

Exam

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Which of the following examples is most consistent with your textbook authors' definition of the term behaviour? 1) _____

A) cognitive psychologist uses a reaction time experiment to assess prejudicial beliefs
B) clinical psychologist asks a client to describe how she thinks when she gets depressed
C) biological psychologist watches the activity of a particular brain area in order to infer an animal's emotional state
D) developmental psychologist counts by observing the number of times a child verbally taunts another student on the playground to measure aggression

Answer: D

Topic: 01-01 The Nature of Psychology

LO: 01-01 The Nature of Psychology

- 2) The field of psychology is concerned with the scientific study of: 2) _____

A) personality and abnormal behaviour.
B) internal states and processes but not directly observable behaviours.
C) directly observable behaviours but not internal states and processes.
D) directly observable behaviours and internal states and processes.

Answer: D

Topic: 01-01 The Nature of Psychology

LO: 01-01 The Nature of Psychology

- 3) The subfield of psychology that would be concerned with studying leadership, teamwork, job satisfaction, and performance is called _____ psychology. 3) _____

A) industrial-organizational (I/O) B) experimental
C) cognitive D) human

Answer: A

Topic: 01-01 The Nature of Psychology

LO: 01-01 The Nature of Psychology

- 4) Professor Smith asks Tanya to assist in a research the psychology department is conducting on different parenting styles. Professor Smith is a(n) _____ psychologist. 4) _____

A) personality B) experimental
C) social D) developmental

Answer: D

Topic: 01-01 The Nature of Psychology

LO: 01-01 The Nature of Psychology

- A) empirical evidence
B) personal evidence
C) real world data
D) rational evidence

Topic: 01-02 Psychology's Scientific Approach
LO: 01-01 The Nature of Psychology

- A) a self-correcting process.
B) only undertaken for the greater good.
C) free from speculation.
D) free from error.

Topic: 01-02 Psychology's Scientific Approach
LO: 01-01 The Nature of Psychology

- A) learning how to personally conduct actual research experiments.
- B) understanding the meaning of particular statistics.
- C) relying on experts to tell us what is accurate and true.
- D) taking an active role when attempting to understand something.

Topic: 01-03 Thinking Critically about Behaviour
LO: 01-01 The Nature of Psychology

- A) basing important decisions on fortune tellers' bogus advice
B) taking a passive role about the world around us
C) spending money and energy on bogus therapies
D) using 'educational' toys for children that have not shown to be educational

Topic: 01-03 Thinking Critically about Behaviour
LO: 01-01 The Nature of Psychology

- articular herbal substance improves memory. She's very excited about trying this supplement in hopes that it might improve her grades. Sitting across the table from her, Juan is skeptical. He begins to ask her about such things as the nature of the evidence regarding the herb's effectiveness and how big the memory improvement effect is supposed to be. Juan's behaviour is most consistent with which of the following concepts discussed in the text?
- A) British empiricism
B) functionalism
C) critical thinking
D) Gestalt psychology

Topic: 01-03 Thinking Critically about Behaviour
LO: 01-01 The Nature of Psychology

- 10) All of the following are specifically mentioned as questions to consider asking when engaged in critical thinking about a claim, EXCEPT: 10) _____
- A) what do other people think about this?
 - B) what is the evidence?
 - C) are there other possible explanations?
 - D) what is the most reasonable conclusion?
- Answer: A
Topic: 01-03 Thinking Critically about Behaviour
LO: 01-01 The Nature of Psychology
- 11) Gordon, a budding psychologist, asks himself questions pertaining to critical thinking. Which of the following questions should he NOT ask himself? 11) _____
- A) When was the claim or assertion made?
 - B) What, exactly, is the claim or assertion?
 - C) What is the most appropriate conclusion?
 - D) What's the evidence, and how good is it?
- Answer: A
Topic: 01-03 Thinking Critically about Behaviour
LO: 01-01 The Nature of Psychology
- 12) The four central goals of psychology are: 12) _____
- A) describe, understand, predict, influence.
 - B) describe, understand, reduce, influence.
 - C) simplify, analyze, influence, rationalize.
 - D) rationalize, understand, predict, influence.
- Answer: A
Topic: 01-04 Psychology's Goals
LO: 01-01 The Nature of Psychology
- 13) Which of the following actions was NOT mentioned as a central goal of psychology? 13) _____
- A) influence
 - B) rationalize
 - C) predict
 - D) describe
- Answer: B
Topic: 01-04 Psychology's Goals
LO: 01-01 The Nature of Psychology
- 14) Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby had difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology? 14) _____
- A) application
 - B) description
 - C) prediction
 - D) influence
- Answer: B
Topic: 01-04 Psychology's Goals
LO: 01-01 The Nature of Psychology

- 15) While driving home one day, Joe meets with a serious auto accident. Several weeks later, he notices that he is still feeling very tense and anxious. He consults with a psychologist, who informs him that it is common for people who have been in such accidents to have these kinds of feelings. The psychologist goes on to say that oftentimes these people experience subsequent bad dreams where they re-experience the trauma, and that Joe shouldn't be surprised if this happens. The psychologist's comments best illustrate which goal of psychology? 15) _____

A) understanding B) prediction C) influence D) description

Answer: B

Topic: 01-04 Psychology's Goals

LO: 01-01 The Nature of Psychology

- 16) A usually very mild-mannered middle-aged man started to lose his temper very easily and often. His doctor became suspicious of an underlying physical reason for the change in his behaviour and ordered a CAT scan in which it was determined that he had a brain tumour. The doctor is fulfilling the goal of _____ in psychology. 16) _____

A) control B) prediction C) description D) understanding

Answer: D

Topic: 01-04 Psychology's Goals

LO: 01-01 The Nature of Psychology

- 17) On the old Star Trek series, viewers were always able to tell which crew member would be the most likely to die when on the "away mission." It was the crew member wearing the red suit, although we never knew the reason for this occurrence. The ability to forecast the demise of the red-suited crew member illustrates the ability to: 17) _____

A) predict behaviour. B) influence or control behaviour.
C) describe behaviour. D) understand behaviour.

Answer: A

Topic: 01-04 Psychology's Goals

LO: 01-01 The Nature of Psychology

- 18) Introductory Psychology students at Superior College are asked to expand the goals of psychology. Which goals should the students elaborate on? 18) _____

A) describe and explain behaviour of people and other animals
B) describe, and explain and understand, predict, and influence behaviour of people and other animals
C) describe, explain, and predict behaviour of people and other animals
D) describe, and explain and understand, predict, and influence behaviour of people

Answer: B

Topic: 01-04 Psychology's Goals

LO: 01-01 The Nature of Psychology

- 19) Basic research seeks: 19) _____
- A) to do research in a unique new area.
 - B) to solve a specific, practical problem.
 - C) knowledge for its own sake.
 - D) to utilize biological or genetic methodologies.
- Answer: C
Topic: 01-05 Psychology as a Basic and Applied Science
LO: 01-01 The Nature of Psychology
- 20) Applied research seeks: 20) _____
- A) to solve a specific, practical problem.
 - B) to develop interdisciplinary ties with other areas.
 - C) to demonstrate that psychological interventions are cost-effective.
 - D) knowledge for its own sake.
- Answer: A
Topic: 01-05 Psychology as a Basic and Applied Science
LO: 01-01 The Nature of Psychology
- 21) Dr. Kohler is a developmental psychologist who is concerned with some problems in the area of youth sport, such as overly critical coaches and children with poor self-esteem. He conducts research in which coaches are observed during games and children are interviewed about their attitudes toward their sport and their coaches. The results from these observations are then used to create an education program designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best characterized as: 21) _____
- A) basic research.
 - B) functional research.
 - C) applied research.
 - D) dualistic research.
- Answer: C
Topic: 01-05 Psychology as a Basic and Applied Science
LO: 01-01 The Nature of Psychology
- 22) Which of the following activities best represents basic research? Studying: 22) _____
- A) the effects of a reading program designed to assist disadvantaged children.
 - B) methods for reducing depression after the death of a loved one.
 - C) changes in brain chemistry that are associated with depression.
 - D) how to help AIDS victims effectively cope with their disease.
- Answer: C
Topic: 01-05 Psychology as a Basic and Applied Science
LO: 01-01 The Nature of Psychology

- 23) Professors at Superior College are interested in finding outcomes of different study methods employed by students and plan a research on a sample of students. What research design would be best suited for such a study?
- A) basic research B) archival research
C) applied research D) analytical research

Answer: C

LO: 01-01 The Nature of Psychology

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 24) A researcher who is studying the effect of sleep on cognitive ability develops a general theory about the relevance of sleep for psychological phenomena. This is an example of applied research.

Answer: True ☒ False

Topic: 01-05 Psychology as a Basic and Applied Science

LO: 01-01 The Nature of Psychology

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 25) When explaining behaviour, the levels-of-analysis approach considers the _____, _____, and _____ perspectives. 25) _____

- A) biological; psychological; environmental
B) developmental; biological; humanistic
C) antecedent; behavioural; consequential
D) pre-event; event; post-event

Answer: A

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

LO: 01-01 The Nature of Psychology

- 26) When considering the mind-body puzzle, philosophers who argued that the mind is NOT separate from the body would belong to which philosophical position? 26) _____

- A) functionalism B) dualism C) structuralism D) monism

Answer: D

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 27) When considering the mind-body puzzle, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position? 27) _____

- A) monism
B) mind-body dualism
C) structuralism
D) functionalism

Answer: B

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 28) One important implication of the dualism position is that it implies that: 28) _____
- A) studying the body will enable us to learn more about the mind.
 - B) the mind should be studied by examining its basic structural components.
 - C) the mind should be studied by examining the functions it is capable of.
 - D) studying the body won't necessarily tell us anything about the mind.

Answer: D

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 29) "...answers to the great questions of psychology will ultimately be found in 'physiology....' All behaviour, all experience, all feeling, indeed all the subject matter of psychology, are nothing more than the outcomes of the activity of the nervous system." 29) _____
- This statement is most consistent with which of the following views?
- A) functionalism
 - B) structuralism
 - C) dualism
 - D) monism

Answer: D

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 30) One of the critical implications of the monism position on the mind-body question is that it assumes that: 30) _____
- A) we should base our knowledge on empiricism.
 - B) the mind is a completely separate entity from the body.
 - C) we should study the mind and brain by focusing on their various functions.
 - D) we can understand the mind by understanding the brain and how it works.

Answer: D

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 31) Dr. Dinh is examining the differences in brain activity that occur when people are happy or sad in an attempt to gain a better understanding of how the mind works. In terms of the mind-body problem, which of the following statements about Dr. Dinh is MOST likely to be true? Mr. Dinh is: 31) _____
- A) most likely a dualist.
 - B) most likely a monist.
 - C) equally likely to be either a monist or a dualist given the work that she is doing.
 - D) NOT likely to be a monist or a dualist since neither of these terms has relevance to her work.

Answer: B

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 32) René Descartes proposed a solution to mind-body dualism by suggesting that: 32) _____
A) electrochemical processes explain behaviour.
B) there is no spiritual mind.
C) the mind affects behaviour through the pineal gland.
D) the brain is actually irrelevant for physical behaviour.
Answer: C
Topic: 01-08 Psychology's Intellectual Roots
LO: 01-02 Perspectives on Behaviour
- 33) John Locke is associated with which philosophical perspective? 33) _____
A) British empiricism B) structuralism
C) dualism D) functionalism
Answer: A
Topic: 01-08 Psychology's Intellectual Roots
LO: 01-02 Perspectives on Behaviour
- 34) The school of British empiricism is least compatible with which of the following disciplines? 34) _____
A) psychology B) philosophy C) biology D) chemistry
Answer: B
Topic: 01-08 Psychology's Intellectual Roots
LO: 01-02 Perspectives on Behaviour
- 35) British empiricism made the specific claim that our knowledge and understanding should be based upon: 35) _____
A) observation. B) reason.
C) intuition. D) basic research.
Answer: A
Topic: 01-08 Psychology's Intellectual Roots
LO: 01-02 Perspectives on Behaviour
- 36) Imagine that you are curious about how people perceive colour and how well they can detect small changes in colour. You design a slide show in which you slowly manipulate the colour of the light people see (by slowly changing the light's frequency) and you ask them if they can detect the change. Your efforts are most similar to the works of the people in which of the following fields? 36) _____
A) behavioural neuroscience B) behaviour genetics
C) evolutionary psychology D) psychophysics
Answer: D
Topic: 01-08 Psychology's Intellectual Roots
LO: 01-02 Perspectives on Behaviour

- 37) All the following were mentioned as playing important roles in contributing to the intellectual roots of psychology, EXCEPT: 37) _____
- A) Darwin's theory of evolution B) psychophysics
C) British empiricism D) anthropology

Answer: D

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 38) The field that studies how psychologically experienced sensations depend on characteristics of physical stimuli is called _____. 38) _____
- A) psychodynamism B) psychophysics
C) neurology D) physiology

Answer: B

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

- 39) The claim that human behaviour can be better understood by studying the behaviour of other animal species is most relevant to which of the following? 39) _____
- A) Darwin's theory of evolution B) British empiricism
C) Gestalt psychology D) structuralism

Answer: A

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 40) Monism suggests that mind is brain, whereas dualism suggests that mind influences brain. 40) _____

Answer: ☒ True False

Topic: 01-08 Psychology's Intellectual Roots

LO: 01-02 Perspectives on Behaviour

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 41) The approach that attempted to analyze the mind in terms of its basic elements is known as _____. 41) _____
- A) structuralism B) empiricism
C) psychodynamism D) functionalism

Answer: A

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

- 42) Wundt and Titchener were associated with which of the following approach to psychology? 42) _____
- A) structuralist B) functionalist
C) dualistic D) psychodynamic
- Answer: A
Topic: 01-09 Early Schools: Structuralism and Functionalism
LO: 01-02 Perspectives on Behaviour
- 43) Who among the following individuals is a representative of the early school of psychology known as structuralism? 43) _____
- A) John Locke B) Edward Titchener
C) Charles Darwin D) William James
- Answer: B
Topic: 01-09 Early Schools: Structuralism and Functionalism
LO: 01-02 Perspectives on Behaviour
- 44) William James was a proponent of the approach to psychology known as: 44) _____
- A) structuralism. B) British empiricism.
C) dualism. D) functionalism.
- Answer: D
Topic: 01-09 Early Schools: Structuralism and Functionalism
LO: 01-02 Perspectives on Behaviour
- 45) For some strange reason, noses have always fascinated George. He spends hours a day speculating on just why humans have noses and how noses have helped us to adapt and evolve in our environments. George's speculations are most similar to which of the following schools of psychology? 45) _____
- A) functionalism B) structuralism
C) social constructivism D) behaviourism
- Answer: A
Topic: 01-09 Early Schools: Structuralism and Functionalism
LO: 01-02 Perspectives on Behaviour
- 46) Researchers who adhered to the structuralism school of psychological thought typically studied sensations through which method? 46) _____
- A) introspection
B) insight
C) dream analysis
D) recording electrical activity of the brain
- Answer: A
Topic: 01-09 Early Schools: Structuralism and Functionalism
LO: 01-02 Perspectives on Behaviour

47) Individuals aligned with the _____ approach used the method known as introspection in order to study _____. 47) _____

- A) structuralism; human sensations
- B) functionalism; the functions of consciousness
- C) Gestalt psychology; how experiences are organized into wholes
- D) evolutionary psychology; natural selection

Answer: A

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

48) Wilhelm Wundt is to _____ as William James is to _____. 48) _____

- A) dualism; functionalism
- B) structuralism; functionalism
- C) structuralism; dualism
- D) functionalism; structuralism

Answer: B

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

49) Which approach to psychology emphasizes the uses of consciousness instead of its structures? 49) _____

- A) structuralism
- B) classical conditioning
- C) operant conditioning
- D) functionalism

Answer: D

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

50) Which approach to psychology emphasizes the analysis of mind in terms of its basic elements? 50) _____

- A) structuralism
- B) classical conditioning
- C) functionalism
- D) operant conditioning

Answer: A

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

51) Although functionalism no longer exists as a school of thought within psychology, it had an influence on the contemporary fields of _____ psychologies. 51) _____

- A) cognitive and evolutionary
- B) cognitive and psychodynamic
- C) evolutionary and psychodynamic
- D) Gestalt and dualism

Answer: A

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

- 52) Psychologist Chandler is a proponent of a school of thought that believes the mind can be studied by breaking it down into its basic components and employing a method of "looking within." The school he follows is _____, and the method used is _____. 52) _____
- A) structuralism; introspection B) functionalism; introspection
C) psychoanalysis; free association D) structuralism; experimentation

Answer: A

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 53) The functionalism school of psychological thought made use of the technique called introspection to gather knowledge. 53) _____

Answer: True ☒ False

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

- 54) William James is generally considered to be one of the founders of the school of psychological thought called functionalism. 54) _____

Answer: ☒ True False

Topic: 01-09 Early Schools: Structuralism and Functionalism

LO: 01-02 Perspectives on Behaviour

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 55) Sigmund Freud based much of his psychoanalytic theory on his investigation of people suffering from: 55) _____
- A) feelings of persistent depression, sadness, and loneliness.
B) multiple personalities.
C) insanity and madness.
D) physical symptoms such as paralysis that had no apparent bodily cause.

Answer: D

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

- 56) What technique did Sigmund Freud use to treat his patients? 56) _____
- A) flooding B) introspection
C) graded exposure D) free association

Answer: D

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

- 57) Bettina is very angry with her professor about the recent bad grade she received. However, Bettina is very uncomfortable with anger, so much so that she is completely oblivious to her feelings of resentment and has no idea that she actually feels this way. This example best illustrates which of the following? 57) _____
- A) repression
B) free association
C) collectivism
D) mind-body dualism
- Answer: A
Topic: 01-10 The Psychodynamic Perspective: The Forces Within
LO: 01-02 Perspectives on Behaviour
- 58) The psychological defence mechanism that is thought to protect people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called _____. 58) _____
- A) free association
B) repression
C) psychoanalysis
D) insight
- Answer: B
Topic: 01-10 The Psychodynamic Perspective: The Forces Within
LO: 01-02 Perspectives on Behaviour
- 59) Sigmund Freud would be most likely to endorse which of the following statements? Our behaviour is largely the _____. 59) _____
- A) result of the continuous conflict between internal impulses and defences
B) result of genetics
C) product of the reinforcement and punishment we receive from our environment
D) product of neurological imbalances that are inherent in the average human body
- Answer: A
Topic: 01-10 The Psychodynamic Perspective: The Forces Within
LO: 01-02 Perspectives on Behaviour
- 60) Freud's psychoanalytic perspective suggested that humans have inborn _____ drives. 60) _____
- A) primary and sexual
B) sexual and aggressive
C) physical and achievement
D) power and aggressive
- Answer: B
Topic: 01-10 The Psychodynamic Perspective: The Forces Within
LO: 01-02 Perspectives on Behaviour
- 61) The psychological techniques that help people cope with anxiety and the pain of traumatic experiences are called _____. 61) _____
- A) introspections
B) defence mechanisms
C) mental exercises
D) anxiety therapies
- Answer: B
Topic: 01-10 The Psychodynamic Perspective: The Forces Within
LO: 01-02 Perspectives on Behaviour

- 62) You get especially angry when your boss yells at you, but you never talk back to him. According to psychodynamic theory, you do not talk back because you have _____ your aggressive drives into your unconscious. 62) _____
- A) diffused B) repressed C) ameliorated D) coalesced

Answer: B

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

- 63) A major criticism of Sigmund Freud's theory of psychoanalysis would be that his theory _____.
- A) did little to stimulate additional psychological research
B) was not comprehensive enough
C) did little to stimulate the development of new psychological theories
D) is difficult to test because many of its concepts are difficult to measure
- 63) _____

Answer: D

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

- 64) Steve is having problems with unwanted feelings of anger and frustration at work. He consults with a psychologist who asks Steve many detailed questions about his early childhood and interprets Steve's problems as being a result of conflicts between his unconscious aggressive urges and his defence mechanisms. Steve's therapist would most likely identify with which psychological perspective?
- A) psychodynamic B) behavioural
C) sociocultural D) cognitive
- 64) _____

Answer: A

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

- 65) Modern psychodynamic theory differs from Freud's traditional psychoanalytic theory in that the modern approach:
- A) places more emphasis on childhood sexuality.
B) rejects the notion of the unconscious altogether.
C) is more likely to use hypnosis instead of free association in order to get at unconscious material.
D) de-emphasizes the role of unconscious aggressive and sexual impulses.
- 65) _____

Answer: D

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

LO: 01-02 Perspectives on Behaviour

71) A psychologist proposes that to affect recent problems with school violence we need to significantly change the environments in which children are being raised by more heavily reinforcing the behaviours we would like to see. This psychologist is most likely associated with which psychological perspective? 71) _____

- A) behavioural
- B) cognitive
- C) humanistic
- D) psychodynamic

Answer: A

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

72) A psychologist who argues that the proper focus of psychology is NOT inner mental events but ONLY observable behaviour is most likely associated with which psychological perspective? 72) _____

- A) behavioural
- B) sociocultural
- C) biological
- D) cognitive

Answer: A

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

73) The statement, "a person does not act upon the world, the world acts upon him," would most likely have been said by: 73) _____

- A) Sigmund Freud.
- B) Wilhelm Wundt.
- C) B. F. Skinner.
- D) Carl Rogers.

Answer: C

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

74) Thorndike's law of effect suggests that behaviours that lead to _____ are more likely to recur. 74) _____

- A) satisfying consequences
- B) insight
- C) repression
- D) pair-bonding

Answer: A

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

75) According to Thorndike's law of effect, studying for an exam should lead you to study for future exams if: 75) _____

- A) studying generates more repression.
- B) studying generates less repression.
- C) you do poorly on the exam.
- D) you do well on the exam.

Answer: D

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

- 76) All of the following individuals have a strong connection with the behavioural perspective, EXCEPT: 76) _____
- A) Ivan Pavlov. B) Edward Thorndike.
C) Wilhelm Wundt. D) John B. Watson.
- Answer: C
Topic: 01-11 The Behavioural Perspective: The Power of the Environment
LO: 01-02 Perspectives on Behaviour
- 77) Although all of them have ties to the perspective, who among the following individuals was considered to be one of the leading figures in modern or contemporary behaviourism? 77) _____
- A) Ivan Pavlov B) B. F. Skinner
C) John Locke D) John B. Watson
- Answer: B
Topic: 01-11 The Behavioural Perspective: The Power of the Environment
LO: 01-02 Perspectives on Behaviour
- 78) The behavioural perspective is often traced to _____, who studied the causes of salivation in dogs. 78) _____
- A) Sigmund Freud B) Ivan Pavlov
C) Wilhelm Wundt D) John Watson
- Answer: B
Topic: 01-11 The Behavioural Perspective: The Power of the Environment
LO: 01-02 Perspectives on Behaviour
- 79) B.F. Skinner is most closely associated with which of the following behavioural approaches? 79) _____
- A) radical behaviourism B) tabula rasa
C) the law of effect D) British empiricism
- Answer: A
Topic: 01-11 The Behavioural Perspective: The Power of the Environment
LO: 01-02 Perspectives on Behaviour
- 80) Juan really loves the cookies his mother makes. He remembers how as a kid on Saturday afternoons, he would often start to salivate the moment he heard the oven timer go off, indicating that the cookies were done baking. Juan's reflexive response would be most easily explained by the work of _____. 80) _____
- A) John B. Watson B) Ivan Pavlov
C) Abraham Maslow D) Carl Rogers
- Answer: B
Topic: 01-11 The Behavioural Perspective: The Power of the Environment
LO: 01-02 Perspectives on Behaviour

- 81) According to the text, who made the rather bold claim that he could take any human infant at birth and train that infant into any kind of person that he might want?
- A) John B. Watson B) Carl Rogers
C) Edward Thorndike D) B. F. Skinner

Answer: A

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

- 82) Watson was so passionate about his behaviouristic perspective that he believed that he could take 12 infants and identify:
- A) their most likely profession based on genetics.
 - B) their most likely profession based on personality.
 - C) how to train them to pursue whatever profession he chose.
 - D) their most likely profession based on culture.

Answer: C

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

- 83) Imagine two students who both get a D on an important exam in a psychology class. One of them decides to study much harder, and on the next test she gets a significantly better grade. The other student concludes that he just isn't smart enough to do well in this class and, not surprisingly, he gets another D on the next exam. Even though both students were exposed to the same occurrence (both got a D on the first exam), their subsequent behaviours were very different as a result of their different thoughts and expectations. This example best illustrates the approach of which of the following?
- A) evolutionary psychology
B) behaviourism
C) cognitive behaviourism
D) Gestalt psychology

Answer: C

Topic: 01-11 The Behavioural Perspective: The Power of the Environment.

LO: 01-02 Perspectives on Behaviour

- 84) Which of the following statements comparing the behavioural and psychodynamic perspectives is most accurate? 84) _____
- A) Although they are rather different on the surface, the perspectives are similar in that they both place a strong emphasis on free will and personal choice.
 - B) The behavioural approach emphasizes internal causes while the psychodynamic approach places more emphasis on external causes.
 - C) The behavioural approach emphasizes free will and personal choice while the psychodynamic approach does not.
 - D) The behavioural approach emphasizes external causes, whereas the psychodynamic approach places more emphasis on internal causes.

Answer: D

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

- 85) Each time Alice helps with household chores, she receives a red star from her parents. The stars can be exchanged for playtime hours. On days she does not help, a star gets taken away. Over time, Alice regularly helps with household chores, and never misses any days of not helping. Her behaviour is being moulded by _____.
- A) the law of effect
B) behaviour modification
C) cognitive behaviourism
D) radical behaviour

Answer: A

LO: 01-02 Perspectives on Behaviour

- 86) Lisa's mother denies her television time when Lisa does not tidy up her room after playing with her toys. Now Lisa tidies up after playing so she gets to watch television. What principle of learning is demonstrated by Lisa's behaviour?
- A) Cognitive behaviourism
B) The law of effect
C) Behaviour modification
D) Radical behaviour

Answer: A

LO: 01-02 Perspectives on Behaviour

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 87) The proponents of the behavioural perspective of psychology tend to favour the use of direct observation over reasoning as a means of gaining knowledge. 87) _____

Answer: ☒ True ☐ False

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

- 88) The behavioural psychological perspective typically operates at the environmental level of analysis. 88) _____

Answer: ☒ True ☐ False

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

LO: 01-02 Perspectives on Behaviour

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 89) This perspective arose from philosophical schools that emphasized free will, innate tendencies toward growth, and the attempt to find meaning in one's existence: _____
- A) behavioural B) cognitive C) humanistic D) sociocultural

Answer: C

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 90) Humanistic theorists assume that everyone has an innate tendency toward growth, and achieving one's individual potential called: 90) _____
- A) self-confidence. B) self-actualization.
C) self-development. D) self-realization.

Answer: B

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 91) Jerry is working with a psychologist who pays a great deal of attention to how he finds personal meaning in his life. The psychologist also focuses on the power of choice and free will. This psychologist most likely adheres to which psychological perspective? 91) _____
- A) biological B) behavioural
C) humanistic D) psychodynamic

Answer: C

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 92) The psychodynamic and humanistic perspectives are similar in that both: 92) _____
- A) emphasize the importance of biological and genetic factors.
B) acknowledge the importance of internal personality processes.
C) focus exclusively on the impact of culture and society on the individual.
D) owe their philosophical roots to British empiricism.

Answer: B

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 93) Psychodynamic perspective is to _____ as humanistic perspective is to _____. 93) _____
- A) unconscious conflict; free will B) rewards/punishment; repression
C) free will; unconscious conflict D) repression; rewards/punishment

Answer: A

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 94) Abraham Maslow and Carl Rogers were both associated with which psychological perspective? 94) _____
- A) biological B) cognitive
C) humanistic D) psychodynamic

Answer: C

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 95) From Maslow's humanistic perspective, each person has a drive toward: 95) _____
A) self-actualization. B) learning.
C) reproduction. D) death.

Answer: A

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 96) According to humanistic theorists, why isn't everyone self-actualized? 96) _____
A) In individualistic cultures, this tendency receives little emphasis.
B) This tendency does not operate properly if a person still has unresolved sexual and aggressive issues in his or her unconscious.
C) Although self-actualization is a universal human tendency, some people possess less of this tendency than others.
D) Unsupportive environments frustrate and inhibit this innate tendency towards growth.

Answer: D

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 97) Carl Rogers was noted for applying humanistic principles to: 97) _____
A) environmental issues. B) the homeless.
C) psychotherapy. D) social engineering.

Answer: C

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 98) Popular psychology's emphasis on free will, achieving one's goals, and active growth is most consistent with which of the following perspectives? 98) _____
A) behaviouristic B) cognitive
C) humanistic D) psychoanalytic

Answer: C

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 99) The effects of the humanistic tradition are most clearly articulated in the contemporary: 99) _____
A) positive psychology movement. B) diathesis-stress movement.
C) learning theories. D) social engineering movement.

Answer: A

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

LO: 01-02 Perspectives on Behaviour

- 100) The recent "positive psychology movement" is most closely associated with which of the following? 100) _____
- A) behaviourism
B) cognitive behaviourism
C) the sociocultural approach
D) humanism
- Answer: D
Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology
LO: 01-02 Perspectives on Behaviour
- 101) Dr. Gordon is a clinical psychologist who has been working with Mitch. Mitch recently lost the use of both of his legs in a car crash and understandably has been feeling rather angry and depressed since the accident. Although he empathizes with Mitch's current emotions, Dr. Gordon also stresses that Mitch has a choice in terms of how he interprets his current situation and that he has personal responsibility for changing his feelings and creating a better life. Dr. Gordon is most likely aligned with which of the following perspectives? 101) _____
- A) humanistic
B) psychodynamic
C) behavioural
D) sociocultural
- Answer: A
Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology
LO: 01-02 Perspectives on Behaviour
- 102) John grew up in a supportive environment because of which a positive person from within him has emerged. This has motivated him to reach his full potential, known as _____. 102) _____
- A) self-actualization
B) self-esteem
C) self-image
D) self-awareness
- Answer: A
Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology
LO: 01-02 Perspectives on Behaviour
- 103) A psychologist who assumes that people's thought processes function almost like detailed computer programs would most likely be associated with which psychological perspective? 103) _____
- A) cognitive
B) biological
C) behavioural
D) psychodynamic
- Answer: A
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 104) This perspective emphasizes how we perceive, reason, problem-solve, understand language, and store information in our minds: 104) _____
- A) functionalistic
B) humanistic
C) psychoanalytic
D) cognitive
- Answer: D
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour

- 105) Gestalt psychology was mentioned as playing an important role in the origin of which psychological perspective? 105) _____
A) sociocultural B) behavioural C) cognitive D) humanistic
Answer: C
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 106) Jean Piaget was mentioned as a theorist who had a strong impact on which psychological perspective? 106) _____
A) sociocultural B) behavioural
C) psychodynamic D) cognitive
Answer: D
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 107) The statement, "the whole is greater than the sum of its parts," is most likely from which school of psychology? 107) _____
A) Gestalt psychology B) evolutionary psychology
C) structuralism D) functionalism
Answer: A
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 108) Interest in the cognitive perspective was reinvigorated in the 1950s by psychologists': 108) _____
A) research on gender issues. B) involvement during WW II.
C) research on evolution. D) involvement in political movements.
Answer: B
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 109) The heated debate, led by Noam Chomsky, that convinced many psychologists that behaviourism could not explain such complex behaviours and that they needed to be examined by the cognitive perspective, is: 109) _____
A) the mixed results from the use of reinforcement in the school system
B) the use of physical punishment for young children
C) how humans choose mates and allocate resources
D) how children are biologically preprogrammed to acquire language
Answer: D
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour

- 110) The psychologist Jean Piaget is best known for his research in which area? 110) _____
A) the cognitive development of children
B) evolutionary psychology
C) artificial intelligence
D) how irrational thought patterns contribute to emotional problems
Answer: A
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 111) Melissa's new therapist tends to take a cognitive approach to her treatment for depression. A cognitive approach would mean that they will examine and modify Melissa's: 111) _____
A) social skills. B) thoughts.
C) feelings. D) childhood experiences.
Answer: B
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 112) Dr. Gilmore studies the role and function of the brain in forming memories. Dr. Gilmore is a(n) _____. 112) _____
A) experimental psychologist B) cognitive psychologist
C) cognitive neuroscientist D) humanistic neuroscientist
Answer: C
Topic: 01-13 The Cognitive Perspective: The Thinking Human
LO: 01-02 Perspectives on Behaviour
- 113) This psychological perspective focuses on how culture is transmitted to its members and on the similarities of and the differences between people from diverse cultures. 113) _____
A) Cultural psychology B) Humanistic
C) Biological psychology D) Evolutionary psychology
Answer: A
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 114) Which of the following terms refers to the enduring values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next? 114) _____
A) Culture B) Introspection C) Collectivism D) Socialization
Answer: A
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour

- 115) "Women can wear skirts but men cannot" and "real men don't cry" are examples of _____ in American culture. 115) _____
A) social norms B) social needs
C) gestalts D) cognitive concepts
Answer: A
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 116) The study of how culture is transmitted to its members and of psychological similarities and differences among people from diverse cultures is called: 116) _____
A) cross-cultural psychology. B) behaviourism.
C) cognitive psychology. D) social activism.
Answer: A
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 117) Most industrialized cultures in North America and Europe emphasize _____, whereas those in Asia, Africa, and South America stress _____. 117) _____
A) collectivism; functionalism B) individualism; collectivism
C) functionalism; collectivism D) collectivism; individualism
Answer: B
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 118) The United States is typically viewed as a(n) _____ culture, whereas Japan is viewed as being more _____ in nature. 118) _____
A) collectivistic; individualistic B) individualistic; collectivistic
C) individualistic; functionalistic D) functionalistic; collectivistic
Answer: B
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 119) Kozue was raised in a family where her sense of self was defined relative to the various groups of which she was a member, such as her family and her class at school. Kozue learned that the goals of these groups were more important than any of the individual goals of people in these groups. The values emphasized by Kozue's family are most consistent with: 119) _____
A) collectivism. B) structuralism.
C) functionalism. D) individualism.
Answer: A
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour

- 120) Which of the following pieces of information would be most useful in deciding whether or not a particular culture is individualistic or collectivistic? 120) _____
- A) the respective roles of men and women in the culture
 - B) the amount of money the culture's economy produces
 - C) the amount of technological advancement in the culture
 - D) the emphasis people in the culture place on personal achievement
- Answer: D
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 121) Even when students are working in a group, American teachers are more likely to direct their comments to individuals. In Japan, teachers are more likely to direct their comments at groups. This difference between educational behaviours in the two countries has the most relevance to which of the following? 121) _____
- A) the behavioural perspective's emphasis on environmental factors
 - B) the humanistic concept of self-actualization
 - C) the collectivism-individualism distinction
 - D) the concept of social constructivism
- Answer: C
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 122) The research of Robert Levine and his colleagues on love and marriage was presented as an example of the _____ perspective on psychology. 122) _____
- A) behavioural
 - B) sociocultural
 - C) cognitive
 - D) humanistic
- Answer: B
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 123) Which of the following statements best summarizes the cross-cultural research conducted by Robert Levine and his colleagues on the topic of love and marriage? 123) _____
- A) Surprisingly, the results of the study suggest that in many cultures, love has little or no importance when making marriage decisions.
 - B) Surprisingly, the results of the study revealed that there were strong similarities in beliefs about marriage across the different cultures.
 - C) The results indicated that in some cultures, even though love was important it was not viewed as an essential prerequisite for marriage.
 - D) The results of the study indicated that with regard to marriage, the differences between men and women within each culture were much larger than the differences observed between cultures.
- Answer: C
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour

- 124) In the study conducted by Robert Levine and his colleagues, the primary question asked of participants on the questionnaire was: 124) _____
- A) If your spouse cheated on you, do you think that this also implies that he/she is no longer in love with you?
 - B) If someone had all the qualities you desired in a mate, would you marry that person if you were not in love with him/her?
 - C) Do you feel that the person you marry will influence how friends, family, and peers view you as an individual?
 - D) Do you seriously consider the opinions of your family when making decisions about whom to marry?
- Answer: B
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 125) The results of the study by Robert Levine and his colleagues indicated that people from: 125) _____
- A) collectivistic and economically poor countries were more likely to view love as a necessary prerequisite for marriage.
 - B) collectivistic and economically poor countries were less likely to view love as a necessary prerequisite for marriage.
 - C) individualistic and economically wealthy countries were less likely to view love as a necessary prerequisite for marriage.
 - D) individualistic and collectivistic countries placed similar importance on love as a necessary prerequisite for marriage.
- Answer: B
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 126) Alia was born and raised in North America and emphasizes her personal goals and self-identity based on her own attributes and achievements. Alia is promoting _____. 126) _____
- A) collectivism B) socialism C) culturalism D) individualism
- Answer: D
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour
- 127) Amanda, born and raised in South America, takes the opinion of her family and friends before making important decisions about her life. Amanda is promoting _____. 127) _____
- A) individualism B) culturalism C) socialism D) collectivism
- Answer: D
Topic: 01-14 The Sociocultural Perspective: The Embedded Human
LO: 01-02 Perspectives on Behaviour

- 128) This perspective examines how brain processes and other bodily functions regulate behaviour. 128) _____
A) Biological B) Psychological C) Humanistic D) Evolutionary
Answer: A
Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution
LO: 01-02 Perspectives on Behaviour
- 129) The work of Donald O. Hebb was specifically discussed as having a significant impact on the development of the biological approach known as: 129) _____
A) biological constructivism. B) behavioural neuroscience.
C) evolutionary psychology. D) behaviour genetics.
Answer: B
Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution
LO: 01-02 Perspectives on Behaviour
- 130) When Karl Lashley investigated the brain mechanisms involved in learning, he: 130) _____
A) made 'mental maps' by studying the bumps and valleys of the skull.
B) measured the EEG activity in trained and untrained animals.
C) produced lesions in specific brain areas of animals and observed how this impacted learning and memory.
D) studied the neurological differences using brain imaging.
Answer: C
Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution
LO: 01-02 Perspectives on Behaviour
- 131) Which of the following is specifically concerned with identifying the physiological processes that underlie our behaviours, sensations, thoughts, and feelings? 131) _____
A) behaviour genetics B) evolutionary psychology
C) behaviourism D) behavioural neuroscience
Answer: D
Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution
LO: 01-02 Perspectives on Behaviour
- 132) The field of evolutionary psychology is considered to be a part of which psychological perspective? 132) _____
A) cognitive B) behavioural C) biological D) sociocultural
Answer: C
Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution
LO: 01-02 Perspectives on Behaviour

- 133) Evolutionary theory states that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as natural _____. 133) _____
- A) survival B) selection C) extinction D) endurance

Answer: B

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

- 134) Jason helps his mother cook every time he goes to her house. This pro-social behaviour would be explained by evolutionary theorists as _____ and by the sociocultural theorists as _____. 134) _____
- A) neurotransmitters; concepts B) natural selection; norms
C) rewards; punishments D) norms; natural selection

Answer: B

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution;

LO: 01-02 Perspectives on Behaviour

- 135) Constance believes that women should seek education and careers, but she also plans on taking care of her children full time. A psychologist who would likely emphasize the role of her society in shaping these attitudes would be known as _____. A psychologist who, would likely argue that natural selection had predisposed females to nurture their offspring is called _____. 135) _____
- A) humanistic; behaviourist B) evolutionary; sociocultural
C) sociocultural; evolutionary D) family; biological

Answer: C

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

- 136) The scientific area that is concerned with the influence of genetic factors on behavioural tendencies is called: 136) _____
- A) sociogenetics. B) sociobiology.
C) evolutionary psychology. D) behaviour genetics.

Answer: D

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

- 137) A sociocultural theorist would most likely criticize the evolutionary perspective for its overemphasis on _____ and its underemphasis on _____. 137) _____
- A) biology and genetics; social factors
B) biology and genetics; thoughts and cognitive processes
C) environmental factors; biology and genetics
D) environmental factors; free will and personal responsibility

Answer: A

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

138) The perspective that tends to ignore mental processes because they are not directly observable is known as _____. In contrast, the perspective that acknowledges the importance of both the environment and internal mental processes in determining behaviour is known as _____. 138) _____

- A) humanistic; cognitive B) behavioural; sociocultural
C) cognitive-behavioural; behavioural D) behavioural; cognitive-behavioural

Answer: D

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

139) Dr. Samar studies behavioural similarities and differences in identical twins. Dr. Samar's field of specialization is _____. 139) _____

- A) behaviour engineering B) behaviour identification
C) behaviour genetics D) behavioural neuroscience

Answer: C

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

140) A criticism of the evolutionary approach is that it places too much emphasis on cultural factors. 140) _____

Answer: True ☒ False

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

LO: 01-02 Perspectives on Behaviour

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

141) One way that the behavioural and sociocultural perspectives are similar is that both: 141) _____

- A) emphasize that behaviour is almost entirely the product of genetics.
B) claim that human behaviour is determined largely by unconscious forces.
C) acknowledge the role of environmental factors in determining behaviour.
D) focus on the joint impact of cognition and emotion in determining behaviour.

Answer: C

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

142) Think back to the historical progression of psychology presented in the text. It is somewhat interesting to note that psychology has almost come full circle in terms of what it is focusing on. Psychologists have returned to focusing on an area of research that was a focus in psychology's infancy, but with more sophisticated tools and methods available to aid in their investigations. The area they have returned to research in is _____:

- A) evolution.
- B) cultural factors.
- C) mental events.
- D) rewards and punishments.

Answer: C

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

143) With regard to human nature, which psychological perspective listed below takes the most deterministic view of human behaviour and assumes that our behaviours are mostly shaped by inner forces and conflicts?

- A) psychodynamic
- B) structuralism
- C) humanistic
- D) cognitive

Answer: A

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

144) Of the perspectives listed below, which one assumes that people are the LEAST aware of the factors that actually influence their behaviours?

- A) psychodynamic
- B) cognitive
- C) biological
- D) humanistic

Answer: A

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

145) Both the psychodynamic and cognitive psychological perspectives are typically thought of as operating at:

- A) the environmental level of analysis.
- B) the psychological level of analysis.
- C) both the biological and environmental levels of analysis.
- D) the biological level of analysis.

Answer: B

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

146) Understanding what brain regions are involved in experiencing the emotions operates at the _____ level of analysis.

- A) psychological
- B) biological
- C) sociocultural
- D) environmental

Answer: B

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 147) What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives? 147) _____
- A) biological, psychodynamic, environmental
 - B) biological, cognitive, sociocultural
 - C) biological, psychological, environmental
 - D) psychological, cognitive, behavioural

Answer: C

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 148) Factors that influence behaviour are organized into three levels of analysis. The level that focuses on mental processes and psychological motives, and how they influence behaviour, is called the _____ level. 148) _____
- A) sociocultural
 - B) environmental
 - C) psychological
 - D) biological

Answer: C

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 149) In order to have a full and complete understanding of behaviour, we need to be able to: 149) _____
- A) move back and forth between different levels of analysis.
 - B) pick any one of the three levels of analysis and apply it rigorously and thoroughly.
 - C) focus most of our attention on the environmental and biological levels of analysis.
 - D) focus most of our attention on the psychological level of analysis.

Answer: A

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 150) The levels-of-analysis approach considers the molecular, biological, and environmental perspectives when explaining behaviour. 150) _____

Answer: True ☒ False

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 151) Two people experience a violent earthquake. One person is mildly fazed by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effect of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of: 151) _____

A) insight. B) the biological level of analysis.
C) an interaction. D) introspection.

Answer: C

Topic: 01-17 An Example: Understanding Depression

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 152) Which of the following factors associated with depression would NOT be classified at the biological level of analysis? 152) _____

A) Depressed people are more likely than non-depressed people to have relatives who are also depressed.
B) The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
C) Depressed people are more likely to have negative views of themselves and the world.
D) Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.

Answer: C

Topic: 01-17 An Example: Understanding Depression

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 153) A researcher who focuses on the negative thinking that often accompanies depression would be interpreting depression from which level of analysis? 153) _____

A) environmental B) biological and environmental
C) biological D) psychological

Answer: D

Topic: 01-17 An Example: Understanding Depression

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 154) A person associated with the behavioural perspective would be most likely to mention the role of which of the following when attempting to explain the causes of depression? 154) _____

A) depressive personalities
B) chemical imbalances in neurotransmitters
C) negative or pessimistic patterns of thinking
D) non-rewarding environments

Answer: D

Topic: 01-17 An Example: Understanding Depression

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 155) Lisa has recently been diagnosed with major depression. Her doctor prescribes medication because he believes that her levels of neurotransmitters are too low. Her doctor seems to be using the _____ level of analysis in explaining her depression. 155) _____
- A) biological B) psychological
C) empirical D) environmental

Answer: A

Topic: 01-17 An Example: Understanding Depression

LO: 01-03 Using Levels of Analysis to Integrate the Perspectives

- 156) Dr. Shoda studies fundamental psychological processes such as learning and memory and much of her work is conducted in laboratory settings. Dr. Shoda most likely belongs to which specialty area of psychology? 156) _____
- A) clinical B) personality
C) developmental D) experimental

Answer: D

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 157) A researcher who is concerned specifically with the management and analysis of data and the development of mathematical models of behaviour would most likely be in which specialty area of psychology? 157) _____
- A) physiological B) clinical C) industrial D) quantitative

Answer: D

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 158) A clinical psychologist would do which of the following? 158) _____
- A) study all aspects of social behaviour
B) consult with clients concerning personal adjustment
C) diagnose and treat psychological disorders
D) examine behaviour in work settings

Answer: C

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 159) A counselling psychologist would do which of the following? 159) _____
- A) study all aspects of social behaviour
B) consult with clients concerning personal adjustment
C) study the basic processes of learning and memory
D) diagnose and treat emotional disorders

Answer: B

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 160) Which of the following statements regarding psychologists and psychiatrists is TRUE? 160) _____
- A) Psychologists and psychiatrists both go to medical school.
 - B) Psychologists go to medical school, whereas psychiatrists go to graduate school in psychology.
 - C) Psychologists and psychiatrists both go to graduate school in psychology.
 - D) Psychologists go to graduate school in psychology, whereas psychiatrists go to medical school.

Answer: D

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 161) An industrial/organizational (I/O) psychologist would do which of the following? 161) _____
- A) study all aspects of social behaviour
 - B) examine behaviour in work settings
 - C) measurement and data analysis
 - D) diagnose and treat emotional disorders

Answer: B

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 162) A developmental psychologist would do which of the following? 162) _____
- A) measurement and analysis
 - B) study psychological phenomena across the life span
 - C) examine biological foundations of behaviour
 - D) diagnose and treat psychological disorders

Answer: B

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 163) A social psychologist would do which of the following? 163) _____
- A) study all aspects of social behaviour
 - B) measurement and analysis of deviant behaviour
 - C) examine biological foundations of behaviour
 - D) diagnose and treat emotional disorders

Answer: A

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 164) A personality psychologist would do which of the following? 164) _____
- A) study individual differences in psychological phenomena
 - B) measurement and analysis of children's behaviour
 - C) consult with clients concerning personal adjustment
 - D) diagnose and treat psychological disorders

Answer: A

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

- 165) Janice is interested in pursuing a career in which she diagnoses and treats psychological disorders. She should most likely train to be a _____ psychologist. 165) _____
A) social B) clinical C) counselling D) personality
Answer: B
Topic: 01-19 Psychology Today
LO: 10-04 Psychology Today
- 166) Bill is hoping to have a career in which he helps people with their adjustment problems and career plans. He should most likely train to be a _____ psychologist. 166) _____
A) counselling B) social C) personality D) clinical
Answer: A
Topic: 01-19 Psychology Today
LO: 10-04 Psychology Today
- 167) Phil is really interested in applying his knowledge about psychology to his parents' business. He should probably train to be a(n) _____ psychologist. 167) _____
A) counselling B) social
C) educational D) industrial/organizational (I/O)
Answer: D
Topic: 01-19 Psychology Today
LO: 10-04 Psychology Today
- 168) According to the text, in a study the students who were failing a course were compared with those receiving an "A." The failing students spent _____ time studying. 168) _____
A) the same amount of B) a quarter as much
C) half as much D) a third as much
Answer: D
Topic: 01-19 Psychology Today
LO: 10-04 Psychology Today
- 169) Each of the following is an example of "test-wiseness," EXCEPT: 169) _____
A) answer the questions you know first and don't get bogged down on difficult questions.
B) try to answer multiple choice questions yourself before you look at the alternatives.
C) organize your answers before you begin writing essay questions.
D) don't change your first answer on multiple choice questions because it is usually correct.
Answer: D
Topic: 01-19 Psychology Today
LO: 10-04 Psychology Today

170) Jasper, a freshman at Superior College, works a part-time job at the College cafeteria, and volunteers at the Student Centre. What task will help him keep up his grades while balancing his job and volunteering activities as well?

170) _____

A) catching up on weekends

B) not going out with friends

C) staying up late everyday

D) prioritizing

Answer: D

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

171) The three important guidelines for effective time management are using written schedules, prioritizing, and breaking down large tasks into smaller ones.

171) _____

Answer: ☒ True ☐ False

Topic: 01-19 Psychology Today

LO: 10-04 Psychology Today