

## **Chapter 1**

### **True / False**

1. The universal and context-specific developmental issue concerns whether there is just one path of development or several.

- a. True
- b. False

**ANSWER:** True

2. The continuity perspective suggests that development is best characterized as following a smooth progression.

- a. True
- b. False

**ANSWER:** True

3. The influence of your racial identity on your behavior would be considered a sociocultural force.

- a. True
- b. False

**ANSWER:** True

4. Neuroscience is the study of the brain and the nervous system in terms of brain-environmental relationships.

- a. True
- b. False

**ANSWER:** False

5. The sequence of stages in Erikson's theory is based on the epigenetic principle.

- a. True
- b. False

**ANSWER:** True

6. Compared to punishment, reinforcement tends to result in quicker and longer-lasting learning.

- a. True
- b. False

**ANSWER:** True

7. Piaget believed that children begin to construct knowledge in new ways at a few critical points in development.

- a. True
- b. False

**ANSWER:** True

8. Information-processing theory rejects the notion of conceptualizing humans as having mental hardware and software.

- a. True
- b. False

**ANSWER:** False

9. Vygotsky's key insight was to view development as an apprenticeship in which children develop as they work with skilled adults.

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- a. True
- b. False

**ANSWER:** True

10. When explaining an individual's behavior, proponents of ecological theory would emphasize the impact of factors outside of the individual.

- a. True
- b. False

**ANSWER:** True

11. Competence-environmental press framework emphasizes that to understand people's functioning, it is essential to understand the systems in which they live.

- a. True
- b. False

**ANSWER:** True

12. Plasticity refers to the idea that as we develop, some of our skills grow and others decline.

- a. True
- b. False

**ANSWER:** False

13. According to the life-span perspective, human development can only be understood within the scope of a single framework.

- a. True
- b. False

**ANSWER:** False

14. In a structured observation, a researcher creates a setting that is likely to bring out the behavior of interest.

- a. True
- b. False

**ANSWER:** True

15. Determining whether an assessment is measuring what it is supposed to be measuring is determining its reliability.

- a. True
- b. False

**ANSWER:** False

16. A sample is a subset of the population of interest.

- a. True
- b. False

**ANSWER:** True

17. The strength of correlational research lies in its ability to determine cause.

- a. True

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b. False

ANSWER:

False

18. Qualitative research relies on numerical data and statistical tests as the bases for reporting results.

a. True

b. False

ANSWER:

False

19. An advantage of cross-sectional studies is that they cannot be influenced by cohort effects.

a. True

b. False

ANSWER:

False

20. Outcomes of developmental research can have important implications for social policy.

a. True

b. False

ANSWER:

True

## **Multiple Choice**

21. The scientific study of human development can best be described as \_\_\_\_\_.

- a. multidisciplinary
- b. focused on groups rather than individuals
- c. non-theoretical
- d. emphasizing stability over change

ANSWER:

a

22. Which term in this group is different from the others?

- a. experiential
- b. nurture
- c. environmental
- d. hereditary

ANSWER:

d

23. Dr. Kim takes a strong nature position with regard to the origins of intellectual disabilities. Therefore, they would most likely believe that intellectual disability is due to \_\_\_\_\_.

- a. parenting style
- b. genetics and heredity
- c. exposure to toxins
- d. exposure to disease

ANSWER:

b

24. The notion that development is best described as a series of abrupt shifts in behavior best fits with the \_\_\_\_\_ approach.

- a. nature

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- b. nurture
- c. continuity
- d. discontinuity

**ANSWER:** d

25. A daycare, groups the children into categories called “pre-K,” “K-3,” and the “upper-elementary.” These ideas are most compatible with a \_\_\_\_\_ view.

- a. context-specificity
- b. hereditary
- c. continuity
- d. discontinuity

**ANSWER:** d

26. Dr. Fletcher is attempting to determine whether adult criminals were rule-breakers throughout their childhood or whether they suddenly turned to a life of crime. This research is most concerned with which issue of human development?

- a. nature versus nurture
- b. universal versus context-specific development
- c. biological versus sociocultural forces
- d. continuity versus discontinuity

**ANSWER:** d

27. Mustafa is interested in determining whether children develop virtually the same way in Algeria as they do in other parts of the world. Mustafa’s research is an example of which issue of human development?

- a. psychological versus biological forces
- b. universal versus context-specific development
- c. nature versus nurture
- d. continuity versus discontinuity

**ANSWER:** b

28. When Clarisse says, “It doesn’t matter what country they are from, kids are kids,” they are endorsing which position on human development?

- a. discontinuous
- b. universal
- c. nurture
- d. context-specific

**ANSWER:** b

29. Viviana notices that children seem to mature socially much faster in Costa Rica than in Canada. Viviana is most likely to support which position regarding human development?

- a. nature
- b. discontinuous
- c. context-specific
- d. continuous

**ANSWER:** c

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30. Lotte is listening to a lecture in which her professor states, “Genetic and cultural factors are important, but they alone cannot explain the development of human beings.” Which idea is Lotte’s professor is supporting?

- a. biopsychosocial framework
- b. continuous development perspective
- c. notion of universality
- d. concept of discontinuity

**ANSWER:** a

31. Because Dr. Bryant is interested in researching how people of different ages are affected by the same major events, Dr. Bryant is most interested in studying \_\_\_\_ forces.

- a. psychological
- b. biological
- c. life-cycle
- d. sociocultural

**ANSWER:** c

32. When asked why Yvonne ended up in jail, Jaketta says, “Yvonne was always a mean, aggressive person who liked hurting people.” Jaketta believes Yvonne’s development is a result of \_\_\_\_\_ forces.

- a. sociocultural
- b. normative age-graded
- c. normative history-graded
- d. psychological

**ANSWER:** d

33. Benoit is interested in studying the effects of various biological forces on human development. Which topic is probably of *least* interest to them?

- a. cognition
- b. brain maturation
- c. menopause
- d. exercise

**ANSWER:** a

34. Which of the following fields is defined as the study of the brain, nervous system, and the brain-behavior relationship?

- a. biology
- b. neuroscience
- c. anthropology
- d. sociology

**ANSWER:** b

35. Which of the following is considered a “psychological force”?

- a. neighborhood
- b. genetics
- c. personality

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- d. heredity

**ANSWER:**

c

36. Many children resemble their biological parents and share some personality traits, which provides evidence to support the role of \_\_\_\_\_ influences.

- a. psychological
- b. sociocultural
- c. non-normative
- d. biological

**ANSWER:**

b

37. Thuy and Minh are identical twins who were separated at birth. Thuy was raised in the United States, whereas Minh spent her childhood in Austria. Which force would likely explain most of the differences between their behaviors as teens?

- a. psychological
- b. nature-based
- c. biological
- d. sociocultural

**ANSWER:**

d

38. Which of the following statement is true regarding the study of human development?

- a. Psychological factors are the primary focus, and sociocultural and biological factors are ignored.
- b. Sociocultural factors are the primary focus, and psychological and biological factors are ignored.
- c. Biological influences are a necessary component, in addition to psychological and sociocultural factors.
- d. Sociocultural and psychological factors are the primary focus, and biological factors are ignored.

**ANSWER:**

c

39. Pei identifies as Asian and as a woman. She feels that her experiences reflect more than those of all Asians, and also more than all women. That is, her experiences are unique to being an Asian woman. She is describing \_\_\_\_\_.

- a. ethnicity
- b. culture
- c. intersectionality
- d. personality

**ANSWER:**

c

40. A family is moving to a new city in a different part of the country. Their four-year-old child is very happy and makes the transition easily, whereas their 12-year-old child is unhappy and has a very difficult time adjusting to the move. Which set of factors best explains the different responses of the children?

- a. biological factors
- b. sociocultural factors
- c. personality factors
- d. life-cycle factors

**ANSWER:**

d

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41. When Alfonso says, “It would have been tough to be a father at age 21, but being one at age 28 is easier,” he is noting the important role of which factors in human development?

- a. biological
- b. life-cycle
- c. sociocultural
- d. psychological

**ANSWER:** b

42. Which statement best exemplifies the basic premise of life-cycle forces?

- a. Biological forces play a small role once a person reaches puberty.
- b. Unconscious desires are the basis for most human behavior.
- c. The timing of the event within an individual’s developmental trajectory influences outcome.
- d. The forces that influence human behavior are too complex to identify through empirical research.

**ANSWER:** c

43. Several connected ideas to explain ideas an observation is best described as a(n) \_\_\_\_.

- a. experiment
- b. theory
- c. study
- d. mesosystem

**ANSWER:** b

44. Which of the following theories places the least emphasis on biological forces?

- a. behavioral
- b. ecological
- c. social cognitive
- d. psychodynamic

**ANSWER:** d

45. When asked to explain why teenage gang membership is rising, Dr. Baurer responds, “Generally speaking, these children are driven by conflicts between what they wish to do and what society wishes them to do.” It is most likely that Dr. Baurer would be a proponent of \_\_\_\_ theory.

- a. psychodynamic
- b. social cognitive
- c. ecological
- d. cognitive-developmental

**ANSWER:** a

46. Who is most associated with psychosocial theory?

- a. Erikson
- b. Bandura
- c. Watson
- d. Freud

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**ANSWER:**

a

47. The epigenetic principle is a key component of \_\_\_\_ theory.

- a. social cognitive
- b. ecological
- c. information-processing
- d. psychosocial

**ANSWER:**

d

48. Nico wishes to explore new activities, challenge his skills, and understand himself better. According to Erik Erikson, Nico is in which stage of psychosocial development?

- a. generativity vs. stagnation
- b. identity vs. identity confusion
- c. autonomy vs. shame
- d. basic trust vs. mistrust

**ANSWER:**

b

49. The argument that each psychosocial strength has its own special age period of specific importance is the cornerstone of whose theory of development?

- a. Bandura's
- b. Erikson's
- c. Skinner's
- d. Vygotsky's

**ANSWER:**

b

50. How would Erik Erikson respond to the statement "Stages of development are biologically fixed throughout the lifespan"?

- a. He would agree that everyone goes through different stages depending on their age.
- b. He would disagree and point out that there is no "normal" progression of human development.
- c. He would disagree and point out that culture influences the trajectory of human development.
- d. He would say nothing because he focused on development between birth and adolescence.

**ANSWER:**

a

51. The idea that consequences of a behavior determine the likelihood of the behavior being repeated in the future is called \_\_\_\_\_.

- a. the life-span perspective
- b. the epigenetic principle
- c. universal development
- d. operant conditioning

**ANSWER:**

d

52. Because they completed their history assignment, Ramie is excused from having to wash the dishes, a task Ramie detests. Ramie's parents are using which strategy to increase Ramie's studying?

- a. positive reinforcement

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- b. punishment
- c. extinction
- d. negative reinforcement

ANSWER:

d

53. A child's grandparents always buy new toys when the child visits. As a result, the child frequently requests to visit their grandparents. This is an example of \_\_\_\_\_.

- a. reinforcement
- b. extinction
- c. punishment
- d. psychoanalysis

ANSWER:

a

54. In operant conditioning theory, reinforcement is to punishment as \_\_\_\_\_.

- a. increasing is to decreasing
- b. giving is to taking
- c. unwanted is to wanted
- d. good is to bad

ANSWER:

a

55. Zhang is attempting to alter the behavior of his son by manipulating the consequences of his son's actions. Zhang is practicing \_\_\_\_\_.

- a. social learning theory
- b. negative reinforcement
- c. operant conditioning
- d. ecological theory

ANSWER:

c

56. An effective punishment \_\_\_\_\_.

- a. causes some physical pain or psychological harm
- b. increases the likelihood that behavior will occur in the future
- c. reduces the likelihood that a behavior will occur in the future
- d. eventually becomes ineffective at changing behavior

ANSWER:

c

57. Marta finds that whenever she talks to her daughter about her undesirable behavior, the behavior increases in frequency. Based on this, Marta's talks would be considered \_\_\_\_\_.

- a. punishment
- b. reinforcement
- c. suppression
- d. ineffective

ANSWER:

b

58. In an elementary school classroom, students who do not complete their homework lose time at recess. Losing recess is

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an example of which technique to increase homework completion?

- a. punishment
- b. negative reinforcement
- c. positive reinforcement
- d. Imitation

**ANSWER:**

a

59. Imitation is most closely related to the concept of \_\_\_\_\_.

- a. positive reinforcement
- b. life-cycle forces
- c. selective optimization
- d. observational learning

**ANSWER:**

d

60. Even though Bonita was never reinforced for doing so, the frequency of their studying increased after their friend Gemma got a lot of attention for studying. This is most likely an example of \_\_\_\_\_.

- a. observational learning
- b. operant conditioning
- c. punishment
- d. self-efficacy

**ANSWER:**

a

61. Adem is doing a study in which lacrosse players are interviewed about their role on the team and perceived capabilities for playing in Saturday's game. Adem is assessing the players' \_\_\_\_\_.

- a. life-cycle forces
- b. exosystems
- c. internal maturational plans
- d. self-efficacy

**ANSWER:**

d

62. Alberto has been practicing for months and believes he can successfully ski down a steep mountain. In regards to his skiing, Alberto most likely has \_\_\_\_\_.

- a. reached formal operations
- b. high self-efficacy
- c. resolved the industry vs. inferiority stage
- d. been negatively reinforced

**ANSWER:**

b

63. Dr. Linh encourages his students to be independent learners by having them watch how more advanced students research answers to questions. Dr. Linh is using principles of \_\_\_\_\_.

- a. social learning theory
- b. operant conditioning
- c. cognitive-developmental theory
- d. psychosocial theory

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**ANSWER:**

a

64. Who would most likely explain a child's maladaptive behavior by saying, "They probably saw some TV character do that"?

- a. Abdul, who is a behaviorist.
- b. Ismael, who is a social learning theorist.
- c. Masnoon, who is a Freudian theorist.
- d. Gerard, who is a Piagetian theorist.

**ANSWER:**

b

65. Dr. Sefky says, "Sure, reinforcement and punishment are important, but how people interpret reinforcement and punishment is even more important." Given this statement, Dr. Sefky's view is describing \_\_\_\_\_.

- a. operant conditioning
- b. social cognitive theory
- c. psychosocial theory
- d. psychodynamic theory

**ANSWER:**

b

66. Social cognitive theory and operant conditioning are similar in that they both \_\_\_\_\_.

- a. view the individual as an active processor of information
- b. believe that experience is important in determining behavior
- c. place a greater emphasis on nature than on nurture
- d. stress discontinuity in learning stages across the lifespan

**ANSWER:**

b

67. Whose theory of development is best exemplified by the idea that children construct their own knowledge and that this constructed knowledge changes with age and experience?

- a. Piaget
- b. Bronfenbrenner
- c. Erikson
- d. Skinner

**ANSWER:**

a

68. Deng believes human development is best conceptualized as progressing discontinuously through several distinct stages of thinking. Deng is most likely a(n) \_\_\_\_\_.

- a. Piagetian
- b. social learning theorist
- c. ecological theorist
- d. behaviorist

**ANSWER:**

a

69. What is the correct order of Piaget's stages of development?

- a. sensorimotor, concrete operational, preoperational, formal operational
- b. preoperational, formal operational, concrete operational, sensorimotor

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- c. sensorimotor, preoperational, concrete operational, formal operational
- d. preoperational, sensorimotor, formal operational, concrete operational

**ANSWER:**

c

70. Someone who says, “The best way to describe my child’s learning is in terms of a slow computer with a small memory getting a faster processor and more storage space.” is describing a(n) \_\_\_\_ approach to development.

- a. operant conditioning
- b. ecological theory
- c. Piagetian
- d. information-processing

**ANSWER:**

d

71. Rutger believes that, rather than progressing through a sequence of stages, mental processes gradually get more complex and efficient. Rutger is most likely a proponent of \_\_\_\_\_.

- a. Piaget’s theory
- b. Kohlberg’s theory
- c. information-processing theory
- d. Erikson’s theory

**ANSWER:**

c

72. What type of theorist would most likely describe human cognitive development using the analogy of “mental software”?

- a. an information-processing theorist
- b. a Freudian theorist
- c. an operant conditioning theorist
- d. a social learning theorist

**ANSWER:**

a

73. Dr. Bach is a developmental psychologist who is interested in Vygotsky’s theory. What sort of forces are probably of most interest to Dr. Bach?

- a. biological
- b. psychological
- c. life-cycle
- d. sociocultural

**ANSWER:**

d

74. Which of the following theorists emphasize sociocultural factors in development?

- a. Information-processing theorists
- b. Skinnerian theorists
- c. Vygotskian theorists
- d. Piagetian theorists

**ANSWER:**

c

75. The biggest difference between Vygotsky’s approach to development and that of Piaget and the information-

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processing approach is that Vygotsky placed more emphasis on \_\_\_\_\_.

- a. the impact of culture
- b. stages of development
- c. thinking
- d. unconscious thoughts

**ANSWER:**

a

76. A person who says, “The only way to explain the problems of adolescents is to study them in relation to their parents and the culture that surrounds them.” is most likely a proponent of \_\_\_\_\_ theory.

- a. psychodynamic
- b. cognitive developmental
- c. ecological
- d. social cognitive

**ANSWER:**

c

77. Which theorist is best associated with an ecological approach to human development?

- a. Freud
- b. Piaget
- c. Erikson
- d. Bronfenbrenner

**ANSWER:**

d

78. Fernanda has only one child, three-year-old Marco, and she takes all of the caregiving responsibilities for Marco. From an ecological perspective, Fernanda is best thought of as part of Marco’s \_\_\_\_\_.

- a. mesosystem
- b. exosystem
- c. macrosystem
- d. microsystem

**ANSWER:**

d

79. According to ecological theory, the people closest to an individual represent the individual’s \_\_\_\_\_.

- a. microsystem
- b. macrosystem
- c. mesosystem
- d. exosystem

**ANSWER:**

a

80. Luis is in the middle of a stressful semester at school. He realizes that this stress has carried over into his part-time job, where his coworkers have pointed out that he has been unpleasant. This relationship is best described by Bronfenbrenner’s notion of a(n) \_\_\_\_\_.

- a. mesosystem
- b. exosystem
- c. macrosystem
- d. microsystem

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**ANSWER:**

**a**

81. A researcher who wants to study how state welfare programs influence parenting behaviors would be studying \_\_\_\_\_.

- a. microsystems
- b. exosystems
- c. mesosystems
- d. operant conditioning

**ANSWER:**

**b**

82. Publicization of police misconduct has dramatically influenced race relations in the early 21st century. From an ecological perspective, this influence is best thought of as part of the culture's \_\_\_\_\_.

- a. mesosystem
- b. exosystem
- c. macrosystem
- d. microsystem

**ANSWER:**

**c**

83. Aoife received a salary increase and is now able to move into a nicer home with their children. Bronfenbrenner would state that the increase in the Aoife's salary impacted the children's \_\_\_\_\_.

- a. exosystem
- b. mesosystem
- c. macrosystem
- d. microsystem

**ANSWER:**

**a**

84. A new employee is having a difficult time adjusting to their new job because they lack the skills needed to meet the demands of their boss. This predicament would probably best be explained by

- a. psychosocial theory
- b. Bronfenbrenner's ecological theory
- c. the competence-environmental press theory
- d. Kohlberg's theory of moral development

**ANSWER:**

**c**

85. Whose theory is best associated with a life-span perspective emphasizing research on adult development?

- a. Bandura
- b. Riley
- c. Bronfenbrenner
- d. Piaget

**ANSWER:**

**b**

86. Markea is 80 years old and is learning how to speak French and play the violin. This new skill development is an example of \_\_\_\_\_.

- a. multiple causation

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- b. historical context
- c. plasticity
- d. multidirectionality

**ANSWER:**

c

87. Ernesto's knowledge of guitar playing has grown over the years, while at the same time their ability to play guitar has deteriorated. Ernesto's experience best exemplifies \_\_\_\_\_.

- a. multiple causation
- b. historical context
- c. plasticity
- d. multidirectionality

**ANSWER:**

d

88. Multidirectionality, plasticity, historical context, and multiple causation are all key features of the \_\_\_\_ perspective.

- a. life-span
- b. cognitive-developmental
- c. psychosocial
- d. ecological

**ANSWER:**

a

89. The fact that a teen growing up when Pearl Harbor was attacked will develop in a different manner from a teen growing up when the World Trade Center was attacked is best explained in terms of \_\_\_\_\_.

- a. multidirectionality
- b. multiple causation
- c. plasticity
- d. historical context

**ANSWER:**

d

90. Lashondra is getting ready to apply for graduate school. To focus on this goal, Lashondra is resigning from their posts as editor of the campus newspaper and president of psychology club. These changes in Lashondra's life are examples of \_\_\_\_\_.

- a. compensation
- b. elective selection
- c. loss-based selection
- d. self-efficacy

**ANSWER:**

b

91. The selective optimization with compensation model is primarily associated with the \_\_\_\_ perspective.

- a. cognitive-developmental
- b. ecological
- c. psychodynamic
- d. life-span

**ANSWER:**

d

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92. A professor always makes a point of learning the names of all the students in their class. Normally they are able to do this in their head, but has recently found that they need note cards to help remember. This change in behavior is best described as \_\_\_\_\_.

- a. loss-based selection
- b. elective selection
- c. compensation
- d. the epigenetic principle

**ANSWER:**

c

93. Orlaith is interested in studying the impact of growing up during the Great Recession on the saving and spending habits of individuals. This research is best described as using a \_\_\_\_\_ perspective.

- a. life-course
- b. life-span
- c. social cognitive
- d. psychosocial

**ANSWER:**

a

94. Diya wonders if the Covid-19 pandemic will impact the career goals of individuals who were adolescents at the time of the pandemic. This kind of question best reflects a(n) \_\_\_\_\_ perspective.

- a. cognitive-developmental
- b. life-course
- c. social cognitive
- d. operant conditioning

**ANSWER:**

b

95. Which research study would you most expect to see from a researcher with a life-course perspective?

- a. the effect of smoking on neurotransmitter systems and memory
- b. how memory processes change from infancy to old age
- c. growing up in the 1960s and its influence on political activism in middle adulthood
- d. sex differences in marital satisfaction and parenting styles

**ANSWER:**

c

96. A 45-year-old individual is worried about how the election of the new president will impact their current job status. This is an example of the combination of \_\_\_\_\_.

- a. individual timing of life events in relation to external historical events
- b. the synchronization of individual transitions with collective familial ones
- c. the impact of earlier life events on current conditions
- d. history and maturation determining the outcome of life

**ANSWER:**

a

97. Balancing work and home responsibilities is an example of \_\_\_\_\_.

- a. individual timing of life events in relation to external historical events
- b. the impact of major life transitions on a particular life stage
- c. the impact of earlier life events on current conditions

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- d. history and maturation determining the outcome of life

**ANSWER:**

b

98. Patti studies the behavior of preschool children by watching them play at a local daycare center. While doing this, she is careful to find a spot where she will be completely unnoticed by the individuals she is observing. Patti is using a \_\_\_\_\_ approach to studying the children.

- a. structured observation
- b. correlational
- c. self-report
- d. naturalistic observation

**ANSWER:**

d

99. Catarina is most interested in studying adolescent friendship behaviors occurring at a high school prom. Which method is most likely to help Catarina accomplish this goal?

- a. structured observation
- b. naturalistic observation
- c. self-report
- d. experiment

**ANSWER:**

b

100. Which research method must always occur in a real-life setting?

- a. experiment
- b. structured observation
- c. naturalistic observation
- d. systematic observation

**ANSWER:**

c

101. Liat takes notes on the behaviors exhibited by college students attending a party. This study would best be described as \_\_\_\_\_ research.

- a. longitudinal
- b. systematic observational
- c. experimental
- d. sequential

**ANSWER:**

b

102. A psychologist stages a fire drill at the elementary school in order to study how children respond to potential emergency situations. This method would best be described as a(n) \_\_\_\_\_.

- a. structured observation
- b. naturalistic observation
- c. self-report
- d. experiment

**ANSWER:**

a

103. A researcher is studying how teenagers think about high school by asking them to answer several questions related to

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their classroom experiences. This type of data collection is called \_\_\_\_\_.

- a. naturalistic observation
- b. structured observation
- c. experiment
- d. self-report

**ANSWER:** d

104. Which method of measuring behavior is most likely to be used in combination with other behavioral measures?

- a. physiological measures
- b. self-reports
- c. naturalistic observation
- d. sampling behavior with tasks

**ANSWER:** a

105. Which method of measuring behavior is most effective at directly studying brain activity?

- a. physiological measures
- b. self-reports
- c. naturalistic observation
- d. sampling behavior with tasks

**ANSWER:** a

106. Dr. Nuriama is interested in studying the emotional vocabulary of toddlers. Which method is Dr. Nuriama most likely to use for this study?

- a. physiological measures
- b. naturalistic observation
- c. structured observation
- d. behavioral task

**ANSWER:** d

107. Dr. Simpson's students were rightfully upset when he used results from a mathematics quiz to determine their grades in a developmental psychology class. His method of assessment lacked \_\_\_\_\_.

- a. a sufficient sample size
- b. reliability
- c. validity
- d. justification

**ANSWER:** c

108. Harold is upset with his score on his reading test and says, "I bet if I wouldn't have taken that test so early in the morning, I would have done much better." Harold's complaint deals most directly with the questionable \_\_\_\_\_ of the test.

- a. validity
- b. sample
- c. reliability
- d. population

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**ANSWER:**

c

109. Validity is to reliability as \_\_\_\_\_.
- a. study is to experiment
  - b. cause is to correlation
  - c. positive is to negative
  - d. accuracy is to consistency

**ANSWER:**

d

110. Which research finding best supports the idea that a new intelligence test is valid?
- a. Individuals earn the same score on the test every time they take it.
  - b. Individuals score higher on the test when they are older than when they were younger.
  - c. Scores on the new intelligence test correlate with scores on another valid intelligence test.
  - d. Most individuals score highly on the new intelligence test.

**ANSWER:**

c

111. Virtually all studies done in psychology rely on studying people representative of a larger group. The groups of people who participate in these studies are most commonly known as \_\_\_\_\_.
- a. samples
  - b. populations
  - c. mesosystems
  - d. independent variables

**ANSWER:**

a

112. Population is to sample as \_\_\_\_\_.
- a. small is to large
  - b. reliability is to validity
  - c. micro is to macro
  - d. set is to subset

**ANSWER:**

d

113. In a correlational study, variables are always studied \_\_\_\_\_.
- a. as they exist naturally
  - b. after some manipulation
  - c. during an experiment
  - d. at the population level

**ANSWER:**

a

114. Danish is interested in doing a study to determine whether a relationship exists between participating in college athletics and self-efficacy for academic work. Danish measures athletic participants and self-efficacy, and then evaluates the strength of the association between the two. What type of research did Danish conduct?
- a. cross-sectional
  - b. correlational
  - c. experimental

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- d. naturalistic observation

ANSWER:

b

115. Based on a study that finds that self-esteem is negatively correlated with college grades, which person would you predict would have the highest grades?

- a. Marvin, who has very high self-esteem.
- b. Davi, who has average self-esteem.
- c. Premish, who has very low self-esteem.
- d. Loki, who refuses to answer the study questions.

ANSWER:

c

116. A research article concludes that the higher a student's self-esteem, the worse that student performs in school. This sort of relationship would best be characterized as \_\_\_\_\_.

- a. a negative correlation
- b. no relationship
- c. positive correlation
- d. cause and effect

ANSWER:

a

117. Which correlation coefficient value indicates the strongest relationship?

- a. -.23
- b. .57
- c. .15
- d. -.82

ANSWER:

d

118. Which of the following has a range from -1.0 to 1.0?

- a. correlation coefficient
- b. dependent variable
- c. independent variable
- d. sample

ANSWER:

a

119. An experimental study is best used to \_\_\_\_\_.

- a. measure different variables quantitatively over time
- b. determine the direction of the relationship between two variables
- c. determine the magnitude of the relationship between these two variables
- d. determine whether changes in one of these variables causes changes in the other

ANSWER:

d

120. Shuntelle is interested in studying the relationship between self-esteem and school grades. The goal of the study is to quantify this relationship and avoid any ethical concerns regarding the manipulation of these variables. What method is the best option for Shuntelle?

- a. correlational

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- b. natural observation
- c. experiment
- d. physiological

**ANSWER:**

**a**

121. A school psychologist is conducting a study to determine whether fidget spinning causes a reduction in stress. Before an exam, half of a class gets fidget spinners, and the other half does not. The school psychologist measures stress after the exam. In this experiment, fidget spinning is the

- a. control group
- b. independent variable
- c. dependent variable
- d. cohort effect

**ANSWER:**

**b**

122. An experiment is designed to determine whether taking vitamin A before attending a social event improves self-esteem. What is the dependent variable?

- a. vitamin A
- b. the social event
- c. the level of self-esteem
- d. the age of the participants

**ANSWER:**

**c**

123. A researcher has a hypothesis that hostility toward women is increased by viewing pornography. If the researcher does an experiment to test this, what would be the independent variable?

- a. scores on a "hostility toward women" scale
- b. being placed in a control group
- c. the viewing of pornography
- d. the sex of the subjects

**ANSWER:**

**c**

124. You are doing a study to determine whether drinking coffee prior to taking a test affects performance on that test. What is the independent variable in your study?

- a. the psychology test
- b. the participants in your study
- c. drinking coffee
- d. It depends on where the study is conducted.

**ANSWER:**

**c**

125. A publishing company does a study to determine whether using a study guide for a textbook improves performance on exams. In this study, grades on the exams are the \_\_\_\_ variable.

- a. correlational
- b. independent
- c. manipulated
- d. dependent

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**ANSWER:**

d

126. Qualitative research differs from quantitative research because \_\_\_\_\_.

- a. it is conducted in the laboratory
- b. it seeks to gain an intensive understanding of what governs behavior
- c. it is non-correlational
- d. it relies heavily on statistical analysis

**ANSWER:**

b

127. A study of sibling rivalry gives assessments to participants every five years since 1970. This research design is best classified as \_\_\_\_\_.

- a. cross-sectional
- b. experimental
- c. longitudinal
- d. sequential

**ANSWER:**

c

128. Which type of study can assess how individual participants' behaviors change over time?

- a. naturalistic observation
- b. cross-sectional
- c. experimental
- d. longitudinal

**ANSWER:**

d

129. Which of the following is an issue most relevant to cross sectional research?

- a. It is difficult to generalize results to the larger population.
- b. Participants may improve on the tests by taking them multiple times.
- c. It is expensive to keep collecting data on a large number of participants.
- d. Participants may choose not to continue.

**ANSWER:**

a

130. A researcher is assessing differences in extroversion by testing 9-, 19-, 39-, and 59-year-old subjects at the same time. This is an example of a(n) \_\_\_\_\_ study.

- a. sequential
- b. longitudinal
- c. experimental
- d. cross-sectional

**ANSWER:**

d

131. The fact that Tatiana likes to watch reality television and her grandfather prefers watching 1960s television westerns is probably best explained by \_\_\_\_\_.

- a. age effects
- b. non-normative factors
- c. cohort effects

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- d. time-of-measurement effects

**ANSWER:**

c

132. Smita studies two different cohorts over a 50-year period, testing each subject every five years. Smita is using a \_\_\_\_\_ design.

- a. longitudinal
- b. cross-sectional
- c. sequential
- d. microgenetic

**ANSWER:**

c

133. Greta wants to do a study on how self-efficacy changes over the life span. The primary concerns are economic – there is limited time and money available for the research. Given these concerns, which of the following study types is the best option for Greta?

- a. longitudinal
- b. cross-sectional
- c. sequential
- d. experimental

**ANSWER:**

b

134. Which study design allows a researcher to synthesize data from numerous studies?

- a. longitudinal
- b. meta-analysis
- c. cross-sectional
- d. qualitative

**ANSWER:**

b

135. Rather than collecting data on a new set of subjects, a researcher is analyzing hundreds of studies that have already been done on a topic in order to come up with an overall estimate of what all the other studies found. What type of study is this?

- a. experiment
- b. meta-analysis
- c. correlational
- d. longitudinal

**ANSWER:**

b

136. Which statement is true regarding ethical research?

- a. Subject responses don't always need to be confidential.
- b. Never tell subjects if they've been deceived.
- c. Risks to participants don't matter if the topic is important enough.
- d. Give subjects the right to withdraw from the research without penalty.

**ANSWER:**

d

137. According to the American Psychological Association, researchers must \_\_\_\_\_.

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- a. eliminate all risk to participants
- b. minimize risk to participants
- c. use deception if there are risks to participants
- d. pay participants if they are put at risk

**ANSWER:**

**b**

138. Results from individual research participants should be \_\_\_\_\_.

- a. confidential
- b. public
- c. coded by name
- d. ignored

**ANSWER:**

**a**

139. After completing their study, researchers send a copy of their findings to a scientific journal in hopes of having it published. This reflects which step of the research process?

- a. developing hypotheses
- b. analyzing the data
- c. communicating research results
- d. applying the results of research

**ANSWER:**

**c**

140. As a result of reading several research articles on the long-term effects of daycare, a state legislature passes a new law mandating that all daycare providers modify their practices to be in concordance with this research. This action reflects \_\_\_\_\_.

- a. how research can affect social policy
- b. the benefits of doing meta-analytic research
- c. the importance of longitudinal studies
- d. why correlational research is superior in some ways to experimental research

**ANSWER:**

**a**

141. Children's judgments of the emotions depicted in photographs may be less accurate than they would be in real life because the photographs are \_\_\_\_\_.

- a. faces of strangers
- b. not moving
- c. black and white
- d. outdated

**ANSWER:**

**b**

## **Essay**

142. A new developmental theory of personality emerges. This new theory states that adult personality is markedly different from personality in childhood, is completely determined by the environment, and develops the same across cultures. Describe the three recurring issues in human development and explain where this new theory stands in relation to these three issues.

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**ANSWER:** The nature-nurture issue addresses the degree to which genetic or hereditary influences and experiential or environmental influences determine the kind of person you are. The new developmental theory proposes that only nurture contributes to personality. The continuity-discontinuity issue addresses whether a particular developmental phenomenon represents a smooth progression throughout the life span or a series of abrupt shifts. The new theory supports discontinuity. The universal and context-specific development issue concerns whether there is one path of development or several paths. The new theory supports universal development.

143. Use the biopsychosocial framework to describe four factors that could be important in the development of parenting skills.

**ANSWER:** The biopsychosocial framework involves four interactive forces: biological, psychological, sociocultural, and life-cycle forces. Biological forces include all genetic and health-related factors that affect development. Biological variables such as an individual's health can influence the development of parenting skills. Psychological forces include all internal perceptual, cognitive, emotional, and personality factors that affect development. Psychological variables such as attitudes about certain types of parenting styles can influence the development of parenting skills. Sociocultural forces include interpersonal, societal, cultural, and racial/ethnic factors that affect development. Sociocultural variables such as the perceptions of others or our culture can influence the development of our parenting skills. Life-cycle forces reflect differences in how the same event affects people of different ages. Life-cycle variables such as ages can influence the development of our parenting skills. A teen mother is likely to develop a parenting style that differs from a mother in her late 30s.

144. Two developmental psychologists are discussing the factors that are important in explaining one's behavior. One is a proponent of operant conditioning and the other supports a social learning approach. Select a famous person and describe one way these two psychologists may agree and one way they may disagree in their explanation of the celebrity's behavior.

**ANSWER:** One way the two psychologists would agree is that the celebrity's behavior is the product of external forces. These external forces apply reinforcers and/or punishers that will influence the celebrity's behaviors by increasing or decreasing the number of select behaviors displayed. One area where the two psychologists would disagree is whether the reinforcers and/or punishers must be directly applied (slap on the wrist) or can be indirectly applied (see another celebrity receive a slap on the wrist). Example: A celebrity has been showing signs of substance use disorder. The operant conditioning psychologist believes that the substance use stemmed from the reinforcement received from early drinking experiences, such as having fun with friends and feeling less inhibited. The social learning psychologist believes that the substance use stemmed from observational learning, such as growing up with a parent who abused alcohol and other substances. Both psychologists may agree that imitating parents was reinforced.

145. Define the four levels of the environment as described in Bronfenbrenner's ecological theory. How do these levels relate to the biopsychosocial framework?

**ANSWER:** The microsystem consists of the people and objects in an individual's immediate environment. The mesosystem provides connections across microsystems. The exosystem consists of social settings that a person may not experience firsthand but that still influence development. The macrosystem consists of the cultures and subcultures in which the microsystem, mesosystems, and exosystem are embedded. The microsystem is where we would find the biological forces from the biopsychosocial framework influencing development. Psychological forces influence development in both the microsystem and mesosystem. Sociocultural forces influence development at the level of the mesosystem, exosystem, and the macrosystem. Life-cycle forces can influence development at all levels of Bronfenbrenner's ecological approach.

146. A high school history teacher, is 55 years old and having a hard time balancing the demands of their recent

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promotion to half-time assistant principal and half-time classroom teacher. Describe the three key features of the selective optimization with compensation (SOC) model. Explain how the key features could apply to the teacher's being successful in their new position at the high school.

**ANSWER:** The selective optimization with compensation (SOC) model is based on the assumption that three processes (selection, compensation, and optimization) form a system of behavioral action that generates and regulates development and aging. The selection occurs for two main reasons: elective selection and loss-based selection. Compensation occurs when a person's skills have decreased and optimization involves minimizing losses and maximizing gains. Example: Elective selection applies when the teacher drops their golf club membership to free up time for grading papers in the evening. Loss-based selection applies when the teacher starts eating lunch at their desk because there is no longer a scheduled lunch hour. Compensation applies when the teacher sells their house and moves closer to the high school because their ability to see while driving in the dark is decreasing. Optimization applies in how the teacher now has a larger salary and is making plans to travel to Puerto Vallarta during spring break.

147. You and a partner are given an assignment to conduct a study using systematic observation of children playing. You want to conduct the study using naturalistic observation, however your partner wants to conduct the study using structured observation. Write a position statement that supports the use of naturalistic observation for the assignment and argues against the use of structured observation.

**ANSWER:** The case for using systematic observation for the study is that it is focused on specific behaviors, catches the spontaneity of human behavior, and is a real-life situation. The case against the use of structured observation is that it is artificial, the participants are given directions on what to do so the behaviors are not spontaneous, and the play behaviors of the children might be unnatural or unrealistic.

148. A researcher is conducting a longitudinal study of cognitive development in elementary school children. What problems could be avoided if she were to do a cross-sectional study instead?

**ANSWER:** In a longitudinal study, participants can drop out of the study and repeated testing can distort the results. Neither of these problems would be a factor in a cross-sectional study.

149. A student researcher comes to you for advice regarding ethical guidelines for her study. Describe four guidelines common in professional ethical codes that you think would be important for this student to know.

**ANSWER:** Minimize risks to research participants: use methods that have the least potential for causing harm or stress. Describe the research to potential participants so that they can determine whether they want to participate. Avoid deception. Results should be anonymous or confidential.

150. A researcher wants to do a correlational study on the relationship between the amount of time spent playing video games and attention span. How might this research be conducted? What are the major disadvantages of this type of research approach?

**ANSWER:** In a correlational study, two variables are studied as they exist in the natural world. Thus, a researcher could find data on how much time the participants spend playing video games and the length of their attention span. The main disadvantage is the inability to determine a cause-effect relationship between video game playing and attention span.