   b. Anna Freud.
   c. Josef Breuer.
   d. Jeffrey Masson.

ANS: B  Page 88
91. Which of the following does not fit in the group?
   a. Anna Freud.
   b. Melanie Klein.
   c. Margaret Mahler.
   d. Florence Nightengale.

   ANS: D  Page 89

92. Object relations theories place great emphasis on
   a. instinctual drives.
   b. interpersonal relations.
   c. identification with the father.
   d. overthrowing Freud's ideas.

   ANS: B  Page 89

93. In summary, Freud's influence has
   a. become greater today than his personality theory.
   b. declined in recent years.
   c. become increasingly influential as a result of new research.
   d. skyrocketed as a result of managed care.

   ANS: B  Page 91

TRUE/FALSE

1. As a child, Freud exhibited a low level of intelligence and was a low achieving student. Freud also had a difficult time in the learning of a foreign language.

   ANS: FALSE  PAGE 48

2. According to Freud, sexual conflicts were possibly the basis for emotional disturbance.

   ANS: TRUE  PAGE 49

3. James Watson and Jean Charcot (disciples of Freud), later broke with Freud to develop their own theory.

   ANS: FALSE  PAGE 52

4. The psychic energy manifested by the life instincts is the libido.

   ANS: TRUE  PAGE 55

5. The Ego is the reservoir for the instincts and libido and operates in accordance with the pleasure principal.

   ANS: FALSE  PAGE 57
6. **Moral anxiety** has its basis in childhood, in a conflict between instinctual gratification and reality.

ANS: FALSE

7. The defense mechanism of **denial** is related to repression and involves denying the existence of an external threat or traumatic event that has occurred.

ANS: TRUE

8. “W” In **repression**, the person retreats or regresses to an earlier period of life that was more pleasant and free of frustration and anxiety.

ANS: FALSE

9. In Freud’s psychosexual stages of development, each developmental stage has a conflict that must be resolved before the infant or child can progress to the next stage.

ANS: TRUE

10. A person who is likely to be rigid, compulsively neat, obstinate, and overly conscientious as an adult, may have started reacting this way in the **Anal stage** of psychosexual development.

ANS: TRUE

11. “W” The **Oedipus complex** is exclusive to boys since this complex is named after a Greek myth where a son kills his father and marries his mother, not knowing who they are.

ANS: FALSE

12. “W” The **Phallic period** is when the sex instinct is dormant, temporarily sublimated into school activities, hobbies, and sports and in developing friendships with members of the same sex.

ANS: FALSE

13. In Freud’s system there is only one ultimate and necessary goal in life: to increase the release of sexual fantasies from the unconscious to the conscious.

ANS: FALSE

14. **Dream Analysis** and **Free Association** were the main techniques that Freud used in order to bring repressed memories, fears, and thoughts back to the level of consciousness.

ANS: TRUE

15. Freud’s major research method was the **case study**.

ANS: TRUE


Chapter 1

SHORT ESSAY QUESTIONS

1. Freud's theory of Psychosexual Development assumes that all children have unconscious sexual desires, lust, and unbridled sexual impulses. In your opinion, do you agree or disagree with these stages of personality development? List and explain three ways you agree or disagree with Freud.

   ANS: These are “opinions” of the student and must be weighed by the “quality” of the answer.

2. The Id seems to be the impulsive side of a person, and the Ego is the controlling side which helps balance the impulsive acts of the Id. The Superego functions as the moral control in relation to the Id and the Ego. Give a real-life example of a person struggling with a frustrating problem and how the Id, Ego, and the Superego would respond to the anxiety in this person.

   ANS: Jane would like to go dancing with two her friends that are boys (the Id). However, she knows this would create conflict using two boys for a date (the ego); and she knows this might be socially wrong to do (the Superego).

3. Give definitions and examples not found in your text, for the following defense mechanisms: (a) projection, (b) reaction formation, and (c) sublimation.

   ANS: Use definitions in the text for A, B, & C. Projection: “I hate my self when I can’t think straight, because you made me lose confidence in my self.” Reaction Formation: “I will stand out in the rain, even if it makes me ill because what I really want to do is make you mad at me for doing so.” Sublimation: “After this first date we have had, I am going to do 20 push-ups tonight when I think about you in a romantic way.”

4. Explain the techniques of Free Association and how this technique might be used by Freud in the area of repressed memories.

   ANS: Free Association allows the therapist to analyze the client’s unresolved and hidden issues by use of words or free thought from the client to uncover repressed traumatic memories in which the client is not able to retrieve easily. The therapist interprets the clients associations and fights through their resistance to have a catharsis or revelatory moment of understanding of the past.

5. Give a definition and a real life example to explain Object Relations theory according to Melanie Klein, in your text.

   ANS: Definition is found on Page 89 of the text. Mary (3) loves her mother, but the mother has a very hard time expressing nurturing responses in return to Mary. Mary feels hurt, resentful and not bonded to her mother as her child. As Mary matures, she will lack nurturance and either seeks extreme forms of nurturance and bonding or cut herself off from potential nurturing relationships in response to this critical issue in early childhood.