

## Chapter 3

### The Psychoanalytic Approach: Freudian Theory, Application, and Assessment

1. The case of Anna O helped Freud develop an early appreciation for
  - A. dream interpretation.
  - B. unconscious determinants of behavior.
  - C. Freudian slips.
  - D. free association.

ANS: B REF: 41
2. Which of the following came first in Freud's career?
  - A. The case of Anna O.
  - B. The development of free association
  - C. Freud's theory of dream interpretation
  - D. The formation of the Vienna Psychoanalytic Society

ANS: A REF: 41
3. The neurologist in Paris who demonstrated hypnosis to Freud was
  - A. Jung.
  - B. Breuer.
  - C. Charcot.
  - D. Anna O.

ANS: C REF: 40
4. Which of the following is true about hypnosis?
  - A. Hypnosis is not a real phenomenon because hypnotized people are faking it.
  - B. After using hypnosis for a time, Freud began using it exclusively.
  - C. Freud always made hypnosis a large part of therapy.
  - D. Freud grew disillusioned by hypnosis as a treatment and turned to free association.

ANS: D REF: 41
5. Freud and Breuer used which procedure when working with Anna O?
  - A. Hypnosis
  - B. Free association
  - C. Dream interpretation
  - D. Projective tests

ANS: A REF: 41

6. Information about where you parked your car or the name of your uncle is probably stored in which part of the mind, according to Freud's topographic model?
- A. Conscious
  - B. Preconscious
  - C. Unconscious
  - D. Subconscious

ANS: B REF: 43 WWW

7. The ego is found in which part of Freud's topographic model?
- A. Conscious
  - B. Preconscious
  - C. Unconscious
  - D. Conscious, preconscious, and unconscious

ANS: D REF: 44

8. A man has the opportunity to cheat his business partner, but he is so worried about getting caught that he does not. In Freudian theory, the man was probably prevented from cheating by his
- A. id.
  - B. ego.
  - C. superego.
  - D. conscience.

ANS: B REF: 44

9. In Freud's structural model, which part of the adult personality is housed completely in the unconscious?
- A. Id
  - B. Ego
  - C. Superego
  - D. Memory

ANS: A REF: 44

10. The id, ego, and superego are three parts of the \_\_\_\_\_ model of personality.
- A. topographic
  - B. iceberg
  - C. structural
  - D. libido

ANS: C REF: 44

11. Which statement is true about the superego?

- A. The superego is present in newborn children.
- B. The healthiest personality is one in which superego has control over ego and id.
- C. The actions of the superego are based on the reality principle.
- D. The superego represents society's standards and values.

ANS: D REF: 45 WWW

12. The id uses reflexive action and wish fulfillment to

- A. reduce guilt.
- B. satisfy the reality principle.
- C. satisfy the ego and superego needs.
- D. reduce tension.

ANS: D REF: 44

13. According to Freud, which is an example of wish fulfillment?

- A. Dreams
- B. Hysteria
- C. Reflexive action
- D. Defense mechanisms

ANS: A REF: 44

14. A woman sets excessively high moral and ethical standards for herself. As a result, she constantly feels ashamed and guilty for making small mistakes and minor transgressions. Freud might say that

- A. her id has become too powerful.
- B. she has too much psychic energy fixated at the oral stage of development.
- C. her ego has become too powerful.
- D. her superego has become too powerful.

ANS: D REF: 45

15. Freud said the actions of the ego were characterized as following which principle?

- A. Pleasure principle
- B. Ethical principle
- C. Morality principle
- D. Reality principle

ANS: D REF: 44 WWW

16. Freud used which principle to characterize the actions of the ego?

- A. Pleasure principle
- B. Reality principle
- C. Hospitality principle
- D. Morality principle

ANS: B REF: 44

17. Which of the following best describes the relationship between the ego and the id?
- A. The ego's function is to thwart id impulses.
  - B. The ego and id work together to overcome powerful superego impulses.
  - C. The ego works to satisfy id impulses in a socially acceptable manner.
  - D. The ego works with the superego to block the expression of id impulses.

ANS: C REF: 44

18. According to Freud, each of us is born with a(n)
- A. sexual attraction for the opposite-sex parent.
  - B. desire to die and return to the earth.
  - C. id, ego, and superego.
  - D. unlimited amount of psychic energy.

ANS: B REF: 46

19. An honors student is caught stealing money from his teacher's desk. The teacher tells the student to report after school to discuss the incident. However, when the student arrives later that day, he cannot remember doing what the teacher accuses him of. This is an example of

- A. repression.
- B. sublimation.
- C. displacement.
- D. denial.

ANS: A REF: 47

20. In Freudian theory, "libido" is
- A. an unlimited source of psychic energy.
  - B. a general term referring to all instincts.
  - C. a finite amount of psychic energy.
  - D. the same thing as "Thanatos."

ANS: C REF: 46

21. The life instinct to which Freud attributed most of our behaviors is called
- A. id.
  - B. neurotic impulse.
  - C. libido.
  - D. the structural model.

ANS: C REF: 46

22. According to Freud, the ego uses defense mechanisms in order to
- A. reduce anxiety.
  - B. help the id get what it wants.
  - C. satisfy the superego's demands.

D. channel psychic energy into a socially productive action.

ANS: A REF: 46

23. Freud described the two types of human instincts as

- A. conscious and unconscious.
- B. normal and neurotic.
- C. life instincts and death instincts.
- D. manifest instincts and latent instincts.

ANS: C REF: 46

24. Without this defense mechanism, Freud would be unable to explain the resolution of the Oedipus complex. Which defense mechanism is this?

- A. Repression
- B. Sublimation
- C. Displacement
- D. Projection

ANS: A REF: 47

25. A woman is very upset with her mother, but her ego will not allow her to express her hostility openly. According to Freud, what might we expect this woman to do?

- A. Explain to everyone how much she loves her mother.
- B. Accidentally destroy one of her mother's favorite dishes.
- C. Express her hostility toward her own children.
- D. The woman might do any of the above.

ANS: D REF: 47

26. A man is angry with his wife, but instead of confronting her, he takes out his anger on his children. This is an example of

- A. repression.
- B. sublimation.
- C. displacement.
- D. projection.

ANS: C REF: 47 WWW

27. A man has a strong unconscious urge to cheat his business associates, but he complains that he can't trust *them* because they will cheat and steal from him if he gives them half a chance. The man is exhibiting

- A. displacement.
- B. denial.
- C. reaction formation.
- D. projection.

ANS: D REF: 49

28. If you see your own unwanted thoughts and undesirable impulses in other people, then you are using the defense mechanism called
- A. displacement.
  - B. reaction formation.
  - C. intellectualization.
  - D. projection.

ANS: D REF: 49

29. A businesswoman is upset with her husband. She channels this anger into her work and increases her productivity dramatically. This is an example of
- A. sublimation.
  - B. displacement.
  - C. reaction formation.
  - D. projection.

ANS: A REF: 47

30. Repression is an \_\_\_\_\_ effort by the ego to push out threatening material from awareness.
- A. occasional
  - B. organic
  - C. active
  - D. irrational

ANS: C REF: 47

31. A man becomes a leader in a crusade promoting sexual morality. A year later, he is arrested for a variety of sex crimes. Freud might have interpreted the man's earlier behavior as an example of
- A. repression.
  - B. denial.
  - C. reaction formation.
  - D. projection.

ANS: C REF: 48

32. Suppose you use one of the defense mechanisms described by Freud significantly more than any of the others. If you are a well-adjusted and productive person, which defense mechanism would that probably be?
- A. Repression
  - B. Sublimation
  - C. Displacement
  - D. Reaction formation

ANS: B REF: 47

33. Freud identified each of the stages of development according to

- A. the primary erogenous zone during that stage.
- B. how much energy is fixated at the stage.
- C. the extent to which the ego and superego are able to influence the child's behavior.
- D. the extent to which id impulses are repressed by the ego.

ANS: A REF: 49

34. According to Freud, fixation results in

- A. adult personality characteristics related to the stage at which the fixation occurred.
- B. an increase in the amount of psychic energy available to the adult ego.
- C. either castration anxiety or penis envy, depending on the gender of the child.
- D. an increase in Freudian slips.

ANS: A REF: 49

35. Nathan is 37 years old. He smokes and drinks excessively and is constantly putting his hand to his mouth. What might Freud have said about Nathan?

- A. Nathan had an excessive amount of psychic energy fixated during the resolution of his Oedipus complex.
- B. Nathan had some traumatic experiences during the oral stage of development.
- C. Nathan has a weak superego.
- D. Nathan has not yet resolved his Oedipus complex.

ANS: B REF: 49

36. Little Timmy is extremely jealous whenever his mommy and daddy kiss or show affection. Timmy wants to get kisses from his mommy. Little Timmy is in which stage of psychosexual development?

- A. Oral
- B. Anal
- C. Phallic
- D. Genital

ANS: C REF: 51

37. Which of the following is correct about Freud's description of the Oedipus complex?

- A. Resolution of the Oedipus complex leads to the development of the superego.
- B. During this stage, girls wish they had male genitals and boys wish they had female genitals.
- C. Resolution of the Oedipus complex sends children into a stage in which they are physically attracted to members of the opposite sex, but not their parents.
- D. It takes place during the end of the oral stage.

ANS: A REF: 51

38. Which of the following is the best way to think of fixation?

- A. It occurs when we use defense mechanisms to deal with unconscious sexual and aggressive impulses.

- B. In development it occurs when children leave behind some psychic energy tied up in resolving a crisis.
- C. In development, the rewards in the environment take control of our behaviors.
- D. All of the above

ANS: B REF: 49

39. If Sigmund Freud were to have abandoned his concept of the Oedipus complex, he would have needed to come up with another explanation for how

- A. unconscious needs are expressed in dreams.
- B. the superego develops.
- C. fixation affects adult personalities.
- D. defense mechanisms work.

ANS: B REF: 52

40. In Freud's view of castration anxiety, what would be a healthy result for males?

- A. Identification with the same-sex parent
- B. Repression of sexual desires for opposite sex people
- C. Strong moral anxiety
- D. A powerful superego

ANS: A REF: 52

41. Sexual thoughts and sexuality play an important part in Freud's theorizing about each of the following *except* one. Which one?

- A. Stages of personality development
- B. Dream symbols
- C. Instincts
- D. Hypnosis

ANS: D REF: 55

42. According to Freud, there is a difference between the manifest content and the latent content of our dreams because

- A. one is controlled by the id and one by the ego and superego.
- B. many of our unconscious thoughts and desires would be difficult for us to face upon waking.
- C. we can only recall the manifest content after waking up.
- D. one is conscious and the other unconscious.

ANS: B REF: 53

43. According to Freud, to make sense of a patient's dream, a therapist needs to understand the

- A. dream's manifest content.
- B. dream's latent content.
- C. part of the dream recalled best by the dreamer.
- D. parts of the dream that recur in many different dreams.

ANS: B REF: 53

44. During free association, a patient is encouraged to
- A. search his or her mind for clues about unconscious thoughts.
  - B. report only those thoughts that seem psychologically significant.
  - C. lapse into silence on occasion to get in touch with unconscious thoughts.
  - D. say whatever comes into his or her mind.

ANS: D REF: 54

45. The use of \_\_\_\_\_ requires an individual to respond to ambiguous stimuli.
- A. free association
  - B. dream analysis
  - C. projective tests
  - D. hypnosis

ANS: C REF: 54

46. According to Freud, “Freudian slips”
- A. are an example of free association.
  - B. provide clues about unconscious associations.
  - C. indicate that psychoanalysis is progressing because the crucial unconscious material is close to breaking into consciousness.
  - D. occur almost exclusively during psychoanalysis.

ANS: B REF: 55

47. A patient in psychoanalysis begins to speak to the therapist as if the therapist were the patient’s deceased brother. This is an example of
- A. resistance.
  - B. transference.
  - C. countertransference.
  - D. denial.

ANS: B REF: 58

48. A patient in psychoanalysis suddenly begins to miss his regularly scheduled therapy appointment. When he does make his appointment, he complains that the therapy is not making progress and should be brought to an end. Freud might have made each of the following statements about this behavior *except* one. Which one?
- A. The patient is engaging in resistance.
  - B. The therapist is off track and should explore new directions in trying to uncover the source of the patient’s problem.
  - C. The therapist is on the right track and a significant breakthrough may be at hand.
  - D. The patient consciously believes therapy is not making progress.

ANS: B REF: 58

49. Sandy is given a set of cards by her therapist on which ambiguous pictures of people are displayed. To understand and treat her psychological problems, Sandy's therapist is using the
- A. Rorschach inkblot test.
  - B. Thematic Apperception Test.
  - C. free association test.
  - D. Human Figure Drawing Test.

ANS: B REF: 60

50. Which of the following is true about projective tests?
- A. Test-takers are presented with ambiguous stimuli.
  - B. Test-givers are trained to recognize correct and incorrect answers.
  - C. Projective tests are typically used to determine where a person lies on a particular personality trait dimension.
  - D. Although once popular, projective tests are rarely used by psychologists today.

ANS: A REF: 59

51. Which of the following is correct about research with the Rorschach inkblot test?
- A. Researchers find consistently strong evidence for high reliability and validity.
  - B. Relatively few studies have been conducted to examine the validity of the test.
  - C. Researchers find virtually no evidence for the validity of the test.
  - D. Researchers disagree on how to interpret the evidence for the validity of the test.

ANS: D REF: 60

52. According to Freud, many accidents are
- A. caused by the death instinct.
  - B. unconsciously motivated.
  - C. a type of defense mechanism.
  - D. repressed immediately.

ANS: B REF: 55

53. A man refers to his "martial status" instead of his "marital status" during a job interview. Freud might have seen this as an example of
- A. projection.
  - B. symbolic behavior.
  - C. a Freudian slip.
  - D. free association.

ANS: C REF: 54

54. In psychoanalysis, patients are asked to lie on a couch while the therapist sits out of sight. This arrangement is designed to facilitate
- A. dream interpretation.
  - B. free association.
  - C. projection.
  - D. transference.

ANS: B REF: 54

55. Which of the following is *not* a step in successful psychoanalysis?
- A. Resistance
  - B. Transference
  - C. Countertransference
  - D. Dream interpretation

ANS: C REF: 58

56. Clients in therapy who claim they forgot a regular appointment with their therapist could be displaying a form of
- A. resistance.
  - B. reaction formation.
  - C. symbolic behavior.
  - D. denial.

ANS: A REF: 58

57. Users of the Rorschach inkblot test point out that projective tests must be used because there are no objective criteria to assess the kinds of unconscious thoughts that projective tests measure. They make this point when arguing against the criticism that there is little evidence for
- A. the reliability of the test.
  - B. the internal consistency of the test.
  - C. the validity of the test.
  - D. interjudge agreement on what responses mean.

ANS: C REF: 61 WWW

58. Critics argue that if one of Freud's patients said "I love my father," Freud would take this as evidence of a reaction formation, yet if the same patient said "I hate my father," he would see this as a breakthrough and confirmation of his hypothesis. Critics use this example to try to make which point?
- A. Freud relied too heavily on case study data.
  - B. Most of the information we have about Freud's case studies was subject to Freud's interpretation.
  - C. Freud's patients may not be representative of the average person.
  - D. Many of the hypotheses generated from Freud's theory are not testable.

ANS: D REF: 64

59. Discuss how Freud discovered the unconscious, including his use of hypnosis and free association to get at unconscious material. Describe the relationship between the topographical model and the structural model Freud proposed.

REF: 40-46

60. Make a list of the defense mechanisms proposed by Freud. For each mechanism give an example from your own life or someone you know who has used the defense mechanism to reduce or avoid anxiety.

REF: 46-49

61. Describe each stage of psychosexual development in order, giving the approximate age when it takes place and an example of a fixation during the stage. Include in your description which structures emerge and when, according to Freud.

REF: 49-53

62. Choose one of the projective tests described in the text and discuss its use during psychotherapy. Explain what is accomplished with the test. Evaluate the test you chose, giving both its strengths and weaknesses.

REF: 54, 59-63

63. Three parts of the personality that differ in terms of their level of awareness make up the structural model in Freudian theory.

ANS: FALSE REF: 43

64. When Freud was invited to give lectures on psychoanalysis at Clark University in 1909, his work was generally accepted by academic psychologists.

ANS: FALSE REF: 43

65. The primary job of the ego is to satisfy id impulses in a manner that takes reality into consideration.

ANS: TRUE REF: 44

66. The techniques the ego uses to deal with unwanted thoughts and desires are collectively known as defense mechanisms.

ANS: TRUE REF: 46

67. The defense mechanism upon which the whole structure of psychoanalysis rests is the one known as repression.

ANS: TRUE REF: 47

68. One defense mechanism that is successful, productive, and adaptive is reaction formation.

ANS: FALSE REF: 48

69. In the interpretation of dreams, Freud called what the dreamer sees and remembers the latent content of the dream.

ANS: FALSE REF: 53

70. When a patient declares to his therapist that the therapy isn't helping and he wants to stop treatment, the patient is developing a necessary part of therapy called transference.

ANS: FALSE REF: 58