

***Adolescence, 12e* (Steinberg)**

**Chapter 1 Biological Transitions**

1) The physical developments of puberty are influenced by which of the following?

- A) environmental factors
- B) an identity crisis
- C) psychological factors
- D) falling in love

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

2) The physical transformation from child to adult is called

- A) puberty.
- B) early adolescence.
- C) middle adolescence.
- D) late adolescence.

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

3) The term *puberty* refers to the period during which an individual

- A) is between the ages of 12 and 15.
- B) creates new hormones via the endocrine system.
- C) becomes capable of sexual reproduction.
- D) stops growing in height.

Answer: C

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 4) Physically, puberty involves a rapid increase in growth, development of primary sex characteristics, and
- A) an increase in psychological stress.
  - B) a series of public initiation rites.
  - C) development of secondary sex characteristics.
  - D) increases in intellectual functioning.

Answer: C

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 5) The simultaneous release of growth hormones, thyroid hormones, and \_\_\_\_\_ stimulates rapid acceleration in height and weight during puberty.
- A) leptin
  - B) estrogens
  - C) androgens
  - D) testosterone

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 6) The hormonally induced increase in the rate of growth in height and weight is referred to as
- A) the adolescent growth spurt.
  - B) peak height velocity.
  - C) epiphysis.
  - D) somatic development.

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 7) At the time of peak height velocity, adolescents grow at about the same rate as
- A) newborns.
  - B) infants.
  - C) toddlers.
  - D) elementary schoolchildren.

Answer: C

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 8) The adolescent growth spurt
- A) generally begins two years earlier for girls than for boys.
  - B) generally begins two years earlier for boys than for girls.
  - C) increases around age 15 for boys and girls.
  - D) proceeds along a smooth and rapid course over the teen years.

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 9) Which of the following statements about changes in skeletal structure during puberty is true?
- A) One marker that indicates the termination in growth in height is epiphysis.
  - B) Bones become more porous and more likely to break.
  - C) Nearly half an individual's adult height is gained during puberty.
  - D) Growth begins with the torso and shoulders, proceeds to the arms and legs, then to the extremities.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-01 Describe the three chief physical manifestations of puberty.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

10) Professor Radon is studying the \_\_\_\_\_ system, which produces, circulates, and regulates levels of hormones in the body.

- A) adrenal
- B) circulatory
- C) respiratory
- D) endocrine

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

11) Which of the following statements about the production of hormones at puberty is true?

- A) The body begins to produce several hormones that have not been present until this time.
- B) There is an increase in the production of certain hormones.
- C) Boys' bodies produce more estrogens, and girls' bodies produce more androgens.
- D) The feedback loop regulating the endocrine system becomes increasingly less important.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

12) When levels of androgens and estrogens fall below the set points, the \_\_\_\_\_ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.

- A) thyroid
- B) adrenal gland
- C) hypothalamus
- D) feedback loop

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

13) The maturation of the adrenal glands is called

- A) androgen.
- B) estrogen.
- C) adrenarche.
- D) HPG axis.

Answer: C

Difficulty: 1 Easy

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

14) Adrenarche contributes to the development of \_\_\_\_\_, signaling the beginning of sexual maturation to others.

- A) body hair
- B) body odor
- C) sex characteristics
- D) gonads

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

15) Which of the following is part of the feedback loop in the endocrine system?

- A) adrenal gland
- B) melatonin
- C) pituitary gland
- D) thyroid hormones

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 16) Which of the following statements about prenatal development is true?
- A) Up until about eight weeks after conception, all human brains are masculine.
  - B) Puberty is part of a gradual process that begins at conception.
  - C) Sex hormones do not appear in the brain during fetal development.
  - D) Fetal exposure to cortisol is directly linked to the timing of puberty.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 17) The average girl in the United States reaches \_\_\_\_\_, the time of her first menstrual period, sometime between the ages of 12 and 14.
- A) sexual maturity
  - B) menarche
  - C) puberty
  - D) adrenarche

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 18) Which of the following sex characteristics is the first to develop in boys?
- A) production of sperm
  - B) appearance of facial hair
  - C) growth of testes and scrotum
  - D) growth of penis

Answer: C

Difficulty: 1 Easy

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

19) The first ejaculation of seminal fluid that occurs is

- A) biologically predetermined.
- B) genetically inherited.
- C) often determined culturally.
- D) two years after accelerated penis growth.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

20) As Yu Yan's breasts are beginning to develop, she will most likely experience concurrent

- A) menarche.
- B) ovulation.
- C) growth of pubic hair.
- D) growth in height.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

21) Which of the following female sex characteristics is usually the last to develop?

- A) menarche
- B) regular ovulation
- C) development of the areola
- D) growth of pubic hair

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

22) Which of the following statements about puberty in girls is true?

- A) Regular ovulation and the ability to carry a baby to term usually follow menarche immediately.
- B) The development of the areola and nipple are far better indicators of sexual maturation than is breast size.
- C) Menarche occurs very early in the process of sexual development.
- D) The changes in the nipple and areola occur earlier in large breasts.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

23) The first sign of puberty in girls is generally

- A) growth of breasts.
- B) underarm hair.
- C) menarche.
- D) acne.

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

24) Which of the following statements about the timing and tempo of sexual maturation is true?

- A) In the United States, and in all other countries, menarche typically occurs around age 12.
- B) The duration of puberty varies widely, from 1.5 to 6 years in girls and 2 to 5 years in boys.
- C) Adolescents who begin puberty early also complete it early.
- D) Adolescents who begin puberty earlier usually grow to be taller adults.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.



25) Osman is a junior high student anticipating puberty. He wants to know when puberty will start and how long it will take until he looks like and is considered an adult. His health teacher tells him that the timing and rate of puberty

- A) is highly variable and influenced by both genetic and environmental factors.
- B) is highly predictable, beginning around 12 years of age and taking four years to complete.
- C) can be accelerated through good nutrition and excessive exercise.
- D) is determined more by his environmental and family situation than genetics.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.

26) Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to mature earliest?

- A) Brandy, a middle-income Black adolescent
- B) Miranda, a middle-income Mexican adolescent
- C) Emily, a middle-income White adolescent
- D) Grace, a middle-income Asian adolescent

Answer: A

Difficulty: 3 Hard

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

27) Which of the following factors is most important in determining the onset of puberty?

- A) the presence of sexually mature partners in the environment
- B) whether the individual is healthy enough to begin reproduction
- C) information coded in an individual's genes
- D) whether there are nutritional resources available to support a pregnancy

Answer: C

Difficulty: 3 Hard

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

28) Which of the following statements accurately describes the role leptin plays in the onset of puberty?

- A) Low levels of leptin increase melatonin production, which triggers puberty.
- B) Leptin stimulates production of kisspeptin, which triggers puberty.
- C) Leptin is inhibited by cortisol, which can delay puberty.
- D) High levels of leptin inhibit kisspeptin, thus delaying puberty.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

29) Which of the following environmental factors affects the onset of puberty?

- A) exposure to cold temperatures
- B) changing seasons
- C) poor air quality
- D) amount of light exposure

Answer: D

Difficulty: 1 Easy

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

30) Sex differences in brain organization predetermine

- A) sexual behavior during puberty.
- B) emotional and behavioral problems.
- C) certain patterns of behavior.
- D) desire for highly rewarding activities.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

31) There is growing evidence that puberty affects the brain in ways that increase adolescents'  
A) aggression levels.  
B) emotional arousal.  
C) desire to rebel.  
D) dependency levels.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

32) After about eight weeks of conception, male fetuses are exposed to higher levels of \_\_\_\_\_, resulting in a more "masculinized" brain.  
A) testosterone  
B) melatonin  
C) estrogen  
D) kisspeptin

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

33) Which of the following can delay the onset of puberty?  
A) stress  
B) childhood abuse  
C) nutritional deficiencies  
D) lack of exercise

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

34) Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by which factor?

- A) hormones
- B) genetics
- C) exercise
- D) psychology

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

35) Which of the following factors can hasten the onset of maturation?

- A) peer pressure
- B) protein deficiency
- C) chronic illness
- D) father absence

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

36) Lucia, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with \_\_\_\_\_, which is compelling evidence that social relationships can affect biological functioning.

- A) the time her female roommate menstruates
- B) her most stressful days of the month
- C) the days she feels most sexually aroused
- D) her biological sister living in a different city

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

37) While puberty is beginning earlier, it is also taking

- A) less time to complete in girls.
- B) longer to complete in both sexes.
- C) longer to complete in girls.
- D) less time to complete in boys.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

38) Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?

- A) nutrition
- B) sanitation
- C) infectious diseases
- D) genetics

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.

39) Over the past century, the onset of puberty has been coming at an earlier age. This is referred to as the

- A) cross-sectional trend.
- B) endocrine trend.
- C) menarche trend.
- D) secular trend.

Answer: D

Difficulty: 1 Easy

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 40) Who is at the greatest risk of developing body dissatisfaction?
- A) Callie, an early-maturing White girl, who compares herself to her friends
  - B) Miranda, a late-maturing Black girl, who compares herself to media images
  - C) John, an early-maturing Black male, who compares himself to his friends
  - D) Mike, a late-maturing White male, who feels he is not muscular enough

Answer: A

Difficulty: 3 Hard

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

- 41) Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
- A) After puberty, she will be shorter and heavier than her late-maturing peers.
  - B) After puberty, she will be shorter and thinner than her late-maturing peers.
  - C) After puberty, she will be taller and heavier than her late-maturing peers.
  - D) After puberty, she will be taller and thinner than her late-maturing peers.

Answer: A

Difficulty: 3 Hard

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 42) Which of the following statements about hormonal changes of puberty is true?
- A) Hormonal changes affect the brain in ways that increase adolescents' desire for sensation-seeking activities.
  - B) Hormonal changes of puberty make adolescents more risk averse.
  - C) Hormonal changes of puberty make adolescents more introverted.
  - D) Hormonal changes affect the brain in ways that decrease adolescents' desire for rewarding activities.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 43) When compared to their less mature peers, adolescents who are physically mature are
- A) less likely to have problems with their parents.
  - B) more likely to be involved in cross-sex activities such as dating.
  - C) more likely to have platonic relationships with opposite sex peers.
  - D) less likely to be depressed.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 44) Suzanne and Carlos are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Carlos are more likely to
- A) become involved in illegal activities.
  - B) be academically successful in school.
  - C) be ostracized by their classmates.
  - D) get along well with their parents.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 45) Which of the following characteristics is associated with being an early-maturing boy?
- A) fewer problem behaviors
  - B) more even temperament
  - C) a more positive self-image
  - D) more intellectual curiosity

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

46) Mikhail, an early maturer, is more likely to \_\_\_\_\_ than Devon, a late maturer.

- A) socialize with younger boys
- B) suffer greater consequences if bullied by peers
- C) be closely supervised by his parents
- D) have low self-esteem

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

47) Early-maturing boys

- A) are more likely to have low self-esteem.
- B) may have higher rates of depression.
- C) are better prepared to deal with changes of adolescence.
- D) act more childish than their later-maturing peers.

Answer: B

Difficulty: 1 Easy

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

48) During puberty, individuals who mature early are likely to exhibit which of the following?

- A) more intellectual curiosity
- B) less frequent temper tantrums
- C) less depression and anxiety
- D) problem behavior, such as drug use

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.



- 49) In America, early-maturing girls are more likely than their late-maturing peers to
- A) be unpopular with their peers.
  - B) have a negative self-image.
  - C) succeed in school.
  - D) perceive themselves as attractive.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 50) Avram is a late-maturing boy. A year after pubertal onset, we would expect Avram to show which advantage over his early-maturing peers?
- A) greater athletic ability
  - B) more popularity with the opposite sex
  - C) lower chance of being bullied
  - D) higher levels of social initiative

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 51) Which of the following characteristics is typically associated with being an early-maturing girl?
- A) feelings of awkwardness and self-consciousness
  - B) being less popular, especially with boys
  - C) a more positive body image
  - D) better physical health in adulthood

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

52) The main reason for sex differences in the impact of early and late maturation is

- A) biological differences between male and female brains.
- B) psychological differences between boys and girls.
- C) the different rates at which boys and girls mature.
- D) different cultural expectations of boys and girls.

Answer: D

Difficulty: 3 Hard

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

53) Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be true for Nadia?

- A) Nadia is less likely to suffer from social anxiety.
- B) Nadia is less likely to be popular with girls.
- C) Nadia is more likely to be popular with the boys.
- D) Nadia is less likely to be the victim of rumors and gossip.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

54) The impact of early maturation on problem behaviors or depression is worse when adolescents

- A) have many stressful life events.
- B) are ethnic minorities.
- C) are involved in romantic relationships.
- D) are unpopular with their peers.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

55) The children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature \_\_\_\_\_ and boys who mature \_\_\_\_\_.

- A) late; early
- B) early; late
- C) late; late
- D) early; early

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

56) Follow-up studies of Swedish women who had been early maturers found that as adults they were

- A) unable to develop coping skills.
- B) less likely to continue their education beyond high school.
- C) more likely to continue their education beyond high school.
- D) indistinguishable from those who had been late maturers.

Answer: B

Difficulty: 1 Easy

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

57) Which of the following girls will experience the greatest menstrual discomfort?

- A) Sarita, who is prepared for the physical changes
- B) Alison, who is a late maturer
- C) Loryn, who has a negative attitude toward menarche
- D) Deepika, who is unpopular among her classmates

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

58) Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report

- A) milder menstrual symptoms than their peers.
- B) more severe menstrual symptoms than their peers.
- C) about the same level of menstrual symptoms as their peers.
- D) experiencing menarche sooner than their peers.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

59) Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?

- A) The girl's mother prepares her by describing the unpleasant aspects of menarche.
- B) The girl reaches menarche earlier than her peers.
- C) Menarche occurs before the girl has learned about the physical changes that will happen.
- D) The girl knows the facts about the physical changes her body will undergo.

Answer: D

Difficulty: 3 Hard

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

60) When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?

- A) A girl's mother will be the first person the girl tells that she has begun to menstruate.
- B) A girl's best friend will be the first person the girl tells that she has begun to menstruate.
- C) A girl is likely not to tell anyone that she is menstruating for the first several months.
- D) A boy will tell his friends about his first ejaculation soon after it occurs.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

61) Which of the following statements about puberty's impact on family relationships is true?

- A) Puberty appears to increase distance between parents and children.
- B) Other species do not experience distance during the pubertal transition.
- C) The distancing effect of puberty on families occurs regardless of ethnicity.
- D) Puberty is more likely to disrupt family relationships if it happens early.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

62) One reason for the sex difference in athletic performance during early adolescence is the difference in

- A) timing of the growth spurt.
- B) levels of body satisfaction.
- C) the size of the hypothalamus.
- D) the amount of body fat.

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

63) Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is

- A) greater in boys than girls.
- B) greater in girls than boys.
- C) about the same in both genders.
- D) greater in early-maturing girls than in late-maturing boys.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 64) Brianna, an adolescent girl, is more susceptible to feelings of body dissatisfaction if she compares herself to
- A) Keegan, her twin brother.
  - B) Keira, her older sister.
  - C) Barbara, her mother.
  - D) Ayomi, her best friend.

Answer: D

Difficulty: 3 Hard

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 65) The rapid increase in body fat that adolescent girls experience
- A) leads to a majority of adolescent girls dieting unnecessarily.
  - B) leads to an increase in healthy eating patterns among adolescent girls.
  - C) increases feelings of body dissatisfaction among Black adolescent girls.
  - D) is a major risk factor for obesity among adolescent girls.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

- 66) There is strong pressure on girls to be thin in which parts of the world?
- A) America, Europe, and Asia
  - B) Africa and the Middle East
  - C) the Southern Hemisphere
  - D) the Eastern Hemisphere

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

67) Taneka, an early maturing Black girl who is not yet dating, is more likely to \_\_\_\_\_ than her friends who are romantically involved.

- A) have a positive body image
- B) be depressed
- C) diet unnecessarily
- D) feel pressure to be thin

Answer: B

Difficulty: 3 Hard

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

68) The biological changes that take place during puberty can indirectly cause changes in adolescents' behavior in which of the following ways?

- A) The biological changes cause the adolescent to feel moodier as he or she matures.
- B) The biological changes affect the adolescent's self-image.
- C) The biological changes cause the adolescent's sleep cycle to shift earlier.
- D) The biological changes cause increased emotional distance from parents in all ethnic groups.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

69) Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?

- A) longitudinal
- B) cross-sectional
- C) case study
- D) correlational

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.

70) A research design in which subjects of different ages are assessed simultaneously is called a \_\_\_\_\_.

Answer: cross-sectional study

Difficulty: 1 Easy

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

71) Which of the following statements about body image is true?

- A) Adolescents tend to have negative feelings about their bodies when they begin puberty.
- B) Adolescents' feelings about their bodies when they begin puberty change little over time.
- C) Adolescents' feelings about their bodies depend on how their peers view them.
- D) Adolescents tend to have positive feelings about their bodies when puberty is complete.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

72) Which of the following statements about adolescent mood swings is true?

- A) The effect of hormones on adolescent mood swings is strongest towards the end of puberty.
- B) Adolescents' moods fluctuate during the course of the day more than the moods of adults do.
- C) Adolescent girls are more prone to mood swings than their male peers.
- D) Pubertal hormones make adolescents less responsive to their social environment.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.



73) Which of the following plays the greatest role in the development of depression?

- A) rapid increases in hormones
- B) early maturation
- C) stressful life events
- D) the delayed phase preference

Answer: C

Difficulty: 3 Hard

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

74) Studies show that adolescent mood swings are most closely related to changes in

- A) hormone levels.
- B) seasons.
- C) nutrition.
- D) activities.

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

75) Dr. Achikeh is studying how low self-esteem during puberty affects individuals over time. As she recruits candidates for her study, she finds that adolescents with a negative body image are more likely to come from which group?

- A) Black females
- B) Black males
- C) White females
- D) Hispanic males

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

- 76) Which of the following students is most at risk of developing depression?
- A) Johan, a teenage boy who stays up until 12 a.m. every night reading books and begins school at 10 a.m.
  - B) Sofia, a teenage girl who stays up until 12 a.m. using her smartphone and begins school at 8 a.m.
  - C) Afua, a teenage girl who goes to bed at 10 p.m. and begins school at 8 a.m.
  - D) Hinata, a teenage boy who stays up until 1 a.m. watching television and begins school at 10 a.m.

Answer: B

Difficulty: 3 Hard

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 77) Given a choice, Darrell would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the
- A) secular trend.
  - B) delayed phase preference.
  - C) longitudinal design.
  - D) Tanner stages.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 78) Which of the following statements accurately describes melatonin activity during adolescence?
- A) The cycle of melatonin secretion is shifted earlier at puberty.
  - B) The cycle of melatonin secretion is shifted later at puberty.
  - C) Melatonin levels are not affected by puberty.
  - D) Melatonin levels change only after puberty is complete.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 79) The delayed phase preference suggests that school should
- A) be held in the afternoon and evening.
  - B) be held year-round.
  - C) begin later in the morning.
  - D) begin earlier in the morning.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 80) Maia has an erratic sleep schedule. On weekdays she stays up past midnight and gets up early for school. On weekends she stays up even later and sleeps in until noon. The best way for Maia to improve her sleep is to
- A) go to bed early on weekdays and stay up late only on weekends.
  - B) go to bed early on weekends to make up for lost sleep during the week.
  - C) get up at the same time on both weekdays and weekends.
  - D) get up whenever she feels most awake on weekends.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 81) Farez's school schedule has changed, and he now gets an extra hour of sleep in the morning. Farez is most likely to experience which of the following?
- A) improved self-control
  - B) cognitive impairment
  - C) obesity
  - D) a later rise in melatonin

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 82) Compared with several decades ago, today's teenagers get
- A) about the same amount of sleep.

- B) more variable amounts of sleep.
- C) significantly more sleep.
- D) significantly less sleep.

Answer: D

Difficulty: 1 Easy

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

83) The nighttime increase in melatonin likely begins latest in which of the following individuals?

- A) Okapi, a thirteen-year-old boy who has just begun puberty
- B) Rochana, a fourteen-year-old girl who experienced menarche two years prior
- C) Aleksy, a fourteen-year-old boy who is still developing pubic hair
- D) Olivia, a fifteen year old girl who is just beginning to develop breasts

Answer: B

Difficulty: 3 Hard

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

84) Melatonin levels change naturally in response to

- A) stress hormones.
- B) androgens and estrogens.
- C) sleep-wake cycles.
- D) the amount of light.

Answer: D

Difficulty: 1 Easy

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

85) The \_\_\_\_\_ is the minimal amount of energy one uses when resting.

- A) basal metabolism rate
- B) delayed phase preference
- C) secular trend
- D) feedback loop

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

86) The ratio of an individual's weight to height, used to gauge when a person is overweight or obese, is called

- A) change in body composition.
- B) body mass index.
- C) secular trend.
- D) feedback loop.

Answer: B

Difficulty: 1 Easy

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

87) Which of the following is true about obesity?

- A) Obesity is a body mass index at or above the 95th percentile.
- B) Thirty percent of American adolescents are obese.
- C) The rate of obesity has quadrupled since 2005.
- D) Obesity is caused by a low basal metabolic rate.

Answer: A

Difficulty: 1 Easy

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

88) Which group has seen the greatest rise in obesity?

- A) Black girls
- B) Black boys
- C) White boys
- D) White girls

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

89) According to the textbook, in general, the amount of time individuals spend in sedentary activities

- A) increases from childhood to adolescence.
- B) decreases from childhood to adolescence.
- C) remains the same from childhood to adolescence.
- D) is directly related to socioeconomic status.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

90) Which of the following statements about obesity is true?

- A) Obesity is especially prevalent among middle class adolescents.
- B) Adolescent obesity has been especially dramatic among White males.
- C) Adolescent obesity is limited to the United States.
- D) Obesity is the most serious health problem of American adolescents.

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

91) Which of the following adolescents is most likely to maintain a healthy weight?

- A) Maryam, who gets inadequate sleep on school nights
- B) Kevin, who has a history of depression
- C) Anton, whose friends love junk food
- D) Charice, who is a member of her school's tennis team

Answer: D

Difficulty: 3 Hard

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

92) Rosa often eats large amounts of fast food quickly. Rosa is upset by her eating habits but cannot seem to stop. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call

- A) disordered eating.
- B) bulimia.
- C) anorexia nervosa.
- D) binge eating disorder.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.

93) Which of the following is associated with disordered eating in the United States?

- A) having a positive body image
- B) having parents who are healthy weight
- C) alcohol and tobacco use
- D) strong friendships

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

94) Kasmitha has been known to go on eating binges and then purge immediately afterward. Kasmitha is probably suffering from  
A) anorexia nervosa.  
B) bulimia.  
C) binge eating disorder  
D) obesity.

Answer: B

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

95) Fabiola has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Fabiola is probably suffering from  
A) anorexia nervosa.  
B) bulimia.  
C) binge eating disorder.  
D) depression.

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

96) The potentially fatal disorder in which young women actually starve themselves is called  
A) bulimia.  
B) anorexia nervosa.  
C) obesity nervosa.  
D) purging.

Answer: B

Difficulty: 1 Easy

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Remember

Accessibility: Keyboard Navigation

APA LO: 1.1 Describe key concepts, principles, and overarching themes in psychology.



- 97) Eating disorders are more common in
- A) Black adolescents than White adolescents.
  - B) affluent adolescents than poor adolescents.
  - C) White adolescents than Hispanic adolescents.
  - D) female adolescents than male adolescents.

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

- 98) Which of the following teenagers most closely resembles the profile of someone who has binge eating disorder?

- A) Ye-jun, a wrestler who nearly starves himself so he can stay in his weight bracket
- B) Carla, a gymnast who binges on junk food but makes herself vomit after each meal
- C) Solomon, a football player who believes he is overweight and exercises twice a day, seven days a week
- D) Sherri, a volleyball player who binges on junk food but does not engage in any weight loss behaviors

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

- 99) Which of the following statements about cultural influences on disordered eating is correct?

- A) Anorexia nervosa is more prevalent in Western cultures.
- B) Rates of anorexia nervosa vary based on body ideals across cultures.
- C) Bulimia is found all over the world and is more linked to genetics than culture.
- D) Rates of bulimia are influenced by levels of body dissatisfaction in Western cultures.

Answer: D

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

100) Which adolescent has the lowest risk of developing an eating disorder?

- A) Valeria, a second-generation Colombian American girl who wants to fit in with American culture
- B) Tengfei, a late-maturing boy who has a good relationship with his parents
- C) Brooklyn, a girl whose mother diets frequently and was diagnosed with bulimia as a teenager
- D) Dominique, an early-maturing Black girl who loves reading fashion magazines

Answer: B

Difficulty: 3 Hard

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 2.5 Incorporate sociocultural factors in scientific inquiry.

101) Which of the following is an example of an extremely disturbed body image, as is seen with eating disorders?

- A) Selma, who has a body mass index in the 5th percentile and believes she is overweight
- B) Angelica, who has a body mass index in the 88th percentile and believes she needs to lose weight
- C) Rania, who has a body mass index in the 85th percentile and is happy with her body
- D) Esther, who has a body mass index in the 55th percentile and has a negative body image

Answer: A

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

102) Adolescent girls' belief that being thin will make them more popular with boys is based on

- A) images from movies, television, and magazines.
- B) the opinions of their parents and peers.
- C) the reality of their experiences.
- D) their own negative self-images.

Answer: C

Difficulty: 2 Medium

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

- 103) Perez is treating Ethan, a fifteen-year-old boy for bulimia. Dr. Perez should be aware that
- A) Ethan probably also uses anabolic steroids and exercises excessively.
  - B) Ethan's condition may have resulted from being bullied by his peers.
  - C) Ethan's condition will not likely persist into adulthood.
  - D) Ethan may also need treatment for other mental health problems.

Answer: D

Difficulty: 3 Hard

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.

104) Dr. Singh believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with her conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

Answer: I disagree with Dr. Singh's belief that adolescence is a time of storm and stress. All of our hormones are present at birth; the only change is in the amount that they are secreted as we grow. Our endocrine system produces, regulates, and controls the hormones in our body. The endocrine system can be equated to a thermostat—the sex hormones are set at a certain set point that is controlled by the hypothalamus stimulating the pituitary gland to trigger the gonads, which will secrete androgens in males and estrogens in females (males and females have both but in different amounts). The onset of puberty is triggered by a desensitization of the hypothalamus to the level of hormones it needs to keep it at the set point. When this happens, a higher level is needed to get the hypothalamus at its new "temperature"; this is the feedback loop system that occurs in puberty. It is not the result of new hormones, just a change in the amounts.

Key Points:

- a) Adolescence is not a time of storm and stress.
- b) Include description of the endocrine system.
- c) Mention of the desensitization of the hypothalamus.

Difficulty: 3 Hard

Learning Objective: 01-02 Discuss the role of the hypothalamus and pituitary gland in the hormonal feedback loop.

Bloom's: Evaluate

Accessibility: Keyboard Navigation

APA LO: 2.2 Demonstrate psychology information literacy.

105) In Mr. Novak's 7th grade health class, there is a pair of 12-year-old fraternal twins, Shawn and Serenity. Serenity has recently grown a couple inches taller than Shawn, and he is concerned that he's not growing as fast as she is. What changes should Shawn expect to go through during puberty compared with his sister? What are the changes in growth and sexual maturation that boys and girls experience during puberty and how do they differ?

Answer: Serenity is experiencing the adolescent growth spurt, which typically begins earlier in girls by about two years, though boys usually grow at a faster rate. Shawn's height may catch up to Serenity's within a couple of years. After he begins his growth spurt, Shawn will likely see growth of pubic hair and of the testes and scrotum, while Serenity is more likely to experience breast development first, followed by pubic hair. Boys then usually experience penis growth with the first ejaculation about a year later, though this is often culturally determined. Voice changes and facial and body hair tend to be later developments. On the other hand, after breast development and pubic hair, girls typically experience growth of the reproductive organs--the uterus, vagina, labia, and clitoris. Menarche (the beginning of menstruation) tends to be a later development. Regular ovulation usually follows menarche by about two years. One way in which boys and girls differ is that boys are usually fertile before they look grown up, while girls tend to look like adults before they have full reproductive function.

Key Points:

- a) The adolescent growth spurts begins earlier for girls than for boys by about two years.
- b) After the growth spurt, boys experience growth of pubic hair and the sex organs, followed by the first ejaculation, and later voice changes and body and facial hair.
- c) Girls develop breasts and pubic hair first, followed by growth of the reproductive organs, then menarche, and eventually regular ovulation.

Difficulty: 3 Hard

Learning Objective: 01-03 List the normal sequence of events in puberty for males and females.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

106) Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

Answer: The timing and rate of development varies widely for individuals both within groups and among groups, and helping youngsters understand what they can expect in terms of development and in terms of variation can help them deal with the changes they experience. Timing, though, can have a huge impact on boys and girls, with early-maturing girls and late-maturing boys being especially vulnerable to self-esteem issues, and early-maturing adolescents being at risk for problem behaviors, including dropping out of school. The direct effects of biological changes during adolescence, primarily from hormonal changes, can increase sex drive and sexual activity; also, changes in adolescents' self-image can affect their behavior, and changes in appearance may cause others to react to them differently, such as expecting mature behavior from someone who appears to be physically mature. Despite the popular belief that adolescents are prone to mood swings, these variations are greatly exaggerated and are often due to specific events going on in the adolescent's life. A particular health concern, however, involves changes in sleep patterns—adolescents need 9 hours of sleep a night, and because they are staying up later, they would benefit from waking later and starting classes later, not earlier, than they did in elementary, middle, and junior high school. Many of the problems that occur, especially from being early or late maturing, are linked either to pre-existing problems from childhood or cultural attitudes and expectations. By understanding and addressing the issues, pitfalls, and factors affecting these aspects of development, adults can help adolescents work through them.

Key Points:

- a) There are differences in the timing and rate of development that may have an impact on adolescents.
- b) Biological changes can affect psychological functioning directly and indirectly.
- c) Moodiness is not as prevalent as commonly believed.
- d) Changes in sleep patterns suggest a need for changes in schedules.
- e) Problems are often associated with childhood problems and cultural contexts.

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.

107) Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

Answer: The timing of puberty is highly variable (puberty onset can occur anytime between 5 and 13 in American girls and between 6 and 13 in American boys). Though the timing of puberty is indeed highly heritable, the environment can also have a substantial impact on pubertal onset. The two most influential environmental factors are nutrition and health. In fact, puberty can be significantly delayed if an individual has a history of nutrient deficiencies, caloric restriction, or chronic illnesses. There are also important familial factors that are related to pubertal onset: puberty tends to begin slightly earlier among girls who grow up in high-conflict families, girls who grow up with a stepfather, girls who were physically or sexually abused during childhood, and among girls who grew up in father-absent households. There is also quite a bit of research that has documented a secular trend—that menarche among American girls has occurred at earlier and earlier ages. The secular trend could be due to better nutrition, better sanitation, and better control of infectious diseases (it is likely not due to variations in genes).

Key Points:

- a) Timing of puberty is highly variable.
- b) Timing of puberty is influenced by genetic and environmental factors.
- b) Age at puberty onset has declined over time (secular trend).

Difficulty: 3 Hard

Learning Objective: 01-04 Discuss the factors, both biological and environmental, that influence individual variability in pubertal growth and development.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

108) Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

Answer: Maria, an early maturer, is more likely to suffer from low self-esteem and depression than her on-time or late-maturing peers. She may even suffer from eating disorders, panic attacks, social anxiety, or be the victim of rumors and gossip. She might receive more attention from older boys and in turn start participating in deviant activities. John, on the other hand, will not experience as many emotional difficulties as Maria. He may also be quite popular and self-confident, as it is likely that he will be tall and muscular before his peers. However, like Maria, he is also more likely to participate in deviant activities, such as alcohol and drug use, delinquency, and problems at school. However, it is important to note that the ultimate impact of the timing of pubertal onset will depend on the broader context in which maturation takes place.

Key Points:

- a) Early maturation is more negative for girls and more positive for boys.
- b) Early-maturing adolescents tend to engage in more delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

109) Emma and Montrell are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Emma's and Montrell's development?

Answer: Emma is likely to experience many positive effects of late maturation. For example, she is more likely to be the thin, "leggy" American ideal, and she will have more time to prepare for puberty than early or on-time maturers (she may even have fewer psychological problems than early and on-time girls). Emma is also less likely than early maturers to engage in delinquent behaviors. For Montrell, there are greater disadvantages: he will be seen as childish and have trouble being noticed by his peers; he will also have less self-confidence than his early or on-time maturing peers. However, it is also likely that Montrell will be better able to control his temper and impulses during puberty (as he will be relatively older and more mature than his early-maturing peers were when they went through puberty).

Key Points:

- a) Late maturation is more negative for boys and more positive for girls.
- b) Late-maturing adolescents tend to engage in less delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Difficulty: 2 Medium

Learning Objective: 01-05 Explain the adjustments that accompany puberty and comment on the advantages and disadvantages associated with early and late maturation.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.



110) Diego, an adolescent boy, and Hiyori, an adolescent girl, are both in the middle of puberty. They have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Diego and Hiyori have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Hiyori will experience body dissatisfaction? What about Diego?

Answer: The simultaneous release of growth hormones, thyroid hormones, and androgens lead to the adolescent growth spurt, which Hiyori will probably experience two years prior to Diego. During peak height velocity, Hiyori and Diego will grow at approximately the same rate as a toddler. Much of the height gain during puberty results from an increase in torso length rather than leg length. The sequence in which Hiyori and Diego will grow will be pretty comparable: first the extremities (head, hands, and feet), then the arms and legs, followed by torso and shoulder growth. One marker that indicates the termination in growth in height is epiphysis (closing of the ends of the long bones in the body). In addition to sheer changes in height and weight, there are changes in the relative proportion of body muscle and body fat. Diego might decrease in body fat just before puberty, whereas Hiyori will probably increase in body fat more rapidly during puberty. Hiyori might react to the increase in body fat at puberty by dieting unnecessarily. At the end, Diego will probably finish adolescence with a muscle-to-fat ratio of about 3 to 1, while Hiyori will probably be 5 to 4. According to one estimate, about half of the sex difference in athletic performance during early adolescence results simply from the difference in body fat. The rapid increase in body fat that occurs among females in early adolescence frequently prompts young girls to become overly concerned about their weight (even if their weight is within the normal range for their height and weight). Although more than half of adolescent girls diet unnecessarily during this time in response to the increase in body fat, if Hiyori matures early, begins dating early, or compares herself with her peers, she will be particularly susceptible to body dissatisfaction. Diego's feelings about how he looks will probably revolve around how muscular he is and will probably be less affected by comparisons with peers.

Key Points:

- a) Describe the asynchronicity of body growth.
- b) Explain the changes in the relative proportion of body muscle and body fat.
- b) Describe why girls are prone to body dissatisfaction.

Difficulty: 3 Hard

Learning Objective: 01-06 Describe how physical maturation affects the adolescent's self-image, mood, and relationships with parents.

Bloom's: Analyze

Accessibility: Keyboard Navigation

APA LO: 1.2 Develop a working knowledge of psychology's content domains.

111) Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

Answer: According to research, Maya's sleep pattern is a result of the delayed phase preference in which adolescents' biological clock shifts later. Her circadian rhythm is no longer the same as it was when she was a child. Melatonin, for example, is secreted two hours later after puberty, and therefore causes teens to be sleepier later. Adolescents are more sleep deprived, and this may also be due to more freedom to choose their own bedtime and the external stimuli available to teens today, such as social media and television. Research shows, that adolescents who do not get enough sleep suffer from poorer mental health, more delinquency, more substance use, and are more likely to be overweight. Furthermore, adolescents are better able to fight sleep than are children, and stay up later to watch TV or use their phones (environmental distractions). As a result of these changes, Maya would like to sleep later and wake up later, but school prevents her from doing so and subsequently makes Maya sleep deprived.

Key Points:

- a) Mention and define delayed phase preference, circadian rhythm, and melatonin shift.
- b) Mention influence of external and environmental stimuli (e.g., artificial light, computers).
- c) Mention early school start times.
- d) Mention sleep deprivation.
- e) Adolescents are better able to fight sleepiness than children, enabling them to stay up even later.

Difficulty: 2 Medium

Learning Objective: 01-07 Describe the major changes in adolescent sleep patterns and how these changes relate to adolescent behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA LO: 1.3 Describe applications of psychology.

112) You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understand the relationship between puberty and eating disorders?

Answer: Although a variety of nutritional and behavioral factors can lead to weight gains during adolescence, gaining weight can sometimes result directly from the physical changes of puberty. Not only does the ratio of body fat to muscle increase markedly during puberty, but the body's basal metabolism rate also drops. Normal weight gain and change in body composition, which accompanies puberty, leads many adolescents, especially girls, to become extremely concerned about their weight. Girls who go through puberty earlier than their peers have an increased likelihood of developing disordered eating patterns. Eating disorders, such as anorexia and bulimia, which promote starvation and dieting, can affect hormone levels that initiate puberty. A consequence of starvation during early adolescence is that pubertal development is severely delayed. Eating disorders are also linked to other mental health problems, such as depression or obsessive-compulsive disorder. Sometimes psychological issues precede the development of an eating disorder; therefore, these disorders are considered manifestations of underlying psychological distress.

Key Points:

- a) Mention physical changes that could relate to eating disordered behavior (e.g., weight gain caused by drop in basal metabolism rate, ratio of muscle to fat).
- b) Early-maturing girls are at greater risk.
- c) Anorexia nervosa and bulimia can delay pubertal development.
- d) Eating disorders are best understood as manifestations of internalized distress.

Difficulty: 3 Hard

Learning Objective: 01-08 Describe anorexia nervosa, bulimia, binge eating disorder, and obesity. How do they relate to pubertal development?

Bloom's: Understand

Accessibility: Keyboard Navigation

APA LO: 5.1 Apply psychological content and skills for different purposes.