1. You have a patient who is talking nonstop, whose speech is grandiose (thinks much more highly of himself than is warranted), changes rapidly from topic to topic, and expresses ideas that might be delusional. If you try to interrupt, he becomes defensive and angry. The patient tells you he hasn't slept in days. What is your diagnosis.
   A. paranoid schizophrenia
   B. major depressive disorder
   C. mania
   D. seasonal affective disorder

2. Depressions that have no obvious environmental cause and are, therefore, thought to be biological in origin are called:
   A. endogenous depressions
   B. bipolar disorder
   C. reactive depressions
   D. dysthymia

For questions 3-6, match the symptoms of depression on the left with what they are called at right.

3. changes in sleep cycle and appetite
   A. cognitive symptoms

4. problems with memory, attention, and concentration
   B. emotional symptoms

5. hallucinations and delusions
   C. somatic symptoms

6. feelings of despair, guilt, and hopelessness
   D. does not occur in depression

7. Studies of heritability and genetics in depression have found possible contributions to risk for major depression from what genes?
   A. genes that are involved in circadian rhythms
   B. genes that code for the production of a certain glutamate receptor
   C. genes involved in the determination of hair and eye color
   D. A and B, but not C, are correct

8. The first drugs used as antidepressants were:
   A. MAO inhibitors
   B. tricyclics
   C. SSRIs
   D. SNRIs

9. Approximately what fraction of patients with depression who are treated with antidepressant medication do not receive any benefit from them?
   A. 1/20
   B. 1/10
   C. 1/3
   D. 1/2

10. True or False. Lithium carbonate, which is used in the treatment of bipolar disorder, works primarily on the mania. When the mania is eliminated, the depression usually does not occur.

11. True or False. Electroconvulsive therapy (ECT) was first developed as a treatment for depression, but has since been shown to be ineffective.
** 12. True or False. A person receiving electroconvulsive therapy (ECT) is in danger of injuring himself because the seizures produced in the brain cause convulsions of the muscles.

** 13. Which of the following lines of evidence support(s) the monoamine theory of depression?
A. drugs that are effective antidepressants are monoamine agonists in the brain
B. treatments that deplete monoamines in the brain can cause depression
C. drugs like LSD, if used chronically, can cause depression
D. A and B, but not C, are correct

** 14. Low activity of what neurotransmitter system in the brain has been associated with suicidal depression?
A. acetylcholine
B. glutamate
C. serotonin
D. dopamine

** 15. Antidepressant drugs can take weeks to work. This is especially a problem if the patient is suicidal. A drug that works more rapidly, but produces only a temporary effect and can't be used chronically because of side effects, may be used during this period before the antidepressants begin to work. What drug is this?
A. amphetamine
B. clozapine
C. ketamine
D. iproniazid

** 16. We all suffer psychological stress and depression from time to time. This results in the brain being flooded with stress hormones, and too much of these hormones can damage neurons, especially in the hippocampus. Most of us can repair this damage, but some can't and become prone to depression. This is a statement of the __________ theory of depression.
A. resilience
B. bipolar
C. circadian
D. depressogenic

** 17. New evidence from scanning studies in the frontal lobe suggest that depression may result when the ventromedial prefrontal cortex is __________ and the dorsolateral prefrontal cortex is __________.
A. too active; not active enough
B. not active enough; too active
C. too active; also too active
D. none of the above is correct

** 18. Drug-free depressives, both those actively depressed and those in remission, show a 50-75% increase in blood flow to what area of the brain? The amount of this increase is correlated with the severity of their depression.
A. anterior commissure
B. amygdala
C. cerebellum
D. tectum

** 19. True or False. In spite of the fact that people with major depression often experience psychomotor retardation (don't move around, can't get themselves up and going, everything takes too much effort), they are experiencing a massive stress response in their bodies.

** 20. According to Sapolsky, the three monoamine neurotransmitters play different roles in producing depressive symptoms. Low serotonin produces:
A. anhedonia
B. grief and guilt
C. psychomotor retardation
D. delusions