

Name _____

[/test-bank-discovering-psychology-the-science-of-mind-3e-cacioppo](#)

Class _____

Date _____

Chapter 01

1. Which of the following best describes the mind?

- a. The basis of rational thought
- b. The hidden instinctual self
- c. The embodiment of the soul
- d. A way of talking about the activities of the brain, including thought, emotion, and behavior

ANSWER:

d

2. The scientific study of behavior, mental processes, and brain functions is called ____.

- a. introspection
- b. psychology
- c. behaviorism
- d. functionalism

ANSWER:

b

3. The word psychology is a combination of two Greek words: *psyche* (or *psuche*), meaning “the soul,” and *logos*, meaning “the ____.”

- a. law of
- b. expression of
- c. study of
- d. representation of

ANSWER:

c

4. Rosa, a doctoral student in psychology, observes that one of her young study participants grimaces after taking a bite of broccoli. His facial expression is an example of ____.

- a. a psychosomatic response
- b. a behavior
- c. an integrated mental process
- d. introspection

ANSWER:

b

5. Although the bulk of psychology focuses on human behavior, studying animal behavior has been an essential part of the discipline that allows for ____.

- a. making essential comparisons with humans
- b. understanding animal–human interactions
- c. understanding behavior from an evolutionary standpoint
- d. designing better psychoanalytical therapies

ANSWER:

a

6. A doctor notices that many soldiers returning from fighting in the trenches in World War I are highly anxious, fearful of loud noises, and having difficulty reconnecting with their families. He asks them to record personal observations of their own thoughts, feelings, and behaviors in a journal. This process is called ____.

Chapter 01

- a. extroversion
- b. transference
- c. objectivism
- d. introspection

ANSWER: d

7. It is difficult for others to confirm an individual's subjective introspections; therefore, this approach does not lend itself well to ____.

- a. psychoanalysis
- b. the scientific method
- c. case studies
- d. cognitive therapy

ANSWER: b

8. New and innovative methods have allowed psychologists to observe brain activity and revisit questions of mental processes. What quality was introduced to psychological research through the use of these methods?

- a. Objectivity
- b. Subjectivity
- c. Generalizability
- d. Conclusiveness

ANSWER: a

9. Kevin Boyack and his colleagues generated a map of sciences, similar to a map of friendship networks on social media, by using ____.

- a. the number of doctoral dissertations in each field
- b. the titles of journal articles
- c. reference lists in journal articles
- d. search terms related to psychology

ANSWER: c

10. The mapping done by Boyack and colleagues shows that psychology is one of the major hub sciences, with strong connections to the ____.

- a. medical sciences, the social sciences, and education
- b. humanities, education, and the medical sciences
- c. social sciences, the medical sciences, and the humanities
- d. medical sciences, education, and philosophy

ANSWER: a

11. Psychology as a hub science tells us that ____.

- a. psychological research is well funded
- b. the general population is intrigued by the study of human behavior

Chapter 01

- c. psychology is one of the oldest disciplines
- d. many disciplines require an in-depth understanding of people

ANSWER:

d

12. New technologies of the 17th and 18th centuries included all of the following except ____.

- a. the microscope
- b. the electroencephalograph
- c. the telescope
- d. the calculator

ANSWER:

b

13. The psychology family tree includes two major roots: ____.

- a. biology and philosophy
- b. medicine and the social sciences
- c. anthropology and physics
- d. philosophy and the natural sciences

ANSWER:

d

14. The discipline that began to incorporate physiological and psychological concepts into their work, is called ____.

- a. psychology
- b. history
- c. science
- d. philosophy

ANSWER:

d

15. Any science that studies the _____ events that occur in nature is called a natural science.

- a. spiritual and religious
- b. physical and biological
- c. applied and practical
- d. developmental and static

ANSWER:

b

16. Philosophers and psychologists have a shared interest in, among other things, ____.

- a. helping others gain self-confidence
- b. anatomy of the nervous system
- c. the scientific method
- d. the origin of knowledge

ANSWER:

d

17. Which early figure in psychology determined that signals from the toe took longer to reach the brain than signals from

Chapter 01

the thigh?

- a. Aristotle
- b. James
- c. Helmholtz
- d. Fechner

ANSWER:

c

18. LaKeita is randomly presenting sounds to Monica and Monica is responding “yes” when she hears the sound and “no” if she doesn’t hear the sound. LaKeita states that the point at which Monica is correct 50% of the time means that the tone is within the range of human hearing. LaKeita’s research is most similar to that of which early figure in psychology?

- a. Fechner
- b. Helmholtz
- c. Freud
- d. Wundt

ANSWER:

a

19. Which of the following is **not** a shared interest between philosophers and psychologists?

- a. The relative balance of biological factors and environmental factors
- b. The relationships between drug treatments and disorders
- c. The relationships between self-interest and community welfare
- d. The relationships between body and mind

ANSWER:

b

20. The major precept of the British philosophical school of empiricism was that

- a. the “mind” and the “body” are two separate and disconnected entities.
- b. human beings are generally good and innately move in positive directions.
- c. research is not at all valuable unless there are appropriate statistics to support the conclusions.
- d. the mind is a “blank slate” at birth that gets filled with ideas gained by observing the world.

ANSWER:

d

21. The empiricist philosophers had a profound influence on the foundations of American political thought that

- a. people are born evil.
- b. people have to compete to survive.
- c. people are born equal.
- d. some people are born with title and privilege and other are born commoners.

ANSWER:

c

22. Most philosophers beginning with Aristotle commonly believed that all knowledge is ____.

- a. gained through sensory experience
- b. innate or inborn
- c. built upon from simple schema present at birth

Chapter 01

- d. acquired by integrating environmental cues with innate skills

ANSWER:

a

23. Which of the following best describes the British empiricists' view of the mind?

- a. Infants acquire language primarily by drawing from innate mechanisms.
- b. Infants learn to process language entirely based on their experiences.
- c. Infants with similar genetic backgrounds will acquire language at similar rates.
- d. Infants are born with varying degrees of aptitude for acquiring language.

ANSWER:

b

24. American political thought was profoundly influenced by ____.

- a. behaviorism
- b. psychoanalysis
- c. dualism
- d. empiricism

ANSWER:

d

25. Which of the following best describes how contemporary psychology views the mind?

- a. Sam was just born smart, though no one else in his family seems to share his intelligence.
- b. Sam must have gotten the "smart gene" from his mother: He never studies but gets good grades.
- c. Sam was sent to the best schools and thus became a highly intelligent individual.
- d. Sam was alert and responsive as a baby, studied diligently in school, and was admitted to a top-ranked college.

ANSWER:

d

26. Brindel is a contemporary psychologist who has been examining the "nature versus nurture" question. Which of the following would she be most likely to conclude?

- a. We are solely a product of our surroundings and environment.
- b. The mind is a result of interactions between inborn characteristics and everyday experiences.
- c. We are nothing more than the sum of our genes.
- d. Psychology should not concern itself with this question, as neither nature nor nurture can be studied in a scientific manner.

ANSWER:

b

27. Which of the following is the best summary of how the study of psychology moved away from the study of philosophy?

- a. Psychology explores individual rather than global phenomena.
- b. Psychology employs the scientific method.
- c. Psychology is interested in the use of therapeutic techniques.
- d. Psychology explores the roots of abnormal behaviors.

ANSWER:

b

Chapter 01

28. Ancient people might have used a technique of _____ for a variety of ailments including headaches, seizures, or psychological disorders.

- a. talking therapy
- b. partial smothering
- c. drilling holes in the skull
- d. dietary management

ANSWER:

c

29. In what way did ancient physicians contribute to contemporary psychology?

- a. By helping develop the scientific method
- b. By studying hormone imbalances
- c. By developing diagnostic tools
- d. By studying astrology

ANSWER:

a

30. Dr. Jones is an archaeologist who studies the skulls of human beings who lived thousands of years ago. He has found that many such skulls had circular holes where part of the skull was missing, and reads that this may have been a form of medical treatment called trepanation. Dr. Jones also concludes that some of these patients must have survived this surgical procedure. Which evidence would support this conclusion?

- a. Drawings and photographs of people who survived the procedure living with a reduction in their symptoms
- b. Writings that were preserved from those who underwent and survived the procedure
- c. The existence of cracks leading up to and surrounding the surgical skull hole
- d. Growth of the skull bones after the procedure

ANSWER:

d

31. Beginning in the 17th and 18th centuries, with new technologies including the light microscope, scientists began to make a series of important new discoveries showing that ____.

- a. a single nerve cell carries one type of information
- b. nerve cells use electrical impulses to transmit signals
- c. the mind works in isolation from the rest of the body
- d. chemical messengers facilitate communication in the brain

ANSWER:

a

32. Hermann von Helmholtz's work on ____ provided further evidence that the mind had a physical basis.

- a. dissection and human anatomy
- b. the range of human hearing
- c. the mind-body dichotomy
- d. the speed of nerve conduction

ANSWER:

d

Chapter 01

33. Contrary to popular belief during his time, the types of discoveries like Hermann von Helmholtz's work on nerve conduction convinced scientists that ____.

- a. different brain regions work together to integrate information
- b. specific regions of the brain control specific behaviors
- c. nerve conduction is quick and in all practicality, instantaneous
- d. the mind could be studied scientifically

ANSWER:

d

34. Jake trips; he knocks his elbow against the edge of the door jamb while simultaneously stubbing his toe on a chair. Based on the work of von Helmholtz's, which of the following is likely to occur?

- a. The intensity of the elbow pain is greater than that of the toe pain.
- b. The intensity of pain for both the toe and elbow is equal.
- c. He experiences the elbow pain before the toe pain.
- d. He experiences the toe and elbow pain instantaneously.

ANSWER:

c

35. The first true psychologist was _____. He was a research assistant to Hermann von Helmholtz, conducted the first documented psychological experiment, and established a psychology laboratory at the University of Leipzig.

- a. Edward Titchener
- b. Wilhelm Wundt
- c. Max Wertheimer
- d. Kurt Koffka

ANSWER:

b

36. The first official psychological experiment involved ____.

- a. observing the behavior of cats when escaping puzzle boxes
- b. measuring how quickly, after hearing a ball drop onto a platform, a person could respond by striking a telegraph key
- c. the salivation of dogs in anticipation of food in response to the arrival of the handler
- d. the use of a stroboscope to control the timing of the appearance of two black lines against a white background

ANSWER:

b

37. While writing a research paper examining the theoretical view of Wilhelm Wundt, Jackson notes that Wundt felt that the mind constructs an overall perception ____.

- a. based on prior life experiences
- b. based on its relationship to evolutionary survival
- c. by perceiving complete forms within their context
- d. out of building blocks made up of separate sensations and emotional responses

ANSWER:

d

38. Wilhelm Wundt's student, Edward Titchener, developed an approach in which the mind is broken into the smallest elements of mental experience. What was this called?

Chapter 01

- a. Structuralism
- b. Functionalism
- c. Behaviorism
- d. Humanism

ANSWER:

a

39. Titchener's approach to psychology paralleled which of the following trends of his day?

- a. The development of graduate programs in mathematics
- b. The movement for women's suffrage in American politics
- c. Efforts in chemistry to break molecules into elements
- d. The use of light in Impressionist art

ANSWER:

c

40. Which of the following describes Wundt's use of introspection as an experimental technique?

- a. The participants in his study focused on internal thoughts and feelings about their competence while performing a task.
- b. The participants in his study drew from their internal thoughts and feelings as they described an object in detail.
- c. The participants in his study pressed a telegraph key as soon as they heard a ball drop onto a platform, indicating their internal state.
- d. The participants in his study used mental building block constructs to describe their perception of an object.

ANSWER:

c

41. Acknowledging that an experience is different from the sum of its elements is reflective of ____.

- a. psychodynamic theory
- b. Gestalt psychology
- c. structuralism
- d. functionalism

ANSWER:

b

42. The group of early 20th century German psychologists who founded Gestalt psychology included Kurt Koffka, Max Wertheimer, and ____.

- a. Wilhelm Wundt
- b. William James
- c. Wolfgang Köhler
- d. Ulric Neisser

ANSWER:

c

43. The Gestalt psychologists believed that breaking a "whole" perception into its building blocks, as advocated by the structuralists, would result in the loss of ____.

- a. important psychological information

Chapter 01

- b. fundamental intellect
- c. learned consciousness
- d. irrational behaviors

ANSWER:

a

44. Which of the following proverbs best describes Gestalt theory?

- a. A chain is only as strong as its weakest link.
- b. The more things change, the more they stay the same.
- c. A little knowledge is a dangerous thing.
- d. The whole is greater than the sum of its parts.

ANSWER:

d

45. The letter B and the number 13 might appear to be very similar; in fact, the only real difference between them is the space between the left and right sides of each figure. Who would be most likely to describe this difference as being caused by the context of the letters or numbers that come before and after the image?

- a. William, who is a functionalist
- b. Max, who is a Gestalt psychologist
- c. Ziggy, who is a psychoanalytic psychologist
- d. Terry, who is a cognitive psychologist

ANSWER:

b

46. What is the approach to psychology that saw behavior as purposeful and contributing to survival?

- a. Behaviorism
- b. Functionalism
- c. Humanism
- d. Structuralism

ANSWER:

b

47. Functionalism emerged partly in response to the publication of ____.

- a. *Great Expectations*, by Charles Dickens
- b. *The Prince and the Pauper*, by Mark Twain
- c. *The Origin of the Species*, by Charles Darwin
- d. *Far from the Madding Crowd*, by Thomas Hardy

ANSWER:

c

48. Who is the American psychologist who proposed the functionalist approach and whose textbook, *Principles of Psychology*, dominated the field of psychology for 50 years after its publication?

- a. Sigmund Freud
- b. B. F. Skinner
- c. Abraham Maslow
- d. William James

Chapter 01

ANSWER: d

49. Throughout his discussions of mental processes and behavior, James emphasized the role of ____.

- a. environment
- b. evolution
- c. abandonment
- d. nurture

ANSWER: b

50. William James' impact on contemporary psychology is evidenced by the fact that functionalism ____.

- a. was absorbed into mainstream psychology
- b. became a separate discipline
- c. bridged the gap between philosophy and psychology
- d. bridged the gap between structuralism and Gestalt psychology

ANSWER: a

51. An approach to psychology that features the study and careful measurement of observable behaviors is called ____.

- a. functionalism
- b. structuralism
- c. behaviorism
- d. humanism

ANSWER: c

52. As part of their effort to measure behavior carefully, many behaviorists restricted their research to studies using ____.

- a. animals
- b. children
- c. adults
- d. males

ANSWER: a

53. A leading behaviorist who first explored classical conditioning is ____.

- a. Edward Thorndike
- b. B. F. Skinner
- c. John B. Watson
- d. Ivan Petrovich Pavlov

ANSWER: d

54. The salivation of dogs in Pavlov's experiments was significant because it ____.

- a. emphasized conscious thought
- b. demonstrated the ability to learn to anticipate future events as a survival advantage

Chapter 01

- c. indicated that intelligence is innate
- d. demonstrated that the ability to smell food prior to its arrival is a highly developed sense

ANSWER:

b

55. Which of the following is least likely to be an example of classical conditioning?

- a. A child hears a police siren for the first time and cries.
- b. A whiff of perfume on a crowded subway triggers a memory of a prior love.
- c. A dog sits upon sight or smell of a treat.
- d. A former soldier cringes at the sound of an airplane overhead.

ANSWER:

a

56. John B. Watson was ____.

- a. part of the cognitive revolution
- b. a leading humanist
- c. a leading behaviorist
- d. one of Freud's disciples

ANSWER:

c

57. Which of the following most closely paraphrases Watson's views regarding human behavior?

- a. Some children are born with artistic talent; others are not.
- b. I can raise a child to be an artist if he or she has at least a small amount of talent and interest.
- c. Very few children actually have the skill and discipline to become artists.
- d. I can raise any child to be an artist, regardless of his or her tendencies.

ANSWER:

d

58. Watson changed the goal of psychology from Wundt's desire to understand consciousness to the ____.

- a. explication of the unconscious
- b. the study of observable behavior
- c. understanding of cognition
- d. analysis of the whole beyond the parts

ANSWER:

b

59. Which leading behaviorist proposed the law of effect?

- a. B. F. Skinner
- b. John B. Watson
- c. Noam Chomsky
- d. Edward Thorndike

ANSWER:

d

60. In Thorndike's experiment on trial and error learning, the cat would escape a puzzle box faster and faster on

Chapter 01

progressive trials. In other words, the cat ____.

- a. acquired faster nerve impulses on successive trials
- b. became more physically fit
- c. memorized the solution to the puzzle
- d. repeated effective behaviors and abandoned ineffective ones

ANSWER:

d

61. B. F. Skinner, a leading behaviorist who explored operant conditioning, believed that inner, private states such as thinking and feeling existed and ____.

- a. should be analyzed based on introspection
- b. viewed them as behaviors that followed the same rules as public behaviors
- c. viewed them as behaviors that should be attended to through psychodynamic therapy
- d. are a part of what makes a person inherently human and good

ANSWER:

b

62. Skinner generalized his findings to complex human behaviors even though his subject pool was limited to ____.

- a. rats and pigeons
- b. children
- c. graduate students
- d. dogs and cats

ANSWER:

a

63. Which of the following is an application of Skinner's behaviorism?

- a. Dr. Monson provides humane living conditions for the mice in his research laboratory.
- b. Doug needs to lose a few pounds, and has a rule that if he eats a dessert, he must go for a 5-mile run.
- c. Sandra is learning a new surgical procedure by observing several operations performed by other physicians.
- d. Dylan is delaying vaccinations for his young son because of his concerns regarding autism.

ANSWER:

b

64. By the 1950s, the behaviorists' disinterest in mental states and activity was challenged by scientists from diverse fields, including linguistics and computer science, leading to ____.

- a. psychodynamic theory
- b. client-centered therapy
- c. a new appreciation of humanism
- d. a cognitive revolution

ANSWER:

d

65. Who is a leading cognitive psychologist?

- a. Carl Rogers
- b. Jean Piaget
- c. Ulric Neisser

Chapter 01

- d. Edward Thorndike

ANSWER:

c

66. Which of the following refers to the very private and internal mental processes that the behaviorists avoided studying—information processing, thinking, reasoning, and problem solving?

- a. Client-centered therapy
- b. Self-actualization
- c. Cognition
- d. Study of the mind

ANSWER:

c

67. Which of the following best represents a cognitive approach to childhood language learning?

- a. Children acquire language in response to parental approval.
- b. Children are born with distinct physical features that facilitate learning the language of their parents.
- c. Children are born with innate mechanisms for learning language.
- d. Children acquire language in response to being understood.

ANSWER:

c

68. Many of the big questions tackled by behaviorists are now examined through the lens of the ____ perspective.

- a. cognitive or biological
- b. structural or historical
- c. evolutionary or cross-cultural
- d. psychodynamic or humanistic

ANSWER:

a

69. With the exception of occasional bursts of insight from the Egyptians and Greeks, the most common view of psychological disorders over the course of history has been that they ____.

- a. originated in childhood from repressive parenting
- b. resulted from the actions of evil spirits or other external, magical forces
- c. originated from guilt for condemned behaviors
- d. resulted from malfunctions of the human body

ANSWER:

b

70. Between the 17th and 19th centuries, supernatural explanations for psychological disorders began to give way to two scientific approaches: ____.

- a. functionalism and behaviorism
- b. a cognitive model and a behavioral model
- c. a medical model and a psychological model
- d. psychodynamic theory and humanism

ANSWER:

c

Chapter 01

71. Edward has a fear of being contaminated when shaking hands with others, touching doorknobs, and being in crowded public spaces, such as subway cars. He washes his hands roughly 100 times a day. His doctor has recently prescribed an antidepressant to increase his level of serotonin. Which approach to psychological disorders does this exemplify?

- a. The psychotherapeutic model
- b. The medical model
- c. The psychological model
- d. The self-actualization model

ANSWER:

b

72. Valerie recently lost her sister to suicide. She is having difficulty sleeping, feels hopeless about the future, and is easily startled or frightened. Her doctor recommends that she participate in a discussion group led by a social worker to connect with others who are going through a similar experience. Which approach to psychological disorders does this exemplify?

- a. The psychological model
- b. The behavioral model
- c. The self-actualization model
- d. The medical model

ANSWER:

a

73. Who contributed ideas about the unconscious mind, the development of sexuality, dream analysis, psychological roots of abnormal behavior, personality, and therapy?

- a. Abraham Maslow
- b. Carl Rogers
- c. Sigmund Freud
- d. Noam Chomsky

ANSWER:

c

74. Freud's psychodynamic theory and its applications to the treatment of psychological disorders dominated much of psychological thinking for the ____.

- a. first half of the 19th century
- b. second half of the 19th century
- c. first half of the 20th century
- d. second half of the 20th century

ANSWER:

c

75. Which of the following statements about Freud's work is true?

- a. His theories do not lend themselves to experimentation.
- b. His patients were primarily working class men and therefore not representative of the broader population.
- c. His theories were based exclusively on animal studies.
- d. His psychoanalytic techniques are replicated in their original form today.

ANSWER:

a

Chapter 01

76. An approach to psychology that sees people as inherently good and motivated to learn and improve is called ____.

- a. behaviorism
- b. humanistic psychology
- c. Freudian psychology
- d. Gestalt psychology

ANSWER:

b

77. Humanistic psychologists believed that ____.

- a. human behavior is on a continuum with animal behavior
- b. society acts to civilize humans who are otherwise innately selfish and aggressive
- c. people behave badly only when corrupted by society
- d. the true motivation for humans to be successful is to see others fail

ANSWER:

c

78. A leading humanistic thinker who asked questions about what made a person “good” as opposed to Freud’s focus on what goes wrong with people was ____.

- a. Abraham Maslow
- b. Alan Newell
- c. Herbert Simon
- d. Carl Rogers

ANSWER:

a

79. Carl Rogers, a leading humanist, developed the approach of ____.

- a. psychoanalysis
- b. cognitive therapy
- c. behavioral therapy
- d. client-centered therapy

ANSWER:

d

80. Which of the following statements is an example of humanistic influence?

- a. Capital punishment serves a protective role in a liberal society.
- b. “I hear what you’re saying.”
- c. Parental love should mirror the behavior of the child.
- d. “Do as I say, not as I do.”

ANSWER:

b

81. What was a major shortcoming of early psychologists?

- a. They overgeneralized their findings.
- b. They abandoned the scientific method.
- c. They diluted their efforts by diverging into several psychological specializations.

Chapter 01

- d. They tried to establish theories without a large body of experimental data.

ANSWER:

d

82. By the second half of the 20th century, the majority of psychologists were pursuing an understanding of behavior from the ____ approach.

- a. centrist
- b. divergent
- c. perspectives
- d. dualistic

ANSWER:

c

83. When psychologists examine psychological phenomena from different perspectives, it ____.

- a. implies disagreement on basic principles
- b. represents a lack of awareness of alternative perspectives
- c. indicates different points of view about behavior
- d. reflects changing trends in psychology

ANSWER:

c

84. What is the psychological perspective that focuses on the relationships between mind, behavior, and their underlying biological processes, including genetics, biochemistry, anatomy, and physiology?

- a. Evolutionary psychology
- b. Developmental psychology
- c. Cognitive psychology
- d. Biological psychology

ANSWER:

d

85. In the 1970s, what initiated an explosion of knowledge about the connections between brain and behavior?

- a. New methods for observing brain activity
- b. Looser government regulations on human experimentation
- c. A focus away from animal research toward human research
- d. The advent of the statistical method

ANSWER:

a

86. Which of the following is most likely to be the topic of research of a biological psychologist?

- a. Did contagious yawning provide a survival advantage in early societies?
- b. Do stress hormones due to chronic difficulties with cell phone reception affect the ability to form memories?
- c. At what age can a child correctly separate the vocabulary and grammar of two languages?
- d. Will a study participant obey an authority figure even in violation of his or her own moral code?

ANSWER:

b

87. The psychological perspective that investigates how physical structure and behavior have been shaped by their

Chapter 01

contributions to survival and reproduction is called ____ psychology.

- a. biological
- b. social
- c. evolutionary
- d. clinical

ANSWER:

c

88. An evolutionary psychologist would be most interested in the question of ____.

- a. whether gambling affects brain chemistry and fosters addiction
- b. how best to assist a person to reduce a propensity to gamble
- c. whether attraction to gambling varies over the life span
- d. whether there is an adaptive reason why men tend to gamble more than women

ANSWER:

d

89. The psychological perspective that investigates information processing, thinking, reasoning, and problem solving is called ____.

- a. evolutionary psychology
- b. the individual differences perspective
- c. cognitive psychology
- d. developmental psychology

ANSWER:

c

90. Which of the following research questions is most likely to be asked by a cognitive psychologist?

- a. To what extent is student learning influenced by the sociocultural makeup of the class?
- b. Do students learn material better when the learning takes place over time or when they “cram” for an exam?
- c. Which stress reduction techniques are most effective for college students to reduce the stress of balancing academic and social demands?
- d. Are there common characteristics among students who graduate in the top 1% of their class?

ANSWER:

b

91. The psychological perspective that examines the effects of one’s environment on the behavior of individuals is called ____ psychology.

- a. evolutionary
- b. social
- c. cultural
- d. clinical

ANSWER:

b

92. What limited the understanding of the mind by early psychologists?

- a. They focused on behavior rather than biology.
- b. They approached psychological questions from their own sociocultural context.

Chapter 01

- c. They did not appreciate the complexity of the mind.
- d. They tried to understand perspectives to which they could not relate.

ANSWER:

b

93. Our judicial system relies heavily on eyewitness testimony; however, _____ would remind us that eyewitness testimony can be shaped by a community's perceptions of race and culture.

- a. clinical psychology
- b. the individual differences perspective
- c. developmental psychology
- d. social psychology

ANSWER:

d

94. The psychological perspective that examines the normal changes in behavior, which occur across the life span, is called _____.

- a. social psychology
- b. the individual differences perspective
- c. developmental psychology
- d. evolutionary psychology

ANSWER:

c

95. Using the developmental perspective, a psychologist might look at whether the loss of a parent _____.

- a. affects the storage and retrieval of memories contemporaneous with the loss
- b. triggers changes in brain chemistry, temporarily or permanently
- c. is experienced differently at different ages
- d. is experienced differently depending on family size

ANSWER:

c

96. The psychological perspective that seeks to explain, define, and treat abnormal behaviors is called _____.

- a. the individual differences perspective
- b. clinical psychology
- c. developmental psychology
- d. evolutionary psychology

ANSWER:

b

97. More recently, clinical and counseling psychologists have expanded their perspective to include _____.

- a. the promotion of general well-being
- b. the influences of evolutionary adaptation on behavior
- c. monitoring chemical changes in the brain in response to treatment
- d. brain scans in the course of therapeutic treatment

ANSWER:

a

Chapter 01

98. An approach to psychology that investigates variations in behavior from one person to the next is called ____.

- a. clinical psychology
- b. individual differences
- c. sociocultural psychology
- d. evolutionary psychology

ANSWER:

b

99. Recognizing individual differences is especially important to psychologists interested in variations in an individual's characteristic way of thinking, feeling, and behaving. This is referred to as ____.

- a. personality
- b. cognition
- c. type
- d. psyche

ANSWER:

a

100. Entering the 21st century and armed with in-depth research results compiled in the various perspectives, psychologists are returning to ____.

- a. the structuralist view of the mind
- b. viewing the mind as a set of building blocks based on introspection
- c. viewing the "whole as greater than the sum of its parts"
- d. a more comprehensive view of the mind

ANSWER:

d

101. The authors of this text believe that the future of psychology will ____.

- a. depend upon the development of independent, individual perspectives
- b. draw from the success of existing perspectives
- c. turn increasingly to cross-cultural studies
- d. combine and integrate new and existing perspectives

ANSWER:

d

102. Alejandro is developing a preliminary research study to address the question of whether 4-year-olds who are asked to delay gratification (e.g., to delay eating candy) perform differently in solitude than with other 4-year-olds. Which combination of research perspectives would be best for this preliminary study?

- a. Biological psychology and the individual differences approach
- b. Developmental psychology and social psychology
- c. Cognitive psychology and evolutionary psychology
- d. Evolutionary psychology and clinical psychology

ANSWER:

b

103. Many of the new ways of looking at the mind will take advantage of the revolution in techniques for studying the brain; for example, ____ currently investigate the biological factors that vary along with people's feelings and experience

Chapter 01

of social inclusion, rejection, or loneliness.

- a. social neuroscientists
- b. cognitive neuroscientists
- c. clinical psychologists
- d. behavioral neuroscientists

ANSWER:

a

104. By _____ the five perspectives of mind, we stand a better chance of tackling the remarkable problem of understanding the human mind.

- a. separating
- b. debating
- c. merging
- d. rejecting

ANSWER:

c

105. A biological psychologist studies the effects of amphetamine on aggression in rhesus monkeys. However, to the researcher's surprise, the experimental results differ for isolated monkeys versus monkeys in a colony. What is missing from this experiment?

- a. The social psychology perspective
- b. Human controls
- c. Physiological measurements
- d. An integration between biology and psychology

ANSWER:

a

106. The diversity of career pathways for those with degrees in psychology reflects, in relation to other disciplines, that psychology is a(n) "_____."

- a. epicenter
- b. pathway
- c. hub
- d. vocation

ANSWER:

c

107. Harold is trying to decide between teaching at the nearby community college or obtaining a therapist's license. What is the minimum degree required for these positions?

- a. Master's degree
- b. Bachelor's degree
- c. Doctoral degree
- d. Associate's degree

ANSWER:

a

108. Petra will soon complete her doctoral degree in psychology. She, like the highest percentage of doctoral level psychologists, will work _____.

Chapter 01

- a. as a university professor
- b. in business
- c. as a therapist
- d. in government

ANSWER:

c

109. Walter is applying to graduate programs in psychology and is curious about current trends in the field. What trend is occurring in many psychology graduate school programs?

- a. Students are trained in specific specializations.
- b. Students are trained in combined specialties.
- c. There is a movement away from animal research.
- d. There is a movement away from using human subjects.

ANSWER:

b

110. The clinical or counseling specialty includes extensive internships and supervised training prior to ____ that usually add at least 1 year to students' graduate studies.

- a. working with children
- b. government-regulated licensure
- c. a human subject committee review
- d. commencement of dissertation research

ANSWER:

b

111. Josh has a doctoral degree in psychology and is a therapist in New York. His sister Sarah has a medical degree and is in a residency program for psychiatry. Currently, the biggest difference between the two professions is that, in contrast to Josh, Sarah can ____.

- a. prescribe medication
- b. conduct research
- c. conduct psychotherapy
- d. peer review the work of other researchers

ANSWER:

a

112. Eric has held a part-time job in a community mental health center throughout college. He values his interactions with the clients and is known for remaining calm during high-stress situations at the clinic. He may be most interested in the ____ track of psychology.

- a. applied
- b. clinical or counseling
- c. social
- d. experimental

ANSWER:

b

113. Which of the following pairs of psychological approaches would be considered the “most opposite”?

Chapter 01

- a. Structuralism and Gestalt psychology
- b. Behaviorism and cognitive-behaviorism
- c. Functionalism and behaviorism
- d. Cognitive and psychodynamic psychology

ANSWER:

a

114. What are the two major roots of the psychology family tree? Describe their relationship. What areas of interest do they share?

ANSWER: The psychology family tree includes two major roots: philosophy and the physical sciences. Psychologists answer questions traditionally posed by philosophers by borrowing the methods of the physical sciences. Philosophers and psychologists share an interest in questions regarding the nature of the self, the effects of early experience, the existence of free will, and the origin of knowledge. Both disciplines consider the relative balance of biological factors (nature) and environmental factors (nurture) in the end product of human behavior. Both attempt to determine the relationships between self-interest and the welfare of the community, between body and mind, and between humans and the other species with whom we share the planet. Although we typically consider questions of the unconscious mind and abnormal behavior to be the realm of the psychologist, philosophers investigated these issues thousands of years before the first psychologist was born.

115. Compare and contrast the structuralism approach to the gestalt approach to the mind and how the mind functions.

ANSWER: Structuralism and the gestalt perspective compare in that they are trying to explain the internal actions of the mind. The conclusions drawn by both perspectives are based on indirect observations and inferences made from the observations. Structuralism and the gestalt perspective contrast in their ideas about the organization of thought. Structuralism focused on breaking thought down into its elemental forms of sensations and emotional responses. Gestalt psychology focuses on how thought exists in its whole form and the importance of context within which thoughts are generated. From the Gestalt perspective, breaking a “whole” perception into its building blocks would result in the loss of some important psychological information.

116. In a famous speech given in 1926, John B. Watson made the following claim:

Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I’ll guarantee to take any one at random and train him to become any type of specialist I might select—a doctor, lawyer, artist, merchant-chief, and yes, even into beggarman and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors.

Place this statement in historical perspective. Do you agree or disagree? Explain your reasoning.

ANSWER: John B. Watson (1878–1958) was a behaviorist. Psychologists following the behaviorist perspective concentrated on observable, measurable behaviors and dominated psychology for the first half of the 20th century. Watson echoed the “blank slate” approach of the British empiricist philosophers in his emphasis on the role of experience in forming behavior. By the 1950s, the behaviorists’ disinterest in mental states and activity was challenged by scientists from diverse fields, including linguistics and computer science, leading to a cognitive revolution. In addition, the work of Freud and of humanists provided new perspectives. Students should discuss whether they agree or disagree with Watson’s statement in reference to the nature versus nurture debate. As the text notes, contemporary psychology views the mind as being a function of interactions between inborn characteristics and experiences, not a product of just nature or just nurture.

117. Briefly discuss the phenomenon of drug abuse in the context of five different psychological perspectives.

Chapter 01

ANSWER: The text notes that to understand the phenomenon of drug abuse, many perspectives can contribute to our understanding, but no one specialty offers a complete explanation. Biological psychologists approach drug abuse by tracing pathways in the brain correlated with cravings. Behaviorists focus on the reinforcing qualities of the experience. Behaviorist techniques regarding the use of reward and punishment to shape behavior are also relevant efforts to stop drug use. Developmental and social psychologists consider the family and peer influences. In each case, something valuable is learned about drug abuse, but understanding the “whole” requires zooming out for a more comprehensive perspective.

The text also notes that there are highly different patterns of use for different drugs. Drawing on multiple perspectives can provide a fuller understanding of the patterns, which may also aid in reducing problematic drug use.

Students might also consider whether other perspectives contribute to an understanding of drug abuse, such as evolutionary, clinical, and individual differences. For example, did an enhanced reaction to natural drug ingredients provide a survival advantage in the past? Clinicians who treat persons with drug addictions may have a wealth of knowledge based on individual cases that may provide a basis for developing hypotheses. Studying individuals who are most or least affected by certain drugs may provide additional information.