

Name

Class

Date

: _____ : _____ e: _____

chapter 1

Indicate the answer choice that best completes the statement or answers the question.

1. Reggie wants to study attitudes toward sexual harassment and whether people's self-reported attitudes will be different in the presence of predominantly male versus predominantly female groups. Reggie would MOST likely be a _____ psychologist.

- a. social
- b. personality
- c. community
- d. comparative

2. Dr. Suki was conducting a study on a new antidepressant. Half of the participants were given the new drug and the other half were given an inactive drug. Dr. Suki found that the group given the new antidepressant was reporting less depression, and the group given the inactive drug was also reporting less depression. That the group given the inactive drug was also reporting less depression, most likely due to:

- a. a mistake.
- b. trickery.
- c. random assignment.
- d. the placebo effect.

3. Many psychologists hold academic jobs in universities and run studies to enhance the understanding of behavior and mental processes. Into which category of specialization in psychology would these educators MOST likely fall?

- a. education
- b. applied
- c. clinical
- d. basic research

4. The research specialization in which psychologists focus on how people change throughout the lifespan is known as:

- a. personality psychology.
- b. developmental psychology.
- c. social psychology.
- d. health psychology.

5. Psychology is the:

- a. study of the brain.
- b. study of behaviors.
- c. scientific study of behavior and mental processes.
- d. study of the mind.

6. Psychologists are conducting _____ research when they are conducting scientific studies simply to describe a characteristic of the population.

chapter 1

- a. correlational
- b. experimental
- c. descriptive
- d. nondescriptive

7. _____ is the process that focuses on breaking down mental processes into their most basic parts.

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

8. Dr. Cunningham is conducting a study to determine if loneliness and lack of a support system could be contributing factors to a compromised immune system. Dr. Cunningham MOST likely has a research specialization in _____ psychology.

- a. health
- b. comparative
- c. physiological
- d. clinical

9. Clairvoyants, fortunetellers, palm readers, and séance conductors all belong to which pseudopsychology?

- a. phrenology
- b. physiognomy
- c. mesmerism
- d. spiritualism

10. After completing a one-year-long research project, Dr. Singh is ready to make his research findings known to others. To determine whether Dr. Singh's research is worthy to be shared with the professional community, his next step would MOST likely involve the:

- a. peer review process.
- b. critical thinking analysis.
- c. hypothesis generation.
- d. critical appraisal.

11. _____ created the first laboratory to be used for psychological experiments.

- a. Wilhelm Wundt
- b. Sigmund Freud
- c. B. F. Skinner
- d. William James

12. A defense attorney hired Dr. Hannibal to assist with jury selection in a high-profile murder case. Dr. Hannibal's specialty is MOST likely in _____ psychology.

chapter 1

- a. clinical
- b. forensic
- c. counseling
- d. educational

13. In-depth research in which the sample consists of just one person, or a small group, is called a(n):

- a. naturalistic observation.
- b. case study.
- c. laboratory observation.
- d. experimental observation.

14. According to the American Psychological Association, which of the following statements is MOST accurate?

- a. There are far more females earning graduate degrees in psychology than males.
- b. Members of ethnic minority groups now comprise a majority of those earning doctoral degrees in psychology.
- c. Among psychology graduate students, males continue to outnumber females.
- d. Psychology is a relatively small field with only a few hundred people earning a doctoral degree in any given year.

15. A student answering questions about herself, including her opinions, feelings, and experiences, is called a _____ format.

- a. self-report
- b. self-analysis
- c. self-esteem
- d. self-diagnosis

16. The pseudopsychology known as _____ stated that features of the face such as your eyelids, cheekbones, and shape of your lips revealed personality characteristics and mental abilities.

- a. phrenology
- b. physiognomy
- c. mesmerism
- d. spiritualism

17. Generally speaking, applied psychologists _____, whereas basic research psychologists _____.

- a. conduct real-world studies; conduct therapy
- b. practice; run studies
- c. prescribe medications; conduct assessments
- d. teach classes; practice counseling

18. _____ is a psychological perspective that emphasizes measuring observable actions.

chapter 1

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

19. As an evolutionary psychologist, Dr. Shein would MOST likely posit that aggression:

- a. is a trait that may have increased our ancestors' chances of survival.
- b. is learned from one's family and peers.
- c. results from conflict deep in one's unconscious mind.
- d. is due to unusually high activity of certain brain regions.

20. Researchers have discovered that people who have more education tend to make more money in their careers. They discovered this finding by doing _____ research.

- a. descriptive
- b. nondescriptive
- c. naturalistic observation
- d. correlational

21. The purpose of replication is to:

- a. modify one's thinking.
- b. add credibility to the results.
- c. publish the findings in a scientific journal.
- d. add variety to the study.

22. Researchers tell their possible participants enough about the study beforehand to enable them to make an educated decision about whether to participate; this is an ethical requirement called:

- a. debriefing.
- b. voluntary participation.
- c. involuntary participation.
- d. informed consent.

23. According to psychologists' research on academic success in college students, _____ is positively correlated with GPAs.

- a. time spent socializing on Facebook
- b. engagement in extracurricular activities
- c. cramming for tests
- d. a focus on getting rich quick

24. When Dr. Carol decides she is going to do a study on the reasons for aggression in children, she decides to read what other researchers have discovered. This is called a _____ review.

- a. research

chapter 1

- b. literature
- c. replication
- d. scientific

25. Marty describes himself as a positive psychologist. As such, he MOST likely sees psychology as a(n):

- a. field that recognizes the impacts of cultural variables on people's behavior.
- b. way to understand the adaptive nature of traits across people.
- c. opportunity to help people flourish and be happy.
- d. tool for helping people overcome misery and impairment.

26. When research psychologists focus on people's traits, they are MOST likely known as _____ psychologists.

- a. personality
- b. health
- c. developmental
- d. physiological

27. You believe that using chemical pesticides labeled as toxic in your home garden is perfectly safe for the environment because that is what people in your parents', grandparents', and great-grandparents' generations believed. Your belief BEST exemplifies which kind of thinking error?

- a. antiquity fallacy
- b. bandwagon fallacy
- c. black-or-white fallacy
- d. emotional reasoning

28. Dr. Wu studied the effects of sugar consumption on hyperactive behavior in children. He found a correlation coefficient of $+0.72$. What might this number tell us about the variables?

- a. As sugar consumption decreases, hyperactive behavior increases.
- b. As sugar consumption increases, hyperactive behavior decreases.
- c. As sugar consumption increases, hyperactive behavior increases.
- d. There is no relationship between these two variables.

29. _____ psychology is one of the research specializations where psychologists focus on how people relate to one another.

- a. Physiological
- b. Social
- c. Health
- d. Comparative

30. _____ psychology research fulfills two purposes, including understanding the behavior of animals and applying that understanding to human beings.

- a. Clinical

chapter 1

- b. Social
- c. Comparative
- d. Physiological

31. Dr. McKibben is conducting research on adolescents and their usage of social media. She is keeping track of how many hours per day the adolescents spend on social media. This research is MOST likely an example of _____ research.

- a. descriptive
- b. nondescriptive
- c. correlational
- d. exploratory

32. The name of the organization at each university or research center that protects research participants from harm is called the:

- a. American Psychological Association.
- b. Psychologists' Union.
- c. Institutional Review Board.
- d. American Psychiatric Association.

33. Dr. Phan is conducting research on how our preferences for certain kinds of food can be traced back to our ancestors. Dr. Phan is MOST likely what type of psychologist?

- a. physiological
- b. evolutionary
- c. personality
- d. developmental

34. Psychoanalysis was created by:

- a. Wilhelm Wundt.
- b. William James.
- c. John Watson.
- d. Sigmund Freud.

35. In experimental research examining the effects of two different kinds of therapy for adolescents with anxiety, which item would MOST likely serve as the independent variable?

- a. number of times anxiety is measured
- b. level of anxiety before and after treatment
- c. gender of the participants
- d. type of treatment given to the adolescents

36. Liam was diagnosed with depression and feels he would benefit from medication. Liam would need to make an appointment with a:

chapter 1

- a. clinical psychologist.
- b. psychiatrist.
- c. clinical social worker.
- d. counseling psychologist.

37. Being able to access the inner workings of the brain to study the link between behavior and the biological functions is emphasized in:

- a. neuroscience.
- b. behaviorism.
- c. psychoanalysis.
- d. humanism.

38. A psychologist studying a behavior, such as aggressiveness in monkeys, and researching to see how pervasive this behavior is across species would MOST likely be a _____ psychologist.

- a. health
- b. social
- c. comparative
- d. physiological

39. Psychologists employ the _____ method when conducting research.

- a. scientific
- b. pseudopsychological
- c. random control
- d. naturalistic

40. When psychologists focus on thinking, language, attention, memory, and intelligence, they are probably _____ psychologists.

- a. neuro
- b. personality
- c. cognitive
- d. evolutionary

41. Dr. Nguyen works with various school districts to determine effective teaching strategies. Dr. Nguyen is MOST likely a(n) _____ psychologist.

- a. community
- b. forensic
- c. educational
- d. clinical

42. Which statement BEST exemplifies the bandwagon fallacy?

- a. "This feels right, so don't try to confuse me with facts and logic."

chapter 1

- b. "Let's all listen to what the expert has to say."
- c. "It's been this way for ages, so it must be right."
- d. "Everyone in town believes it, so it must be true."

43. When conducting research, the last step in the scientific method is:

- a. conducting the literature review.
- b. developing a hypothesis.
- c. analyzing the data and drawing conclusions.
- d. collecting the data to test the hypothesis.

44. Dr. Cartwright studies sleeping patterns of individuals who are having difficulty sleeping. These patients come into his office and spend the night attached to monitors and cameras, and then Dr. Cartwright analyzes their sleep patterns. This is an example of a(n):

- a. naturalistic observation.
- b. case study.
- c. laboratory observation.
- d. exploratory observation.

45. Dr. Varga studies how moral reasoning changes as people age. Dr. Varga's research MOST aligns with which basic research specialization?

- a. personality
- b. educational
- c. clinical
- d. developmental

46. When a researcher wants to discover what other researchers have already learned about their topic, the researcher conducts a(n):

- a. operational review.
- b. random assignment.
- c. literature review.
- d. hypothetical development.

47. Dr. Su is conducting a study on a new antidepressant. Half of the participants are given the new drug and the other half are given a placebo. The participants are not told which treatment they receive, and neither are the nurses handing out the treatment, so that the nurses do not offer the participants any clues. As such, Dr. Su is using a _____ procedure to minimize the placebo effect.

- a. random selection
- b. double-blind
- c. confirmation
- d. limited exposure

48. Psychologists who come into schools and determine which teaching styles and classroom arrangements are

chapter 1

conducive to learning are MOST likely _____ psychologists.

- a. community
- b. forensic
- c. educational
- d. clinical

49. LaToria feels extremely depressed and is having a hard time functioning. She does not know what type of psychologist to make an appointment with. Because you are well-versed in the specializations within psychology, you recommend that she see a(n):

- a. developmental psychologist.
- b. educational psychologist.
- c. forensic psychologist.
- d. clinical psychologist.

50. Diana is in a psychology doctoral program and is focusing her research on the factors that influence people's traits such as extraversion, agreeableness, and openness to experience. Diana is MOST likely studying to become what type of psychologist?

- a. developmental
- b. physiological
- c. health
- d. personality

51. Psychology emerged from two older academic fields. They are:

- a. philosophy and sociology.
- b. philosophy and physiology.
- c. sociology and science.
- d. history and sociology.

52. The research specialization that relies on technological advances, such as functional magnetic resonance imaging (fMRI), computed tomography (CT), and positron emission tomography (PET), to look at the brain is:

- a. cognitive psychology.
- b. evolutionary psychology.
- c. neuroscience.
- d. behaviorism.

53. Three big questions underlie the field of psychology. These questions include nature or nurture, change or stability, and:

- a. cognitive or behavioral.
- b. universal or unique.
- c. inherited or learned.
- d. cultural or social.

chapter 1

54. Three big questions underlie the field of psychology. These questions include nature or nurture, universal or unique, and:

- a. cognitive or behavioral.
- b. change or stability.
- c. inherited or learned.
- d. cultural or social.

55. The need to be true to yourself to achieve ultimate happiness would be a belief of which school of thought?

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

56. What is the name of the largest organization of psychologists in the United States?

- a. American Psychiatric Association
- b. Psychologists of America
- c. Association of American Psychologists
- d. American Psychological Association

57. The training of psychologists focuses on behavior and mental processes, while the training of psychiatrists focuses on:

- a. physical and biological systems.
- b. therapy and counseling.
- c. mental and mood disorders.
- d. cognitive and emotional processes.

58. There is a theory in psychology that recognizes that your brain and genetic inheritance AND your thoughts and feelings AND your family and culture all interact to explain your behavior. This theory is called the _____ theory.

- a. neurological
- b. evolutionary
- c. biopsychosocial
- d. positive

59. _____ psychotherapy is another name for the "talking cure" that Freud emphasized.

- a. Subjective
- b. Psychoanalytic
- c. Behavioral
- d. Humanistic

60. A large corporation is struggling with complaints of sexual harassment. The company decides to hire a

chapter 1

consultant to train its employees on a healthy and safe work environment. This company would MOST likely hire a consultant specializing in:

- a. clinical psychology.
- b. educational psychology.
- c. industrial/organizational psychology.
- d. forensic psychology.

61. In experimental research, a study where neither the participants nor the researchers are aware of which participants are in the experimental group and which are in the control group is called a _____ study.

- a. correlational-causation
- b. placebo effect
- c. double-blind
- d. random assignment

62. Child protective services hires psychologists to conduct evaluations on parents they are investigating. These psychologists are MOST likely:

- a. clinical psychologists.
- b. forensic psychologists.
- c. counseling psychologists.
- d. educational psychologists.

63. When researchers focus on the psychological effects, as well as the physical effects, of stress on the mind and body, they are MOST likely interested in which research specialty of psychology?

- a. health
- b. social
- c. comparative
- d. developmental

64. The statistic that measures the strength and direction of a relationship between two variables is called the:

- a. standard deviation.
- b. correlation coefficient.
- c. absolute deviation.
- d. variation coefficient.

65. A proposed explanation for observed events is called a:

- a. theory.
- b. hypothesis.
- c. idea.
- d. definition.

66. _____ is a perspective in psychology that focuses on the idea that human nature is generally good and

chapter 1

humans are naturally motivated to grow to their fullest potential.

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

67. Dr. Spivey spends the majority of his workday conducting psychotherapy with individuals and families. Dr. Spivey is MOST likely a:

- a. clinical psychologist.
- b. forensic psychologist.
- c. educational psychologist.
- d. industrial/organizational psychologist.

68. Amara is struggling with low self-esteem. She learned in her psychology course that it is important to pay attention to her behaviors, such as how much she shies away from conversations in groups. Amara also knows it is just as important to pay attention to her mental processes, such as:

- a. thoughts and feelings about her self-worth.
- b. her other social mannerisms.
- c. her inability to look people in the eyes.
- d. her self-destructive behaviors.

69. Yawei recently moved to the United States from China and is struggling to adjust to his new workplace, so he begins seeking help from a psychologist. Yawei tells his psychologist that he is very stressed and anxious because he does not understand many of the social values of his new workplace, and he also fears that he may be offending some of his coworkers without even knowing it. Yawei's psychologist will MOST likely take a _____ approach to Yawei's therapy.

- a. humanistic
- b. behavioral
- c. psychoanalytic
- d. multicultural

70. Psychologists who do psychological assessments and psychotherapy are called:

- a. industrial/organizational psychologists.
- b. community psychologists.
- c. clinical psychologists.
- d. forensic psychologists.

71. Which statement is true about the history of psychology?

- a. Psychology is a global science with a global history.
- b. Psychology was confined to Europe until it traveled to the United States.
- c. Psychology is recognized in only a few countries around the world.

chapter 1

- d. Psychology historically has always been a small field.
72. When scientists take an inquisitive, challenging approach to assumptions and ideas, they are employing:
- confirmation bias.
 - critical thinking.
 - common sense.
 - belief perseverance.
73. The word *scientific* is important when defining psychology because:
- it makes the definition sound more professional.
 - experiments are conducted in psychology.
 - it makes the psychology field less credible.
 - psychologists use the scientific method to verify their findings in research.
74. Psychiatry, the medical specialization, focuses on the brain and its:
- structures.
 - growth.
 - disorders.
 - limitations.
75. Which psychological perspective can be traced back to functionalism and is heavily influenced by Charles Darwin's ideas?
- multicultural
 - neuroscience
 - humanism
 - evolutionary
76. In psychological research, replication means:
- finding mistakes in the collected data.
 - revising the results of the study.
 - conducting the study again.
 - collecting more support from the literature.
77. The steps of the scientific method follow a certain order. The correct order is:
- Conducting a literature review → Posing a question → Developing a hypothesis → Analyzing the data and drawing conclusions
 - Posing a question → Developing a hypothesis → Collecting data → Drawing conclusions
 - Posing a question → Conducting a literature review → Developing a hypothesis → Testing the hypothesis by collecting data → Analyzing the data and drawing conclusions
 - Developing a hypothesis → Testing the hypothesis by collecting data → Posing a question → Conducting a literature review → Analyzing the data and drawing conclusions

chapter 1

78. Psychologists who practice and apply their expertise to real-world problems would MOST likely fall into which area of psychology?

- a. basic research
- b. applied
- c. scientific
- d. exploratory

79. Dr. Sampson is studying the effects of caffeine on hunger. He hypothesizes that people who ingest more caffeine experience less hunger pangs throughout the day. He designs a study where one group of participants is given caffeine throughout the day, and the other group is not allowed to have any caffeine. He then has the two groups journal their hunger pangs throughout the day and he compares the results. In this study, the experimental group consists of the participants who:

- a. were not allowed caffeine.
- b. had the most hunger pangs.
- c. did not have any hunger pangs.
- d. were given the caffeine.

80. Tabitha is reading an article for her research paper on dorm life. The paper supports dorm life and states that college students learn better in that type of environment than they do isolated and alone. This article was MOST likely written by which type of psychologist?

- a. educational
- b. personality
- c. developmental
- d. social

81. Which psychologists are MOST associated with the behaviorist perspective in psychology?

- a. William James and Edward Titchener
- b. John Watson and B. F. Skinner
- c. Sigmund Freud and Wilhelm Wundt
- d. Carl Rogers and Abraham Maslow

82. Psychology is different from philosophy in that psychology:

- a. is grounded in opinions and insights.
- b. cannot be tested.
- c. does not ask questions about human behavior.
- d. is grounded in science rather than speculation.

83. Dr. Sampson is studying children and their impulsive behaviors. Some researchers believe impulsiveness is a trait all children possess, while other researchers feel it is abnormal or not common. Which big question in psychology is Dr. Sampson addressing?

- a. cognitive or behavioral
- b. universal or unique

chapter 1

- c. change or stability
- d. nature or nurture

84. Which statement about sharing research results is true? The peer review process:

- a. motivates researchers to produce high-quality studies.
- b. favors studies that are replication studies.
- c. attempts to discredit other psychologists.
- d. motivates researchers to use a statistical analysis.

85. Pedro started to have trouble focusing on his work after he began taking a mood-stabilizing medication. He is also experiencing more difficulty sleeping than before. Who would Pedro MOST likely speak to about his new issues regarding the effects of his prescribed medication?

- a. clinical psychologist
- b. psychiatrist
- c. forensic psychologist
- d. counseling psychologist

86. The definition of psychology includes two components. One component consists of thoughts and feelings and the other component is:

- a. the brain.
- b. observable behaviors.
- c. the scientific method.
- d. movements.

87. In experimental research examining the effects of two different kinds of therapy for adults with depression, which item would MOST likely serve as the dependent variable?

- a. level of depression pre- and post-treatment
- b. number of times therapy is provided
- c. age of the participants
- d. type of therapy given to the adults

88. Which statement about psychoanalysis is FALSE?

- a. It emphasizes the unconscious mind and the influences of childhood experiences.
- b. It is a psychological perspective created by Sigmund Freud.
- c. Its form of psychotherapy is designed to make the unconscious conscious.
- d. It is currently at its peak levels of popularity and interest worldwide.

89. When studying the human mind, we need to study the human brain. _____ is the contributing academic field that enables psychologists to do just that.

- a. Physiology
- b. Chemistry

chapter 1

- c. Physics
- d. Sociology

90. In psychological research, the _____ consists of the individuals who actually participate in the research, whereas the _____ is the whole range of people on whom the research is focused.

- a. experimental group; control group
- b. sample; population
- c. independent selection; random sample
- d. dependent variable; independent variable

91. A _____ correlation coefficient means that as one variable goes up, the other variable goes down and vice versa.

- a. positive
- b. negative
- c. direct
- d. weak

92. The major specializations in psychology can be divided into two big categories: _____ specializations and basic research specializations.

- a. expert
- b. investigative
- c. applied
- d. exploratory

93. In experimental research, the _____ is the variable that is measured to see if it changes due to changes in another variable.

- a. independent variable
- b. dependent variable
- c. confounding variable
- d. correlational variable

94. Dr. Atkins conducted a study with 100 fourth-grade students. He wanted to see if watching episodes of a certain popular TV show would increase their aggression levels. In this study, what is the independent variable?

- a. fourth-grade students
- b. levels of aggression
- c. episodes of the TV show
- d. time of day

95. A researcher trying to determine the relationship between two variables is doing _____ research.

- a. descriptive
- b. nondescriptive

chapter 1

- c. correlational
- d. case study

96. Dr. Lopez is conducting research to compare the effectiveness of psychotherapy across different minority groups in America. Which big question in psychology is Dr. Lopez addressing?

- a. nature or nurture
- b. cognitive or behavioral
- c. change or stability
- d. universal or unique

97. The definition of psychology includes two components. One component consists of observable behaviors and the other component consists of:

- a. the brain.
- b. thoughts and feelings.
- c. the scientific method.
- d. actions.

98. A _____ correlation coefficient means that as one variable goes up, the other variable goes up with it.

- a. positive
- b. negative
- c. direct
- d. weak

99. The specialization that explores how the various parts of the brain communicate with each other and how the brain communicates with the rest of the body is called _____ psychology.

- a. physiological
- b. developmental
- c. health
- d. social

100. One major founder of humanism was:

- a. B. F. Skinner.
- b. Sigmund Freud.
- c. Carl Rogers.
- d. William James.

101. In general, applied psychologists practice, while basic research psychologists:

- a. conduct therapy.
- b. run studies.
- c. write books.
- d. teach classes.

chapter 1

102. Which activity would MOST likely be studied by a cognitive psychologist?

- a. studying the steps in problem solving
- b. exploring the role of the unconscious mind
- c. investigating attitudes toward diversity
- d. improving the well-being of communities

103. According to the APA Code of Ethics, if a research participant becomes uncomfortable, that person can:

- a. do nothing; he or she will have to wait until the study is complete.
- b. withdraw without penalty.
- c. withdraw but with a penalty.
- d. submit a written request to the lead researcher in order to withdraw.

104. Which ideal would a humanistic psychologist MOST likely believe?

- a. Children should be raised with positive and negative reinforcement.
- b. Children should be loved unconditionally and without judgment.
- c. Children need to observe positive behaviors in order to grow into good people.
- d. Children need to have strict discipline to become good people.

105. In experimental research, the group of participants who receive the treatment that is the focus of the study is the _____ group.

- a. independent
- b. dependent
- c. experimental
- d. control

106. If a study comparing shoe size and intelligence reveals a correlation coefficient of zero, what does this say about the relationship between shoe size and intelligence?

- a. As shoe size increases, intelligence stays the same.
- b. As shoe size increases, intelligence decreases.
- c. These variables are strongly related.
- d. There is no relationship between these two variables.

107. Dr. Luigi works in a laboratory and conducts experiments with rats, pigeons, and other small animals. He then writes about his findings in research journals to share what he has learned. Dr. Luigi would MOST likely fall into which area of psychology?

- a. basic research
- b. applied
- c. clinical
- d. practicing

chapter 1

108. Dr. Kulich is conducting a study to see if scary ghost stories cause fear in young children. She recruits 50 children to be in her study and she tells half of the children a scary ghost story. The other half are told a happy story about baby farm animals. She measures the heart rate of the children as an indication of fear. In this study, heart rate is:

- a. negatively correlated with fear.
- b. an independent variable.
- c. an operational definition of fear.
- d. a confounded variable.

109. Psychological research must be conducted ethically. This requirement comes from multiple sources, including the:

- a. psychologist conducting the research.
- b. American Psychological Association.
- c. peer review board.
- d. American Sociological Association.

110. Ideas that the general public believes, but that have no basis in science, are called:

- a. pseudopsychology.
- b. physics.
- c. psychology.
- d. sociology.

111. Dr. Levi wants to conduct a study on altruism. His study involves having actors pretend to suddenly faint in a laboratory and observing if the participants who are bystanders will offer assistance. In this study, the ethical concern Dr. Levi should keep in mind relates to:

- a. informed consent.
- b. fabrication.
- c. deception.
- d. explanation.

112. _____ is the mistaken belief that when two variables correlate strongly with each other, one variable made the other variable change.

- a. Confirmation bias
- b. Correlation–causation fallacy
- c. Authority fallacy
- d. Black-or-white fallacy

113. Psychologists can share their research with the psychological community in two main outlets. They can present their research at a professional conference or they can:

- a. publish it on a website.
- b. write an article for a professional journal.
- c. send out e-mails to psychologists and other professionals.

chapter 1

- d. present to academic classrooms.

114. Dr. Stewart went to medical school, has a medical degree, and works with patients with severe mental health disorders. What type of professional is Dr. Stewart MOST likely?

- a. clinical psychologist
- b. psychiatrist
- c. clinical social worker
- d. counseling psychologist

115. In psychological research, a study whereby the experimenter collects data from the participants by watching them in the real-world location where their behavior happens typically is called:

- a. naturalistic observation.
- b. a case study.
- c. laboratory observation.
- d. experimental observation.

116. In experimental research, the _____ is the variable that is manipulated and controlled by the experimenter.

- a. independent variable
- b. dependent variable
- c. confounding variable
- d. correlational variable

117. Which statement about psychiatrists and psychologists is FALSE?

- a. There exists controversy about prescription privileges for psychologists.
- b. Most psychiatric medications are prescribed by psychiatrists rather than other physicians.
- c. Some states have approved legislation for psychologists to prescribe medications.
- d. There is a shortage of psychiatrists in many states, particularly in rural areas.

118. A group of researchers is conducting a study on therapy that is meant to reduce the symptoms of PTSD to see if the therapy does in fact cause a reduction of PTSD symptoms. This type of research is:

- a. observational.
- b. psychodynamic.
- c. correlational.
- d. experimental.

119. According to the pseudopsychology known as _____, bumps in the skull revealed personality characteristics and mental abilities.

- a. spiritualism
- b. phrenology
- c. physiognomy

chapter 1

- d. mesmerism

120. When developmental psychologists discuss traits being inherited or learned, which big question are they addressing?

- a. cognitive or behavioral
- b. change or stability
- c. nature or nurture
- d. cultural or social

121. Dr. Long is conducting research with some of his patients. He asks them to keep a journal and write about mental activities that they participate in, as well as their reactions to certain stimuli. This process is closely related to Wundt's approach known as:

- a. psychological confessions.
- b. literary analysis.
- c. journaling.
- d. introspection.

122. Dr. Shang is studying the effects of caffeine on hunger. He hypothesizes that people who ingest more caffeine experience less hunger pangs throughout the day. He designs a study where one group of participants is given caffeine throughout the day, and the other group is not allowed to have any caffeine. He then has the two groups journal their hunger pangs throughout the day and he compares the results. In this study, the independent variable is the:

- a. number of hunger pangs a participant experiences.
- b. amount of caffeine a person ingests.
- c. time of day when the hunger pangs happen.
- d. age of the participant.

123. _____ is a psychological perspective that focuses on the influence of shared lifestyle and values on behavior and mental processes.

- a. Humanism
- b. Multiculturalism
- c. Neuroscience
- d. Behaviorism

124. Taking an absolute or extreme belief about something when a more moderate belief would be more accurate is considered a thinking error known as:

- a. emotional reasoning.
- b. antiquity fallacy.
- c. black-or-white fallacy.
- d. confirmation bias.

125. The process when a researcher's results are reviewed by people who are experts in the field is known as:

chapter 1

- a. critical thinking analysis.
- b. peer review appraisal.
- c. replication studies.
- d. critical review appraisal.

126. Psychology emerged from two older academic fields: philosophy and:

- a. sociology.
- b. physiology.
- c. history.
- d. neuroscience.

127. Dr. Tin works with psychiatric patients with severe disorders by studying brain scans and other biological conditions of the disorders. Dr. Tin is MOST likely what type of psychologist?

- a. developmental
- b. personality
- c. physiological
- d. social

128. Which psychologist typically works as a consultant and focuses on the workplace?

- a. counseling psychologist
- b. industrial/organizational psychologist
- c. forensic psychologist
- d. educational psychologist

129. _____ theory enables psychologists to consider multiple factors when explaining anxiety, rather than just one. This enables a more accurate and complete explanation of the anxiety.

- a. Biopsychosocial
- b. Neurological
- c. Clinical
- d. Evolutionary

130. A person is doing _____ research when he or she reports research using terms such as mean, median, mode, or standard deviation.

- a. descriptive
- b. nondescriptive
- c. correlational
- d. experimental

131. Which example illustrates the thinking error known as authority fallacy?

- a. While shopping for a new bicycle helmet, you start with a popular brand, and you seek out positive reviews of that brand.

chapter 1

- b. You change your beliefs about bicycle helmet laws in your state after hearing the opinion of an expert on the subject.
- c. You believe a particular bicycle helmet must be worth buying because lots of professional cyclists wear it.
- d. You decide it is safe to not wear a bicycle helmet while riding because your parents and grandparents never saw the need.

132. In experimental research, a study when a participant is assigned to the experimental or the control group entirely by chance, is called:

- a. random assignment.
- b. systematic assignment.
- c. varied procedure.
- d. systematic procedure.

133. Which of the following statements is true?

- a. Psychology is all about therapy.
- b. Psychology is exclusively about people with mental disorders.
- c. Psychology is the same as psychiatry.
- d. The enduring ideas in psychology are supported by research.

134. _____ is when a researcher explains the real purpose of the study to the participants.

- a. Debriefing
- b. Informed consent
- c. Explanation process
- d. Consenting

135. _____ was a professor who is credited for being the founder of behaviorism.

- a. William James
- b. John Watson
- c. Sigmund Freud
- d. Wilhelm Wundt

136. Henry asked his therapist why he continues to make the same mistakes and date the same type of woman. Henry's therapist told him he might be unaware of his choices and is possibly being controlled by his _____ mind.

- a. unconscious
- b. conscious
- c. introspective
- d. cognitive

137. Who is considered to be the father of American psychology?

chapter 1

- a. Sigmund Freud
- b. Wilhelm Wundt
- c. William James
- d. B. F. Skinner

138. Ana is struggling with her grades and she is at odds with her boyfriend. Ana feels the stress she is experiencing is overwhelming and she wants to seek out professional help. Ana should make an appointment with a(n):

- a. educational psychologist.
- b. forensic psychologist.
- c. counseling psychologist.
- d. industrial/organizational psychologist.

139. _____ is standing by a belief that is crumbling under the weight of evidence to the contrary.

- a. Confirmation bias
- b. Critical thinking
- c. Common sense
- d. Belief perseverance

140. _____ is the school of thought in psychology that paved the way for research and experiments, further emphasizing the scientific roots.

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

141. Luke sustained a traumatic brain injury while riding his bicycle on an icy road. Luke is working with a psychologist who monitors the activity levels within Luke's brain to better understand the impact of his injury and to help improve Luke's recall and recognition. Under which specialty would this psychologist's work MOST likely fall?

- a. social psychology
- b. evolutionary psychology
- c. neuroscience
- d. cognitive psychologist

142. The local high school wants to present a program to the students and the local neighborhood about suicide prevention. The psychologists who would MOST likely lead this type of program are:

- a. clinical psychologists.
- b. developmental psychologists.
- c. community psychologists.
- d. forensic psychologists.

chapter 1

143. In order for a researcher to get approval from an Institutional Review Board, the researcher must:

- a. have a hypothesis that has never been tested before.
- b. ensure that participants will not be harmed.
- c. have over 50 participants in the research study.
- d. create a double-blind study to conduct.

144. Janette is working with baboons to study how fast they can imitate human behaviors that are repeatedly shown to them. Janette feels this will help her to understand imitating behaviors in baboons as well as in young children. Janette is a research specialist in which field?

- a. health psychology
- b. social psychology
- c. comparative psychology
- d. physiological psychology

145. In experimental research, the group of participants who do not receive the treatment that is the focus of the study is called the _____ group.

- a. independent
- b. dependent
- c. experimental
- d. control

146. _____ psychologists focus on using psychology to help people to flourish and be happy, instead of focusing on disorders, weaknesses, and failures.

- a. Clinical
- b. Evolutionary
- c. Cognitive
- d. Positive

147. Psychology emerged from two older academic fields: physiology and:

- a. sociology.
- b. philosophy.
- c. history.
- d. neuroscience.

148. The tendency to maintain a belief even when evidence suggests it is incorrect is called:

- a. critical thinking.
- b. confirmation bias.
- c. belief perseverance.
- d. common sense.

149. _____ is the pseudopsychology in which a healer moves magnets or even just the healer's hands over a

chapter 1

person's body to adjust the balance of fluids or even to induce a hypnotic trance.

- a. Phrenology
- b. Physiognomy
- c. Mesmerism
- d. Spiritualism

150. Also known as third force psychology, _____ was the school of thought that directly rivaled _____ and _____.

- a. psychoanalysis; structuralism; functionalism
- b. humanism; psychoanalysis; behaviorism
- c. functionalism; behaviorism; humanism
- d. multiculturalism; evolutionary psychology; neuroscience

151. The addition of using MRI scans to help diagnose Alzheimer's disease, while still diagnosing behavioral and social symptoms, is an approach that has moved toward a _____ treatment.

- a. cognitive
- b. biopsychosocial
- c. evolutionary
- d. technological

152. As scientists, psychologists work hard to be open to ideas different from their own in order to overcome:

- a. critical thinking.
- b. common sense.
- c. judgmental bias.
- d. confirmation bias.

153. A _____ is when each person in the population has an equal chance of being chosen to participate in a research study.

- a. random sample
- b. strategic sample
- c. clinical trial
- d. organized population

154. The tendency to prefer information that validates what a person believed in the first place is called:

- a. critical thinking.
- b. confirmation bias.
- c. common sense.
- d. belief perseverance.

155. Which statement about the use of nonhuman animal subjects in ethical research is true?

- a. Nonhuman animals cannot be used for psychological research.

chapter 1

- b. If nonhuman animals are used as subjects, they have to be treated humanely.
- c. If nonhuman animals are used as subjects, it is no longer psychological research.
- d. There are no ethics for conducting research with nonhuman animals.

156. Which example illustrates a positive correlation?

- a. The more you exercise, the lower your weight.
- b. The less you smoke, the better your health.
- c. The less you study, the lower your grades.
- d. The more you binge watch TV, the less you read.

157. Dorian heard his friends discussing how home schooling is more effective than public school. Dorian wanted to learn more about this and did some research before he came to a decision. Julian used an approach fueled by _____ to help him decide.

- a. critical thinking
- b. confirmation bias
- c. common sense
- d. belief perseverance

158. Dr. Lilly is studying whether intelligence comes from our genes or from our experiences with the environment. Which big question in psychology is Dr. Lilly trying to answer?

- a. cognitive or behavioral
- b. universal or unique
- c. change or stability
- d. nature or nurture

159. _____ is the first step in the scientific method.

- a. Conducting a literature review
- b. Developing a hypothesis
- c. Testing the hypothesis
- d. Posing a question

160. When scientists use an organized way to answer a question and follow a predetermined series of steps when they conduct research, they are using what is BEST known as:

- a. the scientific method.
- b. an experiment.
- c. a psychological approach.
- d. the descriptive research process.

161. Which example illustrates a negative correlation?

- a. The more junk food you eat, the more weight you gain.
- b. The less you speed, the longer it takes to reach your destination.

chapter 1

- c. The less you socialize, the smaller your social network.
- d. The more you study, the higher your exam grades.

162. The YMCA wants to implement a new wellness program for the staff and the surrounding neighborhoods. They decide to consult with some psychologists to better understand different behaviors that would be considered "wellness." Those psychologists would MOST likely be:

- a. forensic psychologists.
- b. community psychologists.
- c. clinical psychologists.
- d. educational psychologists.

163. Psychologists who focus on the relationship between body and mind, as well as on other issues such as eating, exercise, and stress-related diseases are MOST likely _____ psychologists.

- a. physiological
- b. comparative
- c. personality
- d. health

164. Dr. Wang is studying the effects of caffeine on hunger. He hypothesizes that people who ingest more caffeine experience less hunger pangs throughout the day. He designs a study where one group of participants is given caffeine throughout the day, and the other group is not allowed to have any caffeine. He then has the two groups journal their hunger pangs throughout the day and he compares the results. In this study, the dependent variable is the:

- a. number of hunger pangs a participant experiences.
- b. amount of caffeine a person ingests.
- c. time of day when the hunger pangs happen.
- d. age of the participant.

165. Belinda is in favor of gun control. Whenever she hears a media report about a shooting, she interprets the report in a way that reaffirms her beliefs. This is an example of:

- a. critical thinking.
- b. scientific evidence.
- c. confirmation bias.
- d. belief perseverance.

166. _____ is when a researcher conducts a study again for the purpose of confirming or disconfirming the results

- a. Reverification
- b. Theory verification
- c. Reanalysis
- d. Replication

chapter 1

167. Restaurants often ask customers to go online and answer questions about their dining experiences and with their servers. This type of research is MOST likely a(n):

- a. experiment.
- b. survey.
- c. naturalistic observation.
- d. interview.

168. Which statement about sharing results is TRUE?

- a. To present at a professional conference, a psychologist just shows up and claims a spot.
- b. To present at a professional conference, a psychologist must submit a proposal in advance.
- c. If a psychologist has presented at a professional conference one time, he cannot present again.
- d. To present at a professional conference, a psychologist's research does not need to be evaluated.

169. A prediction, typically based on a theory, that can be tested in a study is known as a(n):

- a. idea.
- b. definition.
- c. hypothesis.
- d. observation.

170. In general, applied psychologists _____, while basic research psychologists run studies.

- a. practice
- b. experiment
- c. study
- d. teach

171. A specific, measurable definition of a variable for the purpose of a scientific study is known as a(n):

- a. idea definition.
- b. theory.
- c. hypothesis.
- d. operational definition.

172. _____ established the first psychology research lab and is widely considered to be the father of psychology.

- a. Sigmund Freud
- b. William James
- c. Wilhelm Wundt
- d. B. F. Skinner

173. _____ psychology is an applied specialization in which psychologists focus on the wellness of large segments of the population.

- a. Clinical

chapter 1

- b. Forensic
- c. Educational
- d. Community

174. Psychiatrists focus on physical and biological systems, while psychologists focus on:

- a. behavior and mental processes.
- b. therapy and psychosurgery.
- c. medication and illnesses.
- d. medication and therapy.

175. Layla decides to visit a fortuneteller to help her decide her major in college. Her parents should tell her this is not a great idea because:

- a. fortunetellers belong to a pseudopsychology and have no basis in scientific research.
- b. fortunetellers are paid to tell what the client wants to hear.
- c. fortunetellers are paid by universities and colleges to guide students with their future.
- d. fortunetellers are very expensive, although they are reliable in their findings.

176. _____ is defined as looking inside oneself and describing what is going on inside one's own mind.

- a. Investigation
- b. Introspection
- c. Discovery
- d. Psychology

177. There are instances when a patient's condition may improve after taking a pill simply because the patient has the expectation that the pill will be helpful, even though the pill actually contains no active ingredient. This is an example of the:

- a. black-or-white fallacy.
- b. expectancy effect.
- c. placebo effect.
- d. double-blind belief.

178. Susan decides to hire a life coach to help motivate her to engage in healthy relationships, make good decisions, and stay focused in her career. Her life coach MOST likely has a background in _____ psychology.

- a. health
- b. neuro
- c. positive
- d. clinical

179. In psychological research, the subset of the population that actually participates in the research is called the:

- a. people.

chapter 1

- b. trials.
- c. sample.
- d. testers.

180. _____ is a perspective that emphasizes the unconscious mind as well as the long-lasting influence of childhood experiences.

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

181. Which psychological specialization focuses on learning and teaching?

- a. clinical
- b. community
- c. counseling
- d. educational

182. Psychologists who focus on legal and criminal justice issues are typically _____ psychologists.

- a. forensic
- b. clinical
- c. community
- d. educational

183. Carianne has started hearing voices that are not her own and she is beginning to have delusions, such as thinking she is the princess of a country. The professional that is best suited to conduct her psychological evaluation is a:

- a. forensic psychologist.
- b. counseling psychologist.
- c. clinical psychologist.
- d. social psychologist.

184. When Jaren went to a psychologist for help with his phobia of spiders, the psychologist explained that his phobia was a result of our ancestors' fears. This explanation would most likely come from what type of psychologist?

- a. behavioral
- b. humanistic
- c. evolutionary
- d. multicultural

185. As a field and as a profession, psychology is _____ and _____.

- a. specialized; small

chapter 1

- b. immense; diverse
- c. opinionated; specialized
- d. specialized; judgmental

186. A shared lifestyle with its own unique norms, expectations, and values is called:

- a. ethnicity.
- b. religion.
- c. culture.
- d. cohort.

187. _____ research is research in which the goal is to determine the cause-and-effect relationship between two variables by manipulating one and observing changes in the other.

- a. Correlational
- b. Experimental
- c. Descriptive
- d. Nondescriptive

188. Which statement about ethical standards in research is true?

- a. Researchers can force people to participate if the study is for the good of science.
- b. Researchers can fabricate data as long as it supports the main desired findings.
- c. Researchers must keep personally identifying information confidential.
- d. Researchers must pay the participants for their service.

189. Dr. Benito is conducting a study in which he is addressing the question, "Why are 10-year-olds more likely to catch fly balls in baseball than 8-year-olds?" Dr. Benito is MOST likely which type of psychologist?

- a. personality
- b. social
- c. health
- d. developmental

190. Three big questions underlie the field of psychology. These questions include change or stability, universal or unique, and:

- a. cognitive or behavioral.
- b. nature or nurture.
- c. ethnic or cultural.
- d. cultural or social.

191. Dr. Java is studying the effects of caffeine on hunger. He hypothesizes that people who ingest more caffeine experience less hunger pangs throughout the day. He designs a study where one group of participants is given caffeine throughout the day, and the other group is not allowed to have any caffeine. He then has the two groups journal their hunger pangs throughout the day and he compares the results. In this study, the control group consists of the participants who:

chapter 1

- a. were not allowed caffeine.
- b. had the most hunger pangs.
- c. did not have any hunger pangs.
- d. were given the caffeine.

192. Which of the following statements is true about the history of psychology?

- a. There are many clear-cut boundaries that separate old-school psychology from new-school psychology.
- b. There is no clear-cut boundary or landmark event to separate old-school psychology from new-school psychology.
- c. The clear-cut boundary that separates old-school psychology from new-school psychology is Freud's discovery of psychoanalysis.
- d. When behaviorism was created, a clear-cut boundary was established to separate old-school psychology from new-school psychology.

193. The CEO of a large corporation has hired a psychologist to help her figure out why production has decreased. The type of psychologist she has MOST likely hired is a(n):

- a. industrial/organizational psychologist.
- b. educational psychologist.
- c. clinical psychologist.
- d. counseling psychologist.

194. Edward Titchener is to _____ as William James is to _____.

- a. functionalism; structuralism
- b. psychoanalysis; behaviorism
- c. structuralism; functionalism
- d. behaviorism; psychoanalysis

195. Josiah wanted to study the behaviors of fraternity brothers. In order to conduct this research, he decided to visit several fraternity parties and watch the brothers interact. This type of research would be considered:

- a. a case study.
- b. laboratory observation.
- c. naturalistic observation.
- d. experimental observation.

196. Leona is about to graduate from college, but she is still unsure about what kind of occupation she should pursue. She visits a psychologist who administers a test to help determine her strengths, interests, and traits. What type of psychologist would MOST likely conduct a test like this?

- a. developmental
- b. physiological
- c. clinical

chapter 1

- d. personality

197. Maria's family is from Mexico, where they use art such as community mural painting as a form of stress relief and socialization. As a school counselor, Maria decides to implement a form of therapy that incorporates art and feels it will have very positive and successful results on the children. Maria's approach matches closest with which type of psychology?

- a. evolutionary
- b. multicultural
- c. neuroscience
- d. cognitive

198. Which statement is TRUE about Wilhelm Wundt?

- a. He was the founder of the American Psychological Association.
- b. He devoted his career to studying mental health needs among ethnic minority groups.
- c. He became famous for introducing the approach known as functionalism.
- d. He is widely considered to be the father of psychology.

199. When conducting research, the whole range of people on which the research is focused is called the:

- a. participants.
- b. sample.
- c. population.
- d. patients.

200. The correlation coefficient that represents the strongest relationship is:

- a. $-.92$.
- b. $-.87$.
- c. $+.87$.
- d. $+1.02$.

201. Dr. Gallago is a developmental psychologist who is researching whether a person's coping with death changes with age. Which big question in psychology is Dr. Gallago trying to determine?

- a. cognitive or behavioral
- b. universal or unique
- c. change or stability
- d. nature or nurture

202. Consider Darwin's assumption that getting our genes into the next generation is what drives us. Explain evolutionary psychology using this assumption. Then describe how being altruistic to a family member helps get a person's genes into the next generation.

chapter 1

203. When would you use an experimental research design? Provide an example of an experiment, and be sure to identify the critical components such as the independent variable, dependent variable, experimental group, control group, and random assignment.

204. Imagine that a person is diagnosed with depression. How would a clinician who believes strongly in the biopsychosocial theory explain the possible causes of this person's diagnosis?

205. Describe the school of thought known as behaviorism, including its founding fathers. How did this particular school of thought change the field of psychology?

206. Defend the statement, "Psychology is about normal people." Describe what psychology is as well as what it is not in your answer.

207. Compare cognitive psychology to behaviorism. How are these perspectives alike? How are they different? How do they approach psychology differently?

208. Describe psychoanalysis and briefly describe its founding father. Was psychoanalysis well received when it was originally founded?

209. Multiculturalism challenges the strongly held belief found in older schools of psychology that an explanation of human behavior is equally true for all human beings. Describe how multiculturalism challenges this belief and provide an example to support your answer.

210. Explain why humanism came about. Describe the main ideas of humanism, including the founding fathers. How does this school of thought differ from psychoanalysis and behaviorism?

211. When psychologists conduct scientific studies, they have one of three goals: to describe, to correlate, or to experiment. Describe each goal, including how they differ from one another. Include an example of each goal.

212. Compare and contrast the fields of philosophy and psychology. Describe each field while listing their similarities and differences. Include three similarities as well as three differences in your answer.

213. The scientific method is a way of asking and answering questions in psychology. List and describe the steps involved in the scientific method. Provide an example of a question that could be examined using the scientific method, and explain what would happen at each step.

214. Suppose you are a researcher proposing a new study in which you will have human participants. You are in the process of getting approval from the Institutional Review Board at your university. Describe at least three important things you must do and at least three important things you should not do to ensure that your research will be conducted in an ethical manner.

215. Compare and contrast the fields of clinical psychology and counseling psychology. Describe each specialization. In what ways are they similar? In what ways do they differ? Include three similarities and three differences in your answer.

216. Why is critical thinking so important to the field of psychology? Explain three of the common errors in thinking that can be overcome with critical thinking, and provide examples of each from your own personal

Name _____ Class _____ Date _____

chapter 1

experience.

Name _____ Class _____ Date _____
: _____ : _____ e: _____

chapter 1

Answer Key

1. a
2. d
3. d
4. b
5. c
6. c
7. b
8. a
9. d
10. a
11. a
12. b
13. b
14. a
15. a
16. b
17. b
18. d
19. a
20. d
21. b
22. d
23. b

Name _____ Class _____ Date _____

chapter 1

24. b

25. c

26. a

27. a

28. c

29. b

30. c

31. a

32. c

33. b

34. d

35. d

36. b

37. a

38. c

39. a

40. c

41. c

42. d

43. c

44. c

45. d

46. c

47. b

Name _____ Class _____ Date _____

chapter 1

48. c

49. d

50. d

51. b

52. c

53. b

54. b

55. a

56. d

57. a

58. c

59. b

60. c

61. c

62. b

63. a

64. b

65. a

66. a

67. a

68. a

69. d

70. c

71. a

Name _____ Class _____ Date _____

chapter 1

72. b

73. d

74. c

75. d

76. c

77. c

78. b

79. d

80. d

81. b

82. d

83. b

84. a

85. b

86. b

87. a

88. d

89. a

90. b

91. b

92. c

93. b

94. c

95. c

Name _____ Class _____ Date _____

chapter 1

96. d

97. b

98. a

99. a

100. c

101. b

102. a

103. b

104. b

105. c

106. d

107. a

108. c

109. b

110. a

111. c

112. b

113. b

114. b

115. a

116. a

117. b

118. d

119. b

Name _____ Class _____ Date _____

chapter 1

120. c

121. d

122. b

123. b

124. c

125. b

126. b

127. c

128. b

129. a

130. a

131. b

132. a

133. d

134. a

135. b

136. a

137. c

138. c

139. d

140. b

141. c

142. c

143. b

Name _____ Class _____ Date _____

chapter 1

144. c

145. d

146. d

147. b

148. c

149. c

150. b

151. b

152. d

153. a

154. b

155. b

156. c

157. a

158. d

159. d

160. a

161. b

162. b

163. d

164. a

165. c

166. d

167. b

Name _____ Class _____ Date _____

chapter 1

168. b

169. c

170. a

171. d

172. c

173. d

174. a

175. a

176. b

177. c

178. c

179. c

180. b

181. d

182. a

183. c

184. c

185. b

186. c

187. b

188. c

189. d

190. b

191. a

chapter 1

192. b

193. a

194. c

195. c

196. d

197. b

198. d

199. c

200. a

201. c

202. Evolutionary psychology explains psychological traits (and other things) as adaptations or functional products that have been sustained across evolutionary time. It is used to explain and predict behaviors. Altruism is when a person helps another despite receiving no immediate benefit. Evolutionary psychology would explain altruism by saying that people who helped others were more likely to receive help later on in life. This leads to a better chance of survival, especially if that help was life-saving. Helping a family member is even better because family members carry genes similar to your own.

203. An experimental research design would be used when the goal is to determine the cause-and-effect relationship between two variables by manipulating one and observing changes in the other. Here is an example: Let's say a researcher wanted to study the effects of violent video game playing on aggressiveness in children. The type of video game would be the independent variable (what is manipulated), and the levels of aggression would be the dependent variable (what is measured). The researcher could design an experiment with 100 children. The children would be randomly assigned into two groups: the experimental group of 50 children who will play the violent video games, and the control group of 50 children who will play an educational video game. The dependent variable (aggression) would be measured at the beginning of the study and then again at the end to see if changes in the independent variable (type of video game—violent or educational) affected the dependent variable (level of aggression).

204. The biopsychosocial theory is a comprehensive perspective that emphasizes biological, psychological, and social factors as influences on behavior. In the case of a person diagnosed with depression, a clinician who believes in the biopsychosocial theory would explain that a wide range of factors could and should be considered as potential causes. Biologically, genetic inheritance and chemical imbalances in the brain could be contributing to the patient's depressive symptoms. Regarding the person's psychology, he/she may have a tendency to ruminate or repetitively think about negative events in his/her life, causing and maintaining elevated levels of stress. Socially, this depressed patient may have just lost a loved one or lost his/her job, and perhaps also lacks a supportive social network. Other examples of biological, psychological, and social factors could be present in any given patient's case, and according to the biopsychosocial theory, not all three factors need to be

chapter 1

given equal weight, and one factor may outweigh the others.

205. Behaviorism is a perspective in psychology that focuses on observable and measurable behavior rather than on internal thought. Behavior can be observed and measured, whereas mental thoughts and processes cannot. Behaviorists pushed for psychology to be a science by focusing on observable behaviors rather than on the inner workings of the mind. John Watson was the founder of behaviorism, and he worked to discredit introspection and replace it with measuring observable behaviors. Thanks to Pavlov and Skinner, behaviorism flourished and continued to gain popularity for many years. In fact, Skinner became as famous and influential as Freud, if not more so, and helped to promote behaviorism. Behaviorists helped to establish psychology as a science by conducting experiments and relying on the environment for rewards and consequences.

206. To understand what psychology is, you have to understand what it is not. Psychology is not exclusively about people with mental disorders. Most of the research that psychologists do focuses on normal processes that occur in all of us, such as how we think, how we learn, how we develop, how we remember, how we speak, and how we interact. To be able to understand the abnormal, we must first have a solid understanding of the normal and have a standard to measure against.

207. The cognitive perspective arose largely as a reaction against the behavioral perspective, which came first. Behaviorism is a perspective in psychology that focuses on observable and measurable behavior rather than on internal thought. Behavior can be observed and measured, whereas mental thoughts can only be measured based on the objective behaviors they produce. Behaviorists pushed for psychology to be a science by focusing on the behaviors rather than the mind. The behaviorists focused on issues outside of the mind, like observable behaviors and external conditions. Cognitive psychologists focus on the fact that what happens inside the mind is essential and necessary to understanding humans and their behaviors. Cognitive psychologists tend to focus on inside-the-mind questions such as how we solve problems, how we make decisions, how we learn languages, what stimulates creative thought, and what influences intelligence. To really answer and examine these questions, a cognitive psychologist would need to consider the behaviors as well.

208. Psychoanalysis is a perspective in psychology that was created by Sigmund Freud. It focused on the unconscious mind and the long-lasting effects of childhood. Freud discovered the "talking cure," which paved the way for psychotherapy. He noticed in his medical practice that when people discussed their nervous disorders and symptoms, they began to reveal thoughts and feelings from childhood that had been previously hidden. Once they brought those experiences to the surface, the patient usually felt better. Freud talked about the existence of an "unconscious," which he described as thoughts and feelings of which the person is unaware but yet have the power to strongly affect the person's life. Then the person can go through the process of psychoanalysis to bring the unconscious thoughts and feelings to the conscious mind. Psychoanalysis drew a lot of attention from academia and physicians as well as the general public. Freud was elevated to a level of fame that was new to the field of psychology. This also elevated psychology to a new-found fame. Freud helped to spread his ideas beyond Europe to the United States. Psychoanalysis popped up in scholarly journals, training institutions, and professional associations. Freud's ideas and popularity continued to rise even after his death.

209. Multiculturalism emphasizes the influence of culture on behavior and mental processes. Cultural variables, including race or ethnicity, gender, religion or spirituality, age, socioeconomic status, sexual orientation, geographic region, and disability status, can have a powerful and valuable impact on what we think, feel, and do. This wider understanding of culture means that we all have quite a few cultural characteristics that make up who we are. Even American culture is comprised of many different cultures and exhibits increasing diversity in other areas. An example could be a transgender college student who might have depressive symptoms. When

chapter 1

receiving treatment, the psychologist would have to take a multicultural approach and not just assume the demands of college are solely behind the depression.

210. The humanistic perspective was born out of frustration. The humanists were fed up with Freud's negativity in his theories, and they were also frustrated with the mechanical nature of the behaviorists. Humanism wanted to shine a light on the personality and all that is good within a person. It is a perspective in psychology that focuses on the notion that human nature is generally good and people are naturally motivated to grow toward their fullest potential. Carl Rogers was the founding father of humanism, and he discovered in his experiences that most people who experienced psychological difficulties were not struggling with internal unconscious drives toward unrestrained aggression or self-gratification. Rogers believed people just wanted to grow and be the best versions of themselves, recognizing that sometimes there are obstacles preventing this from happening. Humanism focused on ideas like conditions of worth, which are imposed by others and force people to choose between being true to themselves and being someone their loved ones would accept. Humanism is in direct opposition to psychoanalysis and behaviorism as it truly focuses on the positive views about human nature. It provided a more positive approach to psychology and left people with hope and optimism.

211. Descriptive research is research in which the goal is simply to describe a characteristic of the population in terms of a particular variable. The researcher would specify a group of people and then measure some quality, behavior, or other feature within that group. In correlational studies the goal is to see how variables correlate (or relate) with each other. Whereas descriptive research focuses on variables in isolation, correlational research focuses on how variables interact. Experimental research is research in which the goal is to experiment by manipulating one variable while measuring how another variable responds. An example of descriptive research could be describing aggressiveness in 5-year-old males as opposed to aggressiveness in 10-year-old males. An example of a correlational study could be looking at the relationship between student attendance and student grades. An example of experimental research could be a double-blind experiment, testing out a new antidepressant medication versus the current leading medication with clinically depressed patients.

212. Philosophers talked and wrote about the inner workings of the mind and the reasons for human behaviors. Their answers to those questions traditionally came from their opinions and experiences, not scientific inquiry. Many of their questions could not even be tested using science. Thus, psychology has that advantage over philosophy. Psychologists study the human mind and human behavior that is grounded in science, rather than just speculation or opinion.

213. 1. Pose a question. 2. Conduct a literature review. 3. Develop a hypothesis. 4. Test the hypothesis by collecting data. 5. Analyze the data and draw conclusions. Let's say a researcher wanted to study the effects of violent video game playing on aggressiveness in children. 1. Does playing violent video games contribute to children's aggression? 2. The researcher would read journal articles written about this topic and see what other researchers have found. 3. The hypothesis could be: Playing violent video games increases aggression in children. 4. An experiment could be designed with 100 children. There could be an experimental group of 50 children (randomly selected) who are exposed to the independent variable (playing the violent video games) and a control group of 50 children who are exposed to a placebo (maybe playing an educational video game). The researcher would measure the dependent variable (aggression) at the beginning of the study and then again at the end to see if the independent variable affected the dependent variable. 5. The researcher would determine the results and share them with the psychological community.

214. According to the APA Code of Ethics, psychologists must conduct research that upholds ethical standards. Before beginning any study, researchers must get approval from their IRB and ensure that no participants will

chapter 1

be harmed in any way. Standard "dos" include obtaining informed consent from participants before they participate in any study; allowing participants to withdraw from the study at any time without penalty if they feel uncomfortable; keeping any identifying information confidential; and debriefing the participants about the purpose of the study after they have finished their participation. There are also "don'ts" when it comes to research, such as not forcing people to participate, not fabricating any data, and not plagiarizing anyone else's ideas or words. Deception should be used only if doing so will not cause participants any harm or distress, is essential to the study, and is disclosed to the participants after the study is over.

215. Clinical psychology is a specialization that is applied and primarily focuses on psychological disorders. Clinical psychologists mostly engage in psychotherapy and assessments. Counseling psychology is also an applied specialization in which the psychologists focus on improving the daily functioning of people who might be going through difficult times in their lives. Counseling psychologists help people to adjust to temporary situations. Both specializations conduct psychotherapy, often in private practice, with individuals, groups, families, and couples. Clinical comes from the same root as recline, which can help you remember that the person is so impaired that they need bedside care. Counseling comes from the root word to consult, meaning a person needs guidance or advice.

216. Critical thinking is an inquisitive, challenging approach to ideas and assumptions. It is essential to any advancement in science because it questions ideas. Critical thinking helps to debunk pseudopsychologies and encourages psychologists to generate new ideas. Critical thinking allows us to become less dependent on "commonsense" ideas, especially when those ideas contradict each other. When we critically think about a subject matter, we can better avoid and/or overcome common errors in thinking, such as the confirmation bias, belief perseverance, bandwagon fallacy, emotional reasoning, authority fallacy, antiquity fallacy, and black-or-white fallacy. Confirmation bias is where someone tends to prefer and focus on information that confirms what he/she already believes. Belief perseverance is where someone maintains a belief even when there is ample evidence suggesting it is incorrect. Bandwagon fallacy is evident when someone believes something simply because many other people believe it. Sometimes, people may believe something because of how it makes them feel rather than how logical or factual it is; this is called emotional reasoning. When someone believes something simply because an expert or authority figure believes it, this is referred to as the authority fallacy. Antiquity fallacy occurs when someone believes something just because people have believed it for a long time. Last, the black-or-white fallacy is where someone takes an extreme belief or polarized position on a matter when a more moderate belief/position would be more accurate. Student examples will vary.