

CHAPTER 1 INTRODUCING THE WORLD OF PSYCHOLOGY

LEARNING OBJECTIVES

- 1.1 Psychology Explains Your Mental Activity and Behavior
 - 1.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.1b. Apply psychology to your life by writing an example of your own mental activity and behavior in a situation.
- 1.2 Psychology Teaches You to Think Critically
 - 1.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.2b. Apply critical thinking to real life by writing an example of each of the following: an intuition, a belief, an opinion, a pseudofact, and objective evidence.
- 1.3 Psychology Improves Your Life
 - 1.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.3b. Apply psychology to your life by writing one example each of how psychology can help you: do well in school, improve your personal life, and succeed at your job.
- 1.4 Psychology Originated in Philosophical Questions
 - 1.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.4b. Apply the nature/nurture debate to your own life by writing an example of how one of your traits might reflect the impact of both nature and nurture.
- 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind
 - 1.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.5b. Understand the three psychology schools of thought that investigated the conscious mind and the unconscious mind by using your own words to describe each school.
- 1.6 Psychologists Explore Behavior and Mental Activity
 - 1.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.6b. Apply the four psychology schools of thought that investigated behavior and mental activity by writing an example of a topic that each school of thought would investigate.
- 1.7 Psychologists Today Investigate Many Different Topics
 - 1.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.7b. Apply the subfields of psychology by choosing two subfields that interest you and explaining what research topic you would study in each subfield if you were a psychologist.
- 1.8 Psychologists Use the Scientific Method
 - 1.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.8b. Apply the four goals of science by writing how each one could be used to investigate students' use of active processes to learn material being read in a textbook.
 - 1.8c. Understand the scientific method by naming the five steps in this cycle and explaining each one in your own words.
- 1.9 Descriptive Methods Describe What Is Happening
 - 1.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.9b. Apply the three descriptive methods by explaining how you could use each one to investigate a psychological topic you are interested in.
- 1.10 Correlational Methods Study Relationships
 - 1.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.10b. Apply correlations by describing one example of a correlation in your life and explaining why the relationship is not causal.
- 1.11 Experimental Methods Test Causation
 - 1.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 1.11b. Apply experimental methods by explaining the control group, the experimental group(s), the independent variable(s), and the dependent variable(s) in a study exploring the effect of texting while driving on driving performance.

1.12 Psychologists Today Follow Strict Ethical Guidelines

1.12a. Understand all bold and italic terms by writing explanations of them in your own words.

1.12b. Understand ethical issues in psychology by summarizing in your own words the four ethical guidelines that psychologists must address in their research.

MULTIPLE CHOICE

1. Which of the following is the best definition of psychology?
- a. the study of the brain and its inner function
 - b. the analysis of the mind and its unconscious thoughts
 - c. the study of mental activity and behavior based on brain processes
 - d. the study of thoughts, social interactions, and emotions

ANS: C DIF: Moderate
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Allanah has declared psychology as her major. Because of this, Allanah will most likely study
- a. the structure and function of the brain.
 - b. mental disorders and their treatment.
 - c. feelings, memory, and other inner states.
 - d. mental activity, behavior, and the brain.

ANS: D DIF: Moderate
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

3. Barry states that psychology is the study of mental activity. Candace remarks that psychology is the science of behavior. Which is the correct evaluation of these two statements?
- a. Barry’s definition is correct; Candace’s definition is incorrect.
 - b. Barry’s definition is correct; Candace’s definition is correct.
 - c. Taken together, the statements are correct.
 - d. Barry’s definition is incorrect; Candace’s definition is correct.

ANS: C DIF: Difficult
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

4. Both behavior and mental activity rely primarily on
- a. processing in the brain.
 - b. subjective experience.
 - c. the month in which someone was born.
 - d. one’s personality.

ANS: A DIF: Moderate
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

5. Which of the following is the best description of the mind, according to your textbook?
- a. all of your intuitions
 - b. your conscience and sense of morality
 - c. your education, experiences, and beliefs
 - d. the sum total of your mental activity

ANS: D DIF: Easy
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

6. What recent advances have helped scientists to better understand the functions of the brain?
- a. better nutrition and greater access to improved medications
 - b. improved therapeutic techniques and methods
 - c. improved scanning and brain imaging tools
 - d. better access to psychiatric patients for research

ANS: C DIF: Moderate
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

7. Actions that result from sensing and interpreting information are called

- a. psychological functions.
- b. emotions.
- c. thoughts.
- d. behaviors.

ANS: D DIF: Easy
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

8. The purpose of psychology is to
- a. understand and predict human behavior.
 - b. verify personal beliefs.
 - c. help us to respond to the world around us.
 - d. interpret memories, thoughts, and dreams.

ANS: A DIF: Easy
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

9. How are the act of riding a roller coaster and the fear experienced while riding the roller coaster related?
- a. Riding a roller coaster is an intentional behavior and the experienced fear is an instinctual behavior.
 - b. Riding a roller coaster is a behavior and the experienced fear is a related mental activity.
 - c. Riding a roller coaster is a behavior and the experienced fear is a psychological disorder.
 - d. Riding a roller coaster is a mental activity and the experienced fear is a behavior.

ANS: B DIF: Moderate
REF: 1.1 Psychology Explains Your Mental Activity and Behavior
OBJ: 1.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

10. According to the textbook, “friendly skepticism” is an important aspect in the type of reasoning called
- a. functionalism.
 - b. introspection.
 - c. structuralism.
 - d. critical thinking.

ANS: D DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

11. Critical thinking is best defined as thinking that
- a. systematically evaluates information.
 - b. criticizes others’ opinions.
 - c. is open-minded and creative.
 - d. uses inferences but does not solve problems.

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

12. “Friendly skepticism” means
- a. finding flaws in an argument or claim.
 - b. being open to new ideas, while also being careful before accepting them.
 - c. asking a scientist to make his or her findings public so that they can be better evaluated.
 - d. accepting all claims, as long as they are based on the scientific method.

ANS: B DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

13. Why do scientists avoid the term *fact*?
- a. Intuition regarding a claim is more likely to be correct.
 - b. Facts depend on one’s own experience and opinion.
 - c. New evidence can change how claims are interpreted.
 - d. Beliefs lead to more important findings than facts do.

ANS: C DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Remembering MSC:

14. Why is the first step in critical thinking to ask, “What is the claim I am being asked to accept?”
- because some claims are so obvious that there is no need for evaluation
 - so that you can evaluate the claim at face value
 - because if the claim fits what you already believe, then you can ignore it
 - because before you can evaluate a claim, you have to recognize and identify it

ANS: D DIF: Difficult REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Understanding MSC:

15. Which of the following is an example of critical thinking?
- believing that sugar causes headaches because your head hurts after you eat a candy bar
 - concluding that eating spinach leads to a longer life after seeing an ad for spinach on television
 - using a personal example to explain the importance of time management
 - concluding that exercise is beneficial after evaluating the evidence of a research study

ANS: D DIF: Easy REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying MSC:

16. Talisa is writing a paper on critical thinking. She wants to explain how critical thinking differs from everyday thinking. Accordingly, which sentence is Talisa most likely to include in her paper about the differences between critical thinking and everyday thinking?
- Critical thinking evaluates information and scientific research to make reasonable conclusions.
 - Everyday thinking evaluates information and scientific research to make reasonable conclusions.
 - Critical thinking relies on personal examples more than scientific evidence for making conclusions.
 - Critical thinking and everyday thinking often result in the same conclusions.

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying MSC:

17. You are confident that your new roommate is a critical thinker after noticing the following bumper sticker on his car:
- “Show me the evidence!”
 - “The only truth is no truth.”
 - “Trust your gut!”
 - “What is the meaning of life?”

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying MSC:

18. Which of the following is true of objective evidence?
- Objective evidence refers to information that is not influenced by personal feelings.
 - Objective evidence refers to information that is influenced by personal feelings, beliefs, intuitions, or opinions.
 - Because objective evidence relies on beliefs, personal experience, or intuition it is not important for critical thinking.
 - There is no difference between personal beliefs and objective evidence; both are equally important for critical thinking.

ANS: A DIF: Difficult REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Analyzing MSC:

19. Which of the following is one way to determine if a piece of information is a pseudofact?
- Determine if the information is true by asking your friends and peers.
 - Locate the source of the claim while remaining skeptical of unreliable sources, like the Internet.
 - If the information feels like it is true and it aligns with your opinion, then it is not a pseudofact.
 - There is no way to tell if a piece of information is a pseudofact.

ANS: B DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically
OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC:

Applying

20. Dr. Andersen only relies on using holistic methods such as aroma therapy and mindfulness to treat her patients who have depression. Based on these experiences, Dr. Andersen submits a paper to a journal, where it is peer-reviewed and then published. Which of the following is one possible reason to question her results?
- Her results may be biased because she is relying only on her own experiences.
 - Peer-reviewed journals are notoriously unreliable.
 - The accuracy of her study depends on whether her findings align with common sense.
 - There is no reason to question her results; because she is a scientist, her results must be accurate.

ANS: A DIF: Moderate REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

21. Rebecca evaluates a claim and finds scientific evidence in support of the claim. Why should she still use her own logic and reasoning in deciding whether to accept the claim as true?
- Only research that has been shown to be valid and replicated by other researchers is published in scientific journals.
 - Even research published in peer-reviewed journals can have flaws in the analysis of or methods behind the research.
 - There is no reason for Rebecca to use her own logic and reasoning; scientific evidence is seldom incorrect.
 - Rebecca's intuition should be the ultimate means of establishing whether the evidence is strong.

ANS: B DIF: Difficult REF: 1.2 Psychology Teaches You to Think Critically

OBJ: 1.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Analyzing

22. You are discussing your psychology class with your aunt Annalise. She asks you, "Can psychology really help people study?" You correctly answer,
- "Not really; psychologists generally agree that the field of education is better suited to provide people with techniques for studying."
 - "Yes; psychological studies have shown that cramming before an exam can improve memory."
 - "Yes; psychology provides us with techniques for improving memory and understanding."
 - "It depends; psychology can enhance students' learning, but most people will have difficulty using psychology to help them study."

ANS: C DIF: Easy REF: 1.3 Psychology Improves Your Life

OBJ: 1.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

23. Which of the following statements best describes how psychology is useful?
- Much of psychology is just common sense.
 - Much of psychology is about applying common sense to everyday life.
 - Psychological principles are highly applicable to everyday life.
 - Psychological principles are too scientific to apply to everyday life.

ANS: C DIF: Easy REF: 1.3 Psychology Improves Your Life

OBJ: 1.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

24. Jeremy is studying for his final exam. Lauren has taken psychology and gives him a good tip about the best way to study. She correctly says,
- "Be sure to cram in your studying during the night before the final exam."
 - "As you study, connect the information to something personal."
 - "Memorize bold terms by writing and rewriting the definitions."
 - "Study in the morning right before the exam deadline, because stress improves learning."

ANS: B DIF: Easy REF: 1.3 Psychology Improves Your Life

OBJ: 1.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

25. Dualism is the classic idea in psychology that
- the mind and the brain are separate entities.
 - the mind and the brain are the same entity.

- c. the mind and the brain are opposing forces.
- d. there is no mind, just the brain.

ANS: A DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

26. The philosopher who promoted dualism as an explanation of the mind/body problem was
- a. William James.
 - b. Charles Darwin.
 - c. René Descartes.
 - d. Sigmund Freud.

ANS: C DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

27. Which of the following has been a topic of discussion and curiosity since the ancient Greeks?
- a. dualism
 - b. structuralism
 - c. the nature/nurture debate.
 - d. cognitive psychology

ANS: C DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

28. Freddy and Mary Anne are having a disagreement about the nature/nurture debate. Freddy correctly says, "Actually, the 'nature' portion of the debate refers to how a person thinks and acts and is a result of
- a. early education."
 - b. inborn influences."
 - c. prenatal experiences."
 - d. cultural norms."

ANS: B DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

29. In the nature/nurture debate, the term *nature* refers to the question of how _____ factors affect the mind, brain, and behavior.
- a. biological
 - b. environmental
 - c. either biological or environmental
 - d. conscious or unconscious

ANS: A DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

30. With respect to the nature/nurture debate, psychologists now believe that _____ is/are important in understanding the mind, brain, and behavior.
- a. nature
 - b. nurture
 - c. both nature and nurture
 - d. neither nature nor nurture

ANS: C DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

31. Early psychologists and philosophers have debated whether a person's thought and actions were primarily due to nature or nurture. This debate is no longer a focus of psychology because
- a. the debate has been resolved: how a person thinks and acts is primarily due to nature.
 - b. the debate has been resolved: how a person thinks and acts is primarily due to nurture.
 - c. psychologists now realize that both nature and nurture influence psychological traits.
 - d. psychologists now realize that neither nature nor nurture influence psychological traits.

ANS: C DIF: Moderate

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

32. The concept of *nurture* includes both _____ and _____.
- a. experience; culture
 - b. genes; metabolism
 - c. mind; body
 - d. culture; genes

ANS: A DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

33. How did the ancient Greeks and Romans know that the brain was the part of the body essential for normal functioning?
- a. They performed carefully controlled experiments similar to those conducted by modern scientists.
 - b. They assumed the brain was important based on knowledge passed down from earlier civilizations.

- c. They observed that people who had suffered blows to the head often lost consciousness or had behavioral changes.
- d. They assumed that the heart was the center of the body responsible for normal functioning.

ANS: C DIF: Moderate

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

34. René Descartes's idea of dualism, that the mind and body are separate, was based largely on _____ beliefs of his time.
- a. scientific
 - b. biological
 - c. religious
 - d. humanistic

ANS: C DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

35. Modern psychologists reject Descartes's dualism and instead have shown that the mind is
- a. a reflexive process.
 - b. a result of biological activity in the brain.
 - c. less complex than Descartes thought.
 - d. intertwined with the body, but separate from it.

ANS: B DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

36. Which of the following questions is debated by both early philosophers and psychologists?
- a. Are mental activity and behavior a result of nature or nurture?
 - b. Are the mind and soul separate or distinct?
 - c. Is the brain essential for normal mental functioning?
 - d. Do people have an immortal soul?

ANS: A DIF: Easy

REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC: Understanding

37. The school of psychology known as _____ used introspection to study the basic elements of mental experiences.
- a. functionalism
 - b. behaviorism
 - c. cognitivism
 - d. structuralism

ANS: D DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

38. Structuralism is a school of psychology introduced by
- a. Edward Titchener.
 - b. William James.
 - c. Charles Darwin.
 - d. Sigmund Freud.

ANS: A DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

39. The psychologist most closely associated with the school of functionalism is
- a. Sigmund Freud.
 - b. Wilhelm Wundt.
 - c. Edward Titchener.
 - d. William James.

ANS: D DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

40. Functionalism is the school of thought concerned with
- a. the structures of the mind.
 - b. the adaptive purposes of the mind and behavior.
 - c. how unconscious conflicts can lead to mental disorders.
 - d. how the presence of others influences behavior.

ANS: B DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

41. Psychoanalysis is a type of psychological treatment to resolve unconscious conflicts that cause mental disorders. This treatment was developed by
- Wilhelm Wundt.
 - Sigmund Freud.
 - William James.
 - Edward Titchener.

ANS: B DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. The person who established the first psychology laboratory, which marked the beginning of experimental psychology, was
- Wilhelm Wundt.
 - Sigmund Freud.
 - William James.
 - Edward Titchener.

ANS: A DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

43. The person who is most closely associated with the study of the unconscious is
- Sigmund Freud.
 - William James.
 - Wilhelm Wundt.
 - B.F. Skinner.

ANS: A DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

44. The unconscious mind influences human behavior, according to
- structuralism.
 - psychoanalytic theory.
 - functionalism.
 - Gestalt theory.

ANS: B DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

45. Dr. Leleux believes that psychologists should focus on identifying the basic elements of mental experience. Dr. Leleux's beliefs are most closely matched with the school of thought called
- functionalism.
 - behaviorism.
 - structuralism.
 - Gestalt theory.

ANS: C DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

46. Charles Darwin's observations on how individuals adapt to an environment through natural selection had the strongest influence on which of the following schools of thought?
- structuralism
 - Gestalt theory
 - functionalism
 - psychoanalytic theory

ANS: C DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

47. According to functionalism, the purpose of the human mind is
- something we may never fully understand.
 - to overcome unconscious, animalistic desires.
 - to help preserve human life over time.
 - related to human happiness and fulfillment.

ANS: C DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

48. Structuralists investigated the conscious parts of the mind by having a person describe the elements of their mental experience in as much detail as possible. This technique is known as
- introspection.
 - inner perception.
 - psychoanalysis.
 - individual analysis.

ANS: A DIF: Easy

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

49. According to structuralism, the goal of psychology is to
- uncover the unconscious determinants of behavior.
 - focus on observable behavior itself.
 - explore the basic elements of the conscious experience.
 - identify the purposes of our behavior and mental processes.

ANS: C DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

50. If you are asked to list all the thoughts and experiences you have while answering a test question, you would be engaging in
- critical thinking.
 - psychoanalysis.
 - skepticism.
 - introspection.

ANS: D DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

51. The theories of Sigmund Freud and his followers
- state that behavior can be altered by the application of reinforcement and punishment.
 - emphasize the functions or adaptive purposes of the mind.
 - emphasize the concept that the whole is different from the sum of its parts.
 - state that much of human behavior is determined by the unconscious.

ANS: D DIF: Difficult

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

52. Noreen believes that our behavior often reflects unconscious motives and conflicts. This viewpoint is most consistent with the _____ approach in psychology.
- psychoanalytic
 - structuralist
 - cognitive
 - behaviorist

ANS: A DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

53. Gestalt psychology was developed based on the idea that a person's experiences are more than just the collection of various parts or elements of consciousness. This idea is in direct contrast with the _____ approach.
- functionalist
 - psychoanalytic
 - cognitive psychology
 - structuralist

ANS: D DIF: Difficult

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

54. The psychological approach that emphasizes the role of the environment in influencing behavior is
- humanism.
 - cognitive.
 - behaviorism.
 - Gestalt theory.

ANS: C DIF: Easy

REF: 1.6 Psychologists Explore Behavior and Mental Activity

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

OBJ: 1.6a

55. The psychologist who would be mostly likely to focus on mental functions, such as problem solving and decision making, would be a
- behaviorist.
 - cognitive psychologist.
 - psychoanalyst.
 - humanistic psychologist.

ANS: B DIF: Easy

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

56. The cognitive revolution was launched by

- George Miller.
- Sigmund Freud.
- B. F. Skinner.
- William James.

ANS: A DIF: Moderate

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

57. Gestalt theory is based on the idea that

- the whole is different from the sum of its parts.
- the environment affects behavior.
- social situations influence behavior.
- science should be used to understand therapy.

ANS: A DIF: Moderate

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

58. Which of the following questions do behaviorists attempt to answer?

- Is behavior influenced by mental processes?
- Which is more important, the parts or the unified whole?
- Can unconscious conflicts be fully resolved?
- How does the environment influence behavior?

ANS: D DIF: Moderate

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

59. Your uncle John always argued, "Stop studying mental events that cannot be directly observed!" Which school of thought would most likely agree with your uncle John?

- cognitive
- behaviorism
- Gestalt
- psychoanalytic

ANS: B DIF: Moderate

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

60. Which statement best captures historical trends in cognitive psychology?

- Before the 1980s, cognitive psychology emphasized the mind; today, it focuses mostly on behavior.
- Before the 1980s, cognitive psychology emphasized the mind; today, it focuses mainly on the brain.
- Before the 1980s, cognitive psychology emphasized the brain; today, it focuses on the mind along with the brain.
- Before the 1980s, cognitive psychology emphasized the mind; today, it focuses on both the mind and the brain.

ANS: D DIF: Difficult

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

61. Four early psychologists suddenly appear in your psychology department. Who would be most discouraged to hear that modern psychology places a lot of emphasis on the study of mental processes?

- Sigmund Freud
- Wilhelm Wundt
- Edward Titchener
- John Watson

ANS: D DIF: Difficult

REF: 1.6 Psychologists Explore Behavior and Mental Activity

OBJ: 1.6b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

62. Four psychologists, each from a different psychological perspective, are eating dinner. They notice their waitress is crying. When the waitress leaves, they each provide an explanation for why she is crying. What did the humanistic psychologist most likely say?

- "She is struggling with psychological blockages from unconscious conflicts."
- "She thinks her job is harming her personal growth and preventing her from realizing her full

potential.”

c. “She was probably punished by her boss, or denied some expected reward.”

d. “She is concerned about her biological clock and that she will not be able to pass on her genes.”

ANS: B DIF: Difficult

REF: 1.6 Psychologists Explore Behavior and Mental Activity OBJ: 1.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

63. Which psychological approach focused on the ability of people to choose activities that make them feel happy and bring them fulfillment?

a. humanistic psychology

c. gestalt psychology

b. behaviorism

d. functionalism

ANS: A DIF: Easy

REF: 1.6 Psychologists Explore Behavior and Mental Activity OBJ: 1.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

64. The shared beliefs, values, rules, and customs that exist within a group make up a person’s

a. society.

c. civilization.

b. culture.

d. community.

ANS: B DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

65. The subfield of cognitive psychology focuses on

a. groups, relationships, and workplace interactions.

b. personality, gender, and self-concept.

c. norms, beliefs, and values.

d. thinking, memory, and attention.

ANS: D DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

66. Why are schools of thought in psychology less important today?

a. Psychology has fully explained human behavior and mental activity.

b. Mental activity and behavior must be examined from many different perspectives.

c. All of the schools of thought were equally correct.

d. None of the schools of thought was correct.

ANS: B DIF: Moderate

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

67. Psychologists who study, assess, and treat individuals with psychological disorders are called _____ psychologists.

a. school

c. clinical

b. personality

d. cognitive

ANS: C DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

68. Dr. Alvarez studies how the degeneration of nerve cells in the brain might contribute to the development of multiple sclerosis. Dr. Alvarez’s work best exemplifies the _____ subfield of psychology.

a. cognitive

c. developmental

b. experimental

d. biological

ANS: D DIF: Moderate

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7a | 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

69. Psychologists work in many settings. Which are the two main areas?
- business and government
 - health care settings and private practice
 - government and private practice
 - universities and health care settings

ANS: D DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

70. Daniel is highly interested in workplace training and job placement. He would probably be most interested in speaking to a(n) _____ psychologist.
- counseling
 - clinical
 - industrial/organizational
 - developmental

ANS: C DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

71. The type of psychologist who studies how people are affected by the presence of others is called a _____ psychologist.
- developmental
 - cultural
 - social
 - clinical

ANS: C DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

72. You are having a difficult time deciding whether to switch career paths. To help cope with this challenge in your professional life, you should seek help from a _____ psychologist.
- personality
 - social
 - developmental
 - counseling

ANS: D DIF: Moderate

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

73. Your nephew is fascinated with human memory and the strategies that help people remember large amounts of information. If he were to become a psychologist, you suspect that he would be best suited for a career in _____.
- industrial/organizational psychology.
 - cognitive psychology or neuroscience.
 - developmental psychology.
 - clinical psychology.

ANS: B DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

74. Dr. Ebrahim examines how children's friendships change through the elementary and middle school years. Dr. Ebrahim is a(n) _____ psychologist.
- developmental
 - personality
 - cognitive
 - organizational

ANS: A DIF: Easy

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

75. Dr. Growe is reading an article discussing the effect of group size on the conformity of group members. Dr. Growe is most likely reading the *Journal of* _____ *Psychology*.

- a. *Developmental*
- b. *Social*
- c. *Cultural*
- d. *Personality*

ANS: B DIF: Difficult

REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

76. A set of interconnected ideas that psychologists use to explain prior research findings and to make predictions about the future is called (a)n

- a. theory.
- b. hypothesis.
- c. literature review.
- d. replication.

ANS: A DIF: Easy

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

77. Which of the following is a specific, testable prediction?

- a. a theory
- b. a hypothesis
- c. a correlation
- d. introspection

ANS: B DIF: Easy

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

78. In the scientific method, a specific, testable prediction about a theory is called

- a. a hypothesis.
- b. empiricism.
- c. a variable.
- d. a theory.

ANS: A DIF: Easy

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

79. Susannah observes the world around her and measures various aspects of it to gain new knowledge. Susannah is learning about the world by using

- a. descriptive statistics.
- b. a theory.
- c. a hypothesis.
- d. empiricism.

ANS: D DIF: Easy

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

80. If Mike wants to use the scientific method, he would use all of the following elements EXCEPT

- a. focusing on a theory.
- b. stating a hypothesis.
- c. using a research method.
- d. recalling his personal experiences.

ANS: D DIF: Easy

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

81. George is looking for a research project. To get started, he could make use of an existing theory because

- a. theories are shown to be true, so subsequent research is successful.
- b. one of the benefits of theories is that they lead to testable hypotheses.
- c. a theory can be successfully replicated by researchers.
- d. theories lead to successful research.

ANS: B DIF: Difficult

REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

82. A researcher believes that presenting possible suspects in a lineup one at a time instead of in a group would lead to more accurate identification of the true suspect. This belief represents a(n)

- a. hypothesis.
- b. independent variable.
- c. correlation.
- d. theory.

ANS: A DIF: Difficult REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

83. An extensive study of a single person or a few people is characteristic of

- a. a self-report.
- b. a case study.
- c. the scientific method.
- d. an experiment.

ANS: B DIF: Easy

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

84. Investigators who are interested in studying attitudes and would like to gain a lot of information very quickly are likely to use

- a. a case study.
- b. an experiment.
- c. observation.
- d. self-reports.

ANS: D DIF: Easy

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

85. If a psychologist's goal is to understand behavior, he or she might conduct a(n) _____ study.

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

ANS: B DIF: Moderate

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

86. Janice wants to use a descriptive research method to study the behavior of children following the birth of a new brother or sister. She could use any of the following EXCEPT a(n)

- a. case study.
- b. observational study.
- c. experiment.
- d. survey.

ANS: C DIF: Moderate

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

87. Jane Goodall systematically watched and recorded the behavior of chimpanzees in their natural environment. She was conducting

- a. observational studies.
- b. case studies.
- c. experiments.
- d. correlations.

ANS: A DIF: Easy

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9a | 1.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

88. Because Lucy becomes aware that all of the adults are watching her as she plays, she starts to act silly and make funny noises. Her behavior is called

- a. the directionality problem.
- b. causality.
- c. random sampling.
- d. reactivity.

ANS: D DIF: Easy

REF: 1.9 Descriptive Methods Describe What Is Happening OBJ: 1.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

89. In correlational studies, there is ambiguity as to which variable is the cause and which is the effect. This phenomenon is known as

- a. the third variable problem.
- b. random error.
- c. selection bias.
- d. the directionality problem.

ANS: D DIF: Easy REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

90. In correlational studies, it is always possible that an unmeasured factor is responsible for the relationship observed. This complication is known as
- observer bias.
 - researcher bias.
 - the directionality problem.
 - the third variable problem.

ANS: D DIF: Easy REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

91. The more time Annie devoted to studying, the better her scores on exams. This fact illustrates a(n)
- correlation.
 - case study.
 - experiment.
 - survey.

ANS: A DIF: Easy REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Applying

92. You notice that the more you wear your lucky shirt, the better your mood. What conclusion should you draw from this observation?
- Your lucky shirt makes you feel good.
 - Your good mood makes you want to wear your lucky shirt.
 - There is a correlation between your mood and your lucky shirt.
 - There is no correlation between your mood and your lucky shirt.

ANS: C DIF: Moderate REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Applying

93. When a researcher manipulates a variable to see what effect the manipulation has on another variable, the research design is a(n)
- correlational study.
 - experiment.
 - observational study.
 - case study.

ANS: B DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

94. The variable that a researcher measures in an experiment is called the
- independent variable.
 - dependent variable.
 - experimental group.
 - control group.

ANS: B DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

95. The variable that a researcher manipulates in an experiment is called the
- independent variable.
 - dependent variable.
 - third variable.
 - experimental group.

ANS: A DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

96. If a researcher wants to be able to generalize about a population using data pulled from a sample, it is best to use
- a convenience sample.
 - experience sampling.
 - a descriptive study.
 - a random sample.

ANS: D DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Remembering

97. Which of the following sampling techniques gives each member of the population an equal chance of being selected to participate?

- a. random sampling
- b. convenience sampling
- c. random assignment
- d. a case study

ANS: A DIF: Moderate REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Remembering MSC:

98. The precise way a researcher measures and defines a variable is known as the
- a. operational definition.
 - b. theory.
 - c. hypothesis.
 - d. independent variable.

ANS: A DIF: Moderate REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Remembering MSC:

99. In an experiment, the independent variable is the variable that
- a. is hidden or unknown.
 - b. changes over time.
 - c. is measured by the researcher.
 - d. is deliberately manipulated by the researcher.

ANS: D DIF: Moderate REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Remembering MSC:

100. Paloma randomly assigns participants to two groups and compares the group that receives a treatment with the group that receives no treatment. The group that gets no treatment is the _____ group.
- a. variable
 - b. confound
 - c. experimental
 - d. control

ANS: D DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Understanding

101. In order to maximize the likelihood that experimental and control groups are similar before any treatment has begun, researchers typically use
- a. descriptive statistics.
 - b. random assignment.
 - c. sampling.
 - d. observational studies.

ANS: B DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Understanding MSC:

102. A psychologist wants to create two groups that are as similar as possible at the beginning of an experiment. To do this, the psychologist should use
- a. random sampling.
 - b. random assignment.
 - c. self-report methods.
 - d. participant observation.

ANS: B DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Understanding MSC:

103. If a researcher created two groups by assigning the first 30 people to the experimental group and the last 30 people to the control group, this process would
- a. lead to a directionality problem.
 - b. lead to a third variable problem.
 - c. violate the principle of random assignment.
 - d. violate the principle of random sampling.

ANS: C DIF: Easy REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Understanding

104. Bai is conducting a study on learning. When she manipulates an independent variable, it is possible that some other factor, such as noise in the hall, can affect learning in one of the groups but not in the other. This possibility reflects the presence of
- a confound.
 - a dependent variable.
 - selection bias.
 - random assignment.
- ANS: A DIF: Moderate REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding
105. Because psychologists generally use college students as research participants, the research does NOT involve
- random sampling.
 - convenience sampling.
 - confounds.
 - random assignment.
- ANS: A DIF: Difficult REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding
106. Wilhelm randomly assigns participants to two groups and compares the group that receives a treatment with the group that receives no treatment. The group that gets the treatment is the _____ group.
- variable
 - confound
 - experimental
 - control
- ANS: C DIF: Easy REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Understanding
107. A researcher investigated how two different flirting styles affected the person being flirted with. The researcher categorized “happiness” in the person being flirted with based on the number of times that person smiled in a 15-minute period. In this research the number of smiles is
- a hypothesis.
 - the operational definition of happiness.
 - a confound.
 - the independent variable.
- ANS: B DIF: Moderate REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding
108. Johnny wants to show that watering his crop more in the spring causes a larger harvest in the fall. Which type of study should Johnny use?
- descriptive study
 - correlational study
 - an experiment
 - a case study
- ANS: C DIF: Moderate REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying
109. Dr. Stanley would like to find out whether her study guide helps students perform better on exams. She randomly assigns students to one of two groups: Group 1 receives her study guide and Group 2 receives no study guide. Then, after three weeks, the performance of each student is measured on an exam. What is the dependent variable in this study?
- the study guide
 - the group that did not receive the study guide
 - students’ performance on the exam
 - There is no dependent variable in this study.
- ANS: C DIF: Moderate REF: 1.11 Experimental Methods Test Causation
 OBJ: 1.11b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying
110. Dr. Redbull conducts a study to determine whether her new energy drink helps children perform better on spelling tests. She randomly assigns children to one of two groups: Group 1 receives her energy drink and Group 2 receives water. She then gives both groups a spelling test and compares the results. Which of the following is true about this study?
- Group 1 is the dependent variable and Group 2 is the independent variable.

- b. The independent variable is the type of drink the children receive.
- c. Group 2 is the experimental group.
- d. This is a correlational study.

ANS: B DIF: Moderate REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Applying MSC:

111. The purpose of an institutional review board is to
- a. make it more difficult to conduct research.
 - b. ensure that proposed research is ethical.
 - c. analyze research data.
 - d. recruit research participants.

ANS: B DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

112. Before psychologists can begin a research project, they must receive approval from the
- a. American Psychological Association.
 - b. Association of Psychological Science.
 - c. National Science Foundation.
 - d. Institutional Review Board.

ANS: D DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Remembering MSC:

113. Informed consent means that
- a. participants' information must be kept strictly confidential.
 - b. participants must be told about a research study and allowed to choose whether they would like to participate.
 - c. a research study has been reviewed and approved by a group of reviewers based on ethical standards.
 - d. a researcher is not permitted to observe people in public places without their knowledge.

ANS: B DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Remembering MSC:

114. When determining whether a research project is ethical, researchers and the institutional review board consider the _____ as part of the mandate to protect participants from harm.
- a. deception quotient
 - b. potential stress component
 - c. amount of money offered for participation
 - d. risk/benefit ratio

ANS: D DIF: Moderate

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Understanding MSC:

115. "Should people have access to data collected in an experiment?" This question is associated with the ethical issue of
- a. deception.
 - b. informed consent.
 - c. privacy.
 - d. confidentiality.

ANS: D DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

116. If a researcher publicly discussed a participant's responses and named the participant, that researcher would be guilty of violating the ethical principle of
- confidentiality.
 - risk.
 - privacy.
 - deception.

ANS: A DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

117. If a researcher was denied permission to conduct a study because participants might suffer harm, that decision would have been made by the
- American Psychological Association.
 - Institutional Review Board.
 - National Science Foundation.
 - Association of Psychological Science.

ANS: B DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

118. Mark and Elizabeth are researchers at a university. They design a study that requires them to observe people without the participants' knowledge, so they set up hidden cameras in dorm rooms and the common area in the student center. Placing the hidden cameras in _____ violates the ethical issue of _____.
- the dorm rooms; privacy
 - the dorm rooms; protection from harm
 - the common area in the student center; informed consent
 - both the dorm rooms and the common area in the student center; informed consent

ANS: A DIF: Easy

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

119. Dr. Jahrel has designed a study that uses surveys to collect data on students' opinions regarding the use of drugs on campus. What responsibility does Dr. Jahrel have before he starts collecting data?
- Dr. Jahrel will need to present his study to the institutional review board for an ethics review before he collects data.
 - Dr. Jahrel can present his study to the institutional review board after he collects a pilot set of data.
 - As long as Dr. Jahrel has informed his participants that their answers will be kept confidential, he will not need to present his study to the institutional review board.
 - Since Dr. Jahrel will be collecting data using a survey, he will not need to consider any ethical issues beforehand.

ANS: A DIF: Difficult

REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

120. Dr. Ethridge is interested in finding out how likely people are to discriminate against a member of an ethnic minority. She designs her experiment so that it seems like it is about fashion but it is actually measuring differences in treatment based on race. Which of the following is true regarding the ethical requirements Dr. Ethridge must follow?
- She must inform her participants that the study is about racial discrimination in order to obtain informed consent.
 - She can deceive her participants as long as she reveals the true nature of the study at its conclusion.
 - There are no ethical requirements; she can conduct the study using deception without ever having to disclose the truth to the participants.
 - There are no ethical requirements; participants do not generally change their behavior, regardless of what a study might reveal about them.

ANS: B DIF: Difficult
REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines
OBJ: 1.12b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

SHORT ANSWER

1. A) Describe the nature/nurture debate.
B) Discuss the modern view regarding the nature/nurture debate.

ANS:

Suggested answer:

- A) The nature/nurture debate refers to the factors that influence human behavior. Some argue that inborn, biological factors (nature) are responsible for human behavior. Others argue that human behavior is a result of a person's experiences, culture, education, or other non-inborn factors (nurture).
- B) Nowadays, psychologists recognize that both nature and nurture work together to influence human behavior. In fact, there are many examples of how nature and nurture influence each other.

DIF: Easy REF: 1.4 Psychology Originated in Philosophical Questions

OBJ: 1.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

2. Introductory psychology textbooks never leave out the name Wilhelm Wundt. Describe who Wundt was and explain why his accomplishments were important to the discipline of psychology.

ANS:

Suggested answer:

Wilhelm Wundt is considered the founder of experimental psychology. He established the first psychology laboratory that allowed for new ways of measuring and studying human experience. He pioneered the idea of reaction time and came up with a new method called introspection, which allowed researchers to measure conscious experience.

DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. A) Discuss the key ideas underlying structuralism and functionalism.
B) Explain how these schools of thought are different from each other.

ANS:

Suggested answer:

- A) Structuralism is an early school of thought that explored the structures or the so-called parts of the conscious mind. Functionalism is another early school of thought that explored the adaptive purposes of the mind.
- B) These schools of thought differ from each other in that structuralism attempts to identify the elements of conscious experience, whereas functionalism attempts to explain the functions of conscious experience.

DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

4. Describe the key ideas of the psychoanalytic approach.

ANS:

Suggested answer:

A key idea of the psychoanalytic approach is that much of human behavior is influenced by mental processes that occur below the level of conscious awareness. The psychoanalytic approach proposes that troubling childhood experiences and unacceptable sexual urges lead to unconscious conflicts of the mind. Psychoanalysis is a therapeutic technique that can help a person cope with unconscious conflicts. This technique allows a therapist to help a client bring the contents of his or her unconscious into conscious awareness.

DIF: Moderate

REF: 1.5 Psychologists Investigate the Conscious Mind and the Unconscious Mind

OBJ: 1.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. Your younger brother believes that all psychologists are clinical psychologists who specialize in treating people with mental health difficulties. Write a response to him showing that psychology is broader than the clinical subfield by providing two examples of nonclinical areas of psychology. In your answer, be sure to name each subfield and to give a brief description of each.

ANS:

Suggested answer:

Answers will vary but should discuss any two of the following subfields: biological psychology, cognitive psychology/neuroscience, developmental psychology, personality psychology, social psychology, cultural psychology, or industrial/organizational psychology.

DIF: Moderate REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

6. If you were to choose a career in psychology, which subfield would interest you the most? Briefly explain your chosen subfield and the types of questions that your subfield could help answer.

ANS:

Suggested answer:

Answers will vary. Subfields include clinical psychology, biological psychology, cognitive psychology/neuroscience, developmental psychology, personality psychology, humanistic psychology, cultural psychology, or industrial/organizational psychology.

DIF: Moderate REF: 1.7 Psychologists Today Investigate Many Different Topics

OBJ: 1.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

7. Describe the five steps of the scientific method. In your answer, be sure to explain the difference between a theory and a hypothesis.

ANS:

Suggested answer:

The first step of the scientific method is to create a theory. A theory is a model of interconnected ideas that explains what is observed and makes predictions about the future. Next, a hypothesis is created. A hypothesis is a specific, testable prediction of what should be observed if the theory is correct. The third step is to test the hypothesis using research methods. The fourth step is to analyze the data using appropriate statistics; the fifth step is to report the results and determine what additional investigation is needed.

DIF: Difficult REF: 1.8 Psychologists Use the Scientific Method

OBJ: 1.8a | 1.8c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

8. Danielle is using self-report surveys to determine how many people in her neighborhood experienced depression during childhood. What might be some advantages and disadvantages to her using surveys for this study?

ANS:

Suggested answer:

The following are appropriate answers:

- Advantages: Information can be quickly and easily collected from a large number of people; self-report measures are usually inexpensive.
- Disadvantages: People can introduce bias in their answers (self-report bias) or they may be unable to remember information accurately.

DIF: Easy REF: 1.9 Descriptive Methods Describe What Is Happening

OBJ: 1.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

9. A drawback to correlational studies is the third variable problem. What does this mean? Use an example to explain your answer.

ANS:

Suggested answer:

The third variable problem describes the possibility that a third variable can explain the relationship between two variables in a correlational study. For example, drinking alcohol before driving can be highly correlated with distracted driving. However, stress could be a variable that causes people to both drink and drive and also to be distracted while driving. Thus, the third variable, stress, prevents us from understanding an outcome in a correlational study. It is one of the reasons why we cannot infer causality from a correlational study.

DIF: Difficult REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

10. Deshawnda has just read an article reporting a “strong correlation between baldness and heart attacks.” She concludes that one should never shave one’s head because it will cause one to have a heart attack. Evaluate Deshawnda’s interpretation of this article. Explain why you agree or disagree with her conclusion.

ANS:

Suggested answer:

Students should disagree with Deshawnda's interpretation. Deshawnda is incorrectly inferring a causal relationship from a correlation. A correlation study merely describes the relationship between two variables. Deshawnda may only conclude that a change in one variable causes a change in another variable when an experimental design is being used.

DIF: Moderate REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Evaluating

11. Explain correlational methods and provide two personal examples of correlations in your own life. Hint: Think of two variables in your personal life that are strongly related to each other.

ANS:

Suggested answer:

Correlational methods examine how variables are naturally related to each other in the real world. The researcher makes no attempt to alter the variables or assign causation between them. Personal examples will vary, but one example could be "There is a relationship between the amount of time spent studying psychology and grades on psychology exams."

DIF: Moderate REF: 1.10 Correlational Methods Study Relationships

OBJ: 1.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

12. Many studies use random assignment when placing research participants into the conditions of an experiment. First, describe random assignment. Then, explain why it is important for an experimenter to use random assignment.

ANS:

Suggested answer:

Random assignment involves placing research participants into the conditions of an experiment in a way that allows each participant to have an equal chance of being assigned to any level of the independent variable. Random assignment is an important part of experimental design because it creates two (or more) identical groups. That is, if random assignment is used, the two groups should be equal on all variables except for the one independent variable that the experimenter is manipulating. In other words, random assignment balances out all unknown factors.

DIF: Difficult REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development MSC: Understanding

13. Daniel believes that skipping breakfast will cause students to perform worse on final exams. Design a strong research study that could test whether a causal relationship exists between eating breakfast and exam performance.

ANS:

Suggested answer:

Answers will vary. An experimental design should be discussed, with well-defined independent and dependent variables. The design should include experimental and control groups. Also, random assignment should be discussed.

DIF: Difficult REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

14. The mayor of Houston is conducting an experiment to determine whether introducing gym classes in certain school districts will lower the rate of childhood obesity. Identify the dependent and independent variables in this study.

ANS:

Suggested answer:

The dependent variable is obesity. The independent variable is the gym classes.

DIF: Moderate REF: 1.11 Experimental Methods Test Causation

OBJ: 1.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

15. Michael Scott wants to conduct a study on the day-to-day behaviors of office workers. He wants to film their behaviors for six years and then analyze the contents of the tapes. Describe three ethical issues that Mr. Scott must consider when conducting research with human subjects.

ANS:

Suggested answer:

Three of the following should be discussed:

- Privacy—Mr. Scott must protect his workers' privacy. It would be unethical to observe their private behaviors without their knowledge.
- Confidentiality—Mr. Scott must keep his findings confidential; he should only make his tapes available to a few essential people (i.e., researchers in charge of analyzing the data); he should try to prevent other people from linking the study's findings to particular individuals (his participants' identities should remain anonymous).
- Informed consent—the office workers must be told about the study and be allowed to choose whether they would like to participate.
- Deception—sometimes deception may be used if knowledge of the study would alter participant behavior. If Mr. Scott uses any deception at all, he must inform his workers of the study's goals once the study is completed. He must also explain to them why deception was necessary.
- Risks—Mr. Scott may not ask his workers to endure unreasonable pain or discomfort. He must assess the risk/benefit ratio of his study and determine whether the benefits outweigh potential benefits.

DIF: Moderate REF: 1.12 Psychologists Today Follow Strict Ethical Guidelines

OBJ: 1.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

CHAPTER 2 THE ROLE OF BIOLOGY IN PSYCHOLOGY

LEARNING OBJECTIVES

- 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior
 - 2.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.1b. Apply the nervous system to your life by describing the three functions of your nervous system during an experience you had recently.
- 2.2 Neurons Communicate with Each Other in Your Nervous System
 - 2.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.2b. Analyze how neurons communicate by organizing the three phases of neural communication into an illustrated short story for young children.
- 2.3 Neurotransmitters Influence Your Mental Activity and Behavior
 - 2.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.3b. Apply neurotransmitters to your life by describing three experiences you have had that likely each reflect the function of a specific neurotransmitter.
- 2.4 Understanding of the Brain Has Developed over Time
 - 2.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.4b. Understand the three modern approaches to brain research by describing the major advantage of each method.
- 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival
 - 2.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.5b. Apply the three hindbrain and one midbrain regions by using the first letter of each region's name to represent a word. Together the four words should make up a new sentence. This new sentence can help you remember the names of these brain regions.
- 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions
 - 2.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.6b. Apply the four forebrain subcortical structures by using the first letter of each part's name to represent a word. Together the four words should make up a new sentence. This new sentence will help you remember the names of these brain parts.
- 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity
 - 2.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.7b. Apply the functions of the four lobes of the cerebral cortex and the six regions identified in this study unit by giving an example of how each processes information in your daily life.
- 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
 - 2.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.8b. Analyze how the somatic nervous system processes information by describing how your somatic nervous system functions when you touch a hot pan.
- 2.9 Your Autonomic Nervous System Regulates the Body Automatically
 - 2.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.9b. Apply the autonomic nervous system to your life by providing examples of two experiences you have had, one processed by the sympathetic system and one by the parasympathetic system.
- 2.10 The Endocrine System Affects Your Behavior Through Hormones
 - 2.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.10b. Understand the endocrine system by summarizing in your own words how the testes and ovaries secrete specific hormones that influence sexual development.
- 2.11 Your Genes Affect Your Mental Activity and Behavior
 - 2.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.11b. Apply the effects of genes in your life by describing one of your physical or psychological characteristics that was likely mostly influenced by genes.
- 2.12 Your Genes Interact with Your Environment to Influence You
 - 2.12a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 2.12b. Understand how behavioral genetics studies the interaction of genes and environment by summarizing the results of twin studies and adoption studies in your own words.

2.13 Your Environment Changes Your Brain

2.13a. Understand all bold and italic terms by writing explanations of them in your own words.

2.13b. Apply the effects of environment to your life by describing one of the three ways in which your brain has been influenced by plasticity due to environment.

MULTIPLE CHOICE

1. The basic building blocks of the nervous system are the

a. neurons. c. dendrites.
b. neurotransmitters. d. axons.

ANS: A DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

2. The human body's nervous system is built from billions of nerve cells, which are called

a. neurotransmitters. c. axons.
b. neurons. d. cell bodies.

ANS: B DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

3. In the nervous system, each neuron communicates with

a. one or two other neurons.
b. a random subset of the other neurons in the nervous system.
c. many other neurons in an organized network.
d. all of the other neurons in the nervous system.

ANS: C DIF: Moderate

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

4. Which of the following best summarizes the main function(s) of your nervous system?

a. It allows the right side of your brain to communicate with the left side of your brain.
b. It regulates the oxygen in your blood, protects you from pain, and helps your body eliminate waste.
c. It allows you to receive sensory information, process that information, and then respond to it.
d. It produces vital bodily fluids such as bile and regulates the body's secretion of these fluids.

ANS: C DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

5. Your nervous system allows you to do all of the following EXCEPT

a. receive sensory input. c. make behavioral responses.
b. perceive and remember information. d. alter genetic codes.

ANS: D DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

6. The spinal cord is part of the _____ nervous system.

a. parasympathetic c. somatic
b. peripheral d. central

ANS: D DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

7. The brain and the spinal cord make up the _____ nervous system.

a. central c. somatic
b. peripheral d. autonomic

ANS: A DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

8. In the nervous system, the cells that receive, integrate, and transmit information are the
- axons.
 - neurons.
 - dendrites.
 - neurotransmitters.

ANS: B DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

9. The part of the neuron that collects information from other neurons and integrates it is the
- axon.
 - synapse.
 - cell body.
 - terminal button.

ANS: C DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

10. The site where communication occurs between neurons through the release of chemicals is called the
- axon.
 - synapse.
 - cell body.
 - dendrite.

ANS: B DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

11. The central nervous system is made up of the
- somatic and peripheral nervous systems.
 - brain and spinal cord.
 - somatic nervous system and the brain.
 - peripheral nervous system and the spinal cord.

ANS: B DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

12. The dendrites are the part of the _____, where signals from neighboring neurons are received.
- terminal buttons
 - axon
 - cell body
 - synapse

ANS: C DIF: Difficult

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

13. Chemical substances that carry messages from one neuron to the next are called
- agonists.
 - neurotransmitters.
 - hormones.
 - antagonists.

ANS: B DIF: Easy

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior | 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.1a | 2.3a NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

14. Graham went out for a walk on a cool, fall evening. He forgot to bring a sweater and started feeling cold. The _____ nervous system received the sensory information that the temperature outside was too cold.
- central
 - peripheral
 - sympathetic
 - autonomic

ANS: B DIF: Moderate

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

15. When a neuron is stimulated enough, it
- fires an action potential.
 - achieves a resting state.

- b. becomes an agonist. d. becomes an antagonist.

ANS: A DIF: Easy
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

16. After an action potential is fired, the neuron returns to its resting state with the help of
a. neurotransmitters. c. reuptake.
b. the synapse. d. the sodium potassium pump.

ANS: D DIF: Easy
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

17. When inactive, the electrical charge inside a neuron is slightly more negative than the electrical charge outside the neuron. This difference in the electrical charge inside and outside the neuron is the
a. action potential. c. inhibitory signal.
b. resting state. d. excitatory signal.

ANS: B DIF: Moderate
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

18. In reuptake, neurotransmitters are reabsorbed into the presynaptic neuron, which
a. allows sodium ions to enter the neuron and potassium ions to leave the neuron.
b. signals the cell body to produce an inhibitory signal.
c. creates an electrical charge that triggers an action potential.
d. removes the neurotransmitter from the synapse and stops further stimulation of receptors.

ANS: D DIF: Difficult
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

19. During the reception phase of neural communication, the _____ will accept signals from presynaptic neurons.
a. cell body c. myelin sheath
b. axons d. dendrites

ANS: D DIF: Moderate
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

20. During the integration phase of neural communication, the presence of inhibitory signals will _____ firing an action potential.
a. increase the likelihood c. not affect the
b. decrease the likelihood d. block the neuron from

ANS: B DIF: Moderate
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

21. During the integration phase of neural communication, the type of signal that increases the likelihood that a neuron will fire an action potential is called a(n) _____ signal.
a. excitatory c. inhibitory
b. sensory d. enzyme degradation

ANS: A DIF: Easy
REF: 2.2 Neurons Communicate with Each Other in Your Nervous System
OBJ: 2.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

22. One part of the neuron covers and protects it much like insulation protects water pipes so that they do not freeze in winter. In a neuron this protective covering is called
a. the terminal button. c. a dendrite.
b. the axon. d. the myelin sheath.

ANS: D DIF: Easy

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2a | 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

23. The parts of the neuron that act like mailboxes because they receive information from other neurons are called the
- terminal buttons.
 - axons.
 - dendrites.
 - myelin sheaths.

ANS: C DIF: Easy

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2a | 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

24. Neurons are able to communicate when
- terminal buttons plug into receptor sites on adjacent dendrites.
 - neurotransmitters cross the synapse and bind with receptors on the postsynaptic dendrite.
 - electric signals connect across the synapse to the adjacent neuron.
 - chemical elements released into the synapse are converted to neurotransmitters that bind with receptors.

ANS: B DIF: Moderate

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

25. In the nervous system, the job of the axons is to _____ other neurons.
- transmit action potentials to
 - integrate information from
 - detect information from
 - release neurotransmitters to

ANS: A DIF: Moderate

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

26. A myelin sheath is a fatty layer that protects the axon, so it is most like the
- remote control for a TV.
 - insulation around a wire.
 - layers of a cake.
 - thermostat of a heater.

ANS: B DIF: Moderate

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

27. Juan is trying to find the exact code he needs to advance to the next level of his video game. He says to his friend, "Hey! Finding this code to open the next level to the game is a lot like
- the firing of an action potential."
 - how the unique structure of a neurotransmitter must fit a certain receptor site."
 - how a neuron reaches a resting state."
 - the activity log that the nervous system maintains."

ANS: B DIF: Easy

REF: 2.2 Neurons Communicate with Each Other in Your Nervous System

OBJ: 2.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

28. If a new drug blocks the neurotransmitter acetylcholine from connecting to the receptor sites, then the drug
- is an agonist.
 - is an antagonist.
 - creates an inhibitory signal.
 - creates an excitatory signal.

ANS: B DIF: Easy

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

29. Because nicotine increases how the neurotransmitter acetylcholine functions, it is an
- inhibitory neurotransmitter.
 - excitatory neurotransmitter.
 - antagonist.
 - agonist.

ANS: D DIF: Easy

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

30. The action of neurotransmitters is _____ by agonists and is _____ by antagonists.
- increased; decreased
 - decreased; increased
 - increased; not affected
 - not affected; decreased

ANS: A DIF: Easy

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

31. While he was heading home from work one day, Ibrahim was pulled over by a police officer. During the interaction, he was extremely stressed, causing his pulse to accelerate and his pulse and blood pressure to increase. Which neurotransmitter caused these physiological changes?
- serotonin
 - acetylcholine
 - norepinephrine
 - endorphins

ANS: C DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3a | 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

32. Drugs that increase the effects of the neurotransmitter GABA
- reduce the symptoms of depression.
 - improve motor control.
 - are used to treat anxiety.
 - may cause seizures.

ANS: C DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

33. A neurotransmitter that is important in muscle contraction is
- epinephrine.
 - norepinephrine.
 - acetylcholine.
 - serotonin.

ANS: C DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

34. Mandy is extremely depressed and is prescribed a drug to alleviate her depression. The drug would likely affect the neurotransmitter
- dopamine.
 - epinephrine.
 - serotonin.
 - acetylcholine.

ANS: C DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

35. Roberto's grandmother has Alzheimer's disease. Therefore, you would expect to see too _____ of the neurotransmitter _____ in her brain.
- much; acetylcholine
 - little; acetylcholine
 - much; dopamine
 - little; dopamine

ANS: B DIF: Difficult

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

36. Lionel has Parkinson's disease and has difficulty starting motor movements because the neurons involved with dopamine activity are
- dying off and decreasing activity.
 - producing too much dopamine.
 - no longer producing dopamine.
 - rapidly multiplying.

ANS: A DIF: Difficult

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

37. You are running a 5K race and suddenly you experience an adrenaline rush. Your body releasing the neurotransmitter _____ causes this burst of energy.

- a. acetylcholine
- b. epinephrine
- c. glutamate
- d. dopamine

ANS: B DIF: Easy

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

38. Marco has great difficulty walking due to uncontrollable tremors and shakiness. His doctor told him that this was due to a decreasing amount of a neurotransmitter in his brain. Which of the following neurotransmitters would be likely to cause this difficulty?

- a. epinephrine
- b. norepinephrine
- c. glutamate
- d. dopamine

ANS: D DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

39. Benita is playing a very exciting video game and she finds that she wants to keep playing it more and more. Benita's desire is most likely activating the neurons in her brain that produce more of the neurotransmitter

- a. acetylcholine.
- b. epinephrine.
- c. serotonin.
- d. dopamine.

ANS: D DIF: Difficult

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

40. When Lillian gave birth to her first son, she went through a long and painful labor process. Her body helped her cope with the pain of the contractions by releasing

- a. norepinephrine.
- b. serotonin.
- c. dopamine.
- d. endorphins.

ANS: D DIF: Moderate

REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. Which specialized area of the brain is crucial to the production of speech?

- a. Broca's area
- b. the amygdala
- c. the cerebellum
- d. the thalamus

ANS: A DIF: Easy

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. Functional magnetic resonance imaging (fMRI) is the main brain imaging method used in psychological research today. The main goal of fMRI is to

- a. determine whether specific regions of the brain are working effectively.
- b. record the electrical activity created by the neurons firing in the brain.
- c. determine if neurotransmitters are binding to the receptors in the postsynaptic neurons.
- d. measure the blood's oxygen level in the brain.

ANS: D DIF: Moderate

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

43. Which of the following is NOT a modern method for accurately measuring brain activity?

- a. phrenology
- b. transcranial magnetic stimulation
- c. functional magnetic resonance imaging
- d. an electroencephalograph

ANS: A DIF: Easy

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a | 2.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

44. Which of the following is the measure of brain activity that temporarily “turns off” parts of the brain to explore which brain regions are necessary for specific psychological functions?
- phrenology
 - transcranial magnetic stimulation
 - functional magnetic resonance imaging
 - electroencephalograph

ANS: B DIF: Difficult

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a | 2.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

45. Lisa has problems sleeping, so she goes to a sleep clinic. At the clinic the researchers measure her brain’s electrical activity as she sleeps by using the technique of
- electroencephalographs (EEGs).
 - transcranial magnetic stimulation (TMS).
 - functional magnetic resonance imaging (fMRI).
 - phrenology.

ANS: A DIF: Easy

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a | 2.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

46. Chung started having trouble with his vision several months after experiencing a concussion. Chung’s doctor found nothing wrong with his eyes, so he wanted to explore blood flow to the parts of the brain that process visual information. What modern brain imaging method must the doctor use to achieve this goal?
- an electroencephalograph (EEG)
 - a functional magnetic resonance imaging (fMRI)
 - a psychograph
 - a transcranial magnetic stimulation (TMS)

ANS: B DIF: Difficult

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a | 2.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

47. Teresa was out shopping when she suddenly started convulsing. While in the emergency room, her friend Eva explained to the doctor what she had witnessed, so the doctor ordered an electroencephalograph (EEG) to assess if Teresa may have experienced an epileptic seizure, given this test is used to study the _____ in the brain.
- electrical activity
 - overall functioning
 - blood flow
 - oxygenation

ANS: A DIF: Moderate

REF: 2.4 Understanding of the Brain Has Developed over Time

OBJ: 2.4a | 2.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

48. The area of the brain that allows one to initiate voluntary motor activity is the
- hindbrain.
 - midbrain.
 - occipital lobe.
 - temporal lobe.

ANS: B DIF: Easy

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

49. The spinal cord is composed of two distinct types of tissue. One type of tissue is composed of the cell bodies of neurons, which do not have myelin on their axons. This tissue in the spinal cord is called
- substantia nigra.
 - gray matter.
 - nucleus accumbens.
 - white matter.

ANS: B DIF: Easy

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

50. Basic survival functions such as heart rate are controlled by the hindbrain structure called the

- a. thalamus.
- b. cerebellum.
- c. hippocampus.
- d. medulla.

ANS: D DIF: Easy

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

51. Damage to the _____ might cause problems with coordination and balance.

- a. hippocampus
- b. cerebellum
- c. amygdala
- d. temporal lobe

ANS: B DIF: Moderate

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

52. Lucy is pregnant and every time she smells cheese she gags and has to fight the urge to throw up. Lucy's response is most strongly related to activity in the

- a. pons.
- b. cerebellum.
- c. medulla.
- d. hypothalamus.

ANS: C DIF: Moderate

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a | 2.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

53. Doctors finally understood why a child had difficulty sleeping. They discovered that she had a large tumor located in the part of her hindbrain called the

- a. thalamus.
- b. hypothalamus.
- c. hippocampus.
- d. pons.

ANS: D DIF: Easy

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a | 2.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

54. Yves has been drinking. He has difficulty walking a straight line when asked to do so by a police officer. Apparently, Yves's _____ has been affected by the alcohol.

- a. cerebellum
- b. thalamus
- c. amygdala
- d. hippocampus

ANS: A DIF: Moderate

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a | 2.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

55. Which of the following is NOT a subcortical structure in the forebrain?

- a. substantia nigra
- b. amygdala
- c. hypothalamus
- d. hippocampus

ANS: A DIF: Moderate

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival | 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.5a | 2.6a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

56. One's motivations and emotions are controlled by the

- a. hindbrain.
- b. cerebellum.
- c. forebrain.
- d. parietal lobe.

ANS: C DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

57. According to Maguire and colleagues' study on the brain structures of London taxi drivers, which part of a taxi driver's brain is more likely to be larger than normal?

- a. frontal lobe
- b. hippocampus
- c. cerebellum
- d. thalamus

ANS: B DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

58. The brain structure that is associated with the formation of memories is the

a. thalamus. c. hippocampus.
b. cerebellum. d. hypothalamus.

ANS: C DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

59. Which of the following brain structures plays an important role in how we respond to fearful things?

a. hypothalamus c. amygdala
b. hippocampus d. thalamus

ANS: C DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

60. The hypothalamus is a brain structure that is important in

a. regulating bodily functions. c. synthesizing incoming information.
b. regulating emotions. d. thinking.

ANS: A DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

61. The thalamus receives nearly all sensory information before relaying it to the cortex. What is the one sensation that is the exception to this rule?

a. smell c. hearing
b. vision d. taste

ANS: A DIF: Difficult

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

62. Information travels from our sensory receptors to the _____ in the brain, which relays it to the cortex.

a. hippocampus c. thalamus
b. hypothalamus d. cerebellum

ANS: C DIF: Moderate

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

63. Miranda is working in a laboratory and comes across a rat that is grossly overweight and seems unable to stop eating. The researcher tells Miranda that the rat has a brain lesion. Which part of the forebrain most likely has the lesion?

a. amygdala c. substantia nigra
b. hypothalamus d. pons

ANS: B DIF: Moderate

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a | 2.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

64. Mario is highly afraid of spiders. Which part of the brain would be activated if he were to enter a room that had a lot of spiders?

a. hypothalamus c. amygdala
b. hippocampus d. thalamus

ANS: C DIF: Moderate

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a | 2.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

65. Mrs. Fine is highly interested in learning about the emotions of her fourth graders. Which of the following journal articles would be a good fit for her interests?
- a. "The Tricky Thalamus"
 - b. "Your Hyped Hypothalamus"
 - c. "Your Cryptic Cerebellum"
 - d. "The Amazing Amygdala"

ANS: D DIF: Moderate

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a | 2.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

66. A post office receives lots of incoming mail, organizes it, and then sends it out to various locations. Which part of the brain is a lot like a post office?
- a. substantia nigra
 - b. amygdala
 - c. thalamus
 - d. cerebellum

ANS: C DIF: Difficult

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a | 2.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

67. Auditory information is processed in the _____ lobes of the cerebral cortex.
- a. occipital
 - b. parietal
 - c. temporal
 - d. frontal

ANS: C DIF: Easy

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

68. Visual information is primarily processed in the _____ lobes of the cerebral cortex.
- a. occipital
 - b. parietal
 - c. temporal
 - d. frontal

ANS: A DIF: Easy

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

69. The brain structure that connects the two hemispheres of the cerebral cortex is called the _____.
- a. split-brain.
 - b. somatosensory cortex.
 - c. temporal lobe.
 - d. corpus callosum.

ANS: D DIF: Easy

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

70. The part of the brain that is responsible for the sense of touch and for picturing the layout of spaces in the environment is the _____ lobes.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANS: B DIF: Moderate

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

71. Drs. Gazzaniga and Sperry conducted a series of studies testing the abilities of epilepsy patients who had undergone a split-brain procedure, where the left hemisphere was disconnected from the right. How were the brains of epilepsy patients modified during the split-brain procedure?
- a. Their corpus callosums had been severed.
 - b. Their left hemispheres had been partially removed.
 - c. Their parietal lobes had been partially removed.
 - d. Their somatosensory cortexes had been intentionally damaged.

ANS: A DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

72. Dolores has severe epilepsy and must undergo a procedure to disconnect the left hemisphere of her brain from the right to prevent the epilepsy from spreading. During this procedure, doctors will surgically cut the fibers that connect the two hemispheres of the brain, which are called the
- a. parietal lobe.
 - b. frontal lobe.
 - c. corpus callosum.
 - d. somatosensory cortex.

ANS: C

DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

73. Jonas has experienced a relatively severe right hemisphere stroke. As a result, he has been diagnosed with hemineglect, meaning he is unable to notice any touch on the left side of his body. The location of the stroke is most likely within the _____ lobes.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANS: B

DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a | 2.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Applying

74. A child gets a severe blow to the head from an accident. Although her eyes are still fully functional, she can no longer see. Based on this information, her doctor determines that the brain area most likely damaged in the accident is the _____ lobes.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANS: D

DIF: Moderate

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a | 2.7b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

75. Samantha recently became blind and is learning to use her fingers to read in braille. The part of her brain that will be activated by touching the bumps on the page as she reads the braille is the _____ lobes.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANS: B

DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a | 2.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Applying

76. Brad has experienced a relatively severe left hemisphere stroke. As a result, he is unable to move his right arm and has a great deal of difficulty with planning and attention. The stroke most likely caused damage to the _____ lobes.
- a. frontal
 - b. parietal
 - c. temporal
 - d. occipital

ANS: A

DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

77. The somatic nervous system processes information between the central nervous system and one's
- a. glands.
 - b. internal organs.
 - c. skin, muscles, and joints.
 - d. eyes, ears, nose, and mouth.

ANS: C

DIF: Easy

REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds

OBJ: 2.8a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

78. The somatic nervous system allows
- a. hormones to secrete.
 - b. movement of the muscles and joints.
 - c. signals to be transmitted to the body's glands.
 - d. the body to return to a calm, resting state.

ANS: B DIF: Moderate
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

79. The somatic nervous system is NOT responsible for processing information about
- feeling sad after learning you did poorly on a test.
 - the tingling sensations from your arm when it falls asleep.
 - sensing where your foot is on the stairs as you climb them.
 - feeling a mosquito when it lands on your neck.

ANS: A DIF: Moderate
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8a | 2.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

80. Sumeeta recently fell down the stairs, injuring her right arm. As a result, her thumb, index, and middle fingers began to numb. The part of the nervous system that may be responsible for this numbness is the _____ nervous system.
- central
 - somatic
 - autonomic
 - parasympathetic

ANS: B DIF: Moderate
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8a | 2.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

81. When you paint with a paintbrush, your brain sends messages to your finger muscles so that your fingers move in specific ways. This example illustrates the functions of the _____ system.
- somatic nervous
 - autonomic nervous
 - parasympathetic
 - sympathetic

ANS: A DIF: Moderate
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

82. If your hand were to automatically jerk back after accidentally touching a hot kettle, which of the following nervous systems would be responsible for this moment?
- somatic
 - sympathetic
 - parasympathetic
 - autonomic

ANS: A DIF: Difficult
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

83. Naveed is an avid hiker who enjoys spending time outdoors exploring nature trails in the forests and mountains near his home. On which part of the nervous system does Naveed rely to hike through all the different types of terrains?
- autonomic
 - parasympathetic
 - somatic
 - central

ANS: C DIF: Moderate
REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds
OBJ: 2.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

84. Your body is prepared for defensive action by the _____ system.
- somatic nervous
 - sympathetic nervous
 - parasympathetic nervous
 - endocrine

ANS: B DIF: Easy
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

85. After cautiously walking home and arriving safely from her late-night class, Selma notices that both her heart rate and breathing slow down. This automatic return to a normal state is due to the activity of her _____ nervous system.
- somatic
 - sympathetic
 - parasympathetic
 - endocrine

ANS: C DIF: Easy
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

86. When walking to his car late at night, Otto is extra vigilant and his body is on alert for danger. These responses are due to the _____ system.
- a. somatic nervous
 - b. sympathetic nervous
 - c. central nervous
 - d. endocrine

ANS: B DIF: Easy
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

87. As you work outside in the yard, you work up a pretty good sweat. Your sweating is largely due to the functioning of your _____ system.
- a. somatic nervous
 - b. autonomic nervous
 - c. central nervous
 - d. endocrine

ANS: B DIF: Moderate
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

88. People who were at the scene of the Boston Marathon bombing probably experienced
- a. an activation of their sympathetic nervous systems.
 - b. increased activity in the parietal lobes.
 - c. temporary changes to their somatic nervous systems.
 - d. permanent changes to their endocrine systems.

ANS: A DIF: Easy
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

89. Meghan was driving home when she heard a tire explode on the car right next to her. As a result, her heart started pounding and she began to shake, and she sped up to move as far from the sound as possible. Based on this information, which nervous system was activated when Meghan first heard the explosion?
- a. sympathetic
 - b. parasympathetic
 - c. somatic
 - d. central

ANS: A DIF: Moderate
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

90. Jamaal was driving late at night when he thought a car was following him. He was afraid, so his heart rate sped up and he began breathing faster. When he turned on a side street and the car did not follow him, he was relieved, and his heart rate and breathing slowed to return to normal rates. Which nervous system allowed Jamaal to return to a resting state?
- a. somatic
 - b. sympathetic
 - c. central
 - d. parasympathetic

ANS: D DIF: Moderate
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9a | 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

91. Nasim is driving on a snow-covered road, and her car begins to slide. The quick behavioral response and the increased heart rate and respiration she experiences are most likely due to the _____ nervous system. The feeling of relief and decrease in heart rate and respiration once she has the car under control again are most likely due to the _____ nervous system.
- a. parasympathetic; sympathetic
 - b. sympathetic; parasympathetic
 - c. autonomic; somatic
 - d. somatic; autonomic

ANS: B DIF: Moderate
REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically
OBJ: 2.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

92. The communication system in your body by which hormones influence thoughts, behaviors, and actions is the _____ system.

- a. somatic nervous
- b. sympathetic
- c. parasympathetic
- d. endocrine

ANS: D DIF: Easy

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

93. Endocrine glands release

- a. neurotransmitters.
- b. receptors.
- c. hormones.
- d. glutamate.

ANS: C DIF: Easy

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

94. During puberty, everyone experiences secondary sex characteristics. However, these changes will vary depending on each person's specific _____.

- a. adrenal glands
- b. gonads
- c. adrenal glands
- d. gonads

ANS: D DIF: Moderate

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10a | 2.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

95. The ovaries, testes, and adrenal gland are all part of the _____ system.

- a. pituitary
- b. endocrine
- c. autonomic nervous
- d. somatic nervous

ANS: B DIF: Easy

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

96. Growth hormones have all of the following effects EXCEPT for increasing

- a. intelligence.
- b. bone strength.
- c. strength.
- d. muscle mass.

ANS: A DIF: Moderate

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

97. What might happen to a person born with a dysfunction of the endocrine system?

- a. The person would have difficulty controlling motor movements.
- b. The person would experience problems with sexual development.
- c. The person would have difficulty interpreting emotional expressions.
- d. The person would experience problems with emotional arousal.

ANS: B DIF: Easy

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

98. If an athlete were using illegal growth hormones to increase his or her muscle growth, he or she would be trying to make changes to his or her

- a. somatic nervous system.
- b. behavioral genetics.
- c. autonomic nervous system.
- d. endocrine system.

ANS: D DIF: Moderate

REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

99. When Chloe was 10 years old, she began developing breasts and hair under her arms. Chloe's mom explained that these changes were part of puberty and were the result of her gonads, called _____, releasing the hormone called _____.

- a. ovaries; estrogens
- b. ovaries; androgens
- c. testes; estrogens
- d. testes; androgens

ANS: A DIF: Moderate
REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones
OBJ: 2.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

100. At conception, your _____ is/are fixed.
- genotype
 - phenotype
 - genotype and phenotype
 - None of the choices are fixed at conception.

ANS: A DIF: Easy
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

101. During your lifetime, it is possible for your _____ to change.
- taxonomic rank
 - archetypes
 - genotypes
 - phenotypes

ANS: D DIF: Easy
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

102. A genotype is _____, whereas a phenotype is _____.
- underlying; observed
 - expressed; inherited
 - genetic; environmental
 - dominant; recessive

ANS: A DIF: Moderate
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

103. An instructor looking at the faces of the students in his or her class is also looking at their _____.
- natures.
 - nurtures.
 - genotypes.
 - phenotypes.

ANS: D DIF: Easy
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11a | 2.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

104. Regarding the factors potentially influencing behavior, which of the following statements is true?
- Behavior overwhelmingly reflects genetics.
 - Behavior mainly stems from environmental causes.
 - Behavior is generated mainly by the endocrine system.
 - Behavior reflects an interaction between genetics and the environment.

ANS: D DIF: Easy
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

105. Which of the following would NOT be caused by your genotype?
- eye color
 - sex
 - Huntington's disease
 - music preference

ANS: D DIF: Easy
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

106. Your little brother has blue eyes. His eye color is the result of _____.
- his genotype.
 - his phenotype.
 - both his genotype and his environment.
 - both his phenotype and his environment.

ANS: C DIF: Difficult
REF: 2.11 Your Genes Affect Your Mental Activity and Behavior
OBJ: 2.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Understanding

107. Which of the following is always true regarding dizygotic twins?
- They have different genotypes.
 - They have different phenotypes.
 - They have the same genotype.
 - They have the same phenotype.

ANS: A DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

108. Behavioral geneticists are primarily interested in
- natural selection and the evolution of genes.
 - discovering how genes control behaviors.
 - proving that genes have the strongest influence on behavior.
 - studying the interaction between genes and environment.

ANS: D DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

109. Which of the following phenomena would NOT be part of a study in behavioral genetics?
- the effect of one environment on another environment
 - the effect of genes on one's environment
 - the effect of environmental and genetic interactions on biological phenomena
 - the effect of environmental and genetic interactions on psychological phenomena

ANS: A DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

110. In considering the relative contributions of genes and environment, most scientists would agree that
- environment plays the most important role in shaping behavior.
 - only genes shape behavior.
 - environment has little effect on behavior.
 - genes and environment interact to determine behavior.

ANS: D DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

111. Julio's parents and older brothers are very tall individuals, so everyone assumed that Julio would also be very tall once he hit puberty. However, this was not the case, as Julio is about six inches shorter than both of his siblings. Julio was diagnosed with leukemia during infancy and had to endure several cancer treatments. Even though he went into remission, doctors were concerned that his development may have been affected as a result. According to epigenetics, the most likely reason why Julio is shorter than his siblings is because
- Julio has a different genotype than his brothers.
 - Julio's grandparents on his father's side were short in stature.
 - as the younger brother, Julio grew up in a different environment than his brothers.
 - Julio's exposure to cancer treatment may have altered his gene expression.

ANS: D DIF: Easy
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

112. Bill and his sister Ann are twins; however, they CANNOT be
- monozygotic twins.
 - dizygotic twins.
 - fraternal twins.
 - told apart.

ANS: A DIF: Easy
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

113. The advantage of studying monozygotic twins is that
- all of their behaviors are identical.
 - they are treated the same in their environment.
 - they are easy to locate and track for research.
 - they are genetically identical.

ANS: D DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

114. The textbook discusses the famous Minnesota Twin Project. Which of the following would best describe a conclusion that could be drawn from this study?
- Twins are more likely to experience a shared environment than a nonshared environment.
 - Monozygotic twins are more likely to experience a shared environment than are dizygotic twins.
 - There are more similarities among biological relatives than among adoptive relatives.
 - There are more similarities between monozygotic twins than between dizygotic twins.

ANS: C DIF: Difficult
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Applying

115. Why do monozygotic twins have different phenotypes?
- They have different genotypes.
 - They have nonshared environments.
 - They have the same environments but different genes.
 - They are fraternal twins.

ANS: B DIF: Moderate
REF: 2.12 Your Genes Interact with Your Environment to Influence You
OBJ: 2.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

116. The idea that the brain is extremely malleable and is continuously changing as a result of injury, experiences, or substances is known as
- myelination.
 - genetics.
 - plasticity.
 - phenotype.

ANS: C DIF: Easy REF: 2.13 Your Environment Changes Your Brain
OBJ: 2.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

117. As a blind child, Ben Underwood taught himself to make a clicking sound that would bounce off objects in the surrounding environment in order to navigate the world around him without sight. Which of the following terms best describes why Ben was able to change how his brain was wired to “see” through his hearing?
- epigenetics
 - plasticity
 - neurogenesis
 - neural pruning

ANS: B DIF: Moderate REF: 2.13 Your Environment Changes Your Brain
OBJ: 2.13a | 2.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

118. Compared to those who only speak one language, people who speak two languages are typically better able to perform complex processes and are less likely to experience symptoms of dementia. These cognitive benefits of speaking multiple languages occurs as a result of
- neurogenesis.
 - neural pruning.
 - plasticity.
 - epigenetics.

ANS: C DIF: Difficult REF: 2.13 Your Environment Changes Your Brain
OBJ: 2.13a | 2.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

119. In general, siblings of different ages raised together have

- a. the same genes but different environments.
- b. the same environment but different genes.
- c. different genes and different environments.
- d. the same genes and the same environment.

ANS: C DIF: Moderate REF: 2.13 Your Environment Changes Your Brain
 OBJ: 2.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

120. Which of the following is NOT a pathway through which the environment could affect your brain functioning?

- a. through plasticity
- b. by strengthening neural connections
- c. by brain reorganization
- d. by changing your genotype

ANS: D DIF: Easy REF: 2.13 Your Environment Changes Your Brain
 OBJ: 2.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

SHORT ANSWER

1. At this very moment, you are using your nervous system to help you read and understand this question. Describe the three functions of the nervous system by explaining how you are using each function right now as you answer this question.

ANS:

Suggested answer:

One of the functions of the nervous system is to receive sensory input. As I looked at the words on this page, I received visual information that was received by my nervous system. Another function of the nervous system is to process incoming information. After I looked at this test question, I used my nervous system to think about the words and what they meant. The nervous system also allows one to respond to incoming input by acting on it. I did this by choosing my words and writing down my answer.

DIF: Difficult

REF: 2.1 Your Nervous System Is the Basis of Your Mental Activity and Behavior

OBJ: 2.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

2. Using your own words, describe the difference between agonist and antagonistic drugs.

ANS:

Suggested answer:

Agonists are drugs that enhance the actions of a neurotransmitter. Antagonists are drugs that inhibit the actions of a neurotransmitter.

DIF: Moderate REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. Explain the key functions of serotonin. In your answer, be sure to discuss what is associated with a lack of serotonin in the brain.

ANS:

Suggested answer:

Serotonin is involved in a wide range of psychological processes such as emotional states, impulse control, and dreaming. A lack of serotonin is believed to contribute to sad and anxious moods, food cravings, and aggressive behavior.

DIF: Moderate REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

4. Explain the key functions of dopamine. In your answer, be sure to discuss what occurs when there is a lack of dopamine in the brain.

ANS:

Suggested answer:

Dopamine is involved in motivation and reward. For example, it motivates people to eat when hungry, drink when thirsty, or have sex when aroused. A lack of dopamine is associated with problems in movement, as occurs with Parkinson's disease.

DIF: Moderate REF: 2.3 Neurotransmitters Influence Your Mental Activity and Behavior

OBJ: 2.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. List the three key structures of the hindbrain and explain the functions of each.

ANS:

Suggested answer:

The medulla, pons, and cerebellum are the three key structures of the hindbrain. The medulla controls basic life functions such as breathing, heart rate, swallowing, vomiting, and urination. The pons plays a role in sleep and arousal and in coordinating movements between the left and right sides of the body. The cerebellum is responsible for motor learning, coordination, and balance.

DIF: Moderate

REF: 2.5 The Hindbrain and Midbrain House Basic Programs for Your Survival

OBJ: 2.5a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

6. List the four subcortical structures of the forebrain. Then, briefly explain the function of each structure.

ANS:

Suggested answer:

The four subcortical structures of the forebrain are: the thalamus, hypothalamus, hippocampus, and amygdala. The thalamus is involved in sensory information. The hypothalamus is involved in the regulation of functions such as body temperature, hunger, and thirst. The hippocampus is involved in the formation of new memories. The amygdala is involved in the association of emotions with experiences. These structures are part of the limbic system, which controls motivated behaviors such as eating and drinking, and which is associated with the regulation of emotions.

DIF: Moderate

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

7. A man is rushed to the hospital after an injury that severely damaged his hippocampus. What kinds of problems might he expect due to this damage?

ANS:

Suggested answer:

Because the hippocampus plays an important role in the formation of new memories, the man is likely to have difficulty remembering new information.

DIF: Easy

REF: 2.6 Forebrain Subcortical Structures Control Your Motivations and Emotions

OBJ: 2.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

8. List the four lobes of the cerebral cortex and explain the functions of each.

ANS:

Suggested answer:

The cerebral cortex contains the occipital, parietal, temporal, and frontal lobes. The occipital is involved in vision. The parietal lobe is involved in touch and spatial information. The temporal lobe is involved in hearing and memory. The frontal lobe is involved in planning, movement, and complex thought.

DIF: Moderate

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

9. Describe the famous historical case of Phineas Gage. What happened to Gage, and what did it teach psychologists about the brain?

ANS:

Suggested answer:

Phineas Gage was a construction worker who experienced severe damage to his prefrontal cortex after a railroad accident. As a result of the injury, Gage's personality seemed to change and he no longer was the man he used to be. He became impatient and had difficulty controlling himself and getting along with others. This taught psychologists about the specific functions of the prefrontal cortex. Specifically, it suggested that the prefrontal cortex of the frontal lobe was responsible for the sense of self and was important for many aspects of human social life including empathy, rational thought, and sustaining attention.

DIF: Difficult

REF: 2.7 The Cerebral Cortex of the Forebrain Processes Your Complex Mental Activity

OBJ: 2.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

10. What kind of information is transmitted by the somatic nervous system? How is this information transmitted?

ANS:

Suggested answer:

The somatic nervous system transmits sensory information. It transmits sensory information to the central nervous system through receptors in the skin, muscles, and joints.

DIF: Difficult REF: 2.8 Your Somatic Nervous System Detects Sensory Input and Responds

OBJ: 2.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

11. Distinguish between the functions of the sympathetic nervous system and the parasympathetic nervous system.

ANS:

Suggested answer:

The sympathetic nervous system prepares the body for action. When activated it causes the pupils to dilate and causes increases in heart rate and respiration. In contrast, the parasympathetic nervous system returns the body to a normal state of functioning. When activated it causes the pupils to contract and decreases heart rate and respiration.

DIF: Moderate REF: 2.9 Your Autonomic Nervous System Regulates the Body Automatically

OBJ: 2.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

12. What is the endocrine system and how does it influence behavior?

ANS:

Suggested answer:

The endocrine system is a communication system that involves glands and hormones. The glands produce and release hormones. These hormones travel through the bloodstream and influence development, thoughts, and actions.

DIF: Moderate REF: 2.10 The Endocrine System Affects Your Behavior Through Hormones

OBJ: 2.10a | 2.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

13. Distinguish between genotype and phenotype. Give an example of each.

ANS:

Suggested answer:

Genotype is one's genetic makeup. An example of genotype is eye color. Phenotype is one's observable physical and psychological characteristics. An example of phenotype is one's level of friendliness.

DIF: Easy REF: 2.11 Your Genes Affect Your Mental Activity and Behavior

OBJ: 2.11a | 2.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

14. Please describe the two types of studies that behavioral geneticists use to examine how genes and the environment interact to influence thought and behavior.

ANS:

Suggested answer:

Twin studies compare similarities between monozygotic (i.e., twins that result from the division of one zygote) and dizygotic (i.e., twins that result when two separate eggs are fertilized by two separate sperm) twins to determine the genetic basis of specific traits. Adoption studies compare the similarities between biological relatives (i.e., those with whom the individual shares a genetic background but not a home environment) and adoptive relatives (i.e., those with whom the individual shares similar home environments but not a genetic background).

DIF: Easy REF: 2.12 Your Genes Interact with Your Environment to Influence You

OBJ: 2.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

15. While speaking to a large audience, Dr. Neuro states that the brain has plasticity. Your classmate turns to you and says, "I have no idea what plasticity means." Explain to your classmate what brain plasticity is and provide an example of brain plasticity.

ANS:

Suggested answer:

Plasticity describes a property of the brain. Plasticity means that the brain can physically change as a result of experience, drugs, or injury. For example, if one side of the brain's hemisphere is damaged during an injury, the brain can reorganize itself so that the uninjured hemisphere can take on some of the functions of the lost hemisphere.

DIF: Moderate REF: 2.13 Your Environment Changes Your Brain

OBJ: 2.13a | 2.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

CHAPTER 3 CONSCIOUSNESS

LEARNING OBJECTIVES

3.1 Consciousness Is Your Subjective Experience

- 3.1a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.1b. Apply consciousness to your life by naming one level of consciousness and one state of consciousness and giving an example of how you have experienced each of these.

3.2 Consciousness Results from Brain Activity

- 3.2a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.2b. Apply the global workspace model by providing examples from your life of how each of the five mentioned regions of your brain process your awareness of specific information.

3.3 Consciousness Involves Attention

- 3.3a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.3b. Apply attention to your life by describing one type of information that you use automatic processing for (and have less awareness of) and one type of information that you use controlled processing for (and have more awareness of).

3.4 Unconscious Processing Sometimes Affects Behavior

- 3.4a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.4b. Understand consciousness in a person with a split brain by describing how that person experiences visual information presented to each hemisphere and how that person can (or cannot) verbally report the information.

3.5 Consciousness Changes During Sleep

- 3.5a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.5b. Understand the four stages of sleep by naming each one, explaining the brain activity during that stage, and describing the consciousness during it.

3.6 People Dream While Sleeping

- 3.6a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.6b. Apply the two types of altered consciousness during REM and non-REM dreams by giving an example of each from your life.

3.7 Sleep Is an Adaptive Behavior

- 3.7a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.7b. Apply the three reasons people need to sleep by giving, for each reason, one example from your own life of why you need to sleep.

3.8 Sleep Disorders Are Relatively Common Throughout Life

- 3.8a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.8b. Understand the five sleep disorders by describing each one in your own words.

3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

- 3.9a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.9b. Understand how hypnosis affects consciousness by summarizing the two theories of how hypnosis may or may not alter awareness.

3.10 Meditation Alters Consciousness and Brain Functioning

- 3.10a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.10b. Understand that meditation can alter consciousness by describing in your own words the similarities and differences between the three forms of meditation.

3.11 People Can Lose Themselves in Enjoyable Activities

- 3.11a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.11b. Apply flow to your own life by describing a flow experience you have had and how you experienced an altered state of consciousness.

3.12 Psychoactive Drugs Affect the Brain

- 3.12a. Understand all bold and italic terms by writing explanations of them in your own words.
- 3.12b. Understand psychoactive drugs by naming the four classes of psychoactive drugs and explaining how each class creates an altered state of consciousness.

3.13 Addiction Has Physical and Psychological Aspects

3.13a. Understand all bold and italic terms by writing explanations of them in your own words.

3.13b. Analyze the physical and psychological aspects of addiction by explaining tolerance (physical) and withdrawal (physical and psychological) in your own words.

MULTIPLE CHOICE

1. Consciousness is best defined as
 - a. one's subjective experiences of the external world and one's mental activity.
 - b. one's ability to objectively pay attention to important information.
 - c. moving from a state of sleep to a state of wakefulness.
 - d. processing of sensory information without full awareness.

ANS: A DIF: Easy REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

2. Which of the following is NOT an example of consciousness?
 - a. moment-by-moment subjective experiences
 - b. paying attention to one's surroundings
 - c. reflecting on one's thoughts
 - d. being in a persistent vegetative state

ANS: D DIF: Easy REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

3. Hypnosis, meditation, and drug use all allow people to
 - a. change the states of their consciousness.
 - b. achieve a sense of flow.
 - c. consciously change their behaviors.
 - d. spend longer time in REM sleep.

ANS: A DIF: Moderate REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

4. Which of the following is NOT associated with an altered state of consciousness?
 - a. intensely concentrating during an enjoyable activity
 - b. receiving a posthypnotic suggestion that affects behavior
 - c. talking on the phone while taking a walk
 - d. practicing mindfulness meditation

ANS: C DIF: Moderate REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

5. Altered consciousness can be achieved through all of the following EXCEPT
 - a. hypnosis.
 - b. psychoactive drug use.
 - c. meditation.
 - d. subliminal perception.

ANS: D DIF: Easy REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

6. When a person experiences changes in memory, perception, or voluntary action as a result of suggestions made by another person, he or she is most likely experiencing
 - a. hypnosis.
 - b. meditation.
 - c. REM sleep.
 - d. REM behavioral disorder.

ANS: A DIF: Easy REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

7. What do meditation and hypnosis have in common?
 - a. They both promote physical health.
 - b. They both occur in social contexts.
 - c. They both involve altered states of consciousness.
 - d. They both enhance short-term memory.

ANS: C DIF: Moderate REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

8. While Stephanie is sleeping, she gradually becomes more disconnected from her surrounding environment. In other words, Stephanie is experiencing a(n) _____ state of consciousness.
- altered
 - normal waking
 - self-induced
 - objective

ANS: A DIF: Moderate REF: 3.1 Consciousness Is Your Subjective Experience
OBJ: 3.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

9. The idea that the activity of neurons in the brain produces consciousness is called
- dualism.
 - materialism.
 - consolidation theory.
 - dissociation theory.

ANS: B DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity
OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

10. You want to convince your friend that the relationship between the conscious mind and the physical brain is best explained by the materialism view. To do this, you should provide evidence that
- brain processes create the experiences of the mind.
 - the mind and the brain are separate but interconnected.
 - conscious processing in the brain creates the unconscious mind.
 - the brain, not the mind, determines our psychological experiences.

ANS: A DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity
OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

11. According to the global workspace model, consciousness is a function of
- the degree of damage to certain brain regions.
 - only stimulation of visual processing areas.
 - activity in specific brain regions.
 - the average level of arousal across all brain regions.

ANS: C DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity
OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

12. Pierre believes that no single area of the brain is responsible for consciousness, and that instead specific areas process certain types of information. Pierre most likely believes in the _____ model of consciousness.
- dissociation
 - materialism
 - dualism
 - global workspace

ANS: D DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity
OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

13. Which of the following accurately reflects the global workspace model?
- The thalamus, the relay station in our brain, is responsible for integrating all external stimuli to provide a general awareness.
 - Conscious awareness of different aspects of the world is associated with processing in different parts of the brain.
 - We respond to our environment by combining sensory information that we register consciously and unconsciously.
 - We respond to our environment mainly by relying on sensory information of which we are consciously aware, and our unconscious cannot affect our behaviors.

ANS: B DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity
OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

14. Emily has been in a coma for longer than three months. Emily's doctors are most likely to diagnose her as
- having unresponsive wakefulness syndrome.
 - being in a minimally conscious state.
 - experiencing change blindness.
 - having split brain.

ANS: A DIF: Difficult REF: 3.2 Consciousness Results from Brain Activity

OBJ: 3.2a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

15. In a research study, participants were shown images with houses superimposed on faces and asked whether they saw a house or a face. When researchers looked at the participants' brain responses during this task, they found that
- brain activity changed depending on whether participants said they saw a house or a face.
 - brain activity was the same, regardless of whether participants said they saw a house or a face.
 - participants' brains emitted large, slow-wave activity equally for both images.
 - participants' brains had activity in two regions, indicating that they saw both the house and the face.

ANS: A DIF: Moderate REF: 3.2 Consciousness Results from Brain Activity

OBJ: 3.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

16. Jimmy is exploring a new town by using a navigation app with sound assistance. According to the global workspace model, the part of his brain that organizes spatial relationships is his _____ and the part that receives sound is his _____.
- parietal lobe; prefrontal cortex
 - occipital lobe; prefrontal cortex
 - parietal lobe; temporal lobe
 - prefrontal cortex; temporal lobe

ANS: C DIF: Difficult REF: 3.2 Consciousness Results from Brain Activity

OBJ: 3.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

17. Isaiah has been playing football for years, and he has sustained several severe concussions that have led to traumatic brain injury (TBI). TBI could cause all of the following for Isaiah EXCEPT
- negative effects on his memory system.
 - increased risk of unresponsive wakefulness syndrome.
 - personality changes.
 - increased risk of depression.

ANS: B DIF: Difficult REF: 3.2 Consciousness Results from Brain Activity

OBJ: 3.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

18. Which of the following is a potential drawback of using automatic processing?
- It can only be used to learn complex tasks.
 - It requires a lot of attention and effort.
 - We are not able to focus attention on other things.
 - We are less likely to remember relevant details.

ANS: D DIF: Moderate REF: 3.3 Consciousness Involves Attention

OBJ: 3.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

19. Raya has been knitting for many years and can knit without much attention or effort. Jade just started learning how to knit yesterday and it takes a lot of attention and effort for her to not make a mistake. For Raya, knitting is most likely a(n) _____ process, and for Jade, knitting is most likely a(n) _____ process.
- automatic; controlled
 - controlled; automatic
 - conscious; unconscious
 - unconscious; conscious

ANS: A DIF: Moderate REF: 3.3 Consciousness Involves Attention

OBJ: 3.3a | 3.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

20. During his disappearing coin trick, Harry distracts the audience with dramatic gestures. Which psychological principle is Harry using to keep the audience from watching him move the coin?
- automatic processing, because it requires less attention from the audience and is associated with the audience's decreased awareness of external stimuli
 - controlled processing, because it requires more attention from the audience and is associated with the audience's increased awareness of external stimuli
 - change blindness, because the audience's attention is limited and directed at the distractions on stage
 - divided attention, because the audience's attention is focused on both the coin trick and the distractions on stage

ANS: C DIF: Moderate REF: 3.3 Consciousness Involves Attention

OBJ: 3.3a | 3.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying

MSC:

21. Which of the following is most likely an example of an automatic process?

- a. walking down the sidewalk
- b. learning how to drive in snowy weather
- c. taking a difficult test
- d. threading a tiny needle for the first time

ANS: A DIF: Moderate REF: 3.3 Consciousness Involves Attention
OBJ: 3.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

22. Which of the following is most likely an example of a controlled process?

- a. blinking one's eyes
- b. walking around the block
- c. chewing a bite of food
- d. roller-skating for the first time

ANS: D DIF: Moderate REF: 3.3 Consciousness Involves Attention
OBJ: 3.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

23. Which of the following best describes subliminal perception?

- a. processing of sensory information with conscious awareness
- b. processing of sensory information without conscious awareness
- c. an unconscious thought that is expressed at an inappropriate time
- d. an unconscious thought that soon becomes conscious

ANS: B DIF: Moderate
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

24. In an experiment, researchers found that when given the word pair *ocean-moon*, followed by the word *detergent*, participants typically said the word *tide*. Participants were then asked why they said *tide*. Which of the following explanations was a participant LEAST likely to give?

- a. "My mom used Tide when I was growing up."
- b. "I see Tide commercials on television all the time."
- c. "The *ocean-moon* word pair reminded me of the tide."
- d. "I love the way Tide cleans my bright colors."

ANS: C DIF: Moderate
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

25. In an experiment, researchers found that when given the word pair *ocean-moon*, followed by the word *detergent*, participants typically said the word *tide*. When asked to explain their word choice, participants were unaware that the word pair had influenced their responses. This supports the concept of

- a. subjective perception.
- b. controlled processing.
- c. conscious processing.
- d. subliminal perception.

ANS: D DIF: Moderate
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

26. To treat his epilepsy, doctors sever Liam's corpus callosum. As a result, Liam will

- a. experience a loss of consciousness.
- b. be unable to walk.
- c. have a split brain.
- d. be unable to form new memories.

ANS: C DIF: Easy
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

27. In a person with a normally functioning brain, the part of the brain that typically controls speech is the

- a. left hemisphere.
- b. right hemisphere.
- c. occipital lobe.
- d. parietal lobe.

ANS: A DIF: Easy
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

28. The fact that the brain acts as an interpreter refers to the _____ hemisphere to _____.
- right; construct a world that makes sense
 - left; construct a world that makes sense
 - right; organize spatial relationships
 - left; organize spatial relationships

ANS: B

DIF: Moderate

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

29. The part of the brain that functions as the interpreter is in the _____ hemisphere where it process information to _____.
- left; construct a world that makes sense
 - right; construct a world that makes sense
 - left; organize spatial relationships
 - right; organize spatial relationships

ANS: A

DIF: Moderate

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

30. In severe cases, which disorder may require the corpus callosum to be surgically severed?
- dementia
 - epilepsy
 - Alzheimer's disease
 - Parkinson's disease

ANS: B

DIF: Easy

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

31. Sienna is giving an oral presentation in her political science class where she must talk to her classmates. When she is speaking during her presentation it is most likely that her _____ lobe in her _____ hemisphere is very active.
- temporal; right
 - temporal; left
 - parietal; right
 - parietal; left

ANS: B

DIF: Moderate

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a | 3.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

32. May has undergone a split-brain procedure. When a picture of a chair is processed by May's right hemisphere and she is asked about what she sees, May will most likely
- say that she sees "a chair."
 - not be able to verbally describe what she sees.
 - be able to manually draw what she sees with her right hand.
 - not be able to manually draw what she sees with her left hand.

ANS: B

DIF: Difficult

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a | 3.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Applying

33. After split-brain surgery, a picture of a cup is shown to the patient's left hemisphere. When given a pencil to draw what she sees, using his right hand, the patient will most likely draw
- a complete chair.
 - only the left side of the chair.
 - only the right side of the chair.
 - nothing.

ANS: A

DIF: Difficult

REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a | 3.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Applying

34. Since getting a concussion, Kate started experiencing difficulty rearranging furniture and drawing a picture. Most likely, her _____ hemisphere, which processes _____, is damaged.
- left; spatial organization
 - right; spatial organization
 - left; eye-hand coordination
 - right; eye-hand coordination

- b. right; spatial organization d. right; eye-hand coordination

ANS: B DIF: Difficult
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4a | 3.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

35. Angie had brain surgery. Although she can function quite normally, she is unable to verbally report the name of an object that is shown to her left visual field. However, when the same object is shown to her right visual field, she can verbally name the object. Based on this information, Angie's brain surgery likely involved severing the
- a. corpus callosum. c. frontal lobe.
b. temporal lobe. d. left hemisphere.

ANS: A DIF: Moderate
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

36. A split-brain client is shown a frog in her right visual field. The information is processed by the _____ side of her _____ lobe.
- a. left; occipital c. left; temporal
b. right; occipital d. right; temporal

ANS: A DIF: Moderate
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

37. You are examining your patient, Michael, who has no corpus callosum. Michael will probably have difficulty if he has to _____ an object processed by the _____ hemisphere.
- a. use his left hand to draw; right c. name; right
b. use his right hand to draw; left d. name; left

ANS: C DIF: Difficult
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

38. Kate's brain has suffered damage to its right hemisphere. Which of the following tasks is LEAST likely to be affected?
- a. rearranging furniture c. stacking blocks
b. balancing her checkbook d. drawing a picture

ANS: B DIF: Difficult
REF: 3.4 Unconscious Processing Sometimes Affects Behavior
OBJ: 3.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

39. The brain area that releases melatonin is the
- a. pineal gland. c. superchiasmatic nucleus.
b. hippocampus. d. substantia nigra.

ANS: A DIF: Easy REF: 3.5 Consciousness Changes During Sleep
OBJ: 3.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

40. The part of the brain that is NOT involved in maintaining sleep/wake cycles is the
- a. suprachiasmatic nucleus. c. hypothalamus.
b. pineal gland. d. hippocampus.

ANS: D DIF: Easy REF: 3.5 Consciousness Changes During Sleep
OBJ: 3.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

41. Circadian rhythms can best be described as
- a. heartbeats that trigger a change in blood circulation.
b. the changes that occur in wakefulness after jet lag and shift work.
c. the regulation of biological cycles into regular, daily patterns.
d. the time between sunrise and sunset, which determines sleep patterns.

ANS: C DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. At what sleep stage does your breathing become more regular and your awareness of external stimulation decrease?

a. REM c. stage 2
b. stage 1 d. slow-wave

ANS: C DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5a | 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

43. Sleeping people who show theta waves on their EEGs are most likely in _____ sleep.

a. stage 1 c. slow-wave
b. stage 2 d. REM

ANS: A DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5a | 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

44. If you want to increase the production of melatonin, you should

a. sit under a bright light. c. sit in a completely dark room.
b. go outside during the day. d. go for a walk at sunset.

ANS: C DIF: Moderate REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

45. Which of the following actions does NOT typically happen during sleep?

a. analyzing danger c. finding comfortable body positions
b. controlling body movements d. experiencing conscious awareness

ANS: D DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

46. Elizabeth is awake and alert while playing a video game. Her brain activity will most likely be characterized by _____ waves.

a. alpha c. theta
b. beta d. delta

ANS: B DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

47. As Isaac reads his textbook, he gets more and more drowsy and is just about to fall asleep. His brain activity will most likely be characterized by _____ waves.

a. alpha c. theta
b. beta d. delta

ANS: A DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

48. You are lying by the pool, relaxing with your eyes closed, and feeling drowsy. In this situation, the type of brain waves that would most likely show up on your EEGs are _____ waves.

a. delta c. beta
b. alpha d. theta

ANS: B DIF: Easy REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

49. After Mark has gone through one full sleep cycle, his heart beats faster, his breathing becomes fast and irregular, and his closed eyes begin to move back and forth. A researcher who is monitoring Mark's EEG activity will most likely see _____ waves.

a. theta c. alpha
b. delta d. beta

ANS: D DIF: Moderate REF: 3.5 Consciousness Changes During Sleep

OBJ: 3.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

50. Aaron is asleep. His breathing has become more regular and he is less sensitive to external stimulation. A researcher can confirm that Aaron is in stage 2 sleep by looking for _____ on Aaron's EEGs.
- a. alpha waves
 - b. K-complexes
 - c. beta waves
 - d. delta waves

ANS: B DIF: Moderate REF: 3.5 Consciousness Changes During Sleep
OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

51. Odin is asleep when his neighbor starts banging on his window. Odin barely moves, and when he does finally wake up, he is confused and disoriented. Before he was awakened, Odin was most likely in _____ sleep.
- a. stage 1
 - b. stage 2
 - c. slow-wave
 - d. REM

ANS: C DIF: Moderate REF: 3.5 Consciousness Changes During Sleep
OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

52. Rhianna had been asleep for 45 minutes when she was awakened by her roommate screaming at her to pick up the phone. Rhianna was extremely confused, so she grabbed her shoe and said "Hello?" Before she was awakened, Rhianna was most likely in _____ sleep.
- a. REM
 - b. stage 1
 - c. stage 2
 - d. slow-wave

ANS: D DIF: Moderate REF: 3.5 Consciousness Changes During Sleep
OBJ: 3.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

53. Jane frequently sleepwalks and talks in her sleep. During which part of a night's sleep would Jane most likely show these behaviors?
- a. approximately halfway through her sleep
 - b. during the first half of her sleep
 - c. during the second half of her sleep
 - d. at all times during her sleep

ANS: B DIF: Difficult
REF: 3.5 Consciousness Changes During Sleep | 3.8 Sleep Disorders Are Relatively Common Throughout Life OBJ: 3.5b | 3.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

54. As you sleep through the night, REM sleep
- a. increases relative to the other stages.
 - b. decreases relative to the other stages.
 - c. is more likely to involve dreaming.
 - d. is less likely to involve dreaming.

ANS: A DIF: Moderate
REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping
OBJ: 3.5b | 3.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

55. REM sleep is characterized by all of the following EXCEPT
- a. increased brain activity.
 - b. dreaming.
 - c. body paralysis.
 - d. K-complexes.

ANS: D DIF: Moderate
REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping
OBJ: 3.5b | 3.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

56. REM sleep is called paradoxical sleep because the
- a. person is not really asleep.
 - b. person's body is asleep, but the person's brain is active.
 - c. person's brain is asleep, but the person's body is active.
 - d. person has no awareness of being asleep.

ANS: B DIF: Moderate
REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping
OBJ: 3.5b | 3.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. After Mark has gone through one full sleep cycle, his heart beats faster, his breathing becomes fast and irregular, and his closed eyes begin to move back and forth. Mark is most likely experiencing
- REM behavior disorder.
 - REM sleep.
 - stage 1 sleep.
 - slow-wave sleep.

ANS: B DIF: Moderate

REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping

OBJ: 3.5b | 3.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

58. Last night, Linnea dreamt about daily activities, such as what she was going to wear to school. Based on this, when Linnea was dreaming, her brain was generating _____, and she was in _____ sleep.
- beta waves; non-REM
 - beta waves; REM
 - K-complexes; non-REM
 - K-complexes; REM

ANS: C DIF: Difficult

REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping

OBJ: 3.5b | 3.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

59. You tell your friend Betty about a dream in which you were a giant cupcake. Betty tells you the dream was meaningless and was only caused by random neural firings during sleep. Based on this you know that Betty most likely believes in the _____ theory of dreaming.
- restorative
 - activation-synthesis
 - dissociation
 - sociocognitive

ANS: B DIF: Moderate REF: 3.6 People Dream While Sleeping

OBJ: 3.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

60. In contrast to dreams occurring during non-REM sleep, dreams that happen during REM sleep are
- more emotional and more illogical.
 - more emotional and more logical.
 - less emotional but more illogical.
 - less emotional but more logical.

ANS: A DIF: Moderate REF: 3.6 People Dream While Sleeping

OBJ: 3.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

61. You tell your friend Betty about a dream in which you were a giant cupcake. Betty says it means that you have a desire to drop out of college and become a baker. Betty's statement is a reflection of the _____ theory of dreaming.
- dissociation
 - activation-synthesis
 - unconscious wish fulfillment
 - consolidation

ANS: C DIF: Moderate REF: 3.6 People Dream While Sleeping

OBJ: 3.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

62. Esther dreams that she is swimming. Following Freud's perspective, Esther's therapist suggests that her dream represents a hidden unconscious desire for sexual intimacy. Accordingly, the therapist would most likely conclude that
- in the dream the images of swimming were the manifest content.
 - in the dream the images of swimming were the latent content.
 - random neural activity resulted in the unconscious sexual desire.
 - random neural activity caused the images about swimming.

ANS: A DIF: Difficult REF: 3.6 People Dream While Sleeping

OBJ: 3.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

63. Which of the following statements does NOT describe an adaptive and beneficial function of sleep?
- Sleep lets the brain to restore itself.
 - Our physical activity is limited during sleep, keeping us safe from harm.
 - Sleep strengthens neural connections that increase learning.
 - Sleep allows the brain to shut off, thus preserving remaining energy.

ANS: D DIF: Moderate REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

64. Which of the following theories best explains why individuals need more sleep after experiencing a traumatic brain injury?
- restorative theory
 - consolidation theory
 - dissociation theory
 - circadian rhythm theory

ANS: A DIF: Easy REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

65. According to the consolidation theory that explains the benefits of sleep, researchers have found that
- infants tend to spend less time in REM sleep because they don't spend a lot of time awake, during which they would receive visual stimulation.
 - adolescents tend to spend more time in non-REM sleep because that is when growth hormones are released.
 - older adults tend to spend more time in non-REM sleep because they process information more slowly than young adults.
 - students tend to spend more time in REM sleep during exam periods because they are processing a lot of information.

ANS: D DIF: Difficult REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

66. Eva is chronically sleep deprived. She will most likely experience all of the following EXCEPT
- reduced short-term memory.
 - microsleeps during daytime.
 - loss of appetite and weight loss.
 - increased anxiety.

ANS: C DIF: Easy REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

67. After playing a difficult soccer match that wore out his body, Jon slept for four extra hours. Jon's extra sleep is best explained by _____ theory.
- circadian rhythm
 - dissociation
 - restorative
 - consolidation

ANS: C DIF: Moderate REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a | 3.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

68. For the past three days, Mandy has not been able to get enough hours of sleep. Today, Mandy will most likely have trouble
- performing well in her athletic training session.
 - experiencing fewer microsleeps.
 - maintaining her physical strength throughout the day.
 - paying attention in class and remembering the information.

ANS: D DIF: Difficult REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7a | 3.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

69. Becky, a 35-year-old mother, sleeps whenever her six-month-old baby does. Even though Becky and her infant get the same amount of sleep, according to consolidation theory, Becky will spend _____ time in _____ sleep compared with her baby.
- more; REM
 - less; REM
 - more; slow-wave
 - less; slow-wave

ANS: B DIF: Difficult REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

70. Four people of different ages volunteer to take part in a sleep study that monitors their brain waves. The volunteer who will likely spend the most time in REM sleep is a
- three-year-old girl.
 - 13-year-old girl.
 - three-month-old boy.
 - 30-year-old man.

ANS: C DIF: Difficult REF: 3.7 Sleep Is an Adaptive Behavior

OBJ: 3.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:

Applying

71. Meredith has been experiencing bad moods and impaired mental abilities. Her symptoms are most likely related to
- sleep deprivation.
 - consolidation.
 - restorative sleep.
 - circadian rhythms.

ANS: A DIF: Difficult REF: 3.7 Sleep Is an Adaptive Behavior
OBJ: 3.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

72. This past week, Nick has had to wake up early for work and stay at work late, so he has been deprived of a good night's sleep. During the weekend, Nick can finally sleep in late. He will most likely
- enter REM sleep quickly and have more REM dreams.
 - enter REM sleep slowly and have fewer REM dreams.
 - spend more time in slow-wave sleep and have fewer non-REM dreams.
 - spend less time in slow-wave sleep and have more non-REM dreams.

ANS: A DIF: Moderate REF: 3.7 Sleep Is an Adaptive Behavior
OBJ: 3.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

73. Your roommate says that you seem to wake up dozens of times in the night, gasping for air, but you are totally unaware of it. Based on this information, you may be experiencing
- narcolepsy.
 - somnambulism.
 - REM behavior disorder.
 - sleep apnea.

ANS: D DIF: Easy
REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life
OBJ: 3.8a | 3.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

74. Occasionally, Jessie will fall asleep at inappropriate times, for example, in the middle of talking to a customer at work. Based on this information, Jessie might be experiencing
- narcolepsy.
 - somnambulism.
 - REM behavior disorder.
 - sleep apnea.

ANS: A DIF: Easy
REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life
OBJ: 3.8a | 3.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

75. Your child wakes up during the first hour or two after going to bed and walks around his room with a glassy-eyed look. Based on this information, your child most likely has a sleep disorder called
- sleep apnea.
 - somnambulism.
 - REM behavior disorder.
 - narcolepsy.

ANS: B DIF: Easy
REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life
OBJ: 3.8a | 3.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

76. While dreaming that she is riding a bicycle, Millie actually moves around in bed making arm and leg motions similar to those of a cyclist. Millie is most likely experiencing
- narcolepsy.
 - sleep apnea.
 - REM behavior disorder.
 - somnambulism.

ANS: C DIF: Moderate
REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life
OBJ: 3.8a | 3.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

77. Which of the following is NOT a major issue linked to insomnia?
- having poor sleeping habits
 - experiencing a major depressive disorder
 - having narcolepsy
 - worrying about sleep

ANS: D DIF: Moderate
REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life
OBJ: 3.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

78. Insomnia is more frequently observed among _____, whereas sleep apnea is more common among _____.

- a. females with anxiety disorders; elderly males with neurological deficits
- b. adolescents with anorexia nervosa; elderly males with neurological deficits
- c. females with anxiety disorders; middle-aged males with obesity
- d. adolescents with anorexia nervosa; females with anxiety disorders

ANS: C DIF: Easy

REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life

OBJ: 3.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

79. Homer is suddenly awakened when his wife, Marge, starts striking him in her sleep. Homer wakes her up, and she explains that she was dreaming about defending herself from an attacker. Homer is not mad, but he is concerned that Marge may be experiencing
- a. sleep apnea.
 - b. narcolepsy.
 - c. REM behavior disorder.
 - d. somnambulism.

ANS: C DIF: Moderate

REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life

OBJ: 3.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

80. Which of the following statements about hypnosis is true?
- a. When hypnotized, a person experiences consciousness that is the same as sleeping.
 - b. When hypnotized, a person is under the complete control of someone else.
 - c. Hypnosis does not result in an altered state of consciousness.
 - d. Hypnosis can change a person's pattern of brain activity.

ANS: D DIF: Easy

REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

OBJ: 3.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

81. According to the dissociation theory of hypnosis, people who are hypnotized are
- a. acting out what they think is expected of them.
 - b. following the hypnotist's directions to get attention.
 - c. in an altered state where awareness is separated from other parts of consciousness.
 - d. in a state of consciousness where their brain activities are impaired.

ANS: C DIF: Moderate

REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

OBJ: 3.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

82. According to research, the most important factor in allowing a person to be successfully hypnotized is the
- a. skill and experience of the hypnotist.
 - b. suggestibility of the individual being hypnotized.
 - c. likability of the hypnotist.
 - d. size of the audience watching the hypnosis.

ANS: B DIF: Moderate

REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

OBJ: 3.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

83. Marvello the hypnotist puts Van in a trance and tells him to cluck like a chicken whenever he sees a fire truck in the week following the show. Marvello is trying to influence Van's behavior
- a. by giving him a posthypnotic suggestion.
 - b. by creating hypnotic analgesia.
 - c. through dissociative hypnosis.
 - d. through sociocognitive hypnosis.

ANS: A DIF: Moderate

REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

OBJ: 3.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

84. According to the sociocognitive theory, hypnosis
- a. is a true, trancelike state.
 - b. is a state where conscious awareness is dissociated from the mind.
 - c. creates an opportunity for people to play the role of being hypnotized.
 - d. creates an opportunity for people to experience altered sleep patterns.

ANS: C DIF: Easy
REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis
OBJ: 3.9a | 3.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

85. According to the sociocognitive theory of hypnosis, people who are hypnotized are
- acting out what they think is expected of them.
 - following the hypnotist's directions to get attention.
 - in a state of consciousness where they are more willing to do what they are asked.
 - in a state of consciousness where their sensation and perception are impaired.

ANS: A DIF: Moderate
REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis
OBJ: 3.9a | 3.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

86. One way to achieve an altered state of consciousness is by focusing your attention on one thing, like your pattern of breathing. A deep sense of tranquility can be achieved through this process of _____ meditation.
- mindfulness
 - concentrative
 - transcendental
 - hypnotic

ANS: B DIF: Easy
REF: 3.10 Meditation Alters Consciousness and Brain Functioning
OBJ: 3.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

87. Lizbeth uses mindfulness meditation to achieve an altered state of consciousness by
- focusing her attention on repeating a mantra.
 - allowing her thoughts to flow freely without reacting to them.
 - keeping her eyes open throughout the experience.
 - meditating for 20 minutes, twice a day.

ANS: B DIF: Easy
REF: 3.10 Meditation Alters Consciousness and Brain Functioning
OBJ: 3.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

88. Which of the following accurately describes how meditation affects brain function?
- Long-term practicing can lead to structural brain changes.
 - Short-term practicing can lead to structural brain changes.
 - Meditation and hypnosis affect brain function the same way.
 - Meditation does not affect brain function.

ANS: A DIF: Difficult
REF: 3.10 Meditation Alters Consciousness and Brain Functioning
OBJ: 3.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

89. Because of a heart condition, you decide to try transcendental meditation to improve your health. The benefit that you are most likely to experience is
- lowered blood pressure.
 - greater physical strength.
 - increased intelligence.
 - diminished gray matter in the brain.

ANS: A DIF: Difficult
REF: 3.10 Meditation Alters Consciousness and Brain Functioning
OBJ: 3.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

90. Meditation seems to have all of the following effects EXCEPT
- improving attentional processing.
 - preserving brain function during aging.
 - reducing stress.
 - increasing frequency of experiencing sadness.

ANS: D DIF: Difficult
REF: 3.10 Meditation Alters Consciousness and Brain Functioning
OBJ: 3.10a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC: Understanding

MSC:

91. Jenny, a patient with a heart condition, has been practicing transcendental meditation for four months. She will improve on all of the following health measures EXCEPT
- lowering her levels of fatty acid and cholesterol.
 - developing long-term plans.
 - promoting critical thinking.
 - enhancing self-awareness.

ANS: A DIF: Easy

REF: 3.10 Meditation Alters Consciousness and Brain Functioning

OBJ: 3.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

92. Three of the following people are practicing meditation to achieve an altered state of consciousness. Which person is NOT practicing one of the various forms of meditation?
- Larry focuses attention on one thing, such as his breathing pattern.
 - Genevieve consciously tries to stop her inner thought processes.
 - Miguel is repeating a mantra.
 - Ariel is listening to her thoughts without responding.

ANS: B DIF: Moderate

REF: 3.10 Meditation Alters Consciousness and Brain Functioning

OBJ: 3.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

93. Brian experiences a lot of anxiety at school and has trouble paying attention in class. Which of the following methods will most likely help Brian cope with stress and inattention?
- using depressants
 - experiencing flow
 - practicing meditation
 - receiving hypnosis

ANS: C DIF: Moderate

REF: 3.10 Meditation Alters Consciousness and Brain Functioning

OBJ: 3.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

94. Which of the following is NOT associated with an altered state of consciousness?
- runner's high
 - religious ecstasy
 - automatic processing
 - flow state

ANS: C DIF: Moderate

REF: 3.11 People Can Lose Themselves in Enjoyable Activities

OBJ: 3.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

95. Escaping one's self, instead of engaging in life, is associated with
- the development of uninhibited actions.
 - developing long-term plans.
 - the promotion of critical thinking.
 - enhanced self-awareness.

ANS: A DIF: Easy

REF: 3.11 People Can Lose Themselves in Enjoyable Activities

OBJ: 3.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

96. Which of the following people is most likely experiencing flow?
- Jill, who uses automatic processes when she commutes to work every day
 - Peter, who feels a runner's high while running seven miles
 - Linda, who is trying to read 30 pages of her text for a quiz later today
 - Chris, who must clean the car before his girlfriend arrives in a few minutes

ANS: B DIF: Easy

REF: 3.11 People Can Lose Themselves in Enjoyable Activities

OBJ: 3.11b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

97. When Marisol is running during marathons she gets a runner's high. During these times she most likely experiences
- an altered state of consciousness.
 - dopamine release in the brain.
 - automatic processing of the running itself.
 - a shift in her breathing pattern.

ANS: A DIF: Difficult

REF: 3.11 People Can Lose Themselves in Enjoyable Activities

OBJ: 3.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying

MSC:

98. Which of the following is NOT a psychoactive drug that alters consciousness?

- a. a stimulant
- b. a hallucinogenic
- c. a depressant
- d. an antibiotic

ANS: D

DIF: Easy

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

99. To be considered a stimulant, a drug must _____ mental activity and _____ physical activity.

- a. increase; increase
- b. decrease; decrease
- c. increase; decrease
- d. decrease; increase

ANS: A

DIF: Moderate

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

100. To be considered a depressant, a drug must _____ mental activity and _____ physical activity.

- a. increase; increase
- b. decrease; decrease
- c. increase; decrease
- d. decrease; increase

ANS: B

DIF: Moderate

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

101. Stimulant drugs have all of the following effects EXCEPT

- a. increasing heart rate.
- b. increasing blood pressure.
- c. improving mood.
- d. increasing sleep.

ANS: D

DIF: Moderate

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

102. Which of the following drugs is a stimulant?

- a. cocaine
- b. alcohol
- c. heroin
- d. codeine

ANS: A

DIF: Easy

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

103. Which of the following drugs is a hallucinogenic?

- a. methamphetamine
- b. MDMA
- c. morphine
- d. cocaine

ANS: B

DIF: Easy

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

104. Which of the following drugs is an opiate?

- a. cocaine
- b. methamphetamine
- c. heroin
- d. MDMA

ANS: C

DIF: Easy

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

105. Carla just took an amphetamine, which means that her heart rate and blood pressure will

- a. fluctuate continuously.
- b. remain unchanged.
- c. increase.
- d. decrease.

ANS: C

DIF: Moderate

REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

106. Methamphetamine increases the concentration of dopamine in the synapse, just like another stimulant, called

- a. cocaine.
- c. alcohol.

- b. MDMA. d. heroin.

ANS: A DIF: Difficult REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

107. Heroin increases pleasure by _____ receptors.

- a. activating serotonin c. blocking opiate
b. inhibiting dopamine d. binding with opiate

ANS: D DIF: Difficult REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

108. To be considered a hallucinogenic, a drug must

- a. alter sensation and perception. c. decrease emotional activity.
b. alter behavioral activity. d. decrease mental activity.

ANS: A DIF: Easy REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12a | 3.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

109. Some types of depressant drugs are specifically used for

- a. creating intense feelings of pleasure. c. increasing mental activity.
b. increasing heart rate. d. relieving worry.

ANS: D DIF: Moderate REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

110. Gina got drunk last night, which made her feel disinhibited and relaxed because alcohol is a(n)

- a. hallucinogenic. c. depressant.
b. opiate. d. stimulant.

ANS: C DIF: Moderate REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

111. After taking a drug at a party, Fawn became energetic, talkative, and lively. Which drug did Fawn most likely use?

- a. alcohol c. heroin
b. cocaine d. marijuana

ANS: B DIF: Moderate REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

112. Meghan is under the influence of a drug. She feels energized and is also experiencing altered visual perception. Meghan most likely took the drug

- a. MDMA. c. heroin.
b. cocaine. d. methamphetamine.

ANS: A DIF: Moderate REF: 3.12 Psychoactive Drugs Affect the Brain
OBJ: 3.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

113. Which of the following is NOT a factor in the development of addiction?

- a. attraction to novelty and risk taking
b. poor relationships with parents
c. inherited tendency to seek out strong sensation
d. personal beliefs that addiction is a choice

ANS: D DIF: Difficult
REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

114. The central factor that contributes to the development of addiction is _____ activity in the _____.

- a. serotonin; limbic system c. dopamine; limbic system
b. serotonin; hindbrain d. dopamine; hindbrain

ANS: C DIF: Moderate
REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

115. When Terry stopped using a certain prescription drug, he got very anxious and had severe headaches. Terry's experience is most likely a result of
- tolerance.
 - psychological dependence.
 - withdrawal.
 - addiction.

ANS: C DIF: Moderate

REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

116. Penelope has been drinking coffee for the past 10 years. She says she needs the caffeine just to get through the day. Today, she has not had any coffee and has a severe headache, fatigue, and shakiness. Penelope is most likely _____ dependent on caffeine.
- psychologically
 - socially
 - behaviorally
 - physically

ANS: D DIF: Moderate

REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

117. Giacomo has used methamphetamines for a while. To feel the effects of the drug, he now has to take more of it than he used to, which means that Giacomo is experiencing
- tolerance.
 - dependence.
 - withdrawal.
 - addiction.

ANS: A DIF: Moderate

REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

118. Byron drinks five cups of coffee each day during the work week. Whenever he sleeps late on Saturdays, he wakes up with a headache that only goes away when he has a cup of coffee. Based on this you know that Byron is most likely experiencing
- tolerance.
 - psychological dependence.
 - withdrawal.
 - contextual cravings.

ANS: C DIF: Moderate

REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

119. Ever since undergoing surgery, Amy has been taking pain relievers. When she ran out of pills, her friend refilled the medicine bottle with vitamin C pills without Amy's awareness. After taking the vitamin C pills, Amy reported that she did not feel any more pain. Amy has developed _____ dependence on pain relievers.

- both a physical and psychological
- neither a physical nor psychological
- a physical
- a psychological

ANS: D DIF: Moderate

REF: 3.13 Addiction Has Physical and Psychological Aspects OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

SHORT ANSWER

- Describe the two levels of consciousness.
 - Give an example of each level of consciousness.
 - Explain how the same behavior can move from the conscious to the unconscious level.

ANS:

Suggested answer:

- The two levels of consciousness are (fully) conscious and unconscious. When we are fully conscious we are very alert, pay attention to information, are acutely aware of our experiences, and use slow and effortful controlled processing. At the unconscious level, we use automatic processes that are fast and effortless, and this lack of awareness makes it so we will not remember some of the details of the experiences and they will not make lasting impressions on us.
- Examples of the fully conscious level would include performance of a difficult or unfamiliar task (such as learning to drive). Examples of the unconscious level would include routine and well-learned tasks (such as reading).
- When we are first learning a behavior (such as driving a car), it is at the conscious level because we have to make an effort to focus on each step. However, as the behavior becomes more routine, it becomes more automatic and can be performed at an unconscious level.

DIF: Moderate REF: 3.1 Consciousness Is Your Subjective Experience

OBJ: 3.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

2. A) Describe dualistic and materialistic approaches to consciousness.
B) How would materialism explain the conscious experience of hearing a song?

ANS:

Suggested answer:

- A) Dualism derives from Descartes and states that the mind is distinct from the brain. Most psychologists reject dualism in favor of materialism. Materialism is the idea that the brain and the mind are inseparable and the processing of the brain is what allows the experiences of the mind.
B) According to materialism, the activity of neurons in the brain produces consciousness. So for each experience (like hearing a song), there is an associated pattern of brain activity; the activation of this particular group of neurons in the brain gives rise to that particular conscious experience.

DIF: Difficult REF: 3.2 Consciousness Results from Brain Activity

OBJ: 3.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

3. A) Describe the research study (Nisbett & Wilson, 1977) on subliminal perception.
B) How did the results confirm that participants were not aware of any influences on their behaviors?
C) Describe one limitation on how subliminal perception can influence behavior.

ANS:

Suggested answer:

- A) In this study, participants were asked to examine pairs of obviously associated words, such as *ocean* and *moon*. They were then asked to view single words, such as *detergent*, and state what other words came to mind.
B) Results showed that when participants were given the *ocean-moon* pair followed by the word *detergent*, they were more likely to say the word *tide*. However, when asked why they said *tide*, they usually gave reasons pertaining to the detergent's brand name. This response shows that participants were not aware that the word pair had influenced their thoughts and behaviors.
C) Although subliminal perception can influence how people process information, it has little or no effect on complex thinking or actions.

DIF: Difficult REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Understanding

4. A) Explain what it means to have a split-brain condition.
B) If visual information is presented to the left hemisphere of a split-brain person, how would that person respond?

ANS:

Suggested answer:

- A) A split brain is a condition in which the corpus callosum is surgically cut, and the two hemispheres of the brain do not receive information directly from each other. A person with split-brain condition has no immediately apparent problems—he or she can walk and talk normally, think clearly, and interact socially.
B) If visual information is presented to the left hemisphere, the person can talk about that information (verbally report it), or reach for the object with his or her right hand.

DIF: Difficult REF: 3.4 Unconscious Processing Sometimes Affects Behavior

OBJ: 3.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

5. A) Compare brain activity during the four stages of sleep.
B) Describe how the sleep cycle changes throughout the night.

ANS:

Suggested answer:

- A) Stage 1 involves theta waves, stage 2 shows K-complexes, and stages 3 and 4 show delta waves and are referred to as slow-wave sleep stages.
B) Over the course of the night, we cycle through the stages about five times; as morning approaches, the sleep cycle becomes shorter and we spend relatively more time in REM sleep.

DIF: Easy

REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping

OBJ: 3.5b | 3.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

6. A) Explain what happens during REM sleep.
B) Explain why this type of sleep is called paradoxical sleep.
C) Describe the type of dreams that occur during REM sleep and give an example of a REM dream.

ANS:

Suggested answer:

- A) During REM sleep, EEG shows a flurry of beta wave activity (like an active and alert mind) and the eyes dart back and forth rapidly beneath closed eyelids. Although the brain is active, most of the body's muscles are paralyzed and the body shows signs of genital arousal.
- B) It is sometimes called paradoxical sleep because of the paradox of a sleeping body with an active brain.
- C) Dreams during REM sleep tend to be more bizarre, involving intense emotions, visual and auditory hallucinations, and an uncritical acceptance of illogical events.

DIF: Moderate

REF: 3.5 Consciousness Changes During Sleep | 3.6 People Dream While Sleeping

OBJ: 3.5b | 3.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

7. Malika has a dream where she is in a room surrounded by cats, and more cats keep pouring in the windows and doors.

- A) Describe manifest and latent content.
- B) Describe the manifest content of Malika's dream.
- C) How would the activation-synthesis theory explain this dream?

ANS:

Suggested answer:

- A) The manifest content is the way visual information is seen in the dream and remembered by the dreamer, so in this case, the manifest content would be the images of the cats and features of the room (doors, windows, etc.). The latent content is the meaning behind what is visually manifested.
- B) This answer may vary, but could be about Malika being overwhelmed by the stress of taking care of her pets, or her desire to get more pets, and so on.
- C) Activation-synthesis theory would say that this dream results from random neural firings during sleep that combine with stored memories. This dream is simply the side effect of mental processes produced by random neural firing.

DIF: Moderate REF: 3.6 People Dream While Sleeping OBJ: 3.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

8. Describe the three reasons that sleeping is adaptive and beneficial for humans.

ANS:

Suggested answer:

Researchers have found that sleep is adaptive and beneficial through restoration, preservation, and facilitation of learning. According to restorative theory, sleep allows the body and brain to rest and repair itself and damaged tissues, replenish energy stores, and strengthen the immune system. Circadian rhythm theory states that sleep has evolved to preserve animals and humans from harm (sleep keeps creatures quiet and inactive when the danger of attack is greatest). Consolidation theory states that sleep is important because it is involved in strengthening neural connections that serve as the basis of learning.

DIF: Moderate REF: 3.7 Sleep Is an Adaptive Behavior OBJ: 3.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

9. A) Describe the short-term effects of sleep deprivation.
 B) Describe the long-term effects of sleep deprivation.
 C) Imagine you have been staying up late for weeks and are sleep deprived. When you finally get a good night's sleep, which stage of sleep will you spend more time in than normal?

ANS:

Suggested answer:

- A) Short-term sleep deprivation has little effect on strength, athletic ability, or the performance of complex tasks. However, it impairs quiet, boring, or mundane tasks.
- B) In contrast, long-term sleep deprivation decreases cognitive performance, causes attention lapses, reduces short-term memory, and can cause physical health issues.
- C) When you finally do sleep, your body will enter the REM stage more quickly and you will have more REM dreams than normal (REM rebound).

DIF: Moderate REF: 3.7 Sleep Is an Adaptive Behavior OBJ: 3.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

10. During a sleep study, Jed stops breathing many times throughout the night.

- A) Which sleep disorder does Jed most likely have?
- B) If Jed has this disorder, what other symptoms might Jed have?
- C) How would doctors treat this disorder?

ANS:

Suggested answer:

- A) Jed most likely has sleep apnea—a disorder in which a person, while asleep, stops breathing because the throat closes; the condition results in frequent awakenings during the night.

B) Jed might also sleep poorly, feel tired in the daytime, have problems such as an inability to concentrate while driving, or have cardiovascular problems.

C) For serious cases, physicians often prescribe a device that blows air into the nose or mouth while the person sleeps.

DIF: Moderate REF: 3.8 Sleep Disorders Are Relatively Common Throughout Life

OBJ: 3.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

11. A) Compare the sociocognitive and dissociation theories of hypnosis.

B) Give an example of how hypnosis can be beneficial.

C) Provide one way that you could use hypnosis to improve something in your own life.

ANS:

Suggested answer:

A) The sociocognitive theory states that hypnotized people are not in an altered state but are behaving in a way that is expected in the given situation. The dissociation theory states that hypnotized people are in an altered state where their awareness is separated from other aspects of consciousness.

B & C) Hypnosis can subtly influence behaviors (very modest effects on smoking or losing weight) and reduce pain (hypnotic analgesia).

DIF: Easy REF: 3.9 Attention to Suggestions May Alter Consciousness in Hypnosis

OBJ: 3.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

12. A) Describe the four categories of psychoactive drugs.

B) Describe at least one effect each category of drug has on the user.

C) Give one example of a specific drug in each category of drugs.

ANS:

Suggested answer:

The four categories of drugs are stimulants (drugs that increase behavior and mental activity: cocaine, amphetamines, caffeine, nicotine), depressants (drugs that decrease behavior and mental activity: alcohol, antianxiety drugs), opiates (drugs that reduce pain and produce pleasurable feelings: heroin, morphine, codeine), and hallucinogenics (drugs that change the subjective experience of perception, thought, and emotion: MDMA, marijuana).

DIF: Easy REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12a | 3.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

13. Name and explain the category of drug to which heroin belongs, and describe what effects this drug will have on someone who uses it.

ANS:

Suggested answer:

A) Heroin is a type of opiate. This drug produces feelings of relaxation, insensitivity to pain, and euphoria.

B) Heroin provides a rush of intense pleasure that evolves into a pleasant, relaxed stupor.

DIF: Easy REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

14. A) Describe the gender-related differences in alcohol consumption detailed in the textbook.

B) Describe how these gender differences changed in different situations or environments.

ANS:

Suggested answer:

There is a gender gap between men and women in alcohol consumption, and it is universal across cultures. Men drink more than women across a wide variety of measures (drinking versus abstinence, heavy drinking versus occasional drinking, alcohol-related disorders, binge drinking, chronic drinking, and recent alcohol intoxication). The gender gap for binge drinking may be smaller among university students, however.

DIF: Moderate REF: 3.12 Psychoactive Drugs Affect the Brain

OBJ: 3.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

15. A) Describe tolerance and withdrawal.

B) Explain one factor that might predict whether a person will become addicted.

ANS:

Suggested answer:

- A) Tolerance and withdrawal are both effects of physical dependence. Tolerance to a substance is the need to consume more to achieve the same subjective effect. If the user fails to ingest the substance, he will experience symptoms of withdrawal, which can include physical or psychological symptoms such as anxiety, tension, or cravings.
- B) Factors that increase the likelihood of becoming addicted include children who are attracted to novelty and risk taking and who have poor relationships with their parents; genetic predisposition to sensation seeking, risk taking, and impulsivity; a reduced concern about personal harm; or a predisposition to finding chemical substances pleasurable.

DIF: Moderate REF: 3.13 Addiction Has Physical and Psychological Aspects

OBJ: 3.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

CHAPTER 4 DEVELOPMENT ACROSS THE LIFE SPAN

LEARNING OBJECTIVES

- 4.1 Humans Develop Across Three Domains
 - 4.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.1b. Apply the three domains of development to yourself by describing how you are changing in the physical, socio-emotional, and cognitive domains.
- 4.2 Prenatal Development Includes Three Periods of Physical Growth
 - 4.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.2b. Understand the three prenatal periods by summarizing in your own words the physical changes that occur in each period.
- 4.3 Substances Affect Prenatal Development in All Three Domains
 - 4.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.3b. Understand information about teratogens by describing the effects of alcohol, opiates, and Zika virus during prenatal development.
- 4.4 Infants and Children Change Physically
 - 4.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.4b. Understand physical development in an infant by summarizing in your own words the motor and sensory changes involved.
- 4.5 Infants and Children Change Socially and Emotionally
 - 4.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.5b. Apply socio-emotional aspects of child development by describing the attachment style of an infant or child you know.
- 4.6 Infants and Children Change Cognitively
 - 4.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.6b. Understand the four stages of cognitive development in children by summarizing in your own words the main aspects of development in each stage.
- 4.7 Language Develops in an Orderly Way
 - 4.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.7b. Analyze the five stages of language development in childhood by stating the typical age of children at each stage and giving an example of what they might say at that stage.
- 4.8 Adolescents Develop Physically
 - 4.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.8b. Understand the physical changes in puberty by summarizing in your own words the changes in secondary and primary sex characteristics and when they occur in girls and boys.
- 4.9 Adolescents Develop Socially and Emotionally
 - 4.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.9b. Apply socio-emotional aspects of development to your own adolescence by describing the development of your sense of identity, including your ethnic identity and how you relate to family and friends.
- 4.10 Adolescents Develop Cognitively
 - 4.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.10b. Analyze one aspect of cognitive development by describing three ways you could reason morally about a dilemma in your life based on Kohlberg's theory.
- 4.11 Bodies Change in Adulthood
 - 4.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.11b. Understand physical development as we age by describing in your own words how people change physically across the two main stages of adulthood.
- 4.12 Adults Develop Lifelong Social and Emotional Bonds
 - 4.12a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 4.12b. Evaluate socio-emotional development in adulthood by explaining why overcoming the three psychosocial challenges in adulthood can make this one of the happiest and most satisfying times of life.
- 4.13 The Mental Abilities of Adults Begin to Decline

4.13a. Understand all bold and italic terms by writing explanations of them in your own words.

4.13b. Apply the cognitive aspects of development in adulthood by providing a description of how the mental abilities of someone you know have changed as the person has aged.

MULTIPLE CHOICE

1. Camden is explaining all the different stages of development he has learned in his introductory psychology class. Which of the following is the correct order for all the periods of human development?
- physical, cognitive, and socio-emotional
 - germinal, embryonic, and fetal
 - infancy, childhood, adulthood, and adolescence
 - All of the answer choices are correct, as they all include periods of human development across our lives.

ANS: C DIF: Easy REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Brooke is a developmental psychologist at USA College. Which of the following is Brooke most likely to study?
- patterns of neural activation that influence memory retrieval
 - the subjective experience of the feeling “pride”
 - the ways in which children differ from adults in their thought processes
 - how effective behavior modification is for teenagers with depression

ANS: C DIF: Easy REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

3. Shayne works as a researcher conducting studies in developmental psychology. Which of the research questions is Shayne LEAST likely to address in his work?
- How is auditory information processed in the brain?
 - How do changes in neural connections affect memory retrieval in older adults?
 - How does a child learn and understand rules about how to behave in public?
 - How does testosterone level affect sex drive in teenagers versus adults?

ANS: A DIF: Moderate REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

4. Which of the following domains of development relates to changes in levels of hormones and growth of the body, including the brain?
- physical domain
 - cultural domain
 - socio-emotional domain
 - cognitive domain

ANS: A DIF: Easy REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

5. The _____ domain relates to how we think, reason, and communicate.
- socio-emotional
 - physical
 - cultural
 - cognitive

ANS: D DIF: Easy REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

6. Changes in terms of how we understand ourselves, interact with others, and experience and regulate emotions are part of the _____ domain.
- cultural
 - socio-emotional
 - cognitive
 - physical

ANS: B DIF: Easy REF: 4.1 Humans Develop Across Three Domains
OBJ: 4.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

7. Jane is four months pregnant. When describing how her baby is developing, Jane is most likely talking about changes that occur during the _____ period.
- blastocyst
 - prenatal
 - teratogen
 - germinal

ANS: B DIF: Moderate
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

8. The first cell of new life, which is created from the union of the sperm and the egg, is known as
- the fetus.
 - the embryo.
 - a zygote.
 - the blastocyst.

ANS: C DIF: Easy
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

9. A baby developing in his or her mother's womb will begin developing lungs during the _____ period.
- fetal
 - germinal
 - embryonic
 - zygotic

ANS: C DIF: Moderate
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

10. Claudia has been feeling ill for a couple weeks and finds out she is two weeks pregnant. Up to this point, her baby has been in the _____ period of development, and the _____ has begun to form.
- germinal; embryo
 - embryonic; embryo
 - embryonic; placenta
 - germinal; placenta

ANS: D DIF: Difficult
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

11. Amelia has been quite stressed lately and is very alarmed when she goes into labor at 30 weeks of gestation. Her baby has not finished the _____ period of prenatal development. It _____ live outside of the womb.
- embryonic; can
 - fetal; can
 - embryonic; cannot
 - fetal; cannot

ANS: B DIF: Moderate
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

12. Becca is at her regular prenatal checkup. The doctor tells her, "The organs are highly developed and now we mainly want the baby to gain weight." Based on this, Becca's baby is currently in the _____ stage of development.
- germinal
 - embryonic
 - fetal
 - critical

ANS: C DIF: Moderate
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

13. Taylor was in a car accident when she was six months pregnant. Her doctors are worried that the accident may have caused problems with prenatal development because she is in the _____ period.
- zygotic
 - embryonic
 - fetal
 - germinal

ANS: C DIF: Difficult
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth
OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

14. Grant wants to do everything he can to keep his wife healthy during her pregnancy. He frequently gives her folic acid because he knows that this helps development of the _____ during the _____ period.
- heart; germinal
 - spine and brain; embryonic
 - heart; embryonic
 - spine and brain; germinal

ANS: B DIF: Difficult
REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth

OBJ: 4.2a | 4.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

15. A research team finds that an experimental drug causes problems for prenatal development, but only if it is given within the first 20 days of pregnancy. Researchers are worried that this will most likely affect
- heart development.
 - the blastocyst.
 - the length of gestation.
 - the baby's birth weight.

ANS: A DIF: Moderate

REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth

OBJ: 4.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

16. When his sister becomes pregnant, Tyrone learns the effect of teratogens, which include all of the following EXCEPT
- caffeine.
 - the measles.
 - X-rays.
 - folic acid.

ANS: D DIF: Easy

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

17. Julia is pregnant and she wants to keep healthy throughout her pregnancy. Since her house is old, she has it checked for lead paint because she is afraid of the effect of _____ on the fetus.
- infections
 - teratogens
 - nature
 - premature birth

ANS: B DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

18. Quincy is four years old, and he has an intellectual disability and a slightly misshapen face. What most likely happened during Quincy's prenatal development?
- He was exposed to a teratogen.
 - His mother experienced severe stress.
 - His mother did not take in enough vitamin B.
 - He skipped the embryonic period.

ANS: A DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3a | 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

19. Malcolm knows that environmental factors can influence his child in many different ways and they first begin to have an effect on children
- when they are able to move about in their environment.
 - about two weeks after conception.
 - within hours of birth.
 - when they have developed a central nervous system.

ANS: B DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

20. When his sister becomes pregnant, Graham gives her a mini-lesson in prenatal care based on what he learned in his introductory psychology class. He should tell her all of the following EXCEPT that
- teratogens include any chemical in the environment that negatively affects the fetus.
 - teratogens work on recessive genes to affect prenatal child development.
 - alcohol, prescription drugs, and chemicals in the environment are teratogens.
 - she can avoid many birth defects by practicing healthy habits.

ANS: B DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

21. Lila is not an alcoholic and never drinks to excess. However, she does have wine with dinner every evening. When Lila is two weeks pregnant, she asks you whether this can injure her baby. What correct response can you give her?
- Because she does not drink to excess, wine will probably not injure the baby.
 - Because she drinks every day, her body is used to it and wine will not hurt the baby.
 - She should stop drinking wine completely until after the baby is born.
 - She should only drink once a week since a small amount of wine cannot do any harm.

ANS: C DIF: Easy

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

22. Your aunt, who has several bad habits, recently found out she is pregnant. What is the best advice you can give her?
- Quit drinking and smoking immediately.
 - Quit smoking immediately, but an occasional drink is probably okay.
 - She has already harmed her fetus.
 - She can smoke and drink when the baby is in the fetal period.

ANS: A DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

23. Ralph's infant daughter was born with a preventable birth defect because she was exposed to a teratogen. Ralph's daughter may have all of the following EXCEPT
- high birth weight.
 - an intellectual disability.
 - fetal alcohol syndrome.
 - blindness.

ANS: A DIF: Moderate

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

24. Your friend Phia is one month pregnant. You tell her to eliminate any exposure to teratogens right now, because they could harm the embryo. When she asks what they could do to the embryo, you say that, right now, the teratogens could cause problems with
- emotional development.
 - structural development of the baby's spine or brain.
 - intellectual development.
 - structural development of the baby's external genitalia.

ANS: B DIF: Difficult

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

25. Monique was born with an intellectual disability. Which of the following most likely caused this outcome?
- Her mother used cocaine when she was pregnant.
 - She did not get enough folic acid in the womb.
 - She was exposed to mercury in the womb.
 - Her mother drank caffeine while pregnant.

ANS: C DIF: Difficult

REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

26. Immediately after birth, Giada's son Maxwell was able to display the rooting reflex. Which of the following behaviors did Giada observe Maxwell doing?
- When the corner of his mouth was stroked, Maxwell turned to search for food.
 - When the palm of his hand was stroked, Maxwell closed his fingers.
 - When he was laid on his back, Maxwell raised his head up.
 - When a nipple was placed in Maxwell's mouth, he began to suck.

ANS: A DIF: Moderate REF: 4.4 Infants and Children Change Physically

OBJ: 4.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

27. Dr. Keshari examined newborn baby Arly for the grasping reflex during his first checkup. What behavior was Dr. Keshari looking for?
- Arly opened his mouth when the corner of his mouth was stroked.
 - Arly began moving his legs when he was held upright with his feet touching the floor.
 - Arly automatically curled his fingers when his palm was stroked.
 - Arly automatically closed his mouth and began to suck when the tip of a finger touched his lower lip.

ANS: C DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

28. Sonya's parents have been encouraging her to walk for several months by standing her up and holding her hands. Paul's parents have let him achieve motor milestones on his own, without encouraging or helping him. The fact that Sonya and Paul both started walking independently at about the same age can be best explained by
- sensorimotor development.
 - prenatal development.
 - maturation.
 - object permanence.

ANS: C DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4a | 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

29. Rick and Stacy want to get a stimulating mobile for their newborn daughter's crib. If they want the baby to pay attention to the mobile, which of the following sounds should they record to play in the mobile?
- low-pitched noises
 - Rick's voice
 - loud noises
 - Stacy's voice

ANS: D DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

30. John and Danielle want to get a stimulating mobile for their newborn son's crib. If they want him to see the objects, what should they attach to the strings?
- pastel-colored stuffed animals
 - large black-and-white shapes
 - pictures of nature
 - brightly colored dolls

ANS: B DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

31. Marcia's baby is just starting to eat solid food, and like all babies, he prefers certain tastes. Which of the following mashed foods is the baby most likely to want to eat?
- peas
 - bananas
 - potatoes
 - rice

ANS: B DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

32. Brian has three children with very different personality traits. Even with such different personality traits, Brian sees strong maturation effects. Which of the following has Brian most likely observed?
- All three children learned to walk at about 12 months of age.
 - Two of the three children did not crawl.
 - One of his children did not have the grasping reflex.
 - All three children preferred to sleep with the lights on.

ANS: A DIF: Difficult REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

33. Sharon notices that her baby grasps her finger every time she places it in her infant's palm. Which of the following is an explanation for why her baby shows this reflex?
- It helps babies survive.
 - It is a new genetic adaptation.
 - It helps speed up development.
 - It protects the baby from overstimulation.

ANS: A DIF: Difficult REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

34. Elizabeth is going to decorate her newborn's room and wants the baby to be able to see the decorations. Which of the following should she use to decorate?
- wallpaper covered in small blue butterflies
 - a large picture with pastel flowers in a field
 - curtains with red, blue, and yellow cars for the window
 - a wall hanging with a large black-and-white checked fabric

ANS: D DIF: Moderate REF: 4.4 Infants and Children Change Physically
OBJ: 4.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

35. Helen keeps her new baby boy well fed and clean. However, she does not want to spoil him, so she does not hold him or touch him too much. After reading about Harry Harlow's research, Helen now knows that
- humans are intelligent and their young can thrive even without being held.
 - babies need to be touched and held to develop normally.
 - infants prefer food more than comforting contact.
 - humans cannot form true attachments until they are 18 to 24 months old.

ANS: B DIF: Moderate
REF: 4.5 Infants and Children Change Socially and Emotionally
OBJ: 4.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

36. Which style of attachment shown by 60–65 percent of infants indicates that they are readily comforted by the caregiver during times of distress and are comfortable playing in an unfamiliar environment as long as the caregiver is present?
- insecure
 - ambivalent
 - avoidant
 - secure

ANS: D DIF: Easy
REF: 4.5 Infants and Children Change Socially and Emotionally
OBJ: 4.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

37. Kara explains to her roommate why Harry Harlow's experiments were so important to explaining an infant's socio-emotional development. Kara correctly says that Harlow's results demonstrate that
- providing food is more important than providing comforting contact.
 - food can be used as a method for tension reduction in the young.
 - comforting touch is more important than food, particularly when an infant is stressed.
 - infants become distressed when a mother provides comfort but not food.

ANS: C DIF: Easy
REF: 4.5 Infants and Children Change Socially and Emotionally
OBJ: 4.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

38. Nicholas is an infant researcher and wants to use the strange-situation test in his work. Nicholas is most likely interested in seeing
- how infants respond to separation and reunion with their caregivers.
 - an infant's tendency to seek or avoid novelty.
 - a mother's response to a fearful infant.
 - the level of social interaction with which an infant is comfortable.

ANS: A DIF: Easy
REF: 4.5 Infants and Children Change Socially and Emotionally
OBJ: 4.5a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

39. Your best friend had a baby two weeks ago. She is excited because the baby smiled at birth, and she believes that the smiling indicated attachment. You know the truth is that
- newborns can smile from birth and this indicates attachment.
 - newborns smile whenever they have pleasurable feelings.
 - babies can smile even before birth.
 - babies typically do not show social smiles until four to six weeks of age.

ANS: D DIF: Difficult
REF: 4.5 Infants and Children Change Socially and Emotionally
OBJ: 4.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

40. While he is in the waiting room at the doctor's office, Arthur tries to classify infants' attachment based on their behavior. He is certain that the baby girl sitting across from him is securely attached because she
- explores the unfamiliar room and the objects in it while staying in view of her mother.
 - stays very close to her mother for support.
 - is fearful of any strangers who come into the room.
 - is not distressed when her mother leaves the room.

ANS: A DIF: Moderate

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

41. Which of the following types of infants seem to show little interest for their caregivers when they leave or return and are somewhat willing to explore an unfamiliar environment?
- securely attached
 - avoidantly attached
 - ambivalently attached
 - insecurely attached

ANS: B DIF: Easy

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. Paul is babysitting Pamela for the first time. When Pamela's mom leaves, Pamela cries. When her mom returns, Pamela reaches for her but then pushes away from her. Paul assumes Pamela has a(n) _____ attachment.
- secure
 - ambivalent
 - avoidant
 - anxious

ANS: B DIF: Moderate

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5a | 4.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

43. Wyatt has noticed some recent changes in his 10-month-old daughter, Cosette's, behavior. Ever since she started crawling a few weeks ago, she
- no longer displays attachment behaviors toward Wyatt.
 - displays signs of being more interested in her brother than in Wyatt.
 - shows signs of distress when Wyatt leaves her with a babysitter.
 - plays happily whenever Wyatt drops her off at day care.

ANS: C DIF: Moderate

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

44. During the strange-situation test, Grady begins crying when his mom leaves the room. When his mom returns, Grady holds up his arms, asking to be picked up. However, when his mom picks him up, he pushes her away angrily. Grady's behavior is consistent with a(n) _____ attachment style.
- avoidant
 - separation anxiety
 - secure
 - ambivalent

ANS: D DIF: Easy

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

45. McKenzie is new at observing infant behavior in the strange-situation test and is uncertain how to assess baby Stephan's actions. If she guesses that he is securely attached, he most likely
- continued to play happily when his mother left him alone in the room.
 - was not afraid of strangers when his mother was in the room with him.
 - ignored his mother when she returned to the room after being gone.
 - was comforted by a stranger when his mother was out of the room.

ANS: B DIF: Moderate

REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

46. Baby George's mother leaves him sitting in the grocery cart as she goes around the corner searching for cake mix. George screams as she leaves, reaches for her when she returns, but then pushes her away. George's behavior is most consistent with a(n) _____ attachment style.
- ambivalent
 - avoidant
 - strange
 - secure
- ANS: A DIF: Moderate
 REF: 4.5 Infants and Children Change Socially and Emotionally
 OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
47. Zandra's mother brings her two-year-old daughter to a new dentist. Zandra's mother leaves the room and Zandra is momentarily alone with the dental hygienist, whom Zandra smiles at and plays with. When Zandra's mother returns, Zandra barely glances up and continues to play patty-cake with the dental hygienist. Zandra would most likely be classified as having a(n) _____ attachment.
- ambivalent
 - avoidant
 - secure
 - normal
- ANS: B DIF: Moderate
 REF: 4.5 Infants and Children Change Socially and Emotionally
 OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
48. While visiting your friend and her one-year-old son, Ian, you notice that Ian does not get upset when his mother leaves the room and he is alone with you, a stranger. In addition, Ian ignores his mother when she comes back into the room. Based on this, Ian's attachment style to his mother would most likely be described as
- secure.
 - ambivalent.
 - strange.
 - avoidant.
- ANS: D DIF: Moderate
 REF: 4.5 Infants and Children Change Socially and Emotionally
 OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
49. When she received an emergency call from work, Arlene had to bring her nine-month-old son, Danvas, to their next-door neighbor Mrs. Adjei's house. Although Danvas knew Mrs. Adjei, he had never been left in her care, and he began crying as Arlene was leaving. According to attachment researchers, Danvas was crying because
- he was unfamiliar with his neighbor's home.
 - his mother was insensitive to his needs.
 - he did not like his neighbor.
 - his mother was not around.
- ANS: D DIF: Difficult
 REF: 4.5 Infants and Children Change Socially and Emotionally
 OBJ: 4.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
50. Sally is playing ball with her friend Anne. When Anne leaves the ball on the couch and goes to the bathroom, Sally hides the ball behind the TV. Sally expects Anne to look for the ball on the couch when she comes back because Anne does not know the ball was moved while she was in the bathroom. Sally is demonstrating that she understands Anne has her own thoughts and intentions that are different from Sally's. Sally has developed
- schemas.
 - accommodation.
 - theory of mind.
 - assimilation.
- ANS: C DIF: Difficult REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
51. Derek pretends to be a baker while playing in the sand. He forms five sand cookie balls, and then he forms a sixth but flattens it into a pancake. "Wow! This cookie is way bigger than the others!" he exclaims. This example best illustrates Derek's _____ development.
- socio-emotional
 - cognitive
 - moral
 - physical
- ANS: B DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
52. Which of the following developmental researchers believed that some of our mental functions can be shaped by our social and cultural contexts?

- a. Piaget
- b. Vygotsky
- c. Baillargeon
- d. Spelke

ANS: B DIF: Easy REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

53. When Kate's grandma leans over the crib with a toy in her hand, eight-month-old Kate grasps it and pulls on it. When Kate's mom hangs a set of animals across the crib, Kate reaches up, grabs them, and pulls them down. Kate seems to be working on _____ for grasping and pulling.

- a. a reflex
- b. a schema
- c. object permanence
- d. conservation

ANS: B DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

54. Mary and Eric are outside playing one day when Eric looks up and asks, "What's that big bright ball in the sky?" Mary replies that it is the sun. That night, Eric looks out his bedroom window and sees a big, bright ball in the sky. "Look, Mary, it is the sun!" he exclaims. This example shows that Eric has used _____ for his new knowledge.

- a. centration
- b. egocentrism
- c. assimilation
- d. accommodation

ANS: C DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

55. Five-year-old Simone is shown two evenly spaced rows of five nickels. When asked which row has "more," Simone responds that the rows are the same. Next, one of the rows of nickels is squished close together. When asked which has "more," Simone responds that the row that is still spaced out has more. In this example, Simone has displayed

- a. egocentrism.
- b. object permanence.
- c. conservation.
- d. centration.

ANS: D DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

56. Nora took her young son Alfred to the zoo, where he pointed to a zebra and said, "Look, Mommy, a horse!" Nora replied, "That is not a horse; that is a zebra. See, it has black and white stripes." Alfred then replied, "Wow! Look at the striped zebra!" In this situation, Henry's development of a zebra schema required

- a. assimilation.
- b. accommodation.
- c. conservation.
- d. object permanence.

ANS: B DIF: Difficult REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. Jonah learned to eat cereal by picking up a few pieces at a time and putting his fingers and the cereal pieces into his mouth. While eating yogurt, Jonah realizes that this method does not work, so he instead learns that yogurt is eaten with a spoon. Jonah's learning to eat yogurt with a spoon—NOT his fingers—shows

- a. accommodation.
- b. assimilation.
- c. theory of mind.
- d. centration.

ANS: A DIF: Difficult REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

58. Simon is learning about the alphabet. He learns the letter *O* because it is round. If Simon sees the letter *C* and thinks it is the letter *O* because it is round, _____ has occurred. If he sees the letter *C* and thinks it must be a different letter because it is not completely round, _____ has occurred.

- a. object permanence; conservation
- b. accommodation; assimilation
- c. conservation; object permanence
- d. assimilation; accommodation

ANS: D DIF: Difficult REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

59. Eleven-month-old Luis watches as his mother comes in and out of his bedroom while she is putting away laundry. Luis does not get upset when his mother leaves the room since he seems to know that his mother is still in the house, even if he cannot see her. Luis is demonstrating which of the following?
- object permanence
 - reflexes
 - assimilation
 - goal-directed behavior
- ANS: A DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
60. Five-year-old Maria and three-year-old Fatima love to play hide-and-seek together. However, when Fatima has to “hide,” she usually walks to a corner of the playground and covers her eyes. What is Fatima demonstrating in this situation?
- egocentrism
 - object permanence
 - conservation
 - goal-directed behavior
- ANS: A DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6a | 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
61. When trying to explain Piaget’s theory of development to his roommate, Martin correctly states that development
- consists of a series of qualitatively different stages of cognitive ability.
 - is primarily a biological process.
 - varies widely across cultures as a function of different environments.
 - depends on physical skills rather than cognitive skills.
- ANS: A DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering
62. Nadia knows that a substance’s quantity does not change, even when its form does. Based on this, Nadia is most likely _____ years old.
- two
 - five
 - seven
 - nine
- ANS: D DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering
63. Peggy’s parents are amazed at how much their daughter has changed. Over the past year, she became interested in doing chemistry experiments. Peggy predicts what will happen when she combines two chemicals together and then observes the results to see whether her hypothesis was correct. Peggy is most likely in the _____ stage of cognitive development.
- formal operational
 - preoperational
 - concrete operational
 - sensorimotor
- ANS: A DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
64. Darryl thinks that playing peek-a-boo is hilarious! He does not know where his mom goes during the game, but it excites him when he sees her face again. Darryl is most likely in Piaget’s _____ stage of development.
- preoperational
 - formal operational
 - concrete operational
 - sensorimotor
- ANS: D DIF: Easy REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
65. Kaya is crying because her teddy bear fell off the kitchen table and bumped its nose. She pretends to be “Mommy” and goes to the cupboard for a Band-Aid to put on the bear’s hurt nose. Because Kaya’s thinking is intuitive and not logical, she is most likely in the _____ stage of cognitive development.
- sensorimotor
 - concrete operational
 - formal operational
 - preoperational
- ANS: D DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
 OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
66. A child is playing at the beach. She pours an equal amount of sand into both a short, fat container and a tall, thin container. When asked which container holds more sand, the child points to the tall, thin container. This response suggests that she is most likely in the _____ stage of cognitive development.

- a. formal operational
- b. preoperational
- c. sensorimotor
- d. concrete operational

ANS: B DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

67. Joey needs to use his fingers to add and subtract. Joey can sort blocks based on both their shape and color at the same time. Based on this information, you know that Joey is most likely in the _____ stage of development.

- a. formal operational
- b. sensorimotor
- c. concrete operational
- d. preoperational

ANS: C DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

68. Sally is playing outside with her brother Micah one day and wants to push him down when he takes her swing. Sally does not push Micah, however, because she predicts that she will be punished with no television privileges after dinner if she does. Sally is most likely in the _____ stage of development.

- a. sensorimotor
- b. formal operational
- c. concrete operational
- d. preoperational

ANS: B DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

69. Andre is writing an introductory psychology essay on Piaget's theory of cognitive development. He should criticize the original theory for all of the following reasons EXCEPT that

- a. the stages are overly rigid and strict.
- b. the age at which certain skills develop is underestimated.
- c. infants do not learn about the world through their senses.
- d. children only show aspects of one stage at a time.

ANS: C DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

70. Damien likes to put all sorts of things, like bugs, dirt, and shoelaces, in his mouth. He also likes playing with his toy train; however, he seems to lose interest in playing with the train whenever his brother hides it. Damien is most likely in the _____ stage of development.

- a. formal operational
- b. preoperational
- c. sensorimotor
- d. concrete operational

ANS: C DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

71. In front of Chris, Tasha pours the same amount of water into both a short, fat glass and a tall, thin glass. She then asks Chris which glass has more water. If Chris is 10 years old, he is most likely to answer

- a. the tall, thin glass.
- b. the short, fat glass.
- c. that they have the same amount of water.
- d. that he does not know.

ANS: C DIF: Moderate REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

72. Gretchen is excited when her son Brian demonstrates that he has developed theory of mind and will now be able to

- a. think of himself as having mental as well as physical capabilities.
- b. predict how he might behave in various situations.
- c. be more egocentric in his actions at day care.
- d. understand that his mom has intentions that guide her actions.

ANS: D DIF: Difficult REF: 4.6 Infants and Children Change Cognitively
OBJ: 4.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC: Applying

73. Justin's mother believes that Justin, a nine-month-old, is still in Piaget's sensorimotor stage of cognitive development. To test this belief, which of the following could she try?
- see whether he knows how to turn on the TV by using the remote control
 - hide his favorite toy underneath a couch cushion and see whether he looks for it
 - place a brightly colored mobile above his crib and see whether he reaches for it
 - ignore him when he cries and see how long he continues to cry

ANS: B DIF: Difficult REF: 4.6 Infants and Children Change Cognitively

OBJ: 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

74. Kane and MJ are sitting across from each other drawing pictures of their family room. When asked to draw the family room from MJ's perspective, Kane draws a picture of what he can see himself. Kane is likely in the _____ stage of cognitive development.
- sensorimotor
 - concrete operational
 - formal operational
 - preoperational

ANS: D DIF: Difficult REF: 4.6 Infants and Children Change Cognitively

OBJ: 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

75. In front of Chris, Tasha pours the same amount of water into a short, fat glass and a tall, thin glass. She then asks Chris which glass has more water. If Chris is six years old, he is most likely to answer that
- the tall, thin glass has more water.
 - the short, fat glass has more water.
 - they have the same amount of water.
 - he does not know which glass has more water.

ANS: A DIF: Difficult REF: 4.6 Infants and Children Change Cognitively

OBJ: 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

76. Janice is learning about the alphabet and how to read, but she is struggling to make the *s* and *z* sounds. Janice is having difficulty with
- phonemes.
 - morphemes.
 - syntax.
 - babbling.

ANS: A DIF: Easy REF: 4.7 Language Develops in an Orderly Way

OBJ: 4.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

77. Ming is learning English and today learned that the word *talking* is made up of two units of meaning: *talk* and *ing*. Ming is learning about
- overregularization.
 - morphemes.
 - phonemes.
 - syntax.

ANS: B DIF: Moderate REF: 4.7 Language Develops in an Orderly Way

OBJ: 4.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

78. Giovanni is having difficulty learning English. He keeps putting verbs at the end of sentences. For example, instead of saying "The dog ate the bone," he says, "The dog the bone ate." Giovanni is having trouble with
- morphemes.
 - phonemes.
 - syntax.
 - overregularization.

ANS: C DIF: Moderate REF: 4.7 Language Develops in an Orderly Way

OBJ: 4.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

79. Evan is in preschool and uses overregularization when speaking. Which of the following is he most likely to say?
- "Build snowman."
 - "The moon looks happy."
 - "He hitted me with a stick."
 - "Yesterday, I want to go to the park."

ANS: C DIF: Moderate REF: 4.7 Language Develops in an Orderly Way

OBJ: 4.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

80. Robby is 11 months old and has begun making speech sounds like "baba" and "momo." On the other hand, 16-month-old Rebecca can produce two-word sentences like "Daddy eat" and "Mama give." Robby's speech is _____, whereas Rebecca's speech is _____.

- a. babbling; telegraphic
- b. telegraphic; overregularized
- c. overregularized; babbling
- d. telegraphic; babbling

ANS: A DIF: Moderate REF: 4.7 Language Develops in an Orderly Way
OBJ: 4.7a | 4.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

81. Phillip cannot wait for his son Baxter to start saying words so that Phillip can finally understand what Baxter needs. Phillip knows that for most babies, this will occur at around _____ months.
- a. 6
 - b. 9
 - c. 12
 - d. 16

ANS: C DIF: Moderate REF: 4.7 Language Develops in an Orderly Way
OBJ: 4.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

82. Elaine travels around the world observing how children learn language. Elaine has written a book to relate her findings in which she discusses the fact that
- a. the stages that babies go through to acquire language depend on culture.
 - b. children use only words they have heard from their parents.
 - c. the first words are used to identify objects or are simple action words.
 - d. the rate at which children acquire language depends on the literacy of the parents.

ANS: C DIF: Moderate REF: 4.7 Language Develops in an Orderly Way
OBJ: 4.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

83. Monique has noticed some hair growing on her armpits and that she is accumulating fat on her hips. These changes Monique is experiencing are most likely related to
- a. developing primary sex characteristics.
 - b. identity versus role confusion.
 - c. maturation.
 - d. puberty.

ANS: D DIF: Easy REF: 4.8 Adolescents Develop Physically
OBJ: 4.8a | 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

84. Ernst is jealous that several of his friends are going through puberty but he has not started yet. He eagerly keeps checking for signs that his body is changing. Ernst knows he should eventually experience all of the following EXCEPT
- a. the development of primary sex characteristics.
 - b. a rapid, hormonally driven increase in height and weight.
 - c. the development of a more rounded jaw.
 - d. increased muscle mass.

ANS: C DIF: Moderate REF: 4.8 Adolescents Develop Physically
OBJ: 4.8a | 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

85. Which of the following is associated with the development of sexually mature reproductive organs and genitals?
- a. object permanence
 - b. secondary sex characteristics
 - c. primary sex characteristics
 - d. puberty

ANS: C DIF: Easy REF: 4.8 Adolescents Develop Physically
OBJ: 4.8a | 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

86. Twelve-year-old Teetham spent the whole summer at camp. When he returned home, his parents were surprised that he was taller, more muscular, and that his voice had deepened. These physical changes are examples of which of the following?
- a. puberty
 - b. primary sex characteristics
 - c. egocentrism
 - d. secondary sex characteristics

ANS: D DIF: Easy REF: 4.8 Adolescents Develop Physically
OBJ: 4.8a | 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

87. Olivia begins menstruating at age eight. Which of the following is the most likely explanation for this occurrence?
- a. She has been living in a stressful, unstable household.
 - b. She gets a lot of attention from her male classmates.
 - c. She has a secure attachment with her mother.

d. Her frontal cortex is fully developed.

ANS: A DIF: Difficult REF: 4.8 Adolescents Develop Physically
OBJ: 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

88. Thirteen-year-old Sasha has a hard time getting along with her siblings because she often feels emotional and acts irrationally. She knows that she overreacts to their teasing, but she cannot help it. Sasha's feelings are most likely due to activation in her
- prefrontal cortex.
 - hippocampus.
 - limbic system.
 - temporal cortex.

ANS: C DIF: Moderate REF: 4.8 Adolescents Develop Physically
OBJ: 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

89. Allie has just gone through puberty, and the rapid development of her frontal cortex is causing her to
- be emotional and unpredictable.
 - be able to focus her attention much better.
 - avoid engaging in risky behaviors.
 - think more flexibly and critically but with some difficulty.

ANS: D DIF: Difficult REF: 4.8 Adolescents Develop Physically
OBJ: 4.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

90. Dr. Woolston is interested in studying teenagers' social lives and the challenges they face. Dr. Woolston should consult with his colleague _____, who would argue that the main difficulty teenagers face is forming a sense of _____.
- Piaget; morality
 - Piaget; identity
 - Erikson; morality
 - Erikson; identity

ANS: D DIF: Easy REF: 4.9 Adolescents Develop Socially and Emotionally
OBJ: 4.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

91. According to Erikson's psychosocial development theory, individuals experience the crisis of _____ during the adolescent years, where they face the challenge of addressing questions about who they are.
- industry versus inferiority
 - identity versus role confusion
 - intimacy versus isolation
 - initiative versus guilt

ANS: B DIF: Easy REF: 4.9 Adolescents Develop Socially and Emotionally
OBJ: 4.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

92. Peipei has a great group of American friends, is active in her school's theater, and works at a restaurant. Peipei also spends time helping out her extended Chinese family, who only speak Mandarin, by taking them to doctor appointments and translating for them. Peipei has successfully developed a(n)
- ethnic identity.
 - gender role.
 - clique.
 - bicultural identity.

ANS: D DIF: Moderate REF: 4.9 Adolescents Develop Socially and Emotionally
OBJ: 4.9a | 4.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

93. Tanya looks back on her high school years with fondness because it was the first time she began to find others who dressed and acted like her and who held similar beliefs. Based on this information, Tanya recognizes how her identity was affected by
- her teachers.
 - her clique.
 - her parents.
 - the media.

ANS: B DIF: Moderate REF: 4.9 Adolescents Develop Socially and Emotionally
OBJ: 4.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

94. Simona is 15 years old and is questioning her sexual orientation, career choices, and religious beliefs. According to Erikson, Simona is experiencing the crisis of
- evaluating their life accomplishments and shortcomings.
 - creating a legacy and caring for future generations.
 - forming committed friendships and romantic relationships.
 - figuring out who they are and who they want to be.

ANS: D DIF: Difficult REF: 4.9 Adolescents Develop Socially and Emotionally

OBJ: 4.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

95. Which of the following do researchers argue is a benefit of the increased conflicts that occur between adolescents and their parents?

- a. autonomy
- b. identity
- c. empathy
- d. independence

ANS: C

DIF: Difficult

REF: 4.9 Adolescents Develop Socially and Emotionally

OBJ: 4.9b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

96. Over dinner one night, your little sister tells you how she is being picked on at school by two other students. Rowan has been calling her names during class for the past few weeks. Marty has been sending her offensive text messages and intimidating e-mails.

Together, Rowan is engaging in _____ bullying and Marty is engaging in _____ bullying.

- a. verbal; cyber
- b. verbal; social
- c. social; cyber
- d. social; verbal

ANS: A

DIF: Moderate

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

97. Professor Chen wants to study the motivation for stealing. Which of the following colleagues should he consult?

- a. Lawrence Kohlberg
- b. Erik Erikson
- c. Jean Piaget
- d. Harry Harlow

ANS: A

DIF: Easy

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

98. Your son is getting bullied at school. You are trying to explain some of the reasons why bullying happens. According to the experts, each of the following is true EXCEPT that

- a. moral emotions are not felt as strongly by bullies.
- b. bullies show indifference when explaining their behaviors.
- c. bullies tend to show stronger emotions, which is why they bully other kids.
- d. bullies have more positive attitudes about using bullying in difficult social situations.

ANS: C

DIF: Difficult

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

99. Eddie's neighbor Marjorie steals a laptop computer from another student in their dorm and makes Eddie promise not to tell on her.

After campus police come to the dorm and question him, Eddie decides to tell them that Marjorie stole the laptop, because Eddie knows that Marjorie broke the law. According to Kohlberg, Eddie is exhibiting _____ moral reasoning.

- a. preconventional
- b. postconventional
- c. conventional
- d. unconventional

ANS: C

DIF: Moderate

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a | 4.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

100. Andy decides to help his friend with his homework because he thinks the friend will then "owe" him and that he will get something in return. According to Kohlberg, Andy is exhibiting _____ moral reasoning.

- a. concrete operational
- b. postconventional
- c. conventional
- d. preconventional

ANS: D

DIF: Moderate

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a | 4.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

101. The president of the United States is debating about whether to start a war with country X. If the president is in the postconventional stage of moral reasoning, which of the following reasons would he most likely give for his decision?

- a. We should not declare war because it will hurt our economy.
- b. We should declare war because our citizens' freedom is at stake.
- c. We should not declare war because it is against our own laws in this situation.
- d. We should declare war because country X broke international law.

ANS: B

DIF: Difficult

REF: 4.10 Adolescents Develop Cognitively

OBJ: 4.10a | 4.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Analyzing

102. Di did not have enough time to study for the final exam, so she felt tempted to cheat off her classmate Christian. However, because she felt guilty and scared about being caught, she decided not to cheat. In this situation, feeling guilty and scared are moral _____, and choosing not to cheat is moral _____.
- a. emotions; reasoning
 - b. behaviors; reasoning
 - c. emotions; behaviors
 - d. reasoning; emotions

ANS: A DIF: Easy REF: 4.10 Adolescents Develop Cognitively
OBJ: 4.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

103. Which of the following life periods makes up most of our life span?
- a. adulthood
 - b. childhood
 - c. adolescence
 - d. prenatal

ANS: A DIF: Easy REF: 4.11 Bodies Change in Adulthood
OBJ: 4.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

104. Jonathan has noticed that even though he lifts the same amount of weights each week, he is losing muscle mass and putting on a few extra pounds. Jonathan is most likely _____ years old.
- a. 8
 - b. 15
 - c. 25
 - d. 35

ANS: D DIF: Moderate REF: 4.11 Bodies Change in Adulthood
OBJ: 4.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

105. Given what Naomi knows about physical development across the life span, which of the following people does she suspect will be the LEAST healthy at age 70?
- a. Cindy, who has been exercising regularly since she was a teenager
 - b. Carla, who does the daily Sudoku and crossword puzzles in the newspaper
 - c. Carson, who squints at his computer and listens to loud music on his iPod
 - d. Charles, who walks around his building three times at lunchtime each day

ANS: C DIF: Moderate REF: 4.11 Bodies Change in Adulthood
OBJ: 4.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

106. Recently, Toafik has started to squint to see clearly and has noticed that his body does not process alcohol or junk food very well. What period of adulthood is Toafik most likely experiencing?
- a. old age
 - b. early adulthood
 - c. middle adulthood
 - d. late adulthood

ANS: C DIF: Easy REF: 4.11 Bodies Change in Adulthood
OBJ: 4.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

107. Dr. Osmond is a developmental psychologist who studies adulthood. Which of the following is he most likely to research?
- a. the development of object permanence
 - b. peer relationships within cliques
 - c. the mental effects of stagnation
 - d. the physical effects of teratogens

ANS: C DIF: Moderate
REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds
OBJ: 4.12a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

108. Research shows that marriage has psychosocial benefits for the couple. Research has found support for all of the following findings EXCEPT that
- a. married people generally live longer than those who were unmarried.
 - b. married people typically experience greater happiness than unmarried people.
 - c. married people have lower risks for psychological disorders than unmarried people.
 - d. same-sex married couples show fewer of the benefits of marriage.

ANS: D DIF: Easy
REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds
OBJ: 4.12a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

109. Adeline has been struggling with divorcing her husband for quite some time and is worried that she will never date again. Erikson would classify Adeline as most likely dealing with the psychosocial conflict of _____ versus _____.
a. generativity; stagnation c. integrity; despair
b. identity; role confusion d. intimacy; isolation

ANS: D DIF: Moderate

REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12a | 4.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

110. Rachel is about to retire from her successful job as a high school teacher, has several grandchildren now in college, and is excited about picking up some hobbies with her newfound free time. Erikson would argue that Rachel is most likely experiencing
- integrity.
 - intimacy.
 - generativity.
 - stagnation.

ANS: C DIF: Moderate

REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12a | 4.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

111. Joe is nearing the end of his life. He reflects on his past, focusing on how he spent his whole life working long hours at his job. As a result, he is struggling with whether his life has been well lived. Joe is most likely experiencing the _____ stage of Erikson's theory of psychosocial development.
- a. intimacy versus isolation c. integrity versus despair
b. generativity versus stagnation d. trust versus mistrust

ANS: C DIF: Moderate

REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12a | 4.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

112. Sheila is a life coach who has helped numerous adult clients in varying stages of life. In order to promote positive outcomes in her clients, she is likely to suggest all of the following EXCEPT to
- a. get married.
 - b. wait to start exercising until your forties.
 - c. do a crossword puzzle every day.
 - d. be unmaterialistic.

ANS: B DIF: Moderate

REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

113. Your friend Lisa is pregnant and worries the baby will negatively affect her relationship with her husband, Mike. Which of the following statements is the best advice you could give her in this situation?
- Immerse yourself in your child because it is now a part of your identity.
 - Discuss household responsibilities with Mike before the baby is born to reduce future arguing.
 - Ignore when your own needs are not being met because Mike will also be stressed out.
 - Life is chaotic and the baby will not bring you and Mike closer together.

ANS: B DIF: Moderate

REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

114. Mr. Baidy was talking to his neighbor in the retirement community where they live. While they were discussing plans for the community's annual summer party, Mr. Baidy felt like he was forgetting one of the tasks they needed to complete. Which of the following is the best term that describes Mr. Baidy's forgetfulness?
- a. déjà vu c. senior moment
b. dementia d. temporary amnesia

ANS: C DIF: Easy

REF: 4.13 The Mental Abilities of Adults Begin to Decline

OBJ: 4.13a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

115. Phil has been having trouble remembering where he left his keys, eyeglasses, and favorite book. Now he also forgets to brush his teeth, comb his hair, and put clothes on in the morning. Phil is most likely experiencing

- a. dementia.
- b. integrity versus despair.
- c. a senior moment.
- d. stagnation versus generativity.

ANS: A DIF: Easy
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13a | 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

116. Throughout most of his life, Blessie's grandfather had always been able to take care of himself. However, recently, he has been forgetting to take his medications regularly and has trouble remembering whether he has showered or eaten a meal. According to his doctors, he is most likely experiencing

- a. déjà vu.
- b. temporary amnesia.
- c. senior moment.
- d. dementia.

ANS: D DIF: Easy
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13a | 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

117. Sharon is 60 and has experienced slowness of thought over the last year. She goes to her doctor to discuss why this is. Her doctor is most likely to tell her that slowed mental processes are a result of

- a. increases in muscle mass.
- b. shrinking frontal lobes.
- c. exercising too much.
- d. experiencing a senior moment.

ANS: B DIF: Moderate
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

118. Sampson is a physician who sees many elderly patients. He is likely to notice decreases in their cognitive functioning in all of the following ways EXCEPT

- a. knowledge of basic facts.
- b. memory capacity.
- c. perceptual sensitivity.
- d. the time necessary to learn information.

ANS: A DIF: Moderate
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Remembering

119. Eugene is 88 years old. With which of the following tasks is he most likely to have difficulty?

- a. driving while talking on a cell phone
- b. remembering where he was born
- c. fixing a piece of toast
- d. throwing a baseball

ANS: A DIF: Moderate
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

120. Angela works at a nursing home and notices some distinct differences among her patients. Which of her patients is LEAST likely to have Alzheimer's?

- a. Dorothy, who has a genetic predisposition and goes dancing with her friends twice a week
- b. Bill, who has no genetic predisposition and does not socialize or exercise
- c. Reagan, who has a genetic predisposition and does not socialize or exercise
- d. John, who has no genetic predisposition and goes dancing with his friends twice a week

ANS: D DIF: Moderate
 REF: 4.13 The Mental Abilities of Adults Begin to Decline OBJ: 4.13b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Applying

SHORT ANSWER

1. Ethleen took an at-home pregnancy test that came back positive, so she went to her OB-GYN to confirm that she was pregnant. After ordering some bloodwork, the doctor confirmed that Ethleen is seven weeks pregnant. She is very happy about the good news and wants to learn more about what has been (and will be) happening to her baby since it was conceived, so she asks the doctor for some literature. Describe what information would be provided in the literature regarding the physical changes that Ethleen's baby has been (and will be) going through in relation to the three prenatal periods.

ANS:

Suggested answer:

Prenatal development is divided into three prenatal periods: the germinal period, the embryonic period, and the fetal period.

The first and shortest period is the germinal period, which lasts from conception to two weeks after conception. During this time, the zygote is created from the combination of the sperm and egg; the zygote will divide rapidly and eventually implant into the uterine wall. At the same time, the placenta will begin forming in order to nourish the human as it continues to develop in the womb. Any abnormalities that may occur at this stage in development will usually result in a miscarriage.

The second period is the embryonic period, which lasts from three to eight weeks after conception. This is the most important period of prenatal development since the brain, spinal cord, all major internal organs, and bodily structures are forming; if anything goes wrong with development at this point, the organ(s) will develop improperly, resulting in birth defects. For this reason, women who are pregnant are encouraged to eat certain foods that contain folic acid, to take prenatal vitamins, and to avoid any environmental substances that could harm the developing human.

The third and longest period is the fetal period, which starts nine weeks after conception and ends with the birth of the baby. During this time, the baby's whole body continues to change physically; for example, the brain continues to develop, the bodily structures become refined, and the fetus grows in length and weight as it prepares for the birth. In addition, this is the time when the developing human begins to move its muscles, and the brain begins to process sensory information while also producing motor responses. Although no new structures develop during this period, birth defects remain possible and the threat of miscarriage continues through week 20, so it is very important for the future birth mother to continue taking care of herself and the developing fetus.

DIF: Moderate REF: 4.2 Prenatal Development Includes Three Periods of Physical Growth

OBJ: 4.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

2. Edna just found out she is pregnant, and you are concerned because Edna lives in poverty.

A) Define teratogens and list two specific ways that they negatively influence prenatal development.

B) List two pieces of advice you could give Edna to ensure a healthy pregnancy and delivery.

ANS:

Suggested answer:

A) Teratogens—environmental agents that cause birth defects. These cause immediate physical defects (low birth weight, facial/limb malformation, blindness, etc.) and longer-term problems (mental retardation, problems with cognitive reasoning, social skills, emotional difficulties, etc.).

B) Answers may vary but should include the following: avoid alcohol, drugs, and other detrimental substances; eat plenty of folic acid and avoid foods with high levels of mercury; avoid contact with people who are ill with infections; and have your house checked for dangerous substances (for example, lead paint).

DIF: Difficult REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

3. Bernadette's baby was born with a low birth weight.

A) Discuss two factors that may have influenced the baby's prenatal development in this way.

B) When would these factors have the greatest negative effect?

ANS:

Suggested answer:

A) Teratogens, specifically legal drugs (alcohol, nicotine, caffeine) and recreational drugs (cocaine), are likely to cause low birth weight.

B) These factors would have the most (worst) effect during the embryonic period because this is the critical period for organ development.

DIF: Moderate REF: 4.3 Substances Affect Prenatal Development in All Three Domains

OBJ: 4.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

4. Describe your favorite toy from childhood. Evaluate how well the toy supported your development. Be specific—how did it support your physical, socio-emotional, or cognitive development? Use key terms from the chapter to explain your response.

ANS:

Suggested answer:

Answers will vary. Toys that support physical development would be those that encourage physical activity in some way (such as basketball, football, Skip-It, etc.). Toys that support cognitive development provide opportunities to think flexibly and creatively (such as art supplies, Legos/Kinex, and anything that supports "pretend play"). Toys that support socio-emotional development teach children social rules and skills and teach them to take others' perspectives and understand emotions (such as Barbie dolls, baby dolls, action figures, etc.).

DIF: Difficult

REF: 4.4 Infants and Children Change Physically | 4.5 Infants and Children Change Socially and Emotionally | 4.6 Infants and Children Change Cognitively OBJ: 4.4b | 4.5b | 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4,

Communication MSC: Evaluating

5. Natalie was born and raised in France, whereas Min was born and raised in Vietnam. Describe the ways in which their development is similar through age seven. Be sure to include physical, socio- emotional, and cognitive developmental factors in your response.

ANS:

Suggested answer:

The girls should be similar in many ways: effects of maturation, language development (although obviously they will learn different languages), and attachment behaviors. Their cognitive development should also be mostly parallel (development of schemas, using assimilation/accommodation when faced with new information, and displaying the hallmarks of each sensorimotor stage).

DIF: Moderate

REF: 4.4 Infants and Children Change Physically | 4.5 Infants and Children Change Socially and Emotionally | 4.6 Infants and Children Change Cognitively | 4.7 Language Develops in an Orderly Way OBJ: 4.4b | 4.5b | 4.6b | 4.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Analyzing

6. When Rory is accompanying his sister Dawn to a prenatal doctor's appointment, he observes many young children in the waiting room. After several minutes, he concludes that all the children are securely attached except for one, who displays an avoidant attachment.

A) Based on this conclusion, what types of behaviors would you expect Rory to be observing from the avoidant child?

B) How are the secure children and the avoidant child different?

C) Will this difference affect the children in the long term? If so, how?

ANS:

Suggested answer:

A) Rory would have observed a child who seems unwilling to explore the waiting room, does not look to his caregiver for comfort or direction, and has little interest in the caregiver should she leave and then return to the child. The child would not be upset if the caregiver left him alone (or with a stranger), and the child may actually prefer to interact with a stranger, compared with his caregiver.

B) The secure children will be confident enough to explore the waiting room, checking in with the caregivers to make sure it is safe and receive direction. As long as the caregivers are present, the children are able to play independently. If the caregivers leave, the children will become upset but will be easily comforted by the caregivers upon return.

C) This difference can affect the children on a long-term basis. In particular, children with insecure (avoidant) attachment have poorer socio-emotional functioning in childhood, have more negative peer relations, and have a harder time adjusting in school. They may also experience mental health disorders (depression) and behavioral problems.

DIF: Moderate REF: 4.5 Infants and Children Change Socially and Emotionally

OBJ: 4.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

7. Steven is a proud new uncle and gives his newborn niece, Ramona, a colorful book. Using Piaget's theory of cognitive development, describe how Ramona is likely to respond to or interact with the book at the following ages:

A) four months

B) two years

C) eight years

ANS:

Suggested answer:

A) At four months of age, Ramona is in the sensorimotor stage of cognitive development. She may be interested in looking at the book, particularly as her eyesight develops to allow her to see colors, and may use it to further her developing schemas (What happens when I slide the book on the floor? What happens when I grasp the book? What happens when I put the book in my mouth?). She will not realize that the book continues to exist when it is not in her sight—she does not have object permanence.

B) At two years of age, Ramona will now realize the book exists when it is not in her sight. She is now in the preoperational stage of cognitive development and may use the book to engage in pretend play (for example, to pretend she is a teacher).

C) At eight years of age, Ramona is now in the concrete operational stage. She can now most likely read the book on her own and reason about the book in a logical way (as an object she can act on in the world).

DIF: Moderate REF: 4.6 Infants and Children Change Cognitively

OBJ: 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

8. You are an elementary school science teacher. Describe how your first graders (age six) differ from your fourth-grade students (age nine) when it comes to their thought processes and learning new concepts. Use Piaget's theory of cognitive development to guide your response.

ANS:

Suggested answer:

First graders are in the preoperational stage of cognitive development. These students are beginning to think symbolically, but they cannot think about the logical outcomes of performing certain actions. They are unable to conserve, often limited by centration (a lack of ability to think about more than one detail of a problem-solving task at a time) and egocentrism (viewing the world only through their own experiences). Fourth graders are able to see the logical outcomes of performing specific actions on an object, and they can also see how the action can be reversed. They are better able to think flexibly and can consider multiple factors in a problem simultaneously. They are much more logical and much less egocentric than the first graders.

DIF: Moderate REF: 4.6 Infants and Children Change Cognitively

OBJ: 4.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

9. The XYZ Company wants to market a new electronic product to teens using a series of commercials. Suggest a strategy to the company to appeal to this adolescent age group using your knowledge about the following:

- A) physical development and
- B) socio-emotional development.

ANS:

Suggested answer:

- A) During adolescence, teenagers go through puberty and become more tuned to sexual cues as they experience changes in their physical development. Using an attractive actor or actress in the commercial would be highly appealing.
- B) Teenagers are especially sensitive to messages delivered by people like them. Portraying traditional high school cliques in the commercial will help teens identify with the actors and product, thus making them more likely to purchase it. A series of commercials may be used to portray the product as being appropriate for a variety of gender and ethnic identities because adolescence is a time when people are particularly cued to social/peer group/identity information.

DIF: Difficult

REF: 4.8 Adolescents Develop Physically | 4.9 Adolescents Develop Socially and Emotionally

OBJ: 4.8b | 4.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

10. Think back to your high school experience.

- A) Define *clique*, and name and describe at least three different friend groups that were present at your school.
- B) Why are these groups valuable for adolescent socio-emotional development?

ANS:

Suggested answer:

- A) Clique—peer group in which all members dress or act a certain way (the same way). Typical cliques in high school may include athletes, smart kids, popular kids, geeks, rebels, and so on.
- B) Cliques are valuable because they provide social support for teens based on similar values and worldviews. They are important in providing a sense of belonging and acceptance while navigating new and stressful social situations that occur during this developmental stage.

DIF: Moderate REF: 4.9 Adolescents Develop Socially and Emotionally

OBJ: 4.9a | 4.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

11. Bullying is a common occurrence in childhood and adolescence. As a result, psychologists have examined many of the components involved in bullying and how it can be prevented. Answer the following questions about bullying.

- A) List and provide an example of the four types of bullying.
- B) Describe two factors that might help explain bullying behavior.
- C) Describe one step that adults could take when they see bullying occurring among children and adolescents.

ANS:

Suggested answer:

- A) The four types of bullying are as follows:

- 1. Physical: physical contact that hurts a person—for example, hitting, kicking, punching, taking away an item and destroying it—and physical intimidation, such as threatening someone and frightening him or her enough to make him or her do what the bully wants
- 2. Verbal: name-calling, making offensive remarks, or joking about a person's appearance, religion, gender, ethnicity, sexual orientation; and verbal intimidation
- 3. Social: spreading rumors or stories about someone, excluding someone from a group on purpose, or making fun of someone by pointing out his or her differences
- 4. Cyber: sending aggressive, threatening, or intimidating messages, pictures, or information using social media, computers (e-mail and instant messages), or cell phones (text messaging and voicemail)

- B) Bullying is a complex behavior with many contributing factors. However, experts tend to agree that bullies might not strongly feel the moral emotions of guilt and shame. Bullies also often show increased moral disengagement, such as indifference or pride, when explaining their behavior and more positive attitudes about using bullying to respond to difficult social situations.
- C) The textbook provides three steps adults should take when they see an act of bullying occurring among children and adolescents:
1. Stop the bullying on the spot: intervene in a calm and respectful manner, separate the children, make sure they are safe, and get any needed medical help.
 2. Find out what happened: once you have separated the kids, get all of their views on what happened. Seek evidence from other people who witnessed the act. Do not jump to conclusions or place blame.
 3. Support the kids involved: listen to the person being bullied, assure him or her that it is not his or her fault, and work to resolve the bullying situation. Also work with the person doing the bullying to help him or her realize his or her behavior is wrong, understand why he or she bullies, and take steps to reduce the behavior.

DIF: Moderate REF: 4.10 Adolescents Develop Cognitively
 OBJ: 4.10b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
 MSC: Remembering

12. Kendall lives in a remote part of the jungle with a group of fellow ecologists. A militant group raids her campsite, and she and her eight coworkers are taken hostage. One member of the militant group is willing to help the hostages escape, but as an act of good faith, he wants Kendall to kill one of her fellow hostages. If Kendall does not comply, the entire group will be killed.
- A) Describe the preconventional stage of moral reasoning. If Kendall used preconventional moral reasoning, how would she act in this situation?
- B) Describe the postconventional stage of moral reasoning. If Kendall used postconventional moral reasoning, how would she act in this situation?
- C) What are moral emotions and how might they affect Kendall's decision?

ANS:
 Suggested answer:

A) Preconventional—solving moral dilemmas in terms of self-interest or pleasurable outcomes. Kendall may kill a fellow hostage in order to save herself. She may not kill a fellow hostage because it will gross her out or be distasteful and make her feel bad.

B) Postconventional—solving moral dilemmas based on abstract principles that transcend laws and social expectations. Kendall may kill her fellow hostage because it will provide the greatest good for the maximum number of people. Kendall may not kill because she feels that all life is valuable and even killing one fellow hostage, while it would save herself, is unjust.

C) Moral emotions are self-conscious emotions that help to shape and affect moral reasoning. Specifically, embarrassment and shame influence how people think about themselves, which may in turn make them reason about moral dilemmas in different ways. In Kendall's situation, something like shame over killing a fellow hostage may make her reason in a specific way (make her less likely to kill). However, something like guilt or embarrassment over not saving the rest of the hostages may make her reason in an altogether different way (make her more likely to kill).

DIF: Moderate REF: 4.10 Adolescents Develop Cognitively
 OBJ: 4.10b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication
 MSC: Applying

13. Using evidence from the textbook regarding socio-emotional, cognitive, and physical changes in adulthood, explain why adulthood is considered both the most satisfying and most unsatisfying time of life.

ANS:
 Suggested answer:
 Adulthood is a time of satisfaction because it provides us with things that make us happy: marriage, children, career success, and so on. However, these events are also exceedingly stressful, and later in life we deal with a decline in physical health and are faced with the psychosocial dilemma of integrity versus despair, in which we attempt to be satisfied with our lives prior to death.

DIF: Moderate REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds
 OBJ: 4.12b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
 MSC: Analyzing

14. A) Using Erikson's stages of development, describe which challenges are most prevalent in the developmental stages of adolescence and adulthood.
- B) Choose one of the three challenges from adulthood. Describe how this challenge is difficult to navigate and describe the possible negative effects of this situation.

ANS:
 Suggested answer:
 A) Adolescence: identity versus role confusion; young adulthood: intimacy versus isolation; middle adulthood: generativity versus stagnation; old age: integrity versus despair

B) Intimacy versus isolation: difficult because one needs to learn how to form and commit to long-term relationships while not losing one's own sense of identity. Negative effects: social isolation (inability to maintain relationships or inability to maintain unique identity/sense of self).

Generativity versus stagnation: difficult because one needs to figure out how to contribute positively to future generations, leaving a lasting legacy and caring for one's family's future. Negative effects: materialism or self-centered thoughts, negative outlook on life.

Integrity versus despair: difficult because we seek satisfaction in the face of death or the end of life. We need to develop a sense of honesty about our lives such that death is not frightening or depressing. Negative effects: decreased life satisfaction with a sense of despair, feelings of regret, and loss of close relationships as we age.

DIF: Difficult REF: 4.12 Adults Develop Lifelong Social and Emotional Bonds

OBJ: 4.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Evaluating

15. You are celebrating your grandmother's 80th birthday.

A) What developmental changes have most likely taken place since her 70th birthday?

B) What advice would you give her to keep her healthy until her 90th birthday?

ANS:

Suggested answer:

A) Physical changes: decline in muscle mass, bone density, eyesight, and hearing; diminished frontal lobes; cognitive changes: confusion, memory loss, decreased reaction time, flexible thinking, and longer time to learn new information

B) Exercise as often as possible; focus on one task at a time; and challenge the brain by doing puzzles, reading, and maintaining as active a social life as possible

DIF: Moderate REF: 4.13 The Mental Abilities of Adults Begin to Decline

OBJ: 4.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

CHAPTER 5 SENSATION AND PERCEPTION

LEARNING OBJECTIVES

- 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
 - 5.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.1b. Apply the four steps from sensation to perception to your life, using a sensory input you have experienced.
- 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
 - 5.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.2b. Understand absolute threshold and difference threshold by comparing their similarities and differences in your own words.
- 5.3 Sensory Receptors in Your Eyes Detect Light
 - 5.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.3b. Understand the four steps in visual sensation and perception by summarizing each step in your own words.
- 5.4 You Perceive Color Based on Physical Aspects of Light
 - 5.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.4b. Analyze the two theories of color perception by differentiating between trichromatic theory and opponent-process theory.
- 5.5 You Perceive Objects by Organizing Visual Information
 - 5.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.5b. Understand the three principles of object perception by organizing a table that summarizes each category in your own words.
- 5.6 When You Perceive Depth, You Can Locate Objects in Space
 - 5.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.6b. Apply depth perception by providing one example from your life of each of the two types of depth perception.
- 5.7 Cues in Your Brain and in the World Let You Perceive Motion
 - 5.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.7b. Apply motion perception by providing one example from your life of each of the two types of motion perception.
- 5.8 You Understand That Objects Remain Constant Even When Cues Change
 - 5.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.8b. Apply object constancy to the real world by explaining how we know that snow is white and a tire is black, even when the snow at night or a tire in bright light sends the same visual input to our eyes.
- 5.9 Receptors in Your Ears Detect Sound Waves
 - 5.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.9b. Understand the four steps in auditory sensation and perception by summarizing each step in your own words.
- 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
 - 5.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.10b. Apply pitch perception to your own life by describing how temporal coding and place coding allow you to perceive sounds of different pitches.
- 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
 - 5.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.11b. Apply the four steps in taste sensation and perception to your life by imagining that you are tasting something, then describing each step of the process.
- 5.12 Your Olfactory Receptors Detect Odorants
 - 5.12a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.12b. Understand why we have evolved the senses of taste and smell by describing in your own words how these senses are important to the survival of humans.
- 5.13 Receptors in Your Skin Detect Temperature and Pressure
 - 5.13a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.13b. Understand the four steps in touch sensation and perception by summarizing each step in your own words.
- 5.14 You Detect Pain in Your Skin and Throughout Your Body
 - 5.14a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 5.14b. Apply pain perception to your life by imagining that you bang your knee on the corner of a table, then naming

the pain receptors involved and explaining how they would process the information.

MULTIPLE CHOICE

1. The sense organs' detection of external physical stimuli is called _____, whereas further processing, organizing, and interpreting of those stimuli in the brain is called _____.
- a. sensation; perception
 - b. perception; sensation
 - c. transduction; perception
 - d. perception; transduction

ANS: A DIF: Easy
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Taj wants to create a robot that has sensation but not perception. The robot should
- a. react to light but not to the stimuli for taste, smell, or touch.
 - b. detect external physical energy but not interpret it.
 - c. understand what things are but be unable to respond to them.
 - d. construct useful information but be unable to remember it.

ANS: B DIF: Moderate
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

3. When sensory receptors change physical stimuli into signals that the brain can understand, this is called
- a. sensation.
 - b. absolute threshold.
 - c. sensory adaptation.
 - d. transduction.

ANS: D DIF: Easy
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

4. After transduction, the neural signals of vision, hearing, taste, and touch all pass through the
- a. hypothalamus.
 - b. hippocampus.
 - c. thalamus.
 - d. amygdala.

ANS: C DIF: Moderate
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

5. During transduction, most sensory information is transmitted first to the _____ before it is sent to the _____, where it is interpreted as sight, sound, smell, touch, or taste.
- a. thalamus; cortex
 - b. cortex; thalamus
 - c. thalamus; pons
 - d. pons; cortex

ANS: A DIF: Moderate
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

6. Anna is reading her psychology textbook. The light reflects off the words on the page and falls on the sensory receptors in her retina, which results in _____. Then her brain interprets the stimuli as particular words, which is called _____.
- a. sensation; transduction
 - b. sensation; perception
 - c. perception; sensation
 - d. transduction; sensation

ANS: B DIF: Easy
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1a | 5.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

7. Mary's brain cannot directly process sound waves to hear what her boyfriend is saying. Instead, her sensory receptors detect sound waves and change them into signals that her brain can interpret as words in a process called
- a. absolute threshold.
 - b. signal detection.
 - c. transduction.
 - d. sensory adaptation.

ANS: C DIF: Easy
REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception
OBJ: 5.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

8. The minimum intensity of sensory stimulation required before a sensation is detected 50 percent of the time is called
- the absolute threshold.
 - signal detection.
 - the difference threshold.
 - sensory adaptation.

ANS: A DIF: Easy
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

9. The minimum amount of change required for a person to detect a difference between two stimuli is referred to as
- transduction.
 - the signal detection.
 - the absolute threshold.
 - the difference threshold.

ANS: D DIF: Easy
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

10. Weber's law suggests that the size of a just-noticeable difference depends on the
- amount of sensitivity to the stimulus.
 - degree of sensory adaptation.
 - size of the initial stimulus.
 - degree of absolute threshold.

ANS: C DIF: Moderate
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

11. When Petra jumps into a cold lake, she feels as though she is freezing. After a few minutes, she no longer notices the cold and feels comfortable in the water. This change is best explained by
- signal detection.
 - a just-noticeable difference.
 - sensory adaptation.
 - difference threshold.

ANS: C DIF: Easy
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

12. Jasmine wants to get Uchenna's attention in the library. She whispers to avoid disturbing other students. However, she speaks so softly that Uchenna cannot hear. Jasmine's voice is
- below Uchenna's absolute threshold.
 - below Uchenna's difference threshold.
 - above Uchenna's absolute threshold but below Uchenna's difference threshold.
 - below Uchenna's absolute threshold but above Uchenna's difference threshold.

ANS: A DIF: Moderate
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

13. Jason is participating in a psychology experiment in which he is seated in a completely dark room. An initially undetected point of light is gradually made brighter. With each increase, he is asked if he can see the light. In this experiment, Jason's _____ is being measured.
- difference threshold
 - absolute threshold
 - just-noticeable difference
 - transduction

ANS: B DIF: Moderate
REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It
OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

14. Kendra loves spicy curry, but her husband prefers a mild curry. Starting with a mild curry, Kendra increases the spiciness every time she cooks. One day her husband complains that the

curry is too spicy. After that, Kendra always makes the curry as spicy as the last time before her husband complained. With this exercise, Kendra assessed her husband's

- a. difference threshold.
- b. absolute threshold.
- c. transduction.
- d. signal detection.

ANS: A DIF: Moderate

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

15. Prashanth is participating in a psychology experiment in which he is asked to gradually shrink the image of a square on his computer screen until he can just barely see that it is smaller than a second square on the screen. Prashanth is trying to create a
- a. signal detection.
 - b. absolute threshold.
 - c. just-noticeable difference.
 - d. sensory adaptation.

ANS: C DIF: Moderate

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

16. Which of the following explains that the greater the size of a chocolate bar, the more of it you will need to slice off before a customer notices that it is smaller?
- a. absolute threshold
 - b. Weber's law
 - c. signal detection theory
 - d. sensory adaptation

ANS: B DIF: Difficult

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

17. For which of the following pairs would it be easiest to detect a difference in weight?
- a. a 2-liter bottle of water and a 2.1-liter bottle of water
 - b. a 5-pound free weight and a 5.5-pound free weight
 - c. a 20-pound child and a 22-pound child
 - d. a 1-pound bag of sugar and a 2-pound bag of sugar

ANS: D DIF: Difficult

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

18. The area where the optic nerve leaves the retina is referred to as the
- a. pupil.
 - b. cone.
 - c. fovea.
 - d. blind spot.

ANS: D DIF: Moderate REF: 5.3 Sensory Receptors in Your Eyes Detect Light

OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

19. The _____ is a thin inner surface behind the eyeball and it contains sensory receptors.
- a. lens
 - b. retina
 - c. rod
 - d. cone

ANS: B DIF: Moderate REF: 5.3 Sensory Receptors in Your Eyes Detect Light

OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

20. Which of the following generates action potentials that are sent to the brain by the optic nerve?
- a. cones
 - b. rods
 - c. ganglion cells
 - d. optic nerves

ANS: C DIF: Difficult REF: 5.3 Sensory Receptors in Your Eyes Detect Light

OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

21. When Jodi walks from the sunlight into a dark theater, her _____ cause(s) her _____ to enlarge to let in more light.
- a. iris; pupil
 - b. iris; lens
 - c. sclera; lens
 - d. sclera; pupil

ANS: A DIF: Moderate REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

22. Encharita is sitting outside, looking at her beautiful garden. As the sun goes down, the colors become dull and finally the colors become shades of gray. This change happens because the
- number of rods are decreasing.
 - number of cones are increasing.
 - cones are taking over for the rods.
 - rods are taking over for the cones.

ANS: D DIF: Moderate REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

23. Hamdi wakes up in the middle of the night and tries to see the clock in the dim light. The hands of the clock are very faint. He will more likely be able to read the time if he looks at the clock with his _____ because it has the largest number of _____.
- fovea; rods
 - periphery; rods
 - fovea; cones
 - periphery; cones

ANS: B DIF: Difficult REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

24. Colleen and LaVonne are playing darts. Colleen throws her dart into the center of the target, and LaVonne throws his dart into the outer ring. If we compare this scenario to the process of vision, Colleen would have been likely to hit a _____, and LaVonne would have been likely to hit a _____.
- rod; cone
 - rod; rod
 - cone; cone
 - cone; rod

ANS: D DIF: Difficult REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

25. Melody is looking at the dosage instructions written in tiny print on a medicine bottle. She will most likely be able to read the instructions if she looks at the words with her _____ because it has the largest number of _____.
- fovea; rods
 - periphery; rods
 - fovea; cones
 - periphery; cones

ANS: C DIF: Difficult REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

26. Which of the following is most sensitive to different colors?
- lens
 - cornea
 - rods
 - cones

ANS: D DIF: Moderate REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

27. Which of the following statements best describes the path of visual information in the brain?
- All of the visual information from the left eye travels to the brain's right side.
 - All of the visual information from the left eye travels to the brain's left side.
 - Visual information from the left half of each eye travels to the brain's right side.
 - Visual information from the left half of each eye travels to the brain's left side.

ANS: C DIF: Difficult REF: 5.3 Sensory Receptors in Your Eyes Detect Light
OBJ: 5.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

28. The amplitude of a light wave is experienced by us as
- pitch.
 - brightness.
 - loudness.
 - hue.

ANS: B DIF: Easy
REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

29. Sameer is mixing paint. He starts with a very dark green paint and then gradually adds white paint. Sameer is _____ of the green paint.

- a. changing the hue
- b. increasing the saturation
- c. decreasing the saturation
- d. changing the contrast

ANS: C DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

30. How do the light waves reflected by a blue object differ from those reflected by a red object?

- a. The blue object reflects longer wavelength light.
- b. The blue object reflects shorter wavelength light.
- c. The blue object reflects higher amplitude light.
- d. The blue object reflects lower amplitude light.

ANS: B DIF: Difficult

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:

Understanding

31. Maggie paints her room red. The room looks red because the paint has absorbed the _____ wavelengths of light and is reflecting the _____ wavelengths to Maggie's eyes.

- a. long; short and medium
- b. long and short; medium
- c. short and medium; long
- d. long and medium; short

ANS: C DIF: Difficult

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

32. Loudness is to sound as _____ is to light.

- a. hue
- b. wavelength
- c. brightness
- d. color

ANS: C DIF: Difficult

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

33. Visible light consists of waves that are part of the electromagnetic spectrum. The two main features of energy in the electromagnetic spectrum are

- a. hue and texture.
- b. wavelength and amplitude.
- c. height and weight.
- d. color and tone.

ANS: B DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

34. An object appears to be a particular color because of the

- a. amplitude of the light that the object absorbs and how the brain processes light.
- b. brain's experience with the color of most objects that people are likely to encounter.
- c. amount of light available for the eye to process and the color of the object.
- d. wavelength of light that the object reflects and how the receptors in the eye process light.

ANS: D DIF: Difficult

REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

35. Which parts of the electromagnetic spectrum can humans see?

- a. Only the part of the spectrum between 10nm and 380nm.
- b. Humans can see all of the electromagnetic spectrum.
- c. Only the part of the spectrum between 400nm and 700nm.
- d. Humans cannot see any of the electromagnetic spectrum.

ANS: C DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

36. For color vision, shorter wavelengths appear _____ while longer wavelengths appear _____.
a. red; blue c. bright; dim
b. blue; red d. dim; bright

ANS: B DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

37. For color vision, lower amplitude waves appear _____ while higher amplitude waves appear _____.
a. red; blue c. bright; dim
b. blue; red d. dim; bright

ANS: D DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

38. According to trichromatic color theory, there is no cone specialized to respond to yellow light. When we see yellow, it is because the light is stimulating the
a. S cones very little and the L and M cones equally.
b. S cones very little, the L cones greatly, and the M cones moderately.
c. S and M cones equally and the L cones very little.
d. S and L cones equally and the M cones greatly.

ANS: A DIF: Difficult

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Analyzing

39. If you look at a square made up of alternating red and blue stripes for several minutes and then look immediately at a blank white sheet of paper, you will see a square with alternating green and yellow stripes. This effect results from pairs of _____ that work _____.
a. cones; together c. ganglion cells; together
b. cones; in opposition d. ganglion cells; in opposition

ANS: D DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

40. According to the trichromatic theory of color perceptions, we can see the color red because of
a. L cones. c. S cones.
b. M cones. d. rod cells.

ANS: A DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

41. Jahrel stares at a blue image for some time and then looks away at a white sheet of paper. According to opponent-process theory, what color will Jahrel see as an after-image?
a. yellow c. green
b. blue d. red

ANS: A DIF: Moderate

REF: 5.4 You Perceive Color Based on Physical Aspects of Light
OBJ: 5.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

42. According to _____, we perceive a car as a whole unit rather than perceiving it as a group of distinct entities (such as metal, tires, glass, door handles, hubcaps, and fenders).
a. bottom-up processing c. Gestalt psychology
b. bottom-down processing d. transduction

ANS: C DIF: Easy
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

43. According to the _____ model of conceptual processing, the recognition of patterns occurs because data are relayed from a lower level to a higher level of processing in the brain.
- a. bottom-up processing
 - b. top-down processing
 - c. continuity
 - d. binocular disparity

ANS: A DIF: Easy
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

44. Reversible figures occur because
- a. Gestalt laws do not apply to them.
 - b. the figures contain internally contradictory cues.
 - c. the correct assignment of figure and ground is ambiguous.
 - d. sensory information leads to different cognitive interpretations.

ANS: C DIF: Moderate
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

45. Consider the letters XPY ZWO LRG. People tend to perceive this pattern as three groups of letters instead of a single group of letters because of the Gestalt principle known as
- a. similarity.
 - b. continuity.
 - c. proximity.
 - d. closure.

ANS: C DIF: Easy
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a | 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

46. This set of symbols +++++///// would typically be perceived as two separate groups of characters. The Gestalt principle that explains this perception is
- a. similarity.
 - b. continuity.
 - c. proximity.
 - d. closure.

ANS: A DIF: Easy
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a | 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

47. People see the figure () as an oval rather than two separate curving lines. Which Gestalt principle explains this outcome?
- a. similarity
 - b. continuity
 - c. proximity
 - d. closure

ANS: D DIF: Easy
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a | 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

48. The first psychologists to emphasize the organizing processes underlying perception were the
- a. opponent-process psychologists.
 - b. trichromatic theorists.
 - c. Gestalt psychologists.
 - d. signal detection theorists.

ANS: C DIF: Moderate
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5a | 5.5b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC: Understanding

49. Daniel is learning how to read, and because the box just delivered to his door contains a pizza, he realizes that the unfamiliar word he sees on the box must be *pizza*. Daniel is using
- a. bottom-up processing.
 - b. top-down processing.
 - c. grouping.
 - d. binocular disparity.

ANS: B DIF: Moderate
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

50. Which of the following phrases would be a good description of bottom-up processing?
- "It is used when information is very complex."
 - "It requires information based on your past experiences."
 - "It accounts for human judgment."
 - "It is a very basic type of processing."

ANS: D DIF: Moderate
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

51. Scotty makes dinner by looking at his ingredients and then combining them into a meal. Scotty is cooking in a _____ manner.
- bottom-up
 - top-down
 - binocular
 - monocular

ANS: A DIF: Moderate
REF: 5.5 You Perceive Objects by Organizing Visual Information
OBJ: 5.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

52. When an artist creates the illusion of depth in a painting, he or she does so by using
- depth cues from stereoscopic vision.
 - binocular depth cues.
 - monocular depth cues.
 - depth cues from binocular disparity.

ANS: C DIF: Easy
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

53. Leonardo da Vinci identified many monocular depth cues, including _____, in which a near object blocks an object that is farther away.
- occlusion
 - relative size
 - familiar size
 - linear perspective

ANS: A DIF: Easy
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

54. Each eye sees more of the world on its own side of the visual field. A combination of the views from the two eyes creates the depth cue of
- linear perspective.
 - texture gradients.
 - occlusion.
 - binocular disparity.

ANS: D DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

55. The major problem to be explained by depth perception is that
- the environment contains too few depth cues.
 - there are no receptor cells that are selective for depth.
 - there are no cells in the primary visual cortex that are selective for depth.
 - the retina input is two-dimensional.

ANS: D DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

56. Binocular disparity is about
- different views from each eye.
 - different textures of near and far objects.
 - similar views from different perspectives.

d. similar sizes of objects when they are in different contexts.

ANS: A DIF: Easy
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. If you close one eye, you will still be able to use _____ as a depth cue, but you will NOT be able to use _____ as a depth cue.
- a. linear perspective; occlusion
 - b. texture gradients; binocular disparity
 - c. relative size; stroboscopic motion
 - d. binocular disparity; linear perspective

ANS: B DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

58. If the muscles of one of your eyes becomes paralyzed, making it impossible to change the point of focus of that eye, which kind of depth cue will become unavailable to you?
- a. linear perspective
 - b. binocular disparity
 - c. occlusion
 - d. texture gradients

ANS: B DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

59. Jarvis is standing on the outside platform of the train station. He looks down the tracks, hoping to see his train. As the tracks get farther from him the two sides of the tracks will appear to _____, providing the depth cue of _____.
- a. remain parallel; linear perspective
 - b. converge; linear perspective
 - c. remain parallel; texture gradient
 - d. converge; texture gradient

ANS: B DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

60. When you are on a cliff far from the beach, the sand looks smooth and uniform. When you sit on the beach and look closely at the sand, you can see all the bumps and colors. This difference is an example of which depth cue?
- a. occlusion
 - b. figure to ground
 - c. texture gradient
 - d. linear perspective

ANS: C DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

61. Ayelet is trying to draw a picture of two people down the street from each other. No matter how carefully she tries to draw them both the same size, the person who is supposed to be farther away appears much taller than the nearer person. You could explain that the depth cue of _____ size means that she will need to draw a _____ image of the person who is supposed to be farther away.
- a. relative; smaller
 - b. relative; larger
 - c. familiar; larger
 - d. familiar; smaller

ANS: A DIF: Difficult
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

62. Li-Ting is painting a picture of a vase of flowers placed in front of a book case. She paints the vase and then, right next to it, half of a book. When Bijal looks at the painting, she sees the book as being _____ the vase because of _____.
- a. adjacent to; occlusion
 - b. adjacent to; linear perspective
 - c. behind; linear perspective
 - d. behind; occlusion

ANS: D DIF: Moderate
REF: 5.6 When You Perceive Depth, You Can Locate Objects in Space
OBJ: 5.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

63. Gervase is staring at the blades of his ceiling fan. When he turns off the fan, he is surprised that the blades appear to be rotating in the opposite direction. To reassure Gervase that he is not hallucinating, you could tell him about
- stroboscopic motion.
 - motion aftereffects.
 - texture gradients.
 - binocular disparity.

ANS: B DIF: Easy

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7a | 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

64. Ayanna made a flipbook by drawing a stick figure on each piece of paper in a slightly different position. When she flipped the pages, the stick figure appeared to be walking across the pages. Ayanna's flipbook illustrates the principle of
- shape constancy.
 - motion aftereffects.
 - size constancy.
 - stroboscopic motion.

ANS: D DIF: Moderate

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7a | 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

65. The reason we are able to perceive still images flashed rapidly on a screen as images in motion is because the previous image persists on the retina for around 70 milliseconds, so we don't perceive the gap between images. This phenomenon is called
- stroboscopic motion.
 - motion aftereffects.
 - motion constancy.
 - the movie effect.

ANS: A DIF: Moderate

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7a | 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

66. Prolonged exposure to movement in one direction _____ the motion detectors responsive to that direction. When the movement stops, the baseline firing rate of detectors for the opposite direction of motion will be _____ than the firing rate for the detectors that responded to the prolonged movement, leading to motion aftereffects.
- sensitizes; higher
 - sensitizes; lower
 - fatigues; higher
 - fatigues; lower

ANS: C DIF: Moderate

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Analyzing

67. According to stroboscopic motion, when two vertical lines are flashed on a screen at different intervals, we perceive the lines in different ways. To be perceived as one line moving continuously from side to side, the interval between the lines should be
- less than 30 milliseconds (0.030 seconds).
 - greater than 200 milliseconds (0.200 seconds).
 - slightly more than 60 milliseconds (0.060 seconds).
 - exactly 35 milliseconds (0.035 seconds).

ANS: C DIF: Difficult

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

68. The reason stroboscopic motion was a topic of research for Gestalt psychologists is because
- we have motion detectors that adapt to continuous motion, becoming less sensitive.
 - we perceive individual images flashed quickly on a screen as an organized whole representing motion.
 - we perceive flat images as having depth through a set of visual cues called pictorial motion cues.
 - the grouping of images is perceived as indicating which parts of a scene go together based on proximity.

ANS: B DIF: Difficult

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

69. In order to perceive object constancy, your brain needs to understand the relationship between the object and one other factor. In the case of size constancy, you understand that the car you see approaching is not
- actually changing color, so the other factor must be the wavelengths of the light reflected from the car.
 - actually growing larger, so the other factor must be how far away the car is from you.
 - glowing and getting brighter, so the other factor must be how much light is reflected from the car and its background.
 - changing shape, so the other factor must be the angle at which you are viewing the car.

ANS: B DIF: Difficult

REF: 5.7 Cues in Your Brain and in the World Let You Perceive Motion

OBJ: 5.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

70. The four kinds of object constancy are
- size, shape, color, and brightness.
 - shape, material, angle, and distance.
 - linearity, motion, size, and texture.
 - occlusion, perspective, color, and depth.

ANS: A DIF: Moderate

REF: 5.8 You Understand That Objects Remain Constant Even When Cues Change

OBJ: 5.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

71. Regarding visual illusions, which of the following statements is most accurate?
- Illusions are largely irrelevant to understanding normal perceptual processes.
 - Illusions help reveal normal perceptual processes.
 - Most visual perception is actually illusory.
 - Illusions show that perception is mostly a bottom-up process.

ANS: B DIF: Difficult

REF: 5.8 You Understand That Objects Remain Constant Even When Cues Change

OBJ: 5.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

72. When Danni was standing directly in front of a door, it appeared rectangular, with right angles at each corner. When the door was opened part way, the door appeared to Danni to change shape, with some of the corners appearing as sharper angles and other corners appearing wider. However, Danni knew that the door had not actually changed shape because of
- shape constancy.
 - color constancy.
 - size constancy.
 - brightness constancy.

ANS: A DIF: Moderate

REF: 5.8 You Understand That Objects Remain Constant Even When Cues Change

OBJ: 5.8a | 5.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

73. The Shepard's Table illusion is an example of
- how rods and cones enable the perception of different colors, brightness, and constancy.
 - the way that the brain uses built-in assumptions about the physical world but can be fooled.
 - the way shape constancy is perceived by the brain to understand and function in the real world.
 - how the perceptual system can judge relationships between objects and their actual size.

ANS: B DIF: Difficult

REF: 5.8 You Understand That Objects Remain Constant Even When Cues Change

OBJ: 5.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

74. Hearing is also called
- audition.
 - olfaction.
 - gustation.
 - occipital.

ANS: A DIF: Easy

REF: 5.9 Receptors in Your Ears Detect Sound Waves

OBJ: 5.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

75. Sound waves cause the _____ to vibrate.
- cochlea
 - auditory nerve
 - outer ear
 - auditory cortex

ANS: B DIF: Moderate REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

76. The coiled, bony, fluid-filled tube in the inner ear that houses the sensory receptors is called the
- cochlea.
 - eardrum.
 - oval membrane.
 - auditory nerve.

ANS: A DIF: Moderate REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

77. The primary auditory cortex is located in which brain lobe?

- a. frontal c. occipital
b. temporal d. parietal

ANS: B DIF: Easy REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

78. Dogs can hear higher-frequency sounds than people can. This fact suggests that there is a physical difference inside the
- | | |
|--------------|--------------------|
| a. ear drum. | c. auditory nerve. |
| b. ossicles. | d. cochlea. |

ANS: B DIF: Difficult REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

79. The auditory neurons extending from the _____ reach out with their axons to the primary auditory cortex in the _____.

- a. thalamus; parietal lobe
b. thalamus; temporal lobe
c. parietal lobe; thalamus
d. temporal lobe; thalamus

ANS: B DIF: Easy REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

80. There are several steps involved in the process of transforming a sound into a signal that can be understood by the brain. Which of the following displays these steps in the correct order?

- (1) sound wave, (2) eardrum vibration, (3) pressure wave in fluid
- (1) eardrum vibration, (2) pressure wave in fluid, (3) sound wave
- (1) sound wave, (2) pressure wave in fluid, (3) eardrum vibration
- (1) eardrum vibration, (2) sound wave, (3) pressure wave in fluid

ANS: A DIF: Moderate REF: 5.9 Receptors in Your Ears Detect Sound Waves
OBJ: 5.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

81. If a key is pressed on a piano, the frequency of the resulting sound will determine the _____, and the amplitude will determine the _____ of the perceived musical note.

- a. pitch; intensity
b. intensity; pitch
c. loudness; pitch
d. pitch; loudness

ANS: D DIF: Easy
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

82. A higher-pitched sound is one that is higher in _____, which is measured in _____.

- a. amplitude; hertz
b. amplitude; decibels
c. frequency; hertz
d. frequency; decibels

ANS: C DIF: Moderate
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

83. The process of encoding low frequencies of sound is called _____ coding.
a. temporal c. frequency

- ANS: A DIF: Moderate
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

84. The perception of higher-pitched sounds is called _____ coding.
- | | |
|-------------|--------------|
| a. temporal | c. frequency |
| b. place | d. hertz |

- ANS: B DIF: Moderate
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

85. Juan and Giancarlo are opera singers. Juan is a tenor and Giancarlo is a baritone. Tenors sing with higher-pitched voices than baritones. With respect to this fact, the sound waves corresponding to Giancarlo's voice are lower in _____ than those corresponding to Juan's voice; that is, they are lower in _____.
- | | |
|------------------------|------------------------|
| a. frequency; hertz | c. amplitude; hertz |
| b. frequency; decibels | d. amplitude; decibels |

- ANS: A DIF: Moderate
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

86. Being able to detect the origin of a sound is called
- | | |
|------------------|---------------|
| a. hertz. | c. frequency. |
| b. localization. | d. pitch. |

- ANS: B DIF: Easy
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

87. Which of the following explains how people localize sound?
- a. The sound waves hit hair cells at different angles.
 - b. Cochlear hair cells fire at a rate that matches the direction of the sound.
 - c. Sounds from the right ear are sent to the left hemisphere and sounds from the left ear are sent to the right hemisphere.
 - d. The brain integrates the different sensory information coming from each of the two ears.

- ANS: D DIF: Moderate
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

88. What are the two cues that allow you to determine where a sound is coming from?
- the time when the sound arrives in each ear and the intensity of the sound wave
 - the time when the sound arrives in each ear and the pitch of the sound wave
 - the intensity of the sound wave and the pitch of the sound wave
 - the frequency of the sound wave and the pitch of the sound wave

- ANS: A DIF: Difficult
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

89. The _____ sense aids balance by judging direction and intensity of head movements.
- | | |
|--------------|----------------|
| a. gustation | c. kinesthetic |
| b. audition | d. vestibular |

- ANS: D DIF: Easy
REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves
OBJ: 5.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

90. The sense of taste is also called

- a. audition.
- b. olfaction.
- c. gustation.
- d. occipital.

ANS: C DIF: Easy
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

91. Structures on the tongue that contain groupings of taste buds are called
- a. gustatory receptors.
 - b. gustatory bulbs.
 - c. olfactory epithelium.
 - d. papillae.

ANS: D DIF: Easy
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

92. Which of the following characteristics is NOT a basic quality of taste?
- a. sweet
 - b. umami
 - c. salty
 - d. spicy

ANS: D DIF: Easy
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

93. Which of the following taste sensations was most recently discovered?
- a. sweet
 - b. sour
 - c. bitter
 - d. umami

ANS: D DIF: Easy
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

94. Gustation involves _____ taste buds, all located on the _____.
- a. 800 to 1,000; tongue
 - b. 8,000 to 10,000; tongue, throat, and mouth
 - c. 800 to 1,000; tongue, throat, and mouth
 - d. 8,000 to 10,000; tongue

ANS: B DIF: Moderate
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

95. Sadafa loves Indian food, but he is careful about what he eats because it hurts his tongue when he eats very spicy food. Sadafa most likely is
- a. a supertaster and has few taste buds in his mouth.
 - b. a supertaster with a very large number of taste buds in his mouth.
 - c. not a supertaster and has a large number of pain receptors in his mouth.
 - d. not a supertaster and has few pain receptors in his mouth.

ANS: B DIF: Moderate
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

96. Callie is pregnant. She has never liked vegetables and rarely eats them. However, she does not want her baby to have the same bad eating habits. If Callie wants her baby to grow up to enjoy the taste of vegetables, the most effective thing she can do is
- a. eat vegetables while she is pregnant and nursing.
 - b. give the baby strained vegetables as one of her first solid foods.
 - c. avoid eating meat while she is pregnant and nursing.
 - d. limit the amount of meat the baby is fed when she starts to eat solid food.

ANS: A DIF: Moderate
REF: 5.11 Receptors in Your Taste Buds Detect Chemical Molecules
OBJ: 5.11b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

97. The _____ is a thin layer of tissue in the nasal cavity containing olfactory receptors.

a. bulb
b. cortex
c. epithelium
d. papillae

ANS: C

DIF: Easy

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

98. The sense of smell is also called

a. audition.
b. olfaction.
c. gustation.
d. occipital.

ANS: B

DIF: Easy

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

99. What is the primary purpose of cells in the olfactory bulb?

a. to receive neural signals and pass them through the thalamus
b. to receive neural signals and relay them to other brain areas
c. to receive odorants and pass them through the thalamus
d. to receive odorants and relay the signals to other brain areas

ANS: B

DIF: Moderate

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

100. Which of the following has the most direct route to the brain because it is the only sense that bypasses the thalamus?

a. the haptic sense
b. gustation
c. the kinesthetic sense
d. olfaction

ANS: D

DIF: Moderate

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

101. Although the sense of smell is processed in the _____, the determination of whether a smell is pleasant or unpleasant is processed in the _____.

a. prefrontal cortex; olfactory cortex
b. olfactory cortex; prefrontal cortex
c. hypothalamus; olfactory cortex
d. olfactory cortex; hypothalamus

ANS: A

DIF: Moderate

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

102. When Margot was a child, her mother baked bread on Fridays. As an adult, whenever Margot smells bread baking she remembers her mother and feels happy. The mood and memories result from the processing of smell information in the

a. thalamus.
b. olfactory epithelium.
c. olfactory bulb.
d. amygdala.

ANS: D

DIF: Moderate

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

103. Compared with dogs, a human's sense of smell is much less developed. Our less developed sense of smell results from our ancestors'

a. strong reliance on olfaction to determine which foods were poisonous.
b. inability to detect pleasant odors.
c. reliance on vision as the main way of perceiving the world.
d. inability to transmit olfactory information to the brain.

ANS: C

DIF: Moderate

REF: 5.12 Your Olfactory Receptors Detect Odorants

OBJ: 5.12b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

104. Regarding smell, which of the following statements is generally the most accurate?

a. People are better at discriminating among odors than they are at identifying them; men generally outperform women.
b. People are better at discriminating among odors than they are at identifying them; women generally

outperform men.

- c. People are better at identifying odors than they are at discriminating among them; men generally outperform women.
- d. People are better at identifying odors than they are at discriminating among them; women generally outperform men.

ANS: B DIF: Moderate REF: 5.12 Your Olfactory Receptors Detect Odorants
OBJ: 5.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

105. Why does a dog sniff virtually everything that it encounters?

- a. because its sense of vision is very poor
- b. because olfactory information is rarely transmitted to its brain
- c. because the main way that a dog perceives the world is through olfaction
- d. because sniffing is associated with pleasant odors

ANS: C DIF: Moderate REF: 5.12 Your Olfactory Receptors Detect Odorants
OBJ: 5.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

106. Which of the following detects temperature and then sends information about temperature to the brain?

- a. warm and cold receptors
- b. fast and slow fibers
- c. cranial and spinal nerves
- d. kinesthetic and vestibular senses

ANS: A DIF: Easy
REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
OBJ: 5.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

107. The sense that allows you to determine the location of your body and limbs in space is called

- a. gustation.
- b. olfactory.
- c. kinesthetic.
- d. vestibular.

ANS: C DIF: Easy
REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
OBJ: 5.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

108. Your brain gathers information about where your body is in space by using receptors located

- a. throughout your entire body.
- b. in your skin, muscles, and ears.
- c. in your eyes, ears, and nose.
- d. in your muscles, tendons, and joints.

ANS: D DIF: Moderate
REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
OBJ: 5.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

109. Water splashed on your skin provides _____ stimulation.

- a. tactile
- b. gustatory
- c. vestibular
- d. olfactory

ANS: A DIF: Moderate
REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
OBJ: 5.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

110. During sensation and perception, sensory receptors on the skin transduce information and then send this information to

- a. pain receptors.
- b. pressure receptors.
- c. the somatosensory cortex.
- d. the hippocampus.

ANS: C DIF: Moderate
REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
OBJ: 5.13a | 5.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

111. There are several steps involved in a person being able to feel a touch on his or her skin and experience it as pleasurable. Which of the following displays these steps in the correct order?

- a. (1) sensation, (2), tactile stimulation, (3) transduction, (4) perception

- b. (1) tactile stimulation, (2) perception, (3) transduction, (4) sensation
- c. (1) perception, (2) tactile stimulation, (3) transduction, (4) sensation
- d. (1) tactile stimulation, (2) sensation, (3) transduction, (4) perception

ANS: D DIF: Moderate
 REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
 OBJ: 5.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

112. Temperature receptors that signify intense heat when they are activated
- a. also signify cold when they are inhibited.
 - b. generally signify cold when they are inactive.
 - c. oppose the activity of receptors signifying cold.
 - d. may respond simultaneously with receptors signifying cold.

ANS: D DIF: Difficult
 REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure
 OBJ: 5.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

113. Which of the following has been shown to help people manage pain?
- a. distraction
 - b. complaining
 - c. focusing on the pain
 - d. crying

ANS: A DIF: Easy
 REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body
 OBJ: 5.14a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

114. What characteristic of fast nerve fibers permits them to transmit signals perceived as sharp, immediate pain?
- a. They are nonmyelinated axons, which transmit signals faster than myelinated axons.
 - b. They tell your brain where your body is in space, so they allow you to perceive immediate pain.
 - c. They are myelinated axons, which transmit signals faster than nonmyelinated axons.
 - d. They respond to continued vibration and fast pressure, so they transmit pain more easily.

ANS: C DIF: Difficult
 REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body
 OBJ: 5.14a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

115. Ouch! You just got a small cut from a piece of paper. The sharp sting travels along _____ pain fibers, which are _____.
- a. slow; unmyelinated
 - b. slow; myelinated
 - c. fast; unmyelinated
 - d. fast; myelinated

ANS: D DIF: Moderate
 REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body
 OBJ: 5.14a | 5.14b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

116. Days after breaking his nose in a football game, Ben still perceives a dull pain in his nose. The throbbing ache travels along _____ pain fibers, which are _____.
- a. slow; unmyelinated
 - b. slow; myelinated
 - c. fast; unmyelinated
 - d. fast; myelinated

ANS: A DIF: Moderate
 REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body
 OBJ: 5.14a | 5.14b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

117. Avi broke his ankle skiing. At first, he felt a sharp and intense pain. The next day, the sharp pain was gone, but his ankle throbbed almost all the time. The sharp, immediate pain was due to _____; the later, throbbing pain was due to _____.
- a. slow fibers; fast fibers
 - b. fast fibers; slow fibers
 - c. pain receptors; pressure receptors
 - d. pressure receptors; pain receptors

ANS: B DIF: Moderate
 REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body
 OBJ: 5.14a | 5.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

118. If you have a knee injury, you are likely to experience the most pain
- when watching an entertaining movie.
 - right before you fall asleep.
 - when trying to focus on a math problem.
 - during a lunch date with several friends.

ANS: B

DIF: Easy

REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body

OBJ: 5.14b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

119. Which would be the worst tip for someone who is experiencing pain after a surgery?
- “Distract yourself by watching interesting movies.”
 - “Invite some friends over for a good discussion.”
 - “Keep yourself occupied.”
 - “Focus on the pain and its sensations.”

ANS: D

DIF: Easy

REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body

OBJ: 5.14b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

SHORT ANSWER

1. A) Define *sensation*.
B) Define *perception*.
C) You can easily recognize the smell of fresh-baked cookies. Explain how sensation and perception work together to create this experience.

ANS:

Suggested answer:

A) Sensation is the process of detecting sensory stimuli and transmitting that information to the brain.

B) Perception involves the processing, organizing, and interpreting of sensory signals.

C) To recognize the smell of fresh-baked cookies, the nose must first detect the smell. This is sensation. Perception is needed for someone to recognize the smell as one that belongs to fresh-baked cookies.

DIF: Moderate

REF: 5.1 Your Senses Detect Physical Stimuli, and Your Brain Processes Perception

OBJ: 5.1a | 5.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

2. Define *sensory adaptation*. Provide one example of sensory adaptation.

ANS:

Suggested answer:

Sensory adaptation is a decrease in sensitivity to a stimulus. This decreased sensitivity occurs after that stimulus has been presented over and over again. For example, the sound of your roommate blasting her music might sound very loud at first. After several minutes of hearing the music constantly, the sound will not seem as loud.

DIF: Moderate

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. Explain absolute threshold. Give one example of absolute threshold.

ANS:

Suggested answer:

Absolute threshold is the smallest amount of a stimulus needed to detect something half of the time. For example, a person might not detect the sweetness of a teaspoon of sugar if it were diluted with 100 gallons of water. Absolute threshold is that just-noticeable point at which a person would be able to notice the sweetness.

DIF: Moderate

REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2a | 5.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

4. Explain difference threshold.

ANS:

Suggested answer:

Difference threshold is the smallest difference that you would need to notice a difference between two pieces of sensory input. It is the minimum amount of change in the physical stimulus needed to detect a difference.

DIF: Moderate REF: 5.2 There Must Be a Certain Amount of a Stimulus for You to Detect It

OBJ: 5.2a | 5.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. Use the trichromatic theory of color vision to explain why people perceive grass as being green.

ANS:

Suggested answer:

The trichromatic theory of color vision relates color perception to cone receptors. This theory suggests that color perception results from three different types of cone receptors, each responding to different but overlapping wavelengths. The perception of the color green is determined by the wavelength of the visible light that reaches the eye.

DIF: Difficult REF: 5.4 You Perceive Color Based on Physical Aspects of Light

OBJ: 5.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

6. Dr. Sully is a Gestalt psychologist who firmly believes in Gestalt principles of visual perception. Describe the general ideas that she is likely to have with regard to visual perception.

ANS:

Suggested answer:

Dr. Sully believes that much of what we “see” actually does not take place in the eye. She believes that our brains perceive visual stimuli as an “organized whole.” In other words, she believes that there are built-in principles in our brains that automatically organize sensory information into a unified whole.

DIF: Easy REF: 5.5 You Perceive Objects by Organizing Visual Information

OBJ: 5.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

7. Distinguish between bottom-up and top-down processing.

ANS:

Suggested answer:

Bottom-up processing refers to the basic, lower levels of processing. This type of processing is due to the stimuli detected by sensory receptors. Top-down processing refers to higher low levels of conceptual processing. This type of processing results from memory, experience, and expectations.

DIF: Moderate REF: 5.5 You Perceive Objects by Organizing Visual Information

OBJ: 5.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

8. You have been staring at a red screen on your television for several minutes. When you look away, you notice a green afterimage. Which theory of color vision would best explain why you see this afterimage? Explain your answer.

ANS:

Suggested answer:

The opponent-process theory is a theory of color opposites that would best explain why you notice an afterimage. This theory suggests that cells in the retina receive excitatory input from one cone and inhibitory input from another type of cone. This creates the perception that some colors are opposites.

DIF: Difficult REF: 5.5 You Perceive Objects by Organizing Visual Information

OBJ: 5.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

9. Explain the Gestalt concept of closure. Provide an example that illustrates it.

ANS:

Suggested answer:

Closure describes our tendency to visually fill in the gaps. For example, if there are two curved lines close together, we would perceive them as an oval. We would perceive these unified images as oval even though parts of the oval are missing.

DIF: Easy REF: 5.5 You Perceive Objects by Organizing Visual Information

OBJ: 5.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

10. What is the role of hair cells in hearing? Explain how hair cells are crucial to the process of hearing.

ANS:

Suggested answer:

Hair cells are the sensory receptors for detecting auditory information. Hair cells are responsible for detecting sound waves and then transducing them into signals that the brain can understand.

DIF: Easy

REF: 5.9 Receptors in Your Ears Detect Sound Waves

OBJ: 5.9a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

11. When people hear a sound, they can tell its location. For example, after hearing a whistle blown, a person could tell you whether the sound originated from his or her right or left side. Likewise, a person could tell you whether the sound came from above or below him or her. How can humans do this? Explain how humans are able to locate where a sound originates.

ANS:

Suggested answer:

Humans draw from the timing and the intensity of sounds to locate where the sounds originate. The first cue is the time when the sound arrives in each ear. Depending on the location of the sound, it will reach one ear slightly before the other. Depending on the side from which it comes, it will sound more or less intense.

DIF: Moderate

REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves

OBJ: 5.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

12. Describe the kinesthetic and vestibular senses. Explain what these senses help us do.

ANS:

Suggested answer:

The kinesthetic sense lets us judge where our bodies and limbs are located. The vestibular sense helps us keep our balance. The kinesthetic sense helps us coordinate voluntary movement. The vestibular sense helps us judge the direction and intensity of our head movements.

DIF: Easy

REF: 5.10 You Perceive Sound Based on Physical Aspects of Sound Waves | 5.13 Receptors in Your Skin Detect Temperature and Pressure

OBJ: 5.10a | 5.13a | 5.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

13. Explain the steps involved in touch sensation and perception.

ANS:

Suggested answer:

First, the skin registers tactile stimulation. This stimulation triggers sensory receptors in the skin that detect temperature and pressure. The receptors then convert the information about temperature and pressure into signals that can be interpreted by the brain. The information is then sent to the thalamus and somatosensory cortex for perception.

DIF: Difficult

REF: 5.13 Receptors in Your Skin Detect Temperature and Pressure

OBJ: 5.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

14. Describe the two types of pain receptors and the types of pain that they help people perceive. Then, describe a type of pain and determine which type of pain receptor would carry it.

ANS:

Suggested answer:

Fast fibers quickly convey sensory input to the brain, where it is perceived as sharp, immediate pain. Slow fibers slowly convey sensory input to the brain, where it is perceived as chronic, dull, steady pain. Examples will vary.

DIF: Easy

REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body

OBJ: 5.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

15. If you were in pain, would the pain feel worse when you were active during the day or when you were trying to fall asleep at night? Explain your answer. Then, give an example of how pain perception can be managed.

ANS:

Suggested answer:

Because distraction often reduces the perception of pain, the pain would be perceived as worse at night. This is because people generally have distractions during the day but try to remove distractions when falling asleep at night. To control pain perception, people can distract themselves by watching movies, talking with friends, concentrating on music, and so on.

DIF: Easy

REF: 5.14 You Detect Pain in Your Skin and Throughout Your Body

OBJ: 5.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

CHAPTER 6 LEARNING

LEARNING OBJECTIVES

6.1 You Learn from Experience

- 6.1a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.1b. Apply learning to your life by describing an example of how your behavior changed because of your experiences.

6.2 You Learn in Three Ways

- 6.2a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.2b. Understand the three main types of learning by describing each one in your own words.

6.3 Your Brain Changes During Learning

- 6.3a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.3b. Understand how the brain changes during learning by summarizing in your own words how long-term potentiation works.

6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

- 6.4a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.4b. Apply the four steps of classical conditioning by describing how to train a horse to run at the sound of a bell.
Hint: Horses naturally run when hit on the rump.

6.5 Learning Varies in Classical Conditioning

- 6.5a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.5b. Apply the six concepts of acquisition, extinction, spontaneous recovery, generalization, discrimination, and second-order conditioning to the classical conditioning situation you described in Learning Goal Activity 6.4b.

6.6 You Can Learn Fear Responses Through Classical Conditioning

- 6.6a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.6b. Analyze how classical conditioning can explain a phobia by identifying how a phobia of snakes can be acquired through classical conditioning and reduced through counterconditioning.

6.7 Adaptation and Cognition Influence Classical Conditioning

- 6.7a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.7b. Understand how some stimuli are more likely to produce conditioned responses by describing, in your own words, the influences of evolution and cognition on conditioning.

6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions

- 6.8a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.8b. Apply operant conditioning by describing how you would use an operant and a reinforcer to get teenagers to clean their bedrooms.

6.9 Learning Varies in Operant Conditioning

- 6.9a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.9b. Apply the Premack principle by describing why a particular reinforcer is likely to encourage you to read your textbook, and explain whether that reinforcer is a primary or secondary reinforcer.

6.10 Both Reinforcement and Punishment Influence Operant Conditioning

- 6.10a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.10b. Understand the four types of reinforcement and punishment in operant conditioning by summarizing in your own words the four ways that reinforcement and punishment affect behavior.

6.11 Operant Conditioning Affects Your Life

- 6.11a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.11b. Understand why punishment is often an ineffective means of learning by explaining the three main complications with positive punishment.

6.12 Biology and Cognition Influence Operant Conditioning

- 6.12a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.12b. Apply the three cognitive aspects of conditioning by describing an example from your own life of learning via a cognitive map, latent learning, and insight learning.

6.13 There Are Three Ways You Learn by Watching Others

- 6.13a. Understand all bold and italic terms by writing explanations of them in your own words.
- 6.13b. Apply learning by watching others by providing an example from your own life of each of the three types of

learning by watching others.

6.14 Biology Influences Observational Learning

6.14a. Understand all bold and italic terms by writing explanations of them in your own words.

6.14b. Understand what happens in the brain during observational learning by summarizing how mirror neurons may be the brain mechanism responsible for observational learning.

MULTIPLE CHOICE

1. Simone's desk at her new job is right next to an air conditioner. After a week of being chilly, she brings a sweater to work. Simone's change in behavior, which is based on her prior experience, is an example of
- learning.
 - habituation.
 - modeling.
 - operant conditioning.

ANS: A DIF: Easy REF: 6.1 You Learn from Experience
OBJ: 6.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. If Dr. Raybel wants to observe how people learn to play a new game, he may want to consult the founder of behaviorism,
- Ivan Pavlov.
 - John Watson.
 - Alfred Bandura.
 - John Locke.

ANS: B DIF: Easy REF: 6.1 You Learn from Experience
OBJ: 6.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

3. Timothy believes that his infant son was born as a blank slate, knowing nothing about the world. This information suggests that Timothy most likely believes in
- associative learning.
 - habituation.
 - tabula rasa*.
 - long-term potentiation.

ANS: C DIF: Moderate REF: 6.1 You Learn from Experience
OBJ: 6.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

4. Tina believes in John Locke's idea of *tabula rasa*. When Tina's baby is born, she expects the child will most likely
- already show learning that occurred in the womb.
 - be ready to learn new information based on new sensory experiences.
 - not be able to show learning for several months.
 - be able to recognize sensory input to which she was exposed before birth.

ANS: B DIF: Difficult REF: 6.1 You Learn from Experience
OBJ: 6.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

5. Tamara has been taking piano lessons, and after three weeks of practicing, she is now able to play the piano keys with both hands. This change in her behavior based on her experiences represents the process of
- reinforcement.
 - learning.
 - modeling.
 - operant conditioning.

ANS: B DIF: Easy REF: 6.1 You Learn from Experience
OBJ: 6.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

6. Braxton's friend Shayla is caught cheating on a test and receives an F. Braxton learns the consequences of cheating by watching Shayla be punished for this action. Braxton has learned through
- operant conditioning.
 - sensitization.
 - modeling.
 - vicarious conditioning.

ANS: D DIF: Easy REF: 6.2 You Learn in Three Ways
OBJ: 6.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

7. Two-year-old Ciara learns that whenever she hits her older brother, her mom will place her in time-out. Ciara therefore understands that a behavior leads to a certain outcome, which is a

type of associative learning called

- a. classical conditioning.
- b. habituation.
- c. sensitization.
- d. operant conditioning.

ANS: D DIF: Easy REF: 6.2 You Learn in Three Ways
OBJ: 6.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

8. Gavin is a three-year-old who used to color on the walls with his crayons. Gavin's father told him, "We color on paper, not on walls," and gave him a time-out. Gavin does not color on the walls anymore, which is most likely a result of all of the following EXCEPT
- a. associative learning.
 - b. long-term potentiation.
 - c. learning.
 - d. non-associative learning.

ANS: D DIF: Moderate REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

9. When Billy's upstairs neighbor wakes up early to take a shower, Billy is typically awakened when the water starts, but then he gets used to the noise and goes back to sleep. In this example, Billy is showing learning through
- a. conditioning.
 - b. sensitization.
 - c. habituation.
 - d. modeling.

ANS: C DIF: Moderate REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

10. Jonathan is traveling to Italy, and his motto for his trip is "When in Rome, do as the Romans do!" This phrase suggests that Jonathan is most likely to learn how to behave in Rome based on
- a. operant conditioning.
 - b. classical conditioning.
 - c. observational learning.
 - d. habituation.

ANS: C DIF: Easy REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

11. You are driving to school when suddenly an ambulance rushes past you with its sirens blaring, so you quickly pull your car to the side of the road. A few minutes later, when you hear sirens in the distance, you get ready to quickly pull the car over again. You have learned to respond quickly to the sirens because of
- a. vicarious conditioning.
 - b. operant conditioning.
 - c. sensitization.
 - d. habituation.

ANS: C DIF: Moderate REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

12. Fallon is afraid of loud sounds, like thunder. She associates lightning with thunder because it regularly precedes thunder. Thus, when Fallon sees lightning, she braces herself for hearing a big boom several seconds later. Fallon has experienced a certain kind of associative learning known as
- a. classical conditioning.
 - b. habituation.
 - c. sensitization.
 - d. observational learning.

ANS: A DIF: Moderate REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

13. When Sarita first moved into her dorm room, she would get distracted by other students chatting in the hall outside her room. After two months of repeated exposure to conversations in the hallway, Sarita does not get distracted anymore. Sarita has learned through
- a. observational learning.
 - b. habituation.
 - c. sensitization.
 - d. operant conditioning.

ANS: B DIF: Easy REF: 6.2 You Learn in Three Ways
OBJ: 6.2a | 6.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

14. During Tammy's eye exam, a buzzer rings and a puff of air is blown into her eye, which makes her blink. This happens several times. Then Tammy blinks when she hears the buzzer because she expects that a puff of air will be blown into her eye. In this example, Tammy is showing _____ learning.
- a. associative
 - c. observational

MSC: Applying

15. When you first bought your pet hamsters Fudge and Brownie, only Fudge would let you pet him. After a few weeks of Brownie watching you pet Fudge, Brownie started to let you pet her. In this case, Brownie's new behavior is most likely the result of learning by
- associating two stimuli.
 - habituation.
 - sensitization.
 - watching others.

MSC: Applying

16. Michael is observing the people in his dorm and listing any behaviors that indicate learning. Which of the following should be included on Michael's list?
- Dan, who bumps into a door when he has the flu
 - Bill, who sometimes falls asleep while watching TV
 - Greg, who often whines until someone goes to the dining hall with him
 - Matt, who always forgets his keys in his room

MSC: Applying

17. After repeated studying, Cressida is able to remember all of the state capitals. Now when she hears the word *Michigan*, she quickly thinks of the word *Lansing*. Cressida's learning is most likely due to long-term potentiation, which
- releases glutamate in the brain.
 - strengthens synaptic connections.
 - increases excitatory neural signals.
 - decreases neurotransmitters in the synapse.

MSC: Remembering

18. The idea that “neurons that fire together, wire together” refers to the principle that a connection is formed between neurons when one repeatedly activates another. This theory, proposed by a neuropsychologist, is known as which of the following?
- a. Skinnerian learning
 - b. Watson’s learning
 - c. Hebbian learning
 - d. Pavlovian learning

MSC: Remembering

19. Every day after class, Jerome smells delicious pizza from Steel's Pizza House on his walk home and his mouth starts to water. One day, Jerome is riding the bus home from class and sees the Steel's Pizza House sign, and even this makes his mouth start to water. Jerome has most likely experienced all of the following EXCEPT
- | | |
|---|----------------------------|
| a. strengthening of synaptic connections. | c. long-term potentiation. |
| b. habituation. | d. learning. |

MSC: Applying

20. Mason has spent many hours studying the exact order of the first hundred digits of number pi, which has resulted in strengthened synaptic connections in his brain. Mason's ability to learn the numbers is most likely a result of
- vicarious conditioning.
 - habituation.
 - long-term potentiation.
 - modeling.

MSC: Understanding

21. Olivia takes a drug that is supposed to increase her ability to memorize things. The drug works by increasing neural communication in the hippocampus, and when taken repeatedly, it may also support
- tabula rasa*.
 - long-term potentiation.
 - non-associative learning.
 - habituation.

ANS: B DIF: Difficult REF: 6.3 Your Brain Changes During Learning
OBJ: 6.3a | 6.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

22. Shanna wants to use an observational study to explore how classical conditioning works. Before beginning her own study, it would be most helpful for Shanna to read about _____'s research.
- Ivan Pavlov
 - John Skinner
 - Edward Thorndike
 - Alfred Bandura

ANS: A DIF: Easy
REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related
OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

23. In Pavlov's research, dogs learned that the sound of a metronome predicted the arrival of food, so the dogs salivated at the sound of the metronome. In this research, classical conditioning occurred in part because the _____ elicited a(n) _____ response (salivation).
- unconditioned stimulus (food); unconditioned
 - conditioned stimulus (food); conditioned
 - unconditioned stimulus (metronome); conditioned
 - conditioned stimulus (metronome); unconditioned

ANS: A DIF: Moderate
REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related
OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

24. In Pavlov's research, classical conditioning occurred when the dogs learned the metronome predicted the arrival of food. This process was based on the animals' instinctive response to the _____ stimulus.
- classical
 - conditioned
 - neutral
 - unconditioned

ANS: D DIF: Moderate
REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related
OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

25. At a football game, you cannot help but feel excited whenever your team scores a touchdown. Because this is an unlearned response, in terms of classical conditioning, it would be called a(n)
- conditioned response.
 - conditioned stimulus.
 - unconditioned response.
 - unconditioned stimulus.

ANS: C DIF: Moderate
REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related
OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

26. Eleanor wants to use classical conditioning to teach her students to run to the closet when the "intruder alert" sounds at their school. To be successful, Eleanor must begin the learning process with a(n)
- conditioned stimulus.
 - unconditioned stimulus.
 - conditioned response.
 - unconditioned response.

ANS: B DIF: Moderate
REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related
OBJ: 6.4a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

27. Ralph ate sushi for lunch, and an hour later he felt sick to his stomach. In this situation, classical conditioning might occur. In other words, Ralph might learn an association between sushi and feeling sick because the two events
- relate to biological needs.
 - relate to cognitive needs.
 - prohibit normal functioning.
 - relate to emotional needs.

- b. are not related. d. are paired closely in timing.

ANS: D DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

28. A main outcome of Ivan Pavlov's research is that a neutral stimulus can become a conditioned stimulus
- when it elicits an innate response.
 - with the presence of punishment.
 - after pairing it with a stimulus that triggers a reflexive response.
 - simply by observing that stimulus.

ANS: C DIF: Easy

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

29. A conditioned stimulus is
- an unlearned reaction.
 - something that causes a response after learning takes place.
 - something that causes a response without learning.
 - a reflexive, natural reaction.

ANS: B DIF: Easy

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

30. A perfume advertisement uses classical conditioning to increase product appeal. To do this, it pairs the attractive face of the actor Brad Pitt with its perfume Chanel N° 5. If Brad Pitt elicits an innate response from you, he is being used as a(n)
- unconditioned response.
 - conditioned response.
 - conditioned stimulus.
 - unconditioned stimulus.

ANS: D DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

31. Professor Kraig is known for his difficult quizzes, which automatically make the students anxious. Immediately before each quiz, he always turns off the projector. Students soon notice that they start to feel anxious when Professor Kraig turns off the projector. In terms of classical conditioning, Professor Kraig turning off the projector is a(n)
- unconditioned stimulus.
 - conditioned stimulus.
 - unconditioned response.
 - conditioned response.

ANS: B DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

32. Alanna knows that a startling noise will always make people blink their eyes. Alanna has learned to associate a soft blue light with a startling noise, causing her to blink when she sees the soft blue light. When she blinks after seeing the soft blue light, she is showing a(n)
- unconditioned response.
 - unconditioned stimulus.
 - conditioned response.
 - conditioned stimulus.

ANS: C DIF: Easy

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

33. Joseph uses classical conditioning to teach his sister to be afraid of squirrels. To be successful, he must pair the neutral stimulus, the squirrel, with a(n) _____, such as _____.
- neutral stimulus; a light turning on

- b. conditioned response; running away
- c. unconditioned response; an increased heartbeat
- d. unconditioned stimulus; a loud noise

ANS: D DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

34. Samuel always receives a painful shock when he turns on the lamp in his study. After a while, Samuel refuses to touch the switch on the lamp. The lamp switch was a(n) _____ stimulus that elicited a(n) _____ response after a period of time.
- a. unconditioned; unconditioned
 - b. neutral; conditioned
 - c. unconditioned; conditioned
 - d. neutral; unconditioned

ANS: B DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

35. At lunch one day, a spider walks onto your table. It looks just like the one that bit you last year and made you very sick. You immediately start to panic, which in this situation is most likely a(n)
- a. neutral stimulus.
 - b. conditioned stimulus.
 - c. unconditioned response.
 - d. conditioned response.

ANS: D DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

36. Riley ate too much chocolate cake during his birthday party and was sick all night. If classical conditioning occurred and he associated the cake with being sick, then when Riley sees cake today, he will most likely
- a. be happy because it reminds him of the great time he had at his party.
 - b. want to eat more cake because he is still celebrating his birthday.
 - c. be turned off by the smell and the memory of the taste of cake.
 - d. save the cake for later when he feels a little bit better.

ANS: C DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

37. A father takes his young daughter to the park. The girl grabs a red flower and is stung by a bee. The next day, the girl's grandmother brings her a bouquet of red flowers. When the girl sees the flowers, she becomes afraid and runs away. In this example, the conditioned stimulus is the
- a. fear of the flowers.
 - b. red flowers.
 - c. pain of the sting.
 - d. bee.

ANS: B DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

38. Jess always feels hungry at 7:00 PM. Maggie, Jess's roommate, decides to play a particular song for Jess at 6:59 PM for several nights in a row. One night, Maggie plays the song at 5:30 PM and Jess says, "Huh . . . I suddenly feel hungry." In this situation, classical conditioning occurred because
- a. Maggie presents dinner before playing the song for Jess.
 - b. the song naturally causes Jess's stomach to growl.
 - c. Maggie paired a neutral stimulus, a song, with an unconditioned stimulus, a certain time of day, when Jess always felt hungry.
 - d. Maggie plays the song when Jess first arrives home and then waits an hour to serve dinner.

ANS: C DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

39. If you are trying to use classical conditioning to train your pet mouse to be afraid of a flashing light, you will most likely be successful if you
- pair the light with giving the mouse a treat.
 - pair the light with an electric shock.
 - take away the mouse's food after the light comes on.
 - take away the mouse's food before the light comes on.

ANS: B

DIF: Moderate

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

40. If Carlos wants to use classical conditioning so his three-year-old sister learns to be afraid of dogs, he should
- shove her to the ground every day whether she pets a dog or not.
 - blow an air horn to make her afraid every time she pets their own dog.
 - pretend to be afraid of dogs himself.
 - give her a piece of candy every time she is afraid to go near a dog.

ANS: B

DIF: Difficult

REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. If Pavlov repeatedly presented the conditioned stimulus, the metronome, without the unconditioned stimulus, the food, the dogs would stop salivating to the sound of the metronome. In classical conditioning, this process is called
- acquisition.
 - extinction.
 - spontaneous recovery.
 - stimulus generalization.

ANS: B

DIF: Easy

REF: 6.5 Learning Varies in Classical Conditioning

OBJ: 6.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. A cat is classically conditioned to purr when it hears the refrigerator door open, because it contains the cat food. But the cat does not purr when it hears the pantry door open. The fact that the cat only purrs when the refrigerator door opens is most likely a result of
- stimulus discrimination.
 - spontaneous recovery.
 - stimulus generalization.
 - extinction.

ANS: A

DIF: Moderate

REF: 6.5 Learning Varies in Classical Conditioning

OBJ: 6.5a | 6.5b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

43. Jack uses classical conditioning to teach his dog Luna to sit whenever Jack says "Sit." But now, anything that Jack says that is similar to "Sit" causes Luna to show the conditioned response of sitting. This is most likely the result of
- stimulus generalization.
 - stimulus discrimination.
 - extinction.
 - second-order conditioning.

ANS: A

DIF: Moderate

REF: 6.5 Learning Varies in Classical Conditioning

OBJ: 6.5a | 6.5b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

44. Pederson's teacher blows a whistle when it is time for his class to come in from recess. Pederson is afraid of being left on the playground alone, so he starts to go inside any time he hears a sound like the teacher's whistle, such as the school bell ringing. Pederson's behavior is an example of
- second-order conditioning.
 - stimulus discrimination.
 - spontaneous recovery.
 - stimulus generalization.

ANS: D

DIF: Easy

REF: 6.5 Learning Varies in Classical Conditioning

OBJ: 6.5a | 6.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

45. Last year, Martina was in love with Robert, but they broke up a few months ago. Today in the mall, Martina smells someone wearing the same cologne that Robert always wore. She is immediately filled with positive feelings, which is most likely due to
- stimulus generalization.
 - stimulus discrimination.
 - second-order conditioning.
 - spontaneous recovery.

ANS: D DIF: Moderate REF: 6.5 Learning Varies in Classical Conditioning
OBJ: 6.5a | 6.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

46. Rachel's dog loves meat and salivates when he sees it. Rachel repeatedly shows her dog a picture of a circle before showing him a piece of meat. Soon, the dog salivates at the picture of the circle. When Rachel shows her dog a picture of an oval, the dog does not salivate, which is best explained by
- stimulus generalization.
 - stimulus discrimination.
 - spontaneous recovery.
 - second-order conditioning.

ANS: B DIF: Moderate REF: 6.5 Learning Varies in Classical Conditioning
OBJ: 6.5a | 6.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

47. Kathy is classically conditioned to fear the toilet flushing while she is in the shower because the flush causes a surge of hot water. Kathy showers at her parent's house, someone flushes the toilet, and she does not get burned. Still, when showering back at home, the toilet flushes and Kathy immediately feels a surge of fear. This example best illustrates the fact that extinction
- reduces the strength of an association, but does not eliminate it.
 - is an adaptive response to delete information from memory.
 - helps readapt old learning strategies to novel problems.
 - forms the basis for non-associative learning when applied to novel situations.

ANS: A DIF: Difficult REF: 6.5 Learning Varies in Classical Conditioning
OBJ: 6.5a | 6.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

48. Katrina is training her dog to sit whenever she points at him. She repeatedly points right before giving a verbal command. Her dog gradually learns to associate the pointing with the verbal command and will eventually sit when she points without the verbal command. This process of gradual learning is known as
- habituation.
 - acquisition.
 - extinction.
 - spontaneous recovery.

ANS: B DIF: Easy REF: 6.5 Learning Varies in Classical Conditioning
OBJ: 6.5a | 6.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

49. Dante was recently bitten in the leg by a snake and now has learned to fear snakes. If his fear is out of proportion with the danger posed by snakes, then Dante has developed
- an evolutionary adaptation.
 - stimulus discrimination.
 - a phobia.
 - second-order conditioning.

ANS: C DIF: Easy
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

50. Dr. Shaw has a patient who has a phobia of spiders and also loves doing puzzles. Dr. Shaw exposes the patient to spiders briefly while having the patient complete a fun puzzle. Dr. Shaw is using _____ to treat his patient's phobia.
- second-order conditioning
 - systematic desensitization
 - modeling
 - counterconditioning

ANS: D DIF: Moderate
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6a | 6.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

51. Katie is afraid of clowns. She has been trying to overcome this fear by getting into a relaxed state and then looking at pictures of clowns. After months of this exposure, she is no longer afraid when she sees a clown. Katie has been using _____ to overcome her fear.
- counterconditioning
 - systematic desensitization
 - extinction
 - modeling

ANS: B DIF: Moderate
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6a | 6.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

52. Ever since she saw a snake eat a mouse at the reptile exhibit at the zoo, Jin has been terrified of snakes. Now Jin's class has a pet snake and her teacher wants to help reduce Jin's fear. The teacher begins by only uncovering the snake aquarium when Jin and her classmates are eating snack. This attempt at associating the snake with something positive is called
- systematic desensitization.
 - stimulus discrimination.
 - counterconditioning.
 - second-order conditioning.

ANS: C DIF: Moderate
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6a | 6.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

53. During the famous experiment with "Little Albert," Albert learned to fear rats when researchers used classical conditioning and presented a
- loud sound as the unconditioned stimulus.
 - rat as the unconditioned stimulus.
 - rat as the conditioned response.
 - loud sound as the conditioned response.

ANS: A DIF: Easy
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

54. Vincent wants to use systematic desensitization to treat his patient's phobia of elevators. After the patient learns how to relax her muscles, Vincent's next step should be to
- get the patient into an elevator and practice relaxing.
 - explain to the patient what is going on in her brain when she feels fearful.
 - have the patient imagine an elevator while continuing the relaxation exercises.
 - give the patient a dollar for every floor she passes during an elevator ride.

ANS: C DIF: Difficult
REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning
OBJ: 6.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

55. The gray wolves of the Northern Rocky Mountain region vomited after eating poisoned sheep meat. The wolves formed the association of feeling ill with preying on sheep. In this example, feeling ill is the
- unconditioned response.
 - conditioned response.
 - unconditioned stimulus.
 - conditioned stimulus.

ANS: B DIF: Easy
REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
OBJ: 6.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

56. Sunil wants to classically condition his dog to fear skunks so that he does not get sprayed again. This task should be much easier than teaching him to fear a house plant because a dog
- is biologically prepared to fear animals that might cause it harm.
 - has high intelligence compared with other animals.
 - can easily be conditioned to fear skunks specifically.
 - associates house plants with grass, which is where the dog goes to the bathroom.

ANS: A DIF: Moderate
REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
OBJ: 6.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. Yamah was enjoying a latte while her favorite song was playing in the coffee shop. Later, she felt sick to her stomach and began to associate drinking the latte with feeling ill. She did not form an association with hearing the song and feeling ill because

- a. the song was not played repeatedly.
- b. taste guides our eating behavior, but sound does not.
- c. the song was not loud enough.
- d. taste is the only thing we consider when we feel ill.

ANS: B DIF: Moderate
 REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
 OBJ: 6.7b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

58. Humans tend to fear things that are potentially dangerous, rather than things that are not threatening. Psychologist Martin Seligman suggests this is because humans
- a. learn from their experiences.
 - b. habituate to dangerous things.
 - c. are genetically programmed this way.
 - d. are conditioned by watching animals.

ANS: C DIF: Easy
 REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
 OBJ: 6.7b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

59. Three-year-old Markus is startled by the booming sound of thunder he heard before a storm. According to the cognitive model of classical learning, Markus will pay close attention to his environment in an effort to try to
- a. avoid the loud noise in the future.
 - b. predict when the noise will happen again.
 - c. figure out when it might rain.
 - d. desensitize his fear response.

ANS: B DIF: Difficult
 REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
 OBJ: 6.7b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

60. In the cognitive model of classical conditioning, the strength of the association between the conditioned stimulus and unconditioned stimulus is determined by how _____ the _____ stimulus is.
- a. likely; conditioned
 - b. pleasing; unconditioned
 - c. frequent; conditioned
 - d. surprising; unconditioned

ANS: D DIF: Easy
 REF: 6.7 Adaptation and Cognition Influence Classical Conditioning
 OBJ: 6.7b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

61. Susie wants to use operant conditioning to teach her cat to sit up for a treat. A psychologist who has conducted research that would be useful to her in this situation is
- a. Edward Thorndike.
 - b. John Watson.
 - c. Alfred Bandura.
 - d. Ivan Pavlov.

ANS: A DIF: Easy
 REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions
 OBJ: 6.8a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

62. Professor McCready wants to study animal learning by putting birds in a cage where they have to figure out how to peck a button to receive food. Professor McCready is using _____ to modify animal behavior.
- a. punishment
 - b. shaping
 - c. a Skinner box
 - d. the Premack principle

ANS: C DIF: Easy
 REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions
 OBJ: 6.8a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Remembering

63. You want to teach your dog to stop scratching at the door when he wants to go out. You do so by swatting his nose with a newspaper each time he scratches the door. By creating consequences for your dog's behavior, you have used _____ to train him.
- a. operant conditioning
 - c. modeling

REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions | 6.9 Learning Varies in Operant Conditioning
OBJ: 6.8b | 6.9a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

70. Channing believes that the best way to get his boyfriend to clean up after himself is by offering dessert as soon as his boyfriend cleans up the apartment. Channing knows that dessert is a _____ reinforcer that will likely _____ the probability that his boyfriend will clean the apartment in the future.
- primary; increase
 - primary; decrease
 - secondary; decrease
 - secondary; increase

ANS: A DIF: Moderate

REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions | 6.9 Learning Varies in Operant Conditioning
OBJ: 6.8b | 6.9a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

71. Sampson is a dolphin trainer who trains his dolphins to perform tasks by blowing a high-pitched whistle immediately after the dolphins do the task. The dolphins enjoy the sound of the whistle because it previously was paired with the fish they were given to eat. Based on this, you know that Sampson is using the whistle as a _____ reinforcer to train the dolphins.
- primary
 - negative
 - secondary
 - variable

ANS: C DIF: Moderate REF: 6.9 Learning Varies in Operant Conditioning

OBJ: 6.9a | 6.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

72. Jean wants her daughter to eat her vegetables so she is healthy. Jean tells her daughter that after she eats her vegetables she can play outside, which is one of her daughter's favorite things to do. In this situation, Jean is using _____ to increase her daughter's eating of vegetables.
- negative reinforcement
 - positive punishment
 - the Premack principle
 - primary reinforcement

ANS: C DIF: Moderate REF: 6.9 Learning Varies in Operant Conditioning

OBJ: 6.9a | 6.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

73. Raul has no motivation to read the chapters from his biology textbook that were assigned for homework. According to the Premack principle, Raul could reinforce his textbook reading by doing which of the following?
- doing something enjoyable after he reads
 - doing something enjoyable before he reads
 - spending more time reading the textbook
 - spending less time reading the textbook

ANS: A DIF: Easy REF: 6.9 Learning Varies in Operant Conditioning

OBJ: 6.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

74. Reinforcement that comes after a predetermined amount of time is called a
- variable ratio.
 - fixed ratio.
 - fixed interval.
 - variable interval.

ANS: C DIF: Easy

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

75. Lenny needs to quickly train his cows to use one specific field when they graze. The reinforcement that will allow the cows to learn most quickly is _____ reinforcement.
- partial
 - interval
 - continuous
 - fixed

ANS: C DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

76. When wild Arctic wolves hunt, their efforts are only sometimes reinforced because finding food is difficult. The fact that the wolves are only sometimes reinforced for hunting is an example of _____ reinforcement.
- a. partial
 - b. continuous
 - c. ratio
 - d. fixed

ANS: A DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

77. Sandra is toilet training her son and only rewards him some of the time when he uses the toilet. Sandra knows that using partial reinforcement creates behaviors that are more enduring than does continuous reinforcement, which is a result of
- a. the partial-reinforcement extinction effect.
 - b. the law of effect.
 - c. primary reinforcement.
 - d. the Premack principle.

ANS: A DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

78. Albert has a beautiful garden in his backyard and notices that hummingbirds feed on the flowers at the same time each day in order to get the most nectar. The hummingbirds are being rewarded for their feeding behavior on a _____ schedule of reinforcement.
- a. fixed ratio
 - b. variable ratio
 - c. fixed interval
 - d. variable interval

ANS: C DIF: Easy

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

79. The Acme Chemical Company has some employees who work in a production plant and some who work in a sales office. The plant workers get paid every Friday; however, the office workers get paid for every fifth sale they make. The plant workers are paid on a _____ schedule, whereas the office workers are paid on a _____ schedule.
- a. fixed ratio; variable interval
 - b. fixed interval; fixed ratio
 - c. variable ratio; fixed interval
 - d. variable interval; variable ratio

ANS: B DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

80. Taylor's parents are inconsistent with their child-rearing practices. Some days, Taylor can get away with climbing onto the back of the couch and jumping off, but other days she is punished. Taylor's parents are reinforcing her behavior on a _____ schedule.
- a. fixed ratio
 - b. variable ratio
 - c. variable interval
 - d. fixed interval

ANS: C DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

81. Professor Jackson periodically gives his students pop quizzes on the reading assignments. To encourage students to complete the reading assignments, the schedule of reinforcement he should use for the pop quizzes is a _____ schedule.
- a. fixed interval
 - b. fixed ratio
 - c. variable interval
 - d. variable ratio

ANS: D DIF: Difficult

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

82. Positive punishment causes a(n) _____ in behavior through the _____ of a stimulus.
- increase; addition
 - decrease; removal
 - decrease; addition
 - increase; removal

ANS: C

DIF: Easy

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a | 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

83. When explaining to his wife how positive reinforcement and positive punishment are similar, Jackson correctly says that both
- increase the probability of a behavior.
 - decrease the probability of a behavior.
 - remove a stimulus.
 - add a stimulus.

ANS: D

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a | 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

84. In operant conditioning, removing a stimulus to increase a behavior in the future is called
- positive punishment.
 - negative punishment.
 - positive reinforcement.
 - negative reinforcement.

ANS: D

DIF: Easy

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a | 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

85. If Sheila wants to decrease her dog barking at the cat next door, she should most likely use
- punishment.
 - reinforcement.
 - the Premack principle.
 - shaping.

ANS: A

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

86. Samantha tells her roommate that negative reinforcement and negative punishment are similar because they
- remove a stimulus.
 - decrease behavior.
 - add a stimulus.
 - increase behavior.

ANS: A

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

87. If getting \$1 for every correct answer on this test makes you study harder for the next test, then being given \$1 is a form of
- positive punishment.
 - negative punishment.
 - positive reinforcement.
 - negative reinforcement.

ANS: C

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

88. A month ago, Jenny was pulled over for speeding, and because it was her third ticket this year, her license was suspended. Jenny just received her license back and vows never to speed again. In this situation, having her license suspended has served as
- positive reinforcement.
 - negative reinforcement.
 - positive punishment.
 - negative punishment.

ANS: D

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

89. Tripp is serving a 10-year prison sentence when he is informed by his parole board that he is getting out of jail early for good behavior. If the early release has the effect of increasing Tripp's good behavior in the future, then decrease of time in prison is an example of
- positive reinforcement.
 - negative reinforcement.
 - positive punishment.
 - negative punishment.

ANS: B

DIF: Difficult

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

90. Whenever baby Colin cries, his mother picks him up. This stops Colin from crying. In turn, this makes Colin's mother pick him up more often. In this example, his mother picking him up serves as a _____ reinforcer for Colin. Colin stopping crying is a _____ reinforcer for the mother.
- negative; negative
 - negative; positive
 - positive; negative
 - positive; positive

ANS: C

DIF: Difficult

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

91. Melanie is getting "D" grades in several of her classes. To get Melanie to study more, her parents should
- punish her for poor academic performance.
 - remove privileges when she earns a grade less than a B.
 - ignore Melanie until she gets higher grades.
 - praise Melanie when she practices good study habits.

ANS: D

DIF: Difficult

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

92. For each cart of books that Spencer reshelves in the prison library, he receives a chip. He is allowed to collect chips and then trade them in for candy, extra recreation time, or visitation time. The prison uses a token economy, which is a method of
- variable reinforcement.
 - continuous reinforcement.
 - positive punishment.
 - behavior modification.

ANS: D

DIF: Moderate

REF: 6.11 Operant Conditioning Affects Your Life

OBJ: 6.11a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

93. A rehabilitation center reinforces patients' good behaviors with Monopoly money, which they can then trade in for food, movies, or other privileges. When they behave badly, however, the patients lose Monopoly money. To modify the patients' behavior, the center is using
- a continuous schedule of reinforcement.
 - a token economy.
 - positive punishment.
 - a fixed ratio schedule of reinforcement.

ANS: B

DIF: Moderate

REF: 6.11 Operant Conditioning Affects Your Life

OBJ: 6.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

94. When using positive punishment as a means of discipline, the word *positive* indicates
- a reinforcer is present.
 - something bad happens.
 - something is being added.
 - something good happens.

ANS: D

DIF: Moderate

REF: 6.11 Operant Conditioning Affects Your Life

OBJ: 6.11a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

95. A device in Jaclyn's car beeps loudly whenever she brakes too quickly. After three months of using the device, Jaclyn's insurance company will lower her rate if her driving improves. The

device is being used as what type of operant-conditioning technique?

- a. shaping
- b. insight learning
- c. behavior modification
- d. continuous reinforcement

ANS: C DIF: Difficult REF: 6.11 Operant Conditioning Affects Your Life
OBJ: 6.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

96. Whenever two-year-old Abby uses the toilet, her mom puts a sticker on a chart. When the sticker chart is full, Abby is allowed to pick out a toy from the store. Using the sticker as a secondary reinforcer means that this is a type of

- a. variable interval schedule.
- b. dopamine activity.
- c. token economy.
- d. insight learning.

ANS: C DIF: Moderate REF: 6.11 Operant Conditioning Affects Your Life
OBJ: 6.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

97. Simon's dog urinates in the house while he is at work. When he gets home and sees the mess, he rubs his dog's nose in it and yells, "Bad dog!" Which of the following is one reason why this attempt at positive punishment might not work to correct the dog's behavior?

- a. It was not applied immediately after the dog's mistake.
- b. Punishment does not correct bad behavior.
- c. Dogs cannot understand a token economy.
- d. Partially reinforced behaviors are harder to correct.

ANS: A DIF: Easy REF: 6.11 Operant Conditioning Affects Your Life
OBJ: 6.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

98. Rosy bites her older brother whenever he doesn't share his toys with her, so Rosy's parents put her in time-out for biting. The next time her brother does not share his toys, Rosy hits him. Time-out has not corrected Rosy's poor behavior because

- a. the punishment led to Rosy having negative emotions.
- b. physical punishment is more effective.
- c. the punishment was unreasonable.
- d. the punishment did not tell Rosy how to improve.

ANS: D DIF: Difficult REF: 6.11 Operant Conditioning Affects Your Life
OBJ: 6.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

99. Reynold believes that reinforcement affects the performance of a behavior more than the acquisition of knowledge. Reynold's belief is consistent with the ideas of the cognitive theorist

- a. Edward Thorndike.
- b. John Watson.
- c. Edward Tolman.
- d. Alfred Bandura.

ANS: C DIF: Moderate
REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

100. Drugs like cocaine and amphetamines are reinforcing to the user, making it more likely that he or she will use again. This is because the drugs

- a. create cognitive maps.
- b. enhance dopamine activation.
- c. enhance the user's forgetfulness.
- d. create insight learning experiences.

ANS: B DIF: Easy
REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

101. Aldo cannot get the answer to a chemistry problem even after sitting at his desk for an hour. He gets up and goes for a walk. Suddenly, even though he appears to have stopped thinking about it for a while, the answer comes to him. Aldo has most likely solved the problem based on

- a. insight learning.
- b. a cognitive map.
- c. latent learning.
- d. behavior modification.

ANS: A DIF: Easy

REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a | 6.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

102. George is traveling to visit his friend Ryan in a neighboring town but has to take a detour due to road construction. At first George feels lost, but then he notices a sign for Madison Street and immediately knows where he is and how to navigate to Ryan's house. In this situation, George has reached Ryan's by using
- a. a cognitive map.
 - b. insight learning.
 - c. positive reinforcement.
 - d. positive punishment.

ANS: A DIF: Moderate

REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a | 6.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

103. You carpool with a friend to school every morning and he always drives. One day, your friend is sick and you have to drive yourself. Even though you have never actually driven to school, you know the exact route to take in order to get there from your house, which is most likely the result of
- a. latent learning.
 - b. insight learning.
 - c. secondary reinforcement.
 - d. behavior modification.

ANS: A DIF: Moderate

REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a | 6.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

104. Genevieve wants her students to learn how to read their textbooks to answer questions about the material. She has her students do an ungraded in-class activity where they read sections of the book and answer questions about what they read on an activity sheet. A few weeks later, Genevieve assigns an activity sheet to go with her students' reading, but this time they receive a grade for finding the answers in the text. If the students do a good job and earn high grades on their answers, then their performance is most likely a result of
- a. a cognitive map.
 - b. insight learning.
 - c. latent learning.
 - d. vicarious conditioning.

ANS: C DIF: Moderate

REF: 6.12 Biology and Cognition Influence Operant Conditioning
OBJ: 6.12a | 6.12b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

105. Dr. Wolfgang would like to conduct a study examining how children learn to use slang words based on listening to their peers. Dr. Wolfgang's research would benefit if he read the work of _____, a psychologist who investigated observational learning.
- a. John Watson
 - b. Edward Tolman
 - c. Alfred Bandura
 - d. B. F. Skinner

ANS: C DIF: Easy

REF: 6.13 There Are Three Ways You Learn by Watching Others
OBJ: 6.13a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

106. Irina, who is three years old, was watching her father hammer a nail to join two pieces of wood. If Irina learns how to hammer wood together after this experience, it is most likely the result of
- a. observational learning.
 - b. modeling.
 - c. shaping.
 - d. vicarious conditioning.

ANS: A DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others
OBJ: 6.13a | 6.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

107. Miranda is learning how to play tennis. She has a unique way of hitting a backhand shot, but after a lesson with a professional instructor, Miranda changes her backhand technique to imitate the instructor's method of

- a. vicarious conditioning.
- b. latent learning.
- c. modeling.
- d. continuous reinforcement.

ANS: C DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13a | 6.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

108. Yang watched her brother pray before eating and heard their mother praise him for praying. Thus, Yang has learned to pray before eating a meal. Yang's praying is most likely a result of
- a. operant learning.
 - b. classical conditioning.
 - c. vicarious conditioning.
 - d. observational learning.

ANS: C DIF: Easy

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13a | 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

109. Thayer is holding her infant cousin and she smiles at the baby. The baby observes Thayer smiling and imitates the smile by smiling back. The baby most likely learned to smile in this situation based on
- a. reinforcement.
 - b. modeling.
 - c. vicarious conditioning.
 - d. insight learning.

ANS: B DIF: Easy

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13a | 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

110. Every Saturday, Vaughn watches a TV show featuring a chef making new recipes. The chef always throws a pinch of salt over his shoulder when seasoning the dishes. Now, whenever Vaughn cooks, he also throws salt over his shoulder. This modification of Vaughn's behavior is due to
- a. shaping.
 - b. reinforcement.
 - c. vicarious conditioning.
 - d. observational learning.

ANS: D DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13a | 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

111. Your history professor wants to help students learn how to write a high-quality research paper, so he posts an example of an "A" paper on the course website. You use this example as a template when writing your own paper. You have used _____ to write a good research paper.
- a. operant conditioning
 - b. shaping
 - c. modeling
 - d. vicarious conditioning

ANS: C DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13a | 6.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

112. Claire wants to write a paper about how often animals use observational learning. Which of the following should Claire NOT include as evidence to support her point that animals use observational learning?
- a. A rat learns to run through a maze quickly to get the food at the end of the maze.
 - b. A lab-raised monkey sees a wild monkey's reaction to a snake and then becomes fearful of snakes.
 - c. A puppy learns to get to the food kept in the pantry after watching his mother open the door.
 - d. A cheetah injures rather than kills her prey in order to teach her cubs how to hunt.

ANS: A DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

113. Billy has watched many movies in which the hero smokes cigarettes. Billy identifies with

these heroes and begins to smoke himself. Billy's new smoking behavior is best explained by

- a. latent learning.
- b. positive reinforcement.
- c. modeling.
- d. partial reinforcement.

ANS: C DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

114. Rayvonte, a recent college graduate, is impressed when his cousin receives many offers for job interviews after putting her résumé on the university's job board. Rayvonte decides to post his résumé in hopes of finding his first professional job. He most likely posted his résumé on the job board as a result of

- a. latent learning.
- b. vicarious conditioning.
- c. observational learning.
- d. positive reinforcement.

ANS: B DIF: Moderate

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

115. William is an observant teenager who encounters many different types of people as he goes about his day. Which of the following people is William LEAST likely to model?

- a. Ms. Simone, the pretty teacher who instructs William in several of his classes
- b. Nadir, his best friend who likes all the same foods and movies as William
- c. Ramone, the track star who is one of the most popular kids in the class
- d. Mr. Schafer, the bus driver who is very talkative to the students he drives

ANS: D DIF: Difficult

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

116. Mario believes that his son is learning to be aggressive because he plays violent video games. In what way could observational learning explain the connection Mario sees between media and his son's behavior?

- a. Children are rewarded for playing violent video games, which increases their level of aggression.
- b. Violent video games reinforce children's biological tendency toward aggression.
- c. Children who watch violence in video games tend to show more aggressive thoughts and actions.
- d. Exposure to violence in video games changes the levels of neurotransmitters in children's brains and thus makes them more likely to act violently.

ANS: C DIF: Difficult

REF: 6.13 There Are Three Ways You Learn by Watching Others

OBJ: 6.13b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

117. Sasha finds it funny that when she makes a silly face, her infant daughter, Penelope, tries to make the same silly face. As a psychologist who studies learning, Sasha knows that when Penelope observes Sasha's face, Penelope's _____ is/are active.

- a. long-term potentiation system
- b. mirror neurons
- c. memes
- d. primary reinforcers

ANS: B DIF: Moderate REF: 6.14 Biology Influences Observational Learning

OBJ: 6.14a | 6.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

118. When Mitch watches his brother Jacob stand on tiptoes to open the cabinet door, which of the following is most likely happening in Mitch's brain?

- a. Dopamine is acting on his reward regions as a positive reinforcer.
- b. Long-term potentiation serves to remove synaptic connections.
- c. The hippocampus relays a message about the last time Mitch opened the cabinet.
- d. Mitch's mirror neurons are being activated.

ANS: D DIF: Moderate REF: 6.14 Biology Influences Observational Learning

OBJ: 6.14a | 6.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

119. Twins Malcolm and Molly are learning to ride bikes. Molly watches Malcolm's attempts for several minutes and then tries to ride her own bike. During this process, Molly's mirror neurons are
- never active.
 - active when she is watching Malcolm.
 - active when she tries to ride her bike.
 - active when she watches Malcolm and when she rides her own bike.

ANS: D DIF: Moderate REF: 6.14 Biology Influences Observational Learning
OBJ: 6.14a | 6.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

120. Elianna watches a YouTube video of a skateboarder failing to complete a risky jump and landing in a painful position. She winces and says "Ouch, that hurts" when she watches. Elianna can feel the skateboarder's pain because
- she remembers falling.
 - her brother is a skateboarder.
 - her mirror neurons are active.
 - she hears him cry after he falls.

ANS: C DIF: Moderate REF: 6.14 Biology Influences Observational Learning
OBJ: 6.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

SHORT ANSWER

- Describe non-associative learning and associative learning.
 - Name and explain one type of non-associative learning.
 - Explain how non-associative learning is helpful because it allows people to adapt to their environments.

ANS:

Suggested answer:

- Non-associative learning is learning about a single stimulus in the external world. Associative learning is learning the relationship between two pieces of information.
- Habituation is a decrease in behavioral response to a stimulus after repeated exposure. Sensitization is an increased behavioral response to a stimulus after repeated exposure.
- Non-associative learning is adaptive because it allows us to function on a day-to-day basis (habituation allows us to ignore unimportant stimuli so we can focus attention elsewhere) and also prepares us to respond to an important situation (tells us when we need to pay attention to a stimulus we have experienced many times before).

DIF: Moderate REF: 6.1 You Learn from Experience OBJ: 6.1a | 6.1b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

- Charlie is addicted to heroin, and although he would like to quit, he finds that it is incredibly difficult to do.
 - Explain how Charlie's addiction is an example of associative learning.
 - Give one example of how learning by watching others may have influenced Charlie's behavior.

ANS:

Suggested answer:

- Drug addiction is an example of associative learning because one is making a connection between two pieces of information: (1) taking a drug and (2) the resulting effects (emotional, cognitive, and physiological). Responses may go even further by discussing classical or operant conditioning specifically.
- Some examples of learning by watching others could include: (1) observational learning— watching a parent or a friend using a drug; (2) vicarious conditioning—a person may repeat or avoid a drug-taking behavior he or she has seen when someone was reinforced for using a drug (for example, by experiencing a "high") or was punished for using a drug (for example, being arrested); and (3) modeling—drugs are often used in social situations, so a person might see a friend using drugs and then he or she may take the drugs as well.

DIF: Difficult REF: 6.1 You Learn from Experience OBJ: 6.1b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Applying

- Lea is distressed to find that over the course of her first semester in college, she has gained 15 pounds. She knows that she likes to hang out at the dining hall with friends and is not used to having so many food options (particularly unhealthy ones!) around all the time. Lea also keeps snacks in her room to eat so that she will not fall asleep when she is up late studying or to make her feel better when she is stressed out over her workload.
 - Give a description of how each of the three main types of learning (non-associative, associative, and learning by watching others) does or does not explain Lea's behavior during her semester at college. Give one example of each type of learning.
 - How has long-term potentiation in Lea's brain influenced her behavior?

ANS:

Suggested answer:

- A) Non-associative—this does not explain Lea’s behavior. Associative—Lea has learned to connect her eating behaviors with specific events and outcomes (such as social events and stress) and is mostly using these behaviors in a way that is consistent with operant conditioning (food makes her feel good and allows her to get her work done, so she is more likely to eat it). Learning by watching others—eating is a social event in which Lea may learn about what types of food and how much food is acceptable to eat by watching what her peers do. She may model her friends’ eating habits or have thoughts such as, “Marsha is skinny and she eats hamburgers all the time, so it must be okay to eat hamburgers.”
- B) When we are exposed to stimuli, physical changes that allow learning to occur happen in our brains. Two specific examples include (1) after an original event, the firing of one neuron becomes increasingly likely to cause the firing of a second, and (2) long-term potentiation, which is the specific strengthening of neural pathways that enhances our overall brain activity. These brain changes make us more active learners and more easily able to remember things we have learned.

DIF: Difficult REF: 6.3 Your Brain Changes During Learning

OBJ: 6.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

4. Shawn’s daughter Violet has just started to crawl. Shawn is worried that Violet will start to play with the electrical outlet plugs.

A) Define *classical conditioning*.

B) Describe how Shawn might use classical conditioning to make Violet afraid of touching the electrical outlets. Be specific and include a description of each of the four steps of conditioning for this particular situation.

ANS:

Suggested answer:

A) Classical conditioning is a type of learned response in which a neutral object comes to elicit a response when it is associated with a stimulus that already produces an innate (unlearned) response.

B) Answers will vary but should include correct identification of the US (stimulus that elicits a response that is innate), UR (a response that does not have to be learned, such as a reflex), CS (a stimulus that elicits a response only after learning has taken place), NS (a stimulus that is not associated with the UR), and CR (a response to a conditioned stimulus, a learned response) as well as the correct order of steps of CC. One example is US = banging on a pan, UR = shock/fear/crying, NS/CS = electrical outlet plugs, and CR = shock/fear/crying. Steps: (1) banging on a pan (US) startles and frightens Violet, causing her to cry (UR); (2) touching the electrical outlet plugs does not cause Violet to cry (NS); (3) each time Violet reaches for or touches the electrical outlet plugs (NS), Shawn will bang loudly on a pan (US); and (4) after a period of time, Violet will associate the outlet plugs with fear (CS) and will cry upon sight of the outlet (CR).

DIF: Moderate REF: 6.4 Through Classical Conditioning, You Learn That Stimuli Are Related

OBJ: 6.4a | 6.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

5. Every day when Johnny goes outside for recess, he sees the child who bullies him on the playground, which causes him to feel anxious. Over time, Johnny has been classically conditioned to feel anxious at the sound of the bell signaling the start of recess.

A) Identify the US, UR, CS, and CR in this situation.

B) What is extinction? Give an example of how extinction might occur in Johnny’s situation, if the bully goes on vacation for two weeks.

C) When the bully returns to school after his two-week vacation, how might Johnny’s conditioned response to the recess bell change?

ANS:

Suggested answer:

A) US = bully, UR = anxiety, NS/CS = recess bell, and CR = anxiety

B) Extinction is a process in which the conditioned response is weakened when the conditioned stimulus is repeated without the unconditioned stimulus. Examples will vary; one possibility is that if the bully goes on vacation, Johnny will no longer feel anxious when the recess bell rings because it is no longer followed by the bully’s presence.

C) Spontaneous recovery is a process in which a previously extinguished response reemerges after the conditioned stimulus is presented again. Examples will vary; one possibility is that if the bully returns from vacation, and is once again waiting for Johnny at recess immediately after the recess bell, Johnny’s feelings of anxiety will rapidly reappear.

DIF: Moderate REF: 6.5 Learning Varies in Classical Conditioning

OBJ: 6.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

6. Antonio has a fear of heights. He is consulting with a therapist so that he can take a trip to visit his cousin, who lives in Europe.

A) What is systematic desensitization?

B) How is systematic desensitization different from counterconditioning?

C) What is the most important feature of systematic desensitization?

ANS:

Suggested answer:

- A) Systematic desensitization is the process of teaching relaxation techniques that can be used when exposed to a fear-inducing stimulus (features a gradual increase in the level of exposure while practicing relaxation techniques).
- B) Counterconditioning is the process of being exposed to a fearful stimulus while doing a pleasurable activity. It does not include relaxation techniques.
- C) Relaxation is the key to systematic desensitization.

DIF: Easy REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning

OBJ: 6.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Remembering

7. Danielle is a mean preschool teacher and wants to teach her students to fear the school principal, who comes to check on their classroom at the same time every day. She attempts to use classical conditioning by turning off the classroom lights (US) immediately before the principal comes in (NS). The resulting darkness causes the children to be naturally fearful (UR). After a few weeks of trying this, Danielle is disappointed that the children do not seem to be developing a fear of the principal.
 - A) Using your knowledge of the four steps of classical conditioning, explain why Danielle has not been able to create a fear response in her students. Be sure to include the US, UR, CS, and CR in your answer.
 - B) Assuming that Danielle is able to use classical conditioning correctly, explain one other factor that might influence how well the children learn this association.

ANS:

Suggested answer:

- A) US: darkness; UR: fear; NS/CS: principal; CR: fear. In this situation, Danielle is putting the NS after the US, which makes it more difficult for the students to learn the association.
- B) Danielle should put the NS before the US (for example, immediately after the principal steps into the room, Danielle could turn the lights off, making the room very dark). We can expect other factors, such as how unexpected or surprising the US is or how strongly it causes the UR, to influence how well the children learn the association.

DIF: Difficult REF: 6.6 You Can Learn Fear Responses Through Classical Conditioning

OBJ: 6.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

8. Ben's father, Sean, is very authoritative. He often puts Ben in a time-out for fighting with his sister, takes away his favorite toy when he stays up past his bedtime, and restricts his daily TV time if he does not get good grades. Ben's mother, Tanya, is friendly and supportive. She frequently takes Ben for ice cream when he does well on his homework assignments, praises him when he comes home from tennis practice, and gives him a weekly allowance if he completes his chores.
 - A) Write a definition of operant conditioning.
 - B) Are Sean and Tanya using reinforcement or punishment? Be specific in explaining your answer. How do you know which one each parent is using?
 - C) Give one example of how Sean could use the Premack principle to get Ben to go to bed on time.

ANS:

Suggested answer:

- A) Operant conditioning is a learning process in which the consequences of a behavior determine whether it will be performed again in the future.
- B) Sean is using punishment (aimed at decreasing the likelihood of Ben's behaviors) and Tanya is using reinforcement (aimed at increasing the likelihood of Ben's behaviors).
- C) The Premack principle suggests that a more valued activity can be used to reinforce a less valued activity. Examples will vary. One possibility is if Ben does not like (or "value") going to bed, then he could be reinforced with something he likes better. For example, for each night that he goes to bed on time, he can choose the radio station for the ride to school the next morning, he can have 15 extra minutes of story time before bed the next night, or he can take a special toy to school with him.

DIF: Moderate

REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions

OBJ: 6.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

9. Mike wants to teach his two-year-old brother to dunk a basketball in a mini basketball net.
 - A) Describe shaping and explain how Mike would be able to use this to teach his brother to dunk.
 - B) How are primary and secondary reinforcers similar and different? Give an example of each that Mike could use to reinforce his brother.

ANS:

Suggested answer:

- A) Shaping is the reinforcement of behaviors that are increasingly similar to the desired one. Mike might reinforce his brother for jumping up and down underneath the hoop without anything in his hands, then for jumping at the hoop with his hand outstretched toward the rim, then for jumping toward the rim with a ball in his hands, and finally for successfully dunking.

- B) Primary reinforcers are those that satisfy biological needs, whereas secondary reinforcers are those that do not satisfy biological needs. Although they both can strongly influence the likelihood of a behavior being performed in the future, secondary reinforcers are valued because of classical conditioning. In other words, we learn to value them; they are not valued innately for physiological reasons.

DIF: Moderate

REF: 6.8 Through Operant Conditioning, You Learn the Consequences of Your Actions

OBJ: 6.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

10. Your roommate drives you crazy because every morning she hits the snooze button on her alarm clock three times before she gets out of bed.
- A) Describe the two types of reinforcement and the two types of punishment. Explain how they influence the likelihood of a behavior occurring later.
- B) Give an example of each type of reinforcement and punishment.
- C) Choose one type of reinforcement and one type of punishment and explain how you could use them to modify your roommate's annoying behavior.

ANS:

Suggested answer:

- A) Positive reinforcement is the addition of a stimulus that increases the likelihood of a behavior reoccurring. Negative reinforcement is the removal of a stimulus that increases the likelihood of a behavior reoccurring. Positive punishment is the addition of a stimulus that decreases the likelihood of a behavior reoccurring. Negative punishment is the removal of a stimulus that decreases the likelihood of a behavior reoccurring.
- B) Some examples include the following:
Positive reinforcement—giving a piece of candy, complimenting someone, getting paid
Negative reinforcement—taking medicine for a headache, leaving home early to avoid traffic, drying wet hands, turning off your alarm clock
Positive punishment—jail sentence, time-outs for children, getting a ticket for speeding, spanking, a dog biting you when it does not like the way you are petting it
Negative punishment—losing your driver's license, taking away a teenager's cell phone, not allowing a child to watch his or her favorite TV show
- C) Some examples include the following:
Positive reinforcement—buying the roommate coffee if she gets out of bed when the alarm first rings
Negative reinforcement—excuse the roommate from doing her chores for the apartment if she gets out of bed when her alarm first rings
Positive punishment—after the roommate hits the snooze button three times, get up and start playing loud music to wake her up
Negative punishment—hiding the roommate's alarm clock so that she does not wake up on time and misses an exam

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

11. Shonda wants to train her dog to roll over and is unsure of how to use reinforcement to teach her dog this new trick.
- A) Describe continuous and partial reinforcement and give one advantage of using each.
- B) Describe each of the four schedules of partial reinforcement.
- C) Which schedule of partial reinforcement should Shonda choose to use if she wants to create the highest rate of response in the shortest amount of time? Which should she use if she wants to create the most consistent rate of response?

ANS:

Suggested answer:

- A) Continuous—behavior is reinforced each and every time it is performed; the advantage is that learning occurs quickly.
Partial—behavior is reinforced occasionally (not every single time); the advantage is that behavior is more enduring.
- B) Fixed interval (FI)—reinforcement given after a predetermined amount of time
Variable interval (VI)—reinforcement given after an unpredictable and varying amount of time
Fixed ratio (FR)—reinforcement given after a predetermined number of responses
Variable ratio (VR)—reinforcement given after an unpredictable and varying number of responses
- C) In order to obtain the largest response in the shortest time, one should use a variable ratio schedule. In order to obtain the most consistent response, one should use a variable interval schedule.

DIF: Moderate

REF: 6.10 Both Reinforcement and Punishment Influence Operant Conditioning

OBJ: 6.10a | 6.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

12. Cheryl hears a new song on the radio every day during the week on her commute to work. Surprisingly, when the song comes on at a party on Saturday night, she knows most of the words without trying.
- A) Describe the three ways that we use cognition to learn without reinforcement.
- B) Which type of cognitive learning without reinforcement best explains how Cheryl knew the song lyrics? Explain your answer.
- ANS:
- Suggested answer:
- A) There are three main types of learning that occur without reinforcement. (1) Cognitive map—a visual and spatial representation of an environment that exists in our minds. (2) Latent learning—learning that takes place in the absence of reinforcement and is not always immediately obvious. (3) Insight learning—a sudden understanding of a problem after a period of inaction or time spent thinking about the problem.
- B) Cheryl’s behavior can best be explained by latent learning. Although she was not aware that she had been processing the words to the song while she was in the car (or even paying that much attention), her ability to sing the song after this repeated exposure suggests that her brain was gradually learning this information.
- DIF: Moderate REF: 6.12 Biology and Cognition Influence Operant Conditioning
- OBJ: 6.12b
- NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
- MSC: Applying
13. Dr. Goodman is a developmental psychologist. He finds that if parents in a household bring their own work home with them to do in the evenings, children in that household have better homework grades than children whose parents do not bring work home.
- A) Explain modeling and vicarious conditioning.
- B) Discuss how one of these concepts might explain Dr. Goodman’s finding.
- ANS:
- Suggested answer:
- A) Modeling is the imitation of behavior through observation. Vicarious conditioning is learning about the consequences of a behavior by seeing it be rewarded or punished when someone else performs the behavior.
- B) One example could be the following: children in homes where parents have their own work to do may have better grades because they see their parents working hard and being studious for their own tasks, and so the children follow suit by studiously working on their homework every night. Children might be literally modeling their parents’ behavior (“Mom does her ‘homework’ and I do mine”), or they may have learned through vicarious conditioning (“You do well at your job when you do your homework well”).
- DIF: Moderate REF: 6.13 There Are Three Ways You Learn by Watching Others
- OBJ: 6.13a | 6.13b
- NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development
- MSC: Applying
14. You have just been hired at your dream job. You show up for the first day of work and want to make a good first impression but are uncertain of how to behave.
- A) What is observational learning?
- B) Give one example of how observational learning could be used to help you in this situation.
- ANS:
- Suggested answer:
- A) Observational learning is learning or modifying an existing behavior after being exposed to someone else performing that behavior (at least once).
- B) Some examples include imitating the style of clothing your colleagues wear (modeling), taking a lunch break from noon to 1:00 PM (observational learning), knowing that no one speaks to the boss until he has had his second cup of coffee in the morning (observational learning), and leaving five minutes early on Fridays because all of your coworkers do the same thing (modeling).
- DIF: Moderate REF: 6.13 There Are Three Ways You Learn by Watching Others
- OBJ: 6.13b
- NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development
- MSC: Applying
15. After seeing her brother Lars play hopscotch several times, Britta tries to play the game herself.
- A) Explain what *mirror neurons* are.
- B) Describe the activity (or inactivity) in Britta’s mirror neurons while Britta is observing Lars and when she is playing hopscotch herself.
- ANS:
- Suggested answer:
- A) Mirror neurons are neurons in the brain that are highly active when one is visually observing someone performing a goal-oriented behavior.
- B) When Britta is watching Lars, the mirror neurons in her brain are active and reflect the same pattern of activation as is present when she herself is playing hopscotch.
- DIF: Moderate REF: 6.14 Biology Influences Observational Learning
- OBJ: 6.14a | 6.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

CHAPTER 7 MEMORY

LEARNING OBJECTIVES

7.1 You Create Memories by Processing Information

- 7.1a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.1b. Apply the three phases of information processing to describe how you encoded, stored, and retrieved a specific memory that you have.

7.2 Your Memories Are Unique

- 7.2a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.2b. Understand how attention affects memory by summarizing in your own words how selective attention influences the creation of memory.

7.3 You Maintain Information in Three Memory Stores

- 7.3a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.3b. Understand the three memory stores by naming each one and describing why each one exists.

7.4 Sensory Storage Lets You Maintain Information Very Briefly

- 7.4a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.4b. Understand sensory storage by explaining in your own words how visual sensory storage and auditory sensory storage let you experience perceptions as unified wholes.

7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

- 7.5a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.5b. Understand the relationship between short-term storage and working memory by summarizing how using working memory to chunk information increases the duration and capacity of short-term storage.

7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

- 7.6a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.6b. Apply encoding processes in long-term storage to your life by providing a description of how you have used maintenance rehearsal and elaborative rehearsal to store two long-term memories.

7.7 Your Long-Term Storage Is Organized Based on Meaning

- 7.7a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.7b. Understand how long-term storage is organized based on semantic meaning by describing an association network that you have about two related ideas.

7.8 Amnesia Reveals Different Long-Term Stores

- 7.8a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.8b. Understand the two types of amnesia by naming and explaining each one in your own words.

7.9 Your Explicit Memories Involve Conscious Effort

- 7.9a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.9b. Apply explicit memory to your life by providing an example of an episodic memory and a semantic memory you have, and explain whether you would recall them if you developed retrograde amnesia today.

7.10 Your Implicit Memories Function Without Conscious Effort

- 7.10a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.10b. Understand implicit memory by describing it in your own words and explaining whether a person with anterograde amnesia could or could not learn a new motor task, such as riding a bicycle.

7.11 Prospective Memory Lets You Remember to Do Something

- 7.11a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.11b. Apply prospective memory to your life by explaining one method you use to successfully remember information for the future.

7.12 Memory Is Processed by Several Regions of Your Brain

- 7.12a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.12b. Understand how the brain processes memories by summarizing in your own words the brain areas that contribute to explicit memory and implicit memory.

7.13 Retrieval Cues Help You Access Your Memories

- 7.13a. Understand all bold and italic terms by writing explanations of them in your own words.
- 7.13b. Understand retrieval cues by naming and explaining, in your own words, three ways that retrieval cues can be used to access memories in long-term storage.

7.14 You Forget Some of Your Memories

7.14a. Understand all bold and italic terms by writing explanations of them in your own words.

7.14b. Apply forgetting to your life by naming and describing three ways to forget memories in long-term storage with one example of each from your own life.

7.15 Your Unwanted Memories May Persist

7.15a. Understand all bold and italic terms by writing explanations of them in your own words.

7.15b. Understand memory persistence by explaining in your own words the main way that memory persistence differs from forgetting and distortion.

7.16 Your Memories Can Be Distorted

7.16a. Understand all bold and italic terms by writing explanations of them in your own words.

7.16b. Understand memory distortion by naming and comparing the five ways that memories in long-term storage can become distorted.

MULTIPLE CHOICE

1. You have been away attending college for three months. When you return home for the winter break, your family dog recognized you immediately. Your dog responded this way because his brain
 - a. encoded the visual information about what you look like.
 - b. created a mental video recording of what you look like.
 - c. stored the information about what you look like.
 - d. assessed the information already stored in his brain about what you look like.

ANS: D DIF: Moderate

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

2. When you are reading your textbook, your brain changes the words you are reading into a meaningful neural code that it can use. In memory, this process is called
 - a. encoding.
 - b. storage.
 - c. retrieval.
 - d. attention.

ANS: A DIF: Easy

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

3. After reading your textbook, you are able to maintain the bold key words in coded representations in a network of neurons in your brain. In memory, this process is called
 - a. retrieval.
 - b. attention.
 - c. encoding.
 - d. storage.

ANS: D DIF: Easy

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

4. The three phases of memory include (i) changing external information into a neural code, (ii) retaining the information, and (iii) accessing it later. In this order, these three memory steps are
 - a. (i) input, (ii) storage, and (iii) retrieval.
 - b. (i) encoding, (ii) storage, and (iii) retrieval.
 - c. (i) encoding, (ii) processing, and (iii) output.
 - d. (i) input, (ii) processing, and (iii) output.

ANS: B DIF: Easy

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

5. In memory, the storage phase of information processing lasts
 - a. several seconds.
 - b. several hours.
 - c. several days.
 - d. from a second to a lifetime.

ANS: D DIF: Easy

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

6. For the past two weeks, Manuel has been studying for an upcoming psychology exam. Even though he read the textbook carefully every day while studying, during the exam, he could not recall the material regarding how psychologists studied the mental processes of memory. Manuel most likely experienced a problem in the _____ process of memory.

- a. storage
- b. encoding
- c. retrieval
- d. attention

ANS: C DIF: Moderate

REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

7. Regarding the comparison between human memory and computer processing, all of the following statements hold true EXCEPT that
- a. the human brain is much more complicated than a computer.
 - b. the human brain is unique in creating, maintaining, and accessing memories, but computer processing is not.
 - c. computer information processing involves multiple systems with its own rules, but the human brain does not.
 - d. human memory sometimes fails, but a computer never does.

ANS: C

DIF: Easy

REF: 7.2 Your Memories Are Unique

OBJ: 7.2a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

8. Memory is an imperfect record of everything we see and experience primarily because our
- a. sensory storage does not last long enough.
 - b. long-term storage is limited.
 - c. ability to direct attention is limited.
 - d. brains' networks of neurons change over time.

ANS: C

DIF: Difficult

REF: 7.2 Your Memories Are Unique

OBJ: 7.2b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

9. Regarding research results on attention during class, all of the following statements are accurate EXCEPT
- a. paying attention to your computer or smartphone might lead you to miss important information in class.
 - b. taking notes in class on a laptop rather than by hand leads to better performance on tests covering that material.
 - c. texting or surfing the Internet during class causes students to do more poorly in college courses.
 - d. sitting near someone playing around on the Internet during class is related to receiving lower grades.

ANS: B

DIF: Difficult

REF: 7.2 Your Memories Are Unique

OBJ: 7.2b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

10. You are paying close attention to the basketball game on the TV. Suddenly, your roommate talking to someone on the phone about the upcoming psychology exam in the class you both will take distracts you. This conversation most likely captured your attention because it
- a. required fewer mental processes.
 - b. was loud.
 - c. was personally important.
 - d. did not require shadowing.

ANS: C

DIF: Moderate

REF: 7.2 Your Memories Are Unique

OBJ: 7.2b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

11. While you are driving home, the car in front of you starts driving dangerously, so you concentrate on watching it. When you arrive home, you realize that you cannot remember anything from your drive home other than that car. Which of the following statements best illustrates the reason your memory is created this way?
- a. The memory retrieval system is complex and one cannot always recall information stored in the brain.
 - b. Memory storage is limited and one cannot encode information that exceeds the capability of sensory storage.
 - c. Information encoding is complex and one cannot process two or more visual features simultaneously.
 - d. Attention is limited and one must be selective about what one pays attention to.

ANS: D

DIF: Moderate

REF: 7.2 Your Memories Are Unique

OBJ: 7.2b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

12. Filter theory helps explain all of the following memory phenomena EXCEPT

- a. how we are “blind” to large changes in what happens around us.
- b. how we selectively attend to important information.
- c. why we tend to process personally irrelevant information.
- d. the ability to shadow words heard in one ear.

ANS: C DIF: Easy REF: 7.2 Your Memories Are Unique
 OBJ: 7.2b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

13. Kumar is trying to remember the name of his psychology professor from last semester. To answer this question, Kumar must search for information in his
- a. sensory storage.
 - b. short-term storage.
 - c. working memory.
 - d. long-term storage.

ANS: D DIF: Easy
 REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3a
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

14. According to the three-part model of memory storage, four different processes are required in order to move information from one memory store to the next. The correct order of the four different processes is
- a. encoding, retrieval, working memory, and attention.
 - b. attention, encoding, retrieval, and working memory.
 - c. working memory, attention, encoding, and retrieval.
 - d. encoding, attention, working memory, and retrieval.

ANS: D DIF: Difficult
 REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3a
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

15. Sensory storage
- a. holds the information for up to 20 seconds.
 - b. is encoded only by the eyes and ears.
 - c. has a relatively large capacity.
 - d. involves primarily semantic encoding.

ANS: C DIF: Easy
 REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3a
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

16. Short-term storage
- a. holds information for up to a second.
 - b. involves primarily semantic encoding.
 - c. has virtually unlimited capacity.
 - d. uses working memory to help maintain information.

ANS: D DIF: Moderate
 REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3a
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

17. Long-term storage
- a. stores information for a limited amount of time.
 - b. involves primarily acoustic encoding.
 - c. uses dual coding for better encoding.
 - d. uses working memory to help maintain information.

ANS: C DIF: Moderate
 REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3a
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

18. Lisa is driving to school when she sees a yellow traffic light ahead. According to the three-part model of memory storage, Lisa will first maintain information about the yellow light in her
- a. working memory.
 - b. short-term storage.
 - c. long-term storage.
 - d. sensory storage.

ANS: D DIF: Moderate
 REF: 7.3 You Maintain Information in Three Memory Stores | 7.4 Sensory Storage Lets You Maintain Information Very Briefly
 OBJ: 7.3a | 7.4a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

19. Professor Smith refuses to learn his students' names because he believes the names will take up space in his memory that he needs to store research-related information. Professor Smith's belief about his memory is INCORRECT because
- research-related information is stored in semantic memory.
 - the students' names are maintained in short-term storage.
 - long-term storage holds virtually unlimited amounts of information.
 - working memory allows him to continually maintain both sets of information.

ANS: C DIF: Difficult

REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

20. Based on the three-part model of memory storage, the sequence of memory storage is
- short-term storage, sensory storage, and long-term storage.
 - sensory storage, short-term storage, and long-term storage.
 - short-term storage, long-term storage, and sensory storage.
 - long-term storage, sensory storage, and short-term storage.

ANS: B DIF: Easy

REF: 7.3 You Maintain Information in Three Memory Stores OBJ: 7.3b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

21. Which of the following is the memory storage that very briefly maintains the physical characteristics of a stimulus?
- sensory memory
 - episodic memory
 - procedural memory
 - flashbulb memory

ANS: A DIF: Easy

REF: 7.4 Sensory Storage Lets You Maintain Information Very Briefly

OBJ: 7.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

22. Chris is looking for his friend in a crowd of people at a concert. As he scans the crowd, he often blinks but still retains a brief visual image of many of the faces in the crowd for a very brief time. Chris is able to maintain this visual information due to the function of his
- short-term storage.
 - working memory.
 - sensory storage.
 - long-term storage.

ANS: C DIF: Moderate

REF: 7.4 Sensory Storage Lets You Maintain Information Very Briefly

OBJ: 7.4a | 7.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

23. Liora is reading her textbook. As her eyes scan the page, each visual image is retained for less than a second in her
- working memory.
 - short-term storage.
 - episodic memory.
 - sensory storage.

ANS: D DIF: Easy

REF: 7.4 Sensory Storage Lets You Maintain Information Very Briefly

OBJ: 7.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

24. Dr. Elmore conducts research in which she asks the participants to look at slides that contain an array of objects, and then she tests their memory of the objects on the slides. The participants are given no more than two seconds to look at each slide. Which of the following types of memory is Dr. Elmore studying?
- short-term memory
 - episodic memory
 - sensory memory
 - semantic memory

ANS: C DIF: Moderate

REF: 7.4 Sensory Storage Lets You Maintain Information Very Briefly

OBJ: 7.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

25. Short-term storage has a(n)
- limited capacity.
 - duration of up to a day.

- b. unlimited capacity. d. unlimited duration.

ANS: A DIF: Easy

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

26. George Miller discovered that short-term memory is limited to _____ plus or minus _____ items, or chunks of information.
- a. five; three c. ten; three
b. nine; one d. seven; two

ANS: D DIF: Easy

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

27. To remember her nine-digit Social Security number, Alyssa uses her working memory to place the numbers into three groups. In addition, each group of three or four digits is easy to remember because it is meaningful. Alyssa's strategy in remembering her Social Security number illustrates
- a. the recency effect. c. the primacy effect.
b. the power of chunking. d. maintenance rehearsal.

ANS: B DIF: Easy

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a | 7.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

28. A string of 16 digits (1776149217872014) is difficult to remember. If a person breaks them up into four groups of four digits (1776, 1492, 1787, and 2014), these numbers are easier to remember, due to the effect of
- a. elaborative rehearsal. c. dual coding.
b. chunking. d. maintenance rehearsal.

ANS: B DIF: Easy

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a | 7.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

29. At a café, a cup of coffee costs \$2.82. To use exact change, you must hold the number 2.82 in your head while sorting through your wallet and calculating what coins you have. To be successful in actively processing this information, you must keep the information maintained in short-term storage by using your _____ memory.
- a. working c. semantic
b. episodic d. procedural

ANS: A DIF: Moderate

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a | 7.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

30. Fatima is a new student on campus. Everywhere she goes, she is asked for her 12-digit student number. To memorize her new student number, she thinks of it as three different years. Fatima is using _____ to aid her memory.
- a. dual coding c. the recency effect
b. maintenance rehearsal d. chunking

ANS: D DIF: Moderate

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a | 7.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

31. In an experiment, you are asked to memorize a list of 30 words shown on a screen. At first, this seems like a challenging task. Then you realize that you can hold more words in short-term storage if you
- a. expand the capacity of your sensory storage.
b. try to focus on one code (visual or auditory) instead of dual codes.
c. group words together in meaningful ways.
d. avoid using attention processes for working memory.

ANS: C DIF: Moderate
REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage
OBJ: 7.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

32. Travis is taking a new medicine that has a side effect of disrupting his short-term storage. Based on this fact, you know that Travis will have difficulty recalling
- a photograph he saw less than a second ago.
 - a phone number he heard 15 seconds ago.
 - the multiplication tables he learned in third grade.
 - how to ride his bicycle.

ANS: B DIF: Moderate
REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage
OBJ: 7.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

33. Elaborative rehearsal is a more effective memory strategy than maintenance rehearsal because the information is processed
- repeatedly.
 - more deeply.
 - based on sound.
 - more automatically.

ANS: B DIF: Easy
REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently
OBJ: 7.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

34. Which of the following models of memory best illustrates the idea that our memory enhances by encoding the information with a deeper understanding?
- levels of processing model
 - three-part model of memory storage
 - spreading activation model
 - multiple memory system model

ANS: A DIF: Moderate
REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently
OBJ: 7.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

35. Morgan is currently taking a course on public speaking. Next year, she will most likely remember only general facts from the course, because semantic information is maintained in
- sensory storage.
 - short-term storage.
 - long-term storage.
 - working memory.

ANS: C DIF: Easy
REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently
OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

36. To work at Burger Shack, Meghan must memorize all of the menu items. To do this, Meghan thinks about which friend would want to order each item. Meghan is likely to retain the menu items in long-term storage very well because she used
- the recency effect.
 - the primacy effect.
 - maintenance rehearsal.
 - elaborative rehearsal.

ANS: D DIF: Moderate
REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently
OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

37. In a memory experiment, Group A is asked to listen to a list of words. Group B is asked to count the number of *e*'s in the words. Group C is asked to use each word in a sentence. According to the levels of processing model, _____ will remember the most words because _____.
- Group A; of maintenance rehearsal
 - Group B; of auditory encoding
 - Group C; of elaborative rehearsal
 - all groups; they all listened to the same amount of words

ANS: C DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

38. Reville just got a new bank account password: 979tam. She repeats the code over and over, keeping the information maintained in long-term storage by using
- elaborative rehearsal.
 - maintenance rehearsal.
 - dual coding.
 - chunking.

ANS: B DIF: Easy

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

39. Joffrey's wife asked him to go to the store and buy milk, bacon, apples, juice, butter, and cereal. Joffrey did not write down the items and ended up only remembering to buy milk and bacon at the store. The fact that Joffrey only remembered milk and bacon demonstrates the _____ effect.
- recency
 - primacy
 - interference
 - decay

ANS: B DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

40. Addie told Callum her top 10 favorite movies. When he tries to recall the list later on, he can only remember the last two movies Addie mentioned. The fact that Callum only remembers the last two movies is most likely due to
- the recency effect.
 - the primacy effect.
 - procedural memory.
 - implicit memory.

ANS: A DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. Fadeke is studying for her English literature test. For each novel she reads, she tries to think of how the novel relates to her own life. In order to remember the novels, Fadeke is using the memory strategy called
- maintenance rehearsal.
 - elaborative rehearsal.
 - the primacy effect.
 - the recency effect.

ANS: B DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

42. Harry is reading the textbook for his astronomy class and is trying to relate the material to his own life experiences. According to the levels of processing model, Harry is more likely to remember the information over the long term because he is using
- reconsolidation.
 - maintenance rehearsal.
 - spreading activation.
 - elaborative rehearsal.

ANS: D DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

43. Nora and Miles are studying for an exam. Nora makes flash cards to memorize new terms and repeatedly reads them to herself. Miles links new terms to the ones he already knows based on their meanings. Nora is using _____ and Miles is using _____ to learn the terms.
- maintenance rehearsal; elaborative rehearsal
 - elaborative rehearsal; maintenance rehearsal
 - procedural memory; semantic memory
 - semantic memory; procedural memory

ANS: A DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6a | 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

44. George has to recall the names of the first 20 presidents of the United States for his history test. According to the levels of processing model of memory, to remember the most names, George should
- study in the same room where the test will be given.
 - write the names down over and over again.
 - relate the names to information he already knows.
 - repeat the names to himself many times.

ANS: C DIF: Difficult

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

45. If someone says the word *doctor*, it may trigger a memory of your last trip to the doctor, or it may bring to mind other concepts related to doctors, such as an examination room or a stethoscope. The _____ model of memory best explains this fact.
- levels of processing
 - state-dependent
 - context-dependent
 - spreading activation

ANS: D DIF: Moderate

REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning

OBJ: 7.7a | 7.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

46. According to the idea that information is held in long-term storage in networks of associations, each unit of information in the network is a(n)
- node.
 - schema.
 - association.
 - feature.

ANS: A DIF: Moderate

REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning

OBJ: 7.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

47. Jorge knows that Monika goes to a lot of parties. When Bella asks Jorge what Monika is like, he tells him that Monika drinks a lot of alcohol. Even though Jorge only knows that Monika goes to parties, he tells Bella that Monika drinks a lot because he
- has a schema about going to parties that includes drinking alcohol.
 - did not encode the original information about Monika properly.
 - has a memory bias against people who like to go to parties.
 - retrieved his memory about Monika in a context that involved drinking alcohol.

ANS: A DIF: Moderate

REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning

OBJ: 7.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

48. On his way to buy a snack, Jed sees an ad that simply shows one juicy hamburger. Rather than getting ice cream as he had planned, Jed buys french fries instead. According to the spreading activation model, the hamburger most likely made Jed want french fries because
- eating hamburgers and french fries are part of the same procedural memory.
 - he misattributed his memory of the ad to being about french fries.
 - the hamburger activated the node for french fries.
 - the french fries were encoded with the hamburger in the ad.

ANS: C DIF: Moderate

REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning

OBJ: 7.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

49. Your friend starts talking about a new puppy that she just rescued. This discussion activates your knowledge about dogs. Since this knowledge is maintained in long-term storage in a network of associations, when you hear about her new puppy
- all words associated with *pet* will be activated equally.
 - all words associated with *dog* will be activated equally.
 - weaker words associated with *dog* will be activated first.

d. stronger words associated with *dog* will be activated first.

ANS: D DIF: Moderate
REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning
OBJ: 7.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

50. A person who has experienced the loss of past memories may be experiencing
- proactive interference.
 - retroactive interference.
 - anterograde amnesia.
 - retrograde amnesia.

ANS: D DIF: Easy REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

51. After falling off your horse, you seem to have lost all memory of the past three years of your life. Based on this symptom, the doctor will most likely diagnose you with
- anterograde amnesia.
 - retrograde amnesia.
 - proactive interference.
 - retroactive interference.

ANS: B DIF: Moderate REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8a | 7.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

52. If the Wicked Witch of the West flew down and struck you with retrograde amnesia, you would be _____ to remember anything from before the incident and _____ to form new memories.
- able; able
 - able; unable
 - unable; able
 - unable; unable

ANS: C DIF: Moderate REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

53. Jonathan was in a motorcycle accident and sustained an injury to his hippocampus. He now has anterograde amnesia, which means that he has difficulty
- remembering familiar people's names.
 - recovering semantic memories.
 - remembering events from his childhood.
 - forming new memories.

ANS: D DIF: Moderate REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

54. Scientists have created a drug that leaves your existing memory intact but eliminates your ability to form any new memories. This drug seems to create
- anterograde amnesia.
 - proactive interference.
 - retrograde amnesia.
 - retroactive interference.

ANS: A DIF: Easy REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

55. Yolanda has a brain tumor. As the tumor gets bigger, Yolanda can no longer form new memories in long-term storage. Yolanda most likely has _____ amnesia.
- anterograde
 - retrograde
 - proactive
 - retroactive

ANS: A DIF: Moderate REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

56. After a plane crash, Shera wakes up in a hospital and can remember everything about her life prior to the crash. However, every time her doctor visits, she believes she has never met him before. Based on this information, the doctor will most likely diagnose Shera with
- anterograde amnesia.
 - retrograde amnesia.
 - proactive interference.
 - retroactive interference.

ANS: A DIF: Moderate REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

57. Ted has brain damage after an accident. Although he can clearly remember everything from before the accident, he forgets what people are saying to him within a few minutes. Ted is most likely experiencing
- retrograde amnesia.
 - retroactive interference.
 - anterograde amnesia.
 - proactive interference.

ANS: C DIF: Difficult REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

58. Which of the following individuals is suffering from anterograde amnesia?
- Eva; after waking up from a coma, Eva cannot recall why she is in the hospital nor her family members' names.
 - Adam; after recovering from a concussion, Adam cannot encode or store any new information with which he is presented.
 - Amy; while attending her psychology class, Amy cannot remember lecture materials well because the material from her previous sociology class keeps showing up in her mind.
 - Michael; while reviewing what he learned in class one day, Michael is unable to recall information he learned from chemistry class in the morning because he keeps thinking about material covered in math class in the afternoon.

ANS: B DIF: Difficult REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

59. Which of the following individuals is suffering from retrograde amnesia?
- Eva; after waking up from a coma, Eva cannot recall why she is in the hospital or her family members' names.
 - Adam; after recovering from a concussion, Adam cannot encode or store any new information with which he is presented.
 - Amy; while attending her psychology class, Amy cannot remember lecture materials well because the material from her previous sociology class keeps showing up in her mind.
 - Michael; while reviewing what he learned in class one day, Michael is unable to recall information he learned from chemistry class in the morning because he keeps thinking about material covered in math class in the afternoon.

ANS: A DIF: Difficult REF: 7.8 Amnesia Reveals Different Long-Term Stores
OBJ: 7.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

60. Which of the following is a type of explicit memory?
- episodic memory
 - procedural memory
 - motor skills
 - classical conditioning

ANS: A DIF: Easy
REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

61. The type of memory that is associated with the conscious recollection of previous experiences is referred to as _____ memory.
- implicit
 - explicit
 - sensory
 - procedural

ANS: B DIF: Easy
REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

62. Hogan remembers the general information about a movie he saw a long time ago. He cannot remember the actors or the details from the movie but knows that it was a romantic comedy. Hogan's memory of this movie is a(n) _____ memory.
- semantic
 - implicit
 - procedural
 - classically conditioned

ANS: A DIF: Moderate

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9a | 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

63. If you can remember exactly what you did yesterday but have trouble remembering the names of all 50 states, then you have excellent _____ memory but may have poor _____ memory.
- a. episodic; semantic
 - b. semantic; episodic
 - c. implicit; explicit
 - d. explicit; implicit

ANS: A DIF: Moderate

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9a | 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

64. Sue and Mary are talking about knitting. Sue is trying to remember the first time she ever knitted. Mary is trying to remember what the word *knitting* means. Sue is trying to recall a(n) _____ memory and Mary is trying to recall a(n) _____ memory.
- a. episodic; procedural
 - b. episodic; semantic
 - c. procedural; episodic
 - d. procedural; semantic

ANS: B DIF: Moderate

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9a | 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

65. Patient H. M. had part of his medial temporal lobes, including the hippocampus, removed to eliminate seizures. After his surgery, H. M. could no longer
- a. remember his life before the surgery.
 - b. retrieve old implicit memories.
 - c. form new explicit memories.
 - d. form new implicit memories.

ANS: C DIF: Moderate

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

66. If someone asks you to describe your first day of school, you would most likely retrieve a(n) _____ memory.
- a. procedural
 - b. implicit
 - c. episodic
 - d. classically conditioned

ANS: C DIF: Easy

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

67. If someone asks you to describe what a school is, you would most likely retrieve a(n) _____ memory.
- a. procedural
 - b. implicit
 - c. episodic
 - d. semantic

ANS: D DIF: Easy

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

68. Which of the following is NOT an example of explicit memory?
- a. Jessica remembers who the most recently elected president of the United States is.
 - b. Taylor recalls how much fun he had when he went to the Halloween party last night.
 - c. Tina remembers how to knit even though the last time she knitted was ten years ago.
 - d. Sam recalls the rules of logics that he learned as a freshman in high school.

ANS: C DIF: Difficult

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

69. If Carl's episodic long-term memory was impaired, he would be unable to
- a. maintain information in short-term memory via rehearsal.
 - b. recall simple facts, such as his parents' names.
 - c. speak, but he could still comprehend language through listening.
 - d. remember details of his own personal life.

ANS: D DIF: Difficult

REF: 7.9 Your Explicit Memories Involve Conscious Effort OBJ: 7.9b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

70. Which of the following is a type of implicit memory?
- a. episodic memory
 - b. procedural memory
 - c. facts
 - d. semantic memory

ANS: B DIF: Easy
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

71. Remembering how to ice skate is most likely an example of _____ memory.
- a. explicit
 - b. procedural
 - c. semantic
 - d. episodic

ANS: B DIF: Easy
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

72. People find it very easy to put on a button-down shirt but much harder to write down the steps involved in putting on a button-down shirt. This difference suggests that _____ memory is typically an _____ memory.
- a. procedural; explicit
 - b. procedural; implicit
 - c. episodic; explicit
 - d. episodic; implicit

ANS: B DIF: Moderate
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a | 7.10b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC: Understanding

73. Igor has not been skiing in 10 years. However, when he gets on his skis, his body remembers exactly how to ski. The kind of memory that makes it possible for him to remember how to ski is
- a. explicit.
 - b. episodic.
 - c. procedural.
 - d. semantic.

ANS: C DIF: Moderate
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a | 7.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

74. Tami's father used to roller skate as a child but has not skated for many years. When he goes skating with Tami he will most likely remember how to skate due to his _____ memory.
- a. episodic
 - b. procedural
 - c. semantic
 - d. explicit

ANS: B DIF: Moderate
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a | 7.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

75. Becca is trying to teach her three-year-old son Cole how to ride a bicycle. Although she knows how to ride a bike, Becca is having a hard time verbalizing the steps to her son. Becca is struggling with trying to explain her _____ memory of riding a bike.
- a. episodic
 - b. semantic
 - c. explicit
 - d. procedural

ANS: D DIF: Moderate
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a | 7.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

76. Jim and Phil are changing the oil in Jim's car. Jim is trying to remember all the actions involved in changing the oil. Phil is trying to remember the first time he ever changed the oil in his car. Jim is trying to recall a _____ memory and Phil is trying to recall a(n) _____ memory.
- a. semantic; procedural
 - b. semantic; episodic
 - c. procedural; semantic
 - d. procedural; episodic

ANS: D DIF: Moderate
REF: 7.10 Your Implicit Memories Function Without Conscious Effort
OBJ: 7.10a | 7.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

77. Aman has anterograde amnesia. However, he can still remember how to ride a bicycle and how to tie his shoes, because his _____ memory is still intact.
- implicit procedural
 - explicit procedural
 - implicit episodic
 - explicit episodic

ANS: A

DIF: Moderate

REF: 7.10 Your Implicit Memories Function Without Conscious Effort

OBJ: 7.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

78. Which of the following is an example of implicit memory?
- Celica remembers that her friends threw her a surprise party when she turned 18 years old.
 - Nathan recalls that his dentist used a drill on his teeth that hurt a lot and consequently becomes anxious for his following dentist visits.
 - Elizabeth remembers that there are three phases for memory storage.
 - Thomas recalls that classical conditioning involves the association between two different stimuli.

ANS: B

DIF: Difficult

REF: 7.10 Your Implicit Memories Function Without Conscious Effort

OBJ: 7.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

79. Joseph has amnesia and cannot remember anything about his past, but he still remembers how to play piano and tie his shoes. Joseph most likely has _____ amnesia, while his _____ memory remains intact.
- anterograde; explicit
 - anterograde; implicit
 - retrograde; explicit
 - retrograde; implicit

ANS: B

DIF: Difficult

REF: 7.10 Your Implicit Memories Function Without Conscious Effort

OBJ: 7.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

80. Prospective memory limits the cognitive resources available for other tasks because it
- reduces the number of items we can maintain in short-term storage.
 - interferes with information processing from sensory storage.
 - disrupts the encoding process in short-term storage.
 - interrupts information processing in sensory storage.

ANS: A

DIF: Moderate

REF: 7.11 Prospective Memory Lets You Remember to Do Something

OBJ: 7.11a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

81. Which of the following actions is an example of prospective memory?
- learning historical dates for your exam tomorrow
 - daydreaming about your date next Friday
 - planning to pick up a library book on your way home tomorrow
 - remembering what you did last weekend

ANS: C

DIF: Moderate

REF: 7.11 Prospective Memory Lets You Remember to Do Something

OBJ: 7.11a | 7.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

82. On her way to work, Julia's wife reminds her that she needs to pick up milk on her way home from work. To remember to pick up milk on her way home, Julia should use her _____ memory.
- implicit
 - procedural
 - semantic
 - prospective

ANS: D

DIF: Easy

REF: 7.11 Prospective Memory Lets You Remember to Do Something

OBJ: 7.11a | 7.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

83. Which of the following is NOT an example of prospective memory?
- Frank remembered to set his alarm for an important meeting the next day.

- b. Kayla remembered that she needed to get milk after work.
- c. Jordan remembered to return the book to the library by the due date.
- d. Erin remembered that she had a lot of fun last Christmas.

ANS: D DIF: Moderate
 REF: 7.11 Prospective Memory Lets You Remember to Do Something
 OBJ: 7.11b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

84. Research has shown that the consolidation of memories
- a. is aided by a good night's sleep.
 - b. occurs mainly in the cerebellum.
 - c. never changes the original memory.
 - d. is disrupted by retrograde amnesia.

ANS: A DIF: Easy
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

85. Sleep disturbances interfere with the _____ of memories.
- a. consolidation
 - b. misattribution
 - c. suggestibility
 - d. persistence

ANS: A DIF: Moderate
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

86. Recent research suggests that negative memories may be erased by
- a. interfering with memory reconsolidation.
 - b. using mnemonics.
 - c. inducing retrograde amnesia.
 - d. inducing proactive interference.

ANS: A DIF: Difficult
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

87. Working memories are stored in the part of the brain called the
- a. cerebellum.
 - b. amygdala.
 - c. temporal lobe.
 - d. prefrontal cortex.

ANS: D DIF: Difficult
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

88. When you are studying for an exam, the part of the brain that is responsible for coordinating and strengthening the connections among neurons is the
- a. medial temporal lobe.
 - b. prefrontal cortex.
 - c. cerebellum.
 - d. hippocampus.

ANS: A DIF: Difficult
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

89. Explicit memories are stored in the part of the brain called the
- a. cerebellum.
 - b. amygdala.
 - c. temporal lobe.
 - d. prefrontal cortex.

ANS: C DIF: Difficult
 REF: 7.12 Memory Is Processed by Several Regions of Your Brain
 OBJ: 7.12b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

90. Implicit procedural memories are stored in the part of the brain called the
- a. temporal lobe.
 - b. hippocampus.
 - c. prefrontal cortex.
 - d. cerebellum.

ANS: D DIF: Difficult

REF: 7.12 Memory Is Processed by Several Regions of Your Brain
OBJ: 7.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

91. A person who is unable to process memories with strong emotional content may have poor functioning in the
- cerebellum.
 - amygdala.
 - temporal lobe.
 - prefrontal cortex.

ANS: B DIF: Difficult

REF: 7.12 Memory Is Processed by Several Regions of Your Brain
OBJ: 7.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

92. The increased ability to retrieve memories that occurs when the encoding environment and the recall environment are the same is called
- context-dependent memory.
 - state-dependent memory.
 - proactive interference.
 - retroactive interference.

ANS: A DIF: Moderate

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

93. The increased ability to retrieve memories that occurs when one's internal states during encoding and his or her internal states during recall match is called
- context-dependent memory.
 - state-dependent memory.
 - proactive interference.
 - retroactive interference.

ANS: B DIF: Moderate

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

94. If you study in the same room in which you take an exam, you will probably do better on the exam than if you had studied elsewhere. This outcome occurs because of _____ memory.
- semantic
 - episodic
 - context-dependent
 - state-dependent

ANS: C DIF: Moderate

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a | 7.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

95. When Jon visits his grandmother's house, he always thinks about his childhood. Something about the way her house smells seems to trigger these memories. This is an example of _____ memory.
- flashbulb
 - semantic
 - context-dependent
 - state-dependent

ANS: C DIF: Easy

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a | 7.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

96. Whenever Mandy gets angry with her boyfriend, she easily remembers all of the other times she has been angry with him in the past. Mandy's ability to retrieve this information is most likely influenced by
- suggestibility.
 - persistence.
 - state-dependent memory.
 - context-dependent memory.

ANS: C DIF: Moderate

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a | 7.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

97. Ashley studies for her upcoming psychology exam while sitting on her sunny front porch. When she takes the exam in a dimly lit lecture hall, she does poorly on the exam. Which of the following could have influenced her ability to recall the necessary exam information?
- context-dependent memory
 - flashbulb memory
 - proactive interference
 - suggestibility

ANS: A DIF: Moderate

REF: 7.13 Retrieval Cues Help You Access Your Memories OBJ: 7.13a | 7.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

ANS: C DIF: Moderate REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

105. You study Spanish during high school but then take Portuguese when you are in college. You have trouble learning Portuguese because the Spanish you learned in high school keeps coming to mind. This outcome is most likely due to

a. anterograde amnesia. c. proactive interference.
b. retrograde amnesia. d. retroactive interference.

ANS: C DIF: Difficult REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

106. You study Spanish during high school but then take Portuguese when you are in college. Now, whenever you try to recall a word in Spanish, Portuguese keeps coming to your mind. This result is most likely due to

a. retrograde amnesia. c. anterograde amnesia.
b. retroactive interference. d. proactive interference.

ANS: B DIF: Difficult REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

107. Amanda is telling Connie about a movie she saw last night, and Connie asks who starred in the movie. Amanda gets frustrated because she cannot think of the actor's name, even though she can describe the actor and list other movies in which he has starred. Amanda is most likely experiencing

a. suggestibility. c. the tip-of-the-tongue phenomenon.
b. interference. d. absentmindedness.

ANS: C DIF: Moderate REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

108. Beth recently changed her e-mail password. For the first few days after changing her password, she kept trying to log in with the old password. Which of the following was Beth experiencing?

a. anterograde amnesia c. proactive interference
b. retrograde amnesia d. retroactive interference

ANS: C DIF: Difficult REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

109. Ali's previous boyfriend was named Sam and her new boyfriend is named Stan. When she accidentally calls her new boyfriend by the name Sam, she explains to him that her mistake was due to

a. retrograde amnesia. c. retroactive interference.
b. proactive interference. d. anterograde amnesia.

ANS: B DIF: Difficult REF: 7.14 You Forget Some of Your Memories
OBJ: 7.14a | 7.14b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

110. Posttraumatic stress disorder (PTSD) is an example of

a. retrograde amnesia. c. persistence.
b. anterograde amnesia. d. blocking.

ANS: C DIF: Easy REF: 7.15 Your Unwanted Memories May Persist
OBJ: 7.15a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

111. Dion keeps having nightmares and flashbacks about his time in the military. His chronic anxiety is most likely due to which disorder?

a. attention-deficit/hyperactivity disorder (ADHD)
b. obsessive-compulsive disorder (OCD)
c. posttraumatic stress disorder (PTSD)

d. attention deficit disorder (ADD)

ANS: C DIF: Easy REF: 7.15 Your Unwanted Memories May Persist
OBJ: 7.15a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

112. Teresa's house was destroyed when Hurricane Michael hit Florida. The memory of how she had to run back to the house to rescue her dog keeps coming to her mind even though she very much wants to get rid of that memory. Teresa is most likely experiencing
- a. prospective memory.
 - b. persistence in memory.
 - c. anterograde amnesia.
 - d. retrograde amnesia.

ANS: B DIF: Difficult REF: 7.15 Your Unwanted Memories May Persist
OBJ: 7.15b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

113. When we make our memories consistent with our current beliefs or attitudes, we are experiencing
- a. persistence.
 - b. memory bias.
 - c. memory misattribution.
 - d. suggestibility.

ANS: B DIF: Moderate REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

114. Yesterday, you caused an argument by insulting another person. Today, you remember the argument as being the other person's fault. You do not remember that you were actually to blame for the argument because of
- a. absentmindedness.
 - b. suggestibility.
 - c. memory bias.
 - d. memory blocking.

ANS: C DIF: Moderate REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

115. Four witnesses see a truck hit a small car. If they all saw the same thing, who is likely to give the highest estimate of the truck's speed when testifying in court?
- a. Abby, who was asked, "How fast was the truck going when it hit the car?"
 - b. Tim, who was asked, "How fast was the truck going when it crushed the car?"
 - c. Tony, who was asked, "How fast was the truck going when it bumped the car?"
 - d. Leroy, who was asked, "How fast was the truck going when the accident happened?"

ANS: B DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

116. Shazia describes a made-up story to Ronald in vivid detail about a time that they got into serious trouble as young children. Later on, Ronald remembers the event even though it never actually happened. Ronald is most likely experiencing
- a. persistence.
 - b. a false memory.
 - c. blocking.
 - d. retroactive interference.

ANS: B DIF: Easy REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

117. Jacob has to write an essay for his writing course and decides to write about a boy who is actually a wizard. When his teacher reads the essay, she realizes that Jacob got the idea from a popular book. Jacob denies this, honestly believing that he thought of the idea himself. Jacob is experiencing
- a. cryptomnesia.
 - b. source amnesia.
 - c. suggestibility.
 - d. blocking.

ANS: A DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

118. Alex sees a girl in a red shirt steal a candy bar. Later, during questioning, the police ask what candy the girl in the blue shirt stole. Months later, when Alex testifies in court, he describes the girl as having worn a blue shirt. This is an example of

- a. suggestibility.
- b. blocking.
- c. cryptomnesia.
- d. absentmindedness.

ANS: A DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

119. Laden has a memory of getting a teddy bear at a childhood birthday party. However, she cannot remember who gave it to her or at which birthday she received it. Laden is experiencing

- a. cryptomnesia.
- b. misattribution.
- c. retrograde amnesia.
- d. anterograde amnesia.

ANS: B DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a | 7.16b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

120. You vividly remember where you were when you heard about the Boston Marathon bombing. What you remember is a(n) _____ memory and you are likely to be _____ a memory for an ordinary event.

- a. flashbulb; more confident about it than
- b. flashbulb; as confident about it as
- c. implicit; more confident about it than
- d. implicit; as confident about it as

ANS: A DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a | 7.16b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

121. Yu vividly remembers the day her husband surprised her with an emotional and dramatic marriage proposal. Research suggests that this _____ memory is _____ ordinary memories.

- a. semantic; more accurate than
- b. semantic; as accurate as
- c. flashbulb; less accurate than
- d. flashbulb; at least as accurate as

ANS: D DIF: Difficult REF: 7.16 Your Memories Can Be Distorted
OBJ: 7.16a | 7.16b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

SHORT ANSWER

1. Name the three stages of information processing in the acquisition of memory. Imagine you are reading a story in a magazine. Describe how that information would go through these three phases of information processing in the acquisition of a memory.

ANS:

Suggested answer:

The three stages of processing are encoding, storing, and retrieving. In the encoding phase, your brain changes information (e.g., the story you read in a magazine) into a meaningful neural code that it can use. The storage phase is how you maintain the coded representation in a network of neurons in the brain. During this phase, you would maintain the material from when you read it until you take the test, or even longer. In retrieval, you re-access the information. During this phase you would bring to mind a previously encoded and stored memory when it is needed, such as when you need to tell someone about the story you just read.

DIF: Moderate REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

2. Describe filter theory. What psychological phenomenon does filter theory help explain? Provide a real-life example of the kind of stimuli that are allowed through the filter.

ANS:

Suggested answer:

Filter theory explains how we selectively attend to the most important information. In this model, attention is like a filter. Important information is allowed through the filter, but irrelevant information is prevented from getting through the filter. Filter theory helps explain change blindness. Some stimuli, such as those that evoke emotions, can readily capture our attention because they provide important information about potential threats in our environment. Faces are a good example of stimuli that are allowed through the intentional filter because they provide important social information.

DIF: Easy REF: 7.1 You Create Memories by Processing Information

OBJ: 7.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. Illustrate how selective attention improves creation of memories. What does it tell us about attention and information processing? Give one real-world example.

ANS:

Suggested answer:

Selective attention means that one has the ability to direct mental resources to relevant information in order to process that information further, while also to ignore irrelevant information. For example, when Eva is watching TV, she is relatively inattentive to what her roommate is talking about over the phone until her roommate mentions Eva's name. Eva immediately redirects her attention to what her roommate is talking about over the phone.

DIF: Moderate REF: 7.2 Your Memories Are Unique OBJ: 7.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

4. Describe the three-part memory storage system. Compare each part in terms of duration and capacity.

ANS:

Suggested answer:

The three-part memory storage system consists of sensory storage, short-term storage, and long-term storage (see Figure 7.4). Sensory storage has a duration of up to a few seconds (depending on the sense) and a vast capacity; short-term storage has a duration of about 20 seconds and a capacity of seven items (plus or minus two); and long-term storage has an unlimited storage and capacity (see Table 7.1).

DIF: Moderate REF: 7.3 You Maintain Information in Three Memory Stores

OBJ: 7.3a | 7.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. Describe memory span. With what type of storage is it associated? Describe one strategy that you can use to expand your memory span, and give one example of how you could use this strategy in your own life.

ANS:

Suggested answer:

Memory span is the capacity limit of short-term storage; it is generally seven items (plus or minus two). You can use the process of chunking (organizing information into meaningful groups or units) to expand your memory span.

DIF: Easy

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5a | 7.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

6. Explain the relationship between short-term storage and working memory. How does working memory influence the duration and capacity of short-term storage?

ANS:

Suggested answer:

On its own, short-term storage can maintain information for only a short duration (eight items, up to 20 seconds). Working memory is an important process that takes place in short-term storage and enables us to "work" on the information we have in short-term storage; it allows us to actively process information so we can maintain it longer in short-term storage (can be maintained at least as long as the person continues to work with the information).

DIF: Moderate

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage

OBJ: 7.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

7. Describe the primacy and recency effects. Which effect provides support for short-term storage? Explain why. Which effect provides support for long-term storage? Explain why.

ANS:

Suggested answer:

The primacy effect refers to the better memory people have for items presented at the beginning of the list. The recency effect refers to the better memory people have for the most recent items, the ones at the end of the list. One explanation for the primacy and recency effects relies on a distinction between short- and long-term storage. When participants study a list of words, they rehearse the earliest items the most, resulting in information transfer into long-term storage. By contrast, the last few items are still in short-term storage when the participants have to recall the words immediately after reading them. So primacy effects are due to retrieving information from long-term storage, whereas recency effects are due to retrieving information from short-term storage.

DIF: Moderate

REF: 7.5 Working Memory Lets You Actively Maintain Information in Short-Term Storage | 7.6 Long-Term Storage Lets You

Maintain Memories Relatively Permanently

OBJ: 7.5a | 7.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

8. Describe the levels of processing model. Explain the difference between maintenance and elaborative rehearsal, and provide an example (one example for each kind of rehearsal).

ANS:

Suggested answer:

The levels of processing model say that the more deeply an item is processed during encoding, the more meaning it has and the better it is remembered. Encoding can be achieved through two types of rehearsal. Maintenance rehearsal involves simply repeating the item over and over and provides shallow encoding of information. Elaborative rehearsal encodes the information more deeply and is based on meaning (semantic information).

DIF: Moderate

REF: 7.6 Long-Term Storage Lets You Maintain Memories Relatively Permanently

OBJ: 7.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

9. Draw an example of a network of association for the concept of *cup*. Describe what happens when this network is activated. How does it relate to spreading activation models of memory?

ANS:

Suggested answer:

See Figure 7.8 for a network of association map. When you see *cup*, all the nodes that represent water's features are activated. The resulting activation pattern across nodes gives rise to the knowledge that the object is a cup. Activating one node increases the likelihood that closely associated nodes in the same category will also be activated—this idea is central to spreading activation models.

DIF: Difficult REF: 7.7 Your Long-Term Storage Is Organized Based on Meaning

OBJ: 7.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

10. Describe anterograde amnesia. If a person had anterograde amnesia, how would it affect his or her implicit and explicit memories? Give an example of an implicit and explicit memory (one example of each).

ANS:

Suggested answer:

In anterograde amnesia, people lose the ability to form new memories. An anterograde amnesia client would only be able to access old explicit memories (episodic, semantic). However, research with H. M. has shown that they are able to create new implicit memories (procedural, classical conditioning).

DIF: Difficult REF: 7.8 Amnesia Reveals Different Long-Term Stores

OBJ: 7.8a | 7.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

11. Describe the two types of explicit memory. Give a real-life example of each type of explicit memory.

ANS:

Suggested answer:

One type of explicit memory is episodic memory. It enables people to recall and describe their personal experiences and includes information about the time and place each experience occurred. The second type of explicit memory is semantic memory. It is a person's knowledge of facts independent of personal experience.

DIF: Easy REF: 7.9 Your Explicit Memories Involve Conscious Effort

OBJ: 7.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

12. What is a mnemonic? Explain how you could use the method of loci mnemonic to learn a long list of items.

ANS:

Suggested answer:

A mnemonic is a learning aid or strategy that uses retrieval cues to improve access to memory. The method of loci consists of associating items you want to remember with physical locations. You could use this by visualizing the items on a list in certain locations on a mental walk through a familiar place.

DIF: Moderate REF: 7.13 Retrieval Cues Help You Access Your Memories

OBJ: 7.13a | 7.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

13. Describe the context-dependent memory effect. Describe the state-dependent memory effect. How do these effects influence our ability to recall information? Think about your own life and provide an example of context- and state-dependent memory.

ANS:

Suggested answer:

The context or environment where we learn something produces a sense of familiarity that helps with retrieval. Context-dependent memory happens when a person is in the same context where information was learned; the environment where learning took place provides a cue that aids access to the information. Like physical context, internal cues, such as mood, are also encoded with a memory. When our internal states are the same during both encoding and retrieval, the situation can provide a retrieval cue that enhances access to a memory. This is known as the state-dependent memory effect.

DIF: Moderate REF: 7.13 Retrieval Cues Help You Access Your Memories

OBJ: 7.13a | 7.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

14. Describe two ways that we forget. Explain what causes each type of forgetting, and provide an example of each type of forgetting.

ANS:

Suggested answer:

There are three main ways that we forget: interference, blocking, and absentmindedness. Most forgetting occurs because of interference from other information. There are two types of interference: retroactive interference (access to older memories is impaired by newer memories) and proactive interference (access to newer memories is impaired by older memories). Blocking is a second type of forgetting that occurs when we are temporarily unable to remember something. The tip-of-the-tongue phenomenon is an example of blocking. It occurs because of interference from words that are similar in some way, such as in sound or meaning, and that are repeatedly experienced. The third way of forgetting is absentmindedness. It is the inattentive or shallow encoding of events. The major cause of absentmindedness is failing to pay attention.

DIF: Difficult REF: 7.14 You Forget Some of Your Memories

OBJ: 7.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

15. Describe two ways in which our memories can be distorted. Provide an example of each.

ANS:

Suggested answer:

There are four ways that distortion can occur: memory bias, flashbulb memories, misattribution, and suggestibility. Memory bias is the changing of memories over time so that they become consistent with our current beliefs or attitudes. Flashbulb memories are vivid memories that capture the circumstances in which we first learned of a surprising and consequential or emotionally arousing event; people are more confident about flashbulb memories, but these memories are not necessarily more accurate than others. Misattribution occurs when we misremember the time, place, person, or circumstances involved with a memory. Suggestibility occurs when people are given misleading information and this information affects their memories for an event.

DIF: Difficult REF: 7.16 Your Memories Can Be Distorted

OBJ: 7.16b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

CHAPTER 8 THINKING AND INTELLIGENCE

LEARNING OBJECTIVES

8.1 Thinking Is the Mental Manipulation of Representations

- 8.1a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.1b. Apply representations to your life by providing one example each of analogical and symbolic representations that you have used.

8.2 Schemas Are the Basis of Thinking

- 8.2a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.2b. Apply schemas and concepts to your life by describing a schema that you have and one concept that is part of that schema.

8.3 Schemas Are the Basis of Stereotypes

- 8.3a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.3b. Apply stereotypes to your life by explaining how a schema you have has caused you to develop either a positive or negative stereotype.

8.4 You Use Thinking in Three Ways

- 8.4a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.4b. Apply the two types of reasoning by describing one example of each from your life.

8.5 How You Think Biases Decision Making

- 8.5a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.5b. Understand the three main biases in decision making by explaining in your own words how heuristics, framing, and the paradox of choice can lead to faulty decision making.

8.6 You Solve Problems to Achieve Goals

- 8.6a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.6b. Apply problem solving strategies by naming two problems in your life, then explaining how you used two of the four problem solving strategies to solve them.

8.7 You Overcome Obstacles to Solve Problems

- 8.7a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.7b. Understand obstacles in problem solving by summarizing in your own words the three ways that changing representations helps overcome obstacles in problem solving.

8.8 One General Factor May Underlie Intelligence

- 8.8a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.8b. Understand general intelligence by explaining in your own words how general intelligence is based on the single-factor model as revealed by IQ scores.

8.9 There May Be Multiple Aspects of Intelligence

- 8.9a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.9b. Apply the four theories of multiple intelligences to your life by providing four examples of intelligence in people you know, basing each example on a different theory of multiple intelligences.

8.10 Intelligence Is a Result of Genes and Environment

- 8.10a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.10b. Analyze how nature and nurture influence intelligence by identifying one way that your intelligence has been influenced by nature and one way that it has been influenced by nurture.

8.11 Intelligence Is Assessed with Psychometric Tests

- 8.11a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.11b. Analyze the three common types of psychometric tests of intelligence by distinguishing how they are similar and different.

8.12 Intelligence Is Associated with Cognitive Performance

- 8.12a. Understand all bold and italic terms by writing explanations of them in your own words.
- 8.12b. Understand the relationship between cognitive performance and intelligence by describing in your own words three ways that cognitive performance reveals intelligence.

8.13 Many Factors Determine Group Differences in Intelligence

- 8.13a. Understand all bold and italic terms by writing explanations of them in your own words.

8.13b. Apply the concept of stereotype threat to the real world by providing an example of how you have experienced stereotype threat in your life, have seen it in others, or can imagine it happening.

MULTIPLE CHOICE

1. Regina is mentally manipulating information about how her boyfriend's new jeans fit him. When Regina does this she is
- a. experiencing insight about whether he is attractive.
 - b. using an algorithm to decide whether the jeans fit.
 - c. developing a mental map of her boyfriend.
 - d. thinking about how he looks in the jeans.

ANS: D DIF: Easy
REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Which of the following is NOT an example of thinking?
- a. translating your Spanish homework into English
 - b. calculating the tip on your dinner bill
 - c. taking a nap with soft music playing
 - d. using a map to drive to a new store

ANS: C DIF: Easy
REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

3. Dr. Earl is a cognitive psychologist who studies thinking. Which question is most relevant to Dr. Earl's research?
- a. How do we cope with tragic events?
 - b. How does a person's culture influence his or her career choice?
 - c. How do we mentally rotate objects to "see" them from many angles?
 - d. How does the behavior of a group affect one person?

ANS: C DIF: Moderate
REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

4. A road map and a photograph have some of the physical characteristics of objects. Because of this, they are _____ of the external world around us.
- a. analogical representations
 - b. exemplars
 - c. symbolic representations
 - d. mental maps

ANS: A DIF: Easy
REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

5. When you use a city map to find your way to a restaurant, it has some physical characteristics of the actual objects—streets and their locations. Because of this, the map is a(n) _____ representation.
- a. analogical
 - b. symbolic
 - c. exemplar
 - d. prototype

ANS: A DIF: Easy
REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1a | 8.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

6. When you brainstorm a list of words and concepts that are related to your personality traits, you are writing words that are related to an abstract mental concept. Because of this you are using a(n) _____ representation.
- a. analogical
 - b. symbolic
 - c. heuristic
 - d. algorithm

ANS: B DIF: Easy
REF: 8.1 Thinking Is the Mental Manipulation of Representations

OBJ: 8.1a | 8.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

7. When you read the word *cake* on a menu, it is a(n) _____ representation. The picture of a cake on a menu is a(n) _____ representation.
- a. analogical; symbolic
 - b. symbolic; analogical
 - c. symbolic; conceptual
 - d. conceptual; symbolic

ANS: B DIF: Moderate

REF: 8.1 Thinking Is the Mental Manipulation of Representations

OBJ: 8.1a | 8.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

8. A picture of a computer is an example of a(n) _____ representation. The word *computer* is an example of a(n) _____ representation.
- a. mental map; conceptual
 - b. conceptual; mental map
 - c. analogical; symbolic
 - d. symbolic; analogical

ANS: C DIF: Moderate

REF: 8.1 Thinking Is the Mental Manipulation of Representations

OBJ: 8.1a | 8.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

9. When Dave started driving, he had to use a navigation system to get around his city. Over time, Dave could drive through his city without the navigation system because he knew the names of all the roads and had a visual image in his mind of where they are. Dave has most likely developed a _____ of his city.
- a. categorical representation
 - b. mental map
 - c. symbolic representation
 - d. series of individual prototypes

ANS: B DIF: Moderate

REF: 8.1 Thinking Is the Mental Manipulation of Representations

OBJ: 8.1a | 8.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

10. Which of the following is NOT an example of an analogical representation?
- a. a subway map
 - b. a family tree
 - c. a diagram of the human body
 - d. a sign language gesture for *please*

ANS: D DIF: Easy

REF: 8.1 Thinking Is the Mental Manipulation of Representations

OBJ: 8.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

11. When Mary thinks about a guitar, she uses a mental representation of specific knowledge about that object. Mary is thinking about a _____.
- a. mental map.
 - b. schema.
 - c. stereotype.
 - d. concept.

ANS: D DIF: Easy REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

12. A prototype includes _____ in a category. An exemplar includes _____ in the category.
- a. the most typical concept; all examples of concepts
 - b. the least typical concept; the most typical concept
 - c. only stereotypical concepts; the least typical concept
 - d. all examples of concepts; only stereotypical concepts

ANS: A DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

13. An advantage of the prototype model in describing how we think about concepts is that _____.
- a. it organizes concepts hierarchically.
 - b. a different prototype can be chosen for different reasons.
 - c. it allows for flexibility in letting unusual concepts be included in a category.
 - d. all examples of concepts are equally important.

ANS: C DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

14. When people group several concepts together, such as baseball, basketball, and football, based on the shared property of being so-called ball sports, they are creating a _____ of the concepts.
- a. prototype
 - b. category
 - c. exemplar
 - d. mental map

ANS: B DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

15. Dr. Brown conducts research on how concepts are represented in people's minds. He believes that each category has one perfect representation of a concept. Based on this, Dr. Brown most likely follows the _____ model of organizing concepts.
- a. prototype
 - b. exemplar
 - c. concept
 - d. schema

ANS: A DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

16. Dr. Shah is interested in how concepts are represented in people's minds. She believes that a category includes all of the examples of the concepts in that category. Dr. Shah most likely follows the _____ model of categorizing concepts.
- a. analogical representation
 - b. prototype
 - c. exemplar
 - d. symbolic representation

ANS: C DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

17. Chris is describing what lasagna is to a friend who has never eaten it before. He tells his friend, "Lasagna usually has layers of noodles with cheese and sauce in between each layer." In this situation, Chris is describing his _____ of lasagna.
- a. mental map
 - b. category
 - c. analogical representation
 - d. concept

ANS: D DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a | 8.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

18. Juan believes that a robin is a good example of a bird. Sergei believes that a penguin is a good example of a bird. Juan and Sergei are both correct according to the _____ model of organizing concepts.
- a. schema
 - b. stereotype
 - c. exemplar
 - d. prototype

ANS: C DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a | 8.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

19. Luke grew up by the beach and only wears sandals. Because of this, it is likely that Luke considers sandals to be the most typical type of shoe. For Luke, sandals would most likely be the _____ of the category "shoes."
- a. stereotype
 - b. heuristic
 - c. exemplar
 - d. prototype

ANS: D DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking

OBJ: 8.2a | 8.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

20. Cognitive schemas allow for easy, fast processing of information about people, events, or groups that are related in some way. However, when we make generalizations about these people, events, or groups, we are using _____.
- a. concepts.
 - c. the exemplar model.

- b. stereotypes. d. the prototype model.

ANS: B DIF: Easy REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

21. Which of the following best describes the relationship between schemas and stereotypes?
- Stereotypes are the application of schemas to any situation, object, or person.
 - Stereotypes and schemas are the same thing.
 - Stereotypes are a type of schema based on an individual's group membership.
 - Schemas are only about objects, whereas stereotypes are only about people.

ANS: C DIF: Difficult REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

22. Which of the following is NOT a consequence of using a stereotype?
- Stereotypes reinforce beliefs about members of a particular group.
 - Stereotypes allow for quick and efficient processing of related concepts.
 - Stereotypes can influence your behavior when you interact with group members.
 - Stereotypes improve decision making when you are unable to think systematically.

ANS: D DIF: Difficult REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

23. Jackie's new roommate is Asian. Even though Jackie doesn't know anything about her roommate, she assumes that her roommate will be good at math and asks her roommate for math tutoring as soon as she meets her. Jackie is using a _____ to guide her interactions with her roommate.
- positive stereotype
 - negative stereotype
 - positive schema
 - negative schema

ANS: B DIF: Difficult REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a | 8.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

24. Because she heard that her blind date was an accounting major, Cynthia imagined that he would be conservative, humorless, and dull. Cynthia's generalization of what an accounting student is like is an example of a(n)
- exemplar.
 - stereotype.
 - mental map.
 - analogical representation.

ANS: B DIF: Moderate REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a | 8.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

25. Jethro believes that all elderly people have difficulty hearing and understanding. Whenever he interacts with an elderly person, Jethro automatically speaks loudly and slowly. Jethro is applying his _____ of the elderly in these interactions.
- algorithm
 - prototype
 - stereotype
 - exemplar

ANS: C DIF: Moderate REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3a | 8.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

26. In the past, orchestra conductors held the stereotype that women were inferior musicians. According to your textbook, how did the audition process change so that conductors would not be biased by this stereotype?
- Musicians sent in tapes of their performances, rather than auditioning in person.
 - Musicians auditioned in front of the conductor but the conductor did not know the musicians' names.
 - Musicians auditioned behind screens but the conductors knew the musicians' names.
 - Musicians auditioned behind screens and the conductor did not know the musicians' names.

ANS: D DIF: Difficult REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

27. You need to hire a new accountant for your company. However, you believe that men typically make better accountants than women do. If you want to avoid using this stereotype in your hiring decision, what should you do?
- review the applications with the applicants' names removed
 - conduct the interviews over the phone instead of in person
 - conduct the interviews in person instead of over the phone
 - require applicants to submit photos of themselves with the application

ANS: A DIF: Moderate REF: 8.3 Schemas Are the Basis of Stereotypes
OBJ: 8.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

28. Which of the following best describes problem solving?
- finding a way around an obstacle to reach a goal
 - selecting the best option among a set of alternatives
 - reasoning from general information to specific information
 - using information to determine if a conclusion is valid or reasonable

ANS: A DIF: Easy REF: 8.4 You Use Thinking in Three Ways
OBJ: 8.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

29. Which of the following best describes reasoning?
- finding a way around an obstacle to reach a goal
 - selecting the best option among a set of alternatives
 - choosing between general information and specific information
 - using information to determine if a conclusion is valid or reasonable

ANS: D DIF: Easy REF: 8.4 You Use Thinking in Three Ways
OBJ: 8.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

30. Bob believes that the Seahawks will win the Super Bowl this year. To see whether you agree with Bob, you read a variety of online reviews about the Seahawks and their opponents and compare the statistics for each team. To determine whether Bob's conclusion is reasonable, you are engaging in
- reasoning.
 - problem solving.
 - decision making.
 - heuristics.

ANS: A DIF: Easy REF: 8.4 You Use Thinking in Three Ways
OBJ: 8.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

31. Jake is choosing his major from three different alternatives: biology, Spanish, or psychology. Jake is using
- problem solving.
 - framing.
 - decision making.
 - insight.

ANS: C DIF: Moderate REF: 8.4 You Use Thinking in Three Ways
OBJ: 8.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

32. Your rent is due, but you are short \$100. You find a way around this obstacle to meet the goal of paying the rent by offering to clean your friend's house for \$100. You now have enough money to pay your rent. To reach your goal, you have just used the thinking strategy of
- reasoning.
 - decision making.
 - problem solving.
 - framing.

ANS: C DIF: Moderate REF: 8.4 You Use Thinking in Three Ways
OBJ: 8.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

33. Your friend says the new restaurant in town has the best hamburgers. To see whether she is correct, you read a variety of online restaurant reviews. You are using _____ reasoning to determine whether this conclusion is valid.
- formal
 - informal
 - heuristic
 - algorithmic

OBJ: 8.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. The type of thinking that uses shortcuts to allow one to make a decision quickly, without considering all of the evidence, is called
- a heuristic.
 - insight.
 - an algorithm.
 - framing.

ANS: A DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. James is trying to break into a safe, but he does not know the four-digit code. To find the right code, he uses a procedure that will obtain the right result if he uses it correctly. Specifically, he tries every possible set of four-digit numbers until he finds the correct one. James is using a(n) _____ to find the correct code.
- analogy
 - mental set
 - heuristic
 - algorithm

ANS: D DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

43. Isaac is baking a cake by following the instructions in the recipe exactly. Isaac is using _____ to make the cake, which means that his cake will turn out correctly.
- insight
 - an algorithm
 - a heuristic
 - restructuring

ANS: B DIF: Easy REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

44. Gillian bought one set of tools because that brand offered a \$10 rebate. The tool company influenced her decision by presenting the information about the rebates. This is a strategy known as
- restructuring.
 - framing.
 - the availability heuristic.
 - the representativeness heuristic.

ANS: B DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

45. You read a description about a woman named Tyra, who happens to be extremely beautiful and almost six feet tall. You are asked to predict whether Tyra is a model or a science teacher. To do this, you think of your prototypes of a model and a science teacher, and you decide that Tyra is a model. Your reasoning may be faulty due to
- an algorithm.
 - framing.
 - the availability heuristic.
 - the representativeness heuristic.

ANS: D DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a | 8.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

46. Some mental shortcuts can cause errors in thinking. For example, simply because you can remember an example of something very quickly and easily does not mean that you should rely on that information in making accurate probability judgments. This error in thinking reflects
- an analogy.
 - insight.
 - the availability heuristic.
 - the representativeness heuristic.

ANS: C DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

47. Last week, Alana saw a television show about a rare, but fatal, virus. Now, she has a runny nose and a fever and thinks she has contracted the virus. Alana's thinking is most likely based on
- the representativeness heuristic.
 - using framing.
 - the availability heuristic.
 - an algorithm.

ANS: C DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

48. Sam always buys one specific brand of cell phones because she believes that brand is the most reliable. Sam is using _____ to decide what cell phone to buy, which may help her save time picking out her next cell phone.
- a. restructuring
 - b. formal reasoning
 - c. an algorithm
 - d. a heuristic

ANS: D DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

49. You are placing a bet on an upcoming basketball game. You quickly remember that the green team has won the last three home games. If you use that information to make your decision, you will be using
- a. framing.
 - b. insight.
 - c. the representativeness heuristic.
 - d. the availability heuristic.

ANS: D DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

50. Steve is trying to determine whether it will rain this Saturday. He quickly remembers that it has rained the past three Saturdays. If he uses this information to make his decision, he will be using
- a. framing.
 - b. insight.
 - c. the representativeness heuristic.
 - d. the availability heuristic.

ANS: D DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

51. When you meet Joe, he tells you that he loves math and building computers and robots. You decide that Joe must be an engineering student and not a liberal arts student, even though there are more liberal arts students at your school. In making this decision, you have just used
- a. the representativeness heuristic.
 - b. an algorithm.
 - c. the availability heuristic.
 - d. an analogy.

ANS: A DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5a | 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

52. According to the paradox of choice, having some choice is good, and having even more choice
- a. makes people feel more satisfied with their decisions.
 - b. forces people to use an algorithm to make decisions.
 - c. can be frustrating and impair thinking.
 - d. allows us to have insight about what we really want.

ANS: C DIF: Easy REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

53. Using algorithms in decision making has the advantage of _____ and the disadvantage of _____.
- a. requiring minimal thinking; not always working
 - b. not always working; requiring minimal thinking
 - c. always working; requiring effortful thinking
 - d. requiring effortful thinking; always working

ANS: C DIF: Moderate REF: 8.5 How You Think Biases Decision Making
OBJ: 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

54. Using heuristics in decision making has the advantage of _____ and the disadvantage of _____.
- a. requiring minimal thinking; not always working

- b. not always working; requiring minimal thinking
- c. always working; requiring effortful thinking
- d. requiring effortful thinking; always working

ANS: A DIF: Moderate REF: 8.5 How You Think Biases Decision Making
 OBJ: 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

55. To buy cheese, Kumiko goes to a large store with a big selection of cheeses. Nima goes to a much smaller store with only a few choices of cheeses. Who is more likely to buy cheese, and why?
- a. Kumiko, because his store has more choices
 - b. Nima, because his store has fewer choices
 - c. Kumiko, because he will be able to decide which is the perfect cheese for him
 - d. Nima, because he only has a few minutes to make his decision

ANS: B DIF: Moderate REF: 8.5 How You Think Biases Decision Making
 OBJ: 8.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

56. When solving a problem using insight, the solution is reached
- a. by achieving one's subgoals.
 - b. suddenly when it just pops into one's head.
 - c. based on how similar the problem is to other problems.
 - d. by starting at the goal state and working backward.

ANS: B DIF: Easy REF: 8.6 You Solve Problems to Achieve Goals
 OBJ: 8.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

57. Using an analogy to help solve a problem is most likely to occur when the problem
- a. is very specific and well-defined.
 - b. has many subgoals.
 - c. is similar to another problem.
 - d. cannot be solved by working backward.

ANS: C DIF: Easy REF: 8.6 You Solve Problems to Achieve Goals
 OBJ: 8.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

58. Josie has decided that she wants to become a doctor, but she feels overwhelmed when she thinks about how many years of school it will take to become a doctor. She could manage this feeling by breaking the process into smaller pieces. If she did this, she would be using
- a. working backward.
 - b. subgoals.
 - c. sudden insight.
 - d. an analogy.

ANS: B DIF: Moderate REF: 8.6 You Solve Problems to Achieve Goals
 OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

59. After struggling to solve a physics problem, you take a break for lunch. When you go back to work on the problem, the solution suddenly pops into your head. In this case you used _____ to solve the problem.
- a. an analogy
 - b. restructuring
 - c. insight
 - d. a mental set

ANS: C DIF: Easy REF: 8.6 You Solve Problems to Achieve Goals
 OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

60. Marco wants to get an A on his exam. To do this, he divides up the material into small sections and focuses on learning a different section every day until he knows all of the material for the exam. Marco is _____ to achieve his goal of getting an A on his exam.
- a. using subgoals
 - b. working backward
 - c. creating an analogy
 - d. using insight

ANS: A DIF: Easy REF: 8.6 You Solve Problems to Achieve Goals
 OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

61. You get to your car and realize you have lost your keys. So you think of the last time you saw your keys and retrace your steps from that point. You are using the problem-solving technique of _____ to help find your keys.

a. subgoals
b. working backward
c. analogy
d. sudden insight

ANS: B DIF: Easy REF: 8.6 You Solve Problems to Achieve Goals
OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

62. Josh is having trouble deciding which of two pairs of shoes to buy. Donna tells him that when she could not decide which of two sweaters to buy, she decided to buy both sweaters. Josh realizes that buying both pairs of shoes will solve his problem as well. Josh _____ to solve his problem.

a. worked backward
b. used insight
c. overcame a mental set
d. used an analogy

ANS: D DIF: Moderate REF: 8.6 You Solve Problems to Achieve Goals
OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

63. Fred wants to be a lawyer. To achieve this goal, Fred realizes he will have to graduate from law school. He also knows that to go to law school, he will have to graduate from college. So, he decides that his first step toward his goal of being a lawyer is to apply to college. To solve his problem, Fred is using

a. an analogy.
b. working backward.
c. insight.
d. subgoals.

ANS: D DIF: Moderate REF: 8.6 You Solve Problems to Achieve Goals
OBJ: 8.6a | 8.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

64. Terry is making a multilayer wedding cake. While trying to make sure it does not collapse, he remembers a bridge he saw that had an interesting support system. He applies that support system to the cake structure to make sure it does not collapse. Terry _____ to solve his problem.

a. worked backward
b. used an analogy
c. used insight
d. created subgoals

ANS: B DIF: Moderate REF: 8.6 You Solve Problems to Achieve Goals
OBJ: 8.6a | 8.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

65. When we encounter a difficult problem, thinking about the problem in a new way can help solve it. This technique is known as

a. using a mental set.
b. functional fixedness.
c. restructuring.
d. using an analogy.

ANS: C DIF: Easy REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

66. There are three common strategies for revising mental representations. Which of the following correctly pairs the strategy with an example of that strategy?

a. restructuring; the nine-dot-problem
b. mental sets; the dunker candle task
c. mental sets; the nine-dot-problem
d. restructuring; the dunker candle task

ANS: A DIF: Difficult REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

67. There are three common strategies for revising mental representations. Which of the following correctly pairs the strategy with an example of that strategy?

a. restructuring; novel-uses task
b. functional fixedness; the dunker candle task
c. mental sets; the nine-dot-problem

d. insight; working backward

ANS: B DIF: Difficult REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

68. Annie needs to take her cat to the vet but she does not have a carrier. She remembers that once she took her guinea pig to the vet in a pot. But she knows the cat will not fit in a pot, so she cannot use this strategy. Annie is having a hard time solving the problem because of
- poor insight.
 - a mental set.
 - subgoals.
 - framing.

ANS: B DIF: Moderate REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a | 8.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

69. Karl was posting signs on campus and he ran out of tape to put up the last sign. He could not figure out another way to put up the sign even though he was chewing gum and could have used the gum to put up the sign. Karl most likely did not come up with this solution because of
- framing.
 - functional fixedness.
 - restructuring.
 - lack of insight.

ANS: B DIF: Moderate REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a | 8.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

70. You are studying for your exam when the electricity goes out. In order to have enough light to read your textbook, you put your cell phone in front of the page and use the light from the screen to read the book. You are able to successfully study for your exam because you avoid
- restructuring the problem.
 - functional fixedness.
 - working backward.
 - using analogies.

ANS: B DIF: Moderate REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a | 8.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

71. Cara is a mechanic. She fixes three cars that will not start by replacing their batteries. When a fourth car is brought in and will not start, she assumes the problem is the battery. Cara's assumption is based on
- functional fixedness.
 - restructuring.
 - a mental set.
 - an analogy.

ANS: C DIF: Moderate REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7a | 8.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

72. While moving into a new apartment, Cole needed to hold the door open but he did not have a doorstop. Instead, he used his heavy potted plant to prop open the door. Cole solved this problem by
- overcoming functional fixedness.
 - framing.
 - restructuring.
 - using a mental set.

ANS: A DIF: Moderate REF: 8.7 You Overcome Obstacles to Solve Problems
OBJ: 8.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

73. When John uses his knowledge to reason, make decisions, and adapt to environmental challenges, he is
- showing intelligence.
 - avoiding a mental set.
 - showing insight.
 - avoiding functional fixedness.

ANS: A DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

74. Our ability to learn quickly, understand complex ideas, and use knowledge to solve problems demonstrates
- informal reasoning.
 - insight.

- b. intelligence. d. formal reasoning.

ANS: B DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

75. If you can make decisions, solve problems, learn quickly, and adapt to changes in the environment, you probably have a
- a. low level of intelligence. c. high level of insight.
b. high level of intelligence. d. low level of insight.

ANS: B DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

76. The main concept of general intelligence theory is that
- a. one factor underlies intelligence.
b. there are three different types of intelligence.
c. there are two types of intelligence.
d. intelligence is too general to measure accurately.

ANS: A DIF: Moderate REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

77. The idea that one single intelligence factor contributes to performance on all intellectual tasks is known as the _____ intelligence theory.
- a. general c. fluid
b. single d. crystallized

ANS: A DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a | 8.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

78. Mr. O'Neil, a high school math teacher, believes that students who are good at math will also be good in English, history, and music. Mr. O'Neil's belief most closely resembles the _____ intelligence theory.
- a. triarchic c. multiple
b. general d. emotional

ANS: B DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8a | 8.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

79. If you have a higher level of general intelligence, you are also likely to have better
- a. parenting skills. c. physical health.
b. interpersonal relationships. d. emotional regulation.

ANS: C DIF: Easy REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

80. Mary does well in both math and science. According to general intelligence theory, Mary's performance in literature and history should be _____ how she does in math and science.
- a. worse than c. as good as
b. completely unrelated to d. much better than

ANS: C DIF: Moderate REF: 8.8 One General Factor May Underlie Intelligence
OBJ: 8.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

81. A man is skiing skillfully down a mountain. This man would most likely score high on bodily kinesthetic intelligence, according to the _____ theory.
- a. general intelligence c. emotional intelligence
b. triarchic d. multiple intelligences

ANS: D DIF: Easy REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

82. Bridget just took an intelligence test. The results show that Bridget has very high musical intelligence. The test Bridget took was probably based on the
- a. triarchic theory.
 - b. theory of emotional intelligences.
 - c. theory of general intelligence.
 - d. theory of multiple intelligences.

ANS: D DIF: Easy REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

83. Marilyn is very skilled at crossword puzzles, in part because she has a lot of knowledge about crosswords that she acquired through experience. Her knowledge of crossword puzzle words reflects _____ intelligence.
- a. fluid
 - b. crystallized
 - c. creative
 - d. spatial

ANS: B DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

84. Although many successful musicians may not have “book smarts,” they certainly have the “street smarts” needed to succeed in the music industry. The theory of intelligence that best accounts for this observation about “book smarts” and “street smarts” in musicians is the _____ theory.
- a. triarchic
 - b. general intelligence
 - c. emotional intelligence
 - d. crystallized intelligence

ANS: A DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

85. Dr. Green is a respected therapist. His clients appreciate his ability to recognize and understand their feelings during difficult situations, even when they themselves do not understand their own feelings. Based on this, Dr. Green appears to have very high _____ intelligence.
- a. linguistic
 - b. emotional
 - c. practical
 - d. general

ANS: B DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

86. Alina often has trouble understanding her own feelings and has difficulty recognizing when her friends are expressing their feelings. Alina probably has low _____ intelligence.
- a. fluid
 - b. practical
 - c. emotional
 - d. kinesthetic

ANS: C DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

87. Cory performs well at the word game Scrabble because he is good at solving problems and rearranging letters quickly to form many words. These skills reveal his _____ intelligence.
- a. fluid
 - b. spatial
 - c. practical
 - d. interpersonal

ANS: A DIF: Difficult REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9a | 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

88. According to the theory of multiple intelligences, the famous authors Mark Twain and Dr. Seuss most likely possessed high _____ intelligence.
- a. musical
 - b. spatial
 - c. intrapersonal
 - d. linguistic

ANS: D DIF: Easy REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

89. Joel is fantastic at solving logic problems but has a terrible vocabulary and cannot find most

countries on a map. Joel would most likely be considered _____ in fluid intelligence and _____ in crystallized intelligence.

- a. high; high
- b. low; low
- c. high; low
- d. low; high

ANS: C DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

90. Sue is a great math student. According to multiple intelligences theory, Sue's linguistic intelligence should be _____ her mathematical/logical intelligence.

- a. greater than
- b. less than
- c. equal to
- d. unrelated to

ANS: D DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

91. Monica is very good at algebra and chemistry. However, she is not very good at writing short stories. According to the triarchic theory of intelligence, Monica most likely has high _____ intelligence and low _____ intelligence.

- a. logical; linguistic
- b. analytical; linguistic
- c. logical; creative
- d. analytical; creative

ANS: D DIF: Difficult REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

92. Which of the following would be an example of crystallized intelligence?

- a. Maggie is able to solve unfamiliar math problems.
- b. Aaron can compose a beautiful piano piece in one week.
- c. Jordan can easily recite the entire dictionary.
- d. Miguel can think quickly in complicated situations.

ANS: C DIF: Difficult REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

93. Margo is very good at learning to do new things quickly and flexibly. Margo is most likely considered to be _____ intelligence.

- a. high in fluid
- b. low in analytical
- c. high in crystallized
- d. low in practical

ANS: A DIF: Difficult REF: 8.9 There May Be Multiple Aspects of Intelligence
OBJ: 8.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

94. Both nature and nurture can influence intelligence. Which of the following ideas has NOT been supported by intelligence research?

- a. Certain prenatal factors can lead to lower intelligence.
- b. Certain postnatal factors can lead to lower intelligence.
- c. Intelligence can be linked to a single "intelligence gene."
- d. An enriched environment can positively influence intelligence.

ANS: C DIF: Difficult
REF: 8.10 Intelligence Is a Result of Genes and Environment OBJ: 8.10a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

95. Research has studied the relationship between breastfeeding during infancy and IQs later in childhood. According to these studies,

- a. the effect of breastfeeding on later childhood IQ can be explained by birth weight differences.
- b. there is no relationship between breastfeeding and IQ in later childhood.
- c. breastfeeding for the first three months was associated with an increase in IQ, but there was no relationship after three months.
- d. breastfeeding for more than six months was associated with a five- to seven-point increase in IQ.

ANS: D DIF: Difficult
REF: 8.10 Intelligence Is a Result of Genes and Environment OBJ: 8.10a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

96. Environmental factors can influence the development of intelligence. Which of the following is NOT an environmental factor that can influence intelligence?

- a. the number of years the child remains in school
- b. whether the child was breastfed for more than six months
- c. the birth weight of the child
- d. whether the child had certain recessive genes linked to intelligence

ANS: D DIF: Moderate

REF: 8.10 Intelligence Is a Result of Genes and Environment

OBJ: 8.10a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

97. Which of the following questions best summarizes the current approach to the role of nature and nurture in intelligence?

- a. Is intelligence primarily determined by genetics?
- b. Is intelligence primarily determined by the environment?
- c. What factors other than nature and nurture influence intelligence?
- d. How does each factor, genes and the environment, contribute to intelligence?

ANS: D DIF: Difficult

REF: 8.10 Intelligence Is a Result of Genes and Environment

OBJ: 8.10a | 8.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Understanding

MSC:

98. Which finding is the best evidence that genetics plays an important role in determining intelligence?

- a. Identical twins raised apart have more similar IQs than siblings raised together.
- b. Adopted children have IQs that are similar to their nonbiological siblings.
- c. Siblings raised together have more similar IQs than siblings raised apart.
- d. Identical twins raised together have more similar IQs than identical twins raised apart.

ANS: A DIF: Difficult

REF: 8.10 Intelligence Is a Result of Genes and Environment

OBJ: 8.10a | 8.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

99. Peter is a four-year-old who can already read and has the vocabulary of a 10-year-old.

His parents also love to read, so his house is filled with books. What is the most reasonable conclusion about the source of Peter's high intelligence?

- a. He inherited genes for high intelligence from his parents.
- b. His parents provided the stimulating environment needed to develop his intelligence.
- c. His intelligence resulted from an interaction of both genes and environment.
- d. Neither genes nor the environment is the cause of his high intelligence.

ANS: C DIF: Difficult

REF: 8.10 Intelligence Is a Result of Genes and Environment

OBJ: 8.10b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

100. The SAT is a psychometric test, which means that it is

- a. an intelligence test that gives an IQ score based on a person's performance.
- b. an achievement test that reveals what knowledge and skills a person has.
- c. definitely valid but may not be reliable.
- d. a standardized test that is administered the same way for all students and scored objectively.

ANS: D DIF: Easy

REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

101. Seven-year-old Tarun is baking cookies for the first time. He does not know what a tablespoon is, so every time the recipe says to use a tablespoon, he uses a teaspoon instead.

Tarun's system of measurement has _____ validity and _____ reliability.

- a. low; low
- b. high; low
- c. high; high
- d. low; high

ANS: D DIF: Moderate

REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

102. Every morning, Jeannine's bathroom scale tells her that she weighs 120 pounds. However, when she go to the doctor's office, the very accurate professional scale says she weighs 130 pounds. Jeannine's bathroom scale has _____ reliability and _____ validity.

- a. high; low
- b. low; low
- c. high; high
- d. low; high

ANS: A DIF: Moderate
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

103. Stella takes an Advanced Placement English Literature test, which is designed to assess what knowledge and skills she has learned in that subject. Stella is taking a(n) _____ test.
- a. content
 - b. performance
 - c. aptitude
 - d. achievement

ANS: D DIF: Easy
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

104. The Law School Admissions Test (LSAT) measures logical thinking ability and predicts students' success in law school. Based on this you know that the LSAT is a(n) _____ test.
- a. aptitude
 - b. general intelligence
 - c. achievement
 - d. standardized

ANS: A DIF: Easy
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11a | 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

105. An intelligence test that includes a verbal scale and a performance scale is the
- a. Binet–Simon Scale.
 - b. Stanford–Binet test.
 - c. Wechsler Adult Intelligence Scale.
 - d. ACT test.

ANS: C DIF: Easy
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

106. Jane is taking the Wechsler Adult Intelligence Scales (WAIS). Afterward, Jane says that she liked creating stories from different pictures and re-creating patterns with blocks. It appears that Jane enjoyed the _____ scales of the test.
- a. performance
 - b. verbal
 - c. fluid
 - d. crystallized

ANS: A DIF: Easy
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

107. The final exam for your psychology class is a(n) _____ test.
- a. aptitude
 - b. achievement
 - c. general intelligence
 - d. standardized

ANS: B DIF: Easy
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

108. Demi is a 10-year-old with a mental age of 12. Demi's intelligence quotient (IQ) is
- a. 100.
 - b. 120.
 - c. 110.
 - d. 83.

ANS: B DIF: Moderate
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

109. Kelly, a 30-year-old, took a modern IQ test and got an IQ score of 90. Based on this information, we can assume that Kelly
- a. has a mental age of 30.
 - b. scored slightly below average on the test.
 - c. scored slightly above average on the test.
 - d. can be classified as gifted.

ANS: B DIF: Moderate
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

110. Corbin, who is 10 years old, took a test that shows he has a mental age of 15. What can be concluded from this information?
- a. Corbin is less intelligent than other 10-year-olds.
 - b. Corbin is of average intelligence for his age.

- c. Corbin is more intelligent than other 10-year-olds.
- d. Corbin is more intelligent than 15-year-olds.

ANS: C DIF: Moderate
REF: 8.11 Intelligence Is Assessed with Psychometric Tests OBJ: 8.11b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

111. Which of the following best describes the relationship between general intelligence and working memory?
- a. General intelligence is strongly correlated with simple tests of memory.
 - b. General intelligence is strongly correlated with memory tests that have two components.
 - c. General intelligence is strongly correlated with both simple and two-component memory tests.
 - d. General intelligence is not correlated with either simple or two-component memory tests.

ANS: B DIF: Moderate
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

112. If you wanted to use a working memory test to assess general intelligence scores, which kind of task should you use?
- a. a simple memory task, like listening to and repeating a list of words
 - b. a memory task that requires secondary processing, like listening to and repeating a list of words
 - c. a simple memory task, like memorizing a list of words while solving math problems
 - d. a memory task that requires secondary processing, like memorizing a list of words while solving math problems

ANS: D DIF: Moderate
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

113. Typically, scores on intelligence tests are closely related to _____ memory.
- a. sensory
 - b. semantic
 - c. working
 - d. episodic

ANS: C DIF: Easy
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

114. Shara is participating in a psychology study in which she has to press a button as fast as possible whenever she sees a circle on the computer screen. This study is measuring _____ reaction time.
- a. choice
 - b. simple
 - c. complex
 - d. implicit

ANS: B DIF: Easy
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

115. Oberlin is participating in a psychology study in which he has to press a red button whenever he sees a circle on the computer screen and a green button whenever he sees a square. This study is measuring _____ reaction time.
- a. choice
 - b. complex
 - c. basic
 - d. simple

ANS: A DIF: Easy
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

116. The type of reaction-time task that is most strongly related to intelligence test scores is the _____ reaction-time task.
- a. complex
 - b. simple
 - c. choice
 - d. basic

ANS: C DIF: Moderate

REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

117. Joe has an incredible ability to memorize whatever he reads in a book, and he can recite all the cities in the United States alphabetically. However, he has difficulty doing simple tasks like taking the bus. Joe most likely
- performs well on choice reaction-time tests.
 - has a high IQ.
 - is a savant.
 - performs well on simple reaction-time tests.

ANS: C DIF: Easy
REF: 8.12 Intelligence Is Associated with Cognitive Performance
OBJ: 8.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

118. Which of the following is one way in which stereotype threat interferes with performance?
- It reduces long-term memory capacity.
 - It reduces short-term memory capacity.
 - It disorganizes the processing of information in sensory memory.
 - It disorganizes the processing of information in long-term memory.

ANS: B DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

119. Which of the following is one way in which stereotype threat interferes with performance?
- It primes the stereotype that causes stereotype-consistent behavior.
 - It increases the illusion of control over performance.
 - It undermines confidence and motivation.
 - It exhausts the individual before the performance is completed.

ANS: C DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

120. If you want to reduce the likelihood of stereotype threat during an exam, which of the following should you do?
- present the exam as nonevaluative
 - make sure that the test-takers are unaware of negative consequences of stereotype threat
 - make sure the test-takers are aware of how important the test is
 - present the exam as evaluative

ANS: A DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

121. Which of the following is NOT a consequence of stereotype threat?
- It causes distraction and anxiety.
 - It reduces the short-term memory capacity.
 - It undermines confidence and motivation.
 - It disorganizes information in long-term memory.

ANS: D DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a | 8.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

122. Right before her geometry exam, Julie heard a story about how women have trouble in geometry because it requires spatial manipulation. Even though she was prepared for the test, she did not do as well as she would have done had she not heard that story. Based on this, you know that Julie's performance was most likely impaired by
- having a low IQ.
 - stereotype threat.
 - poor reliability of the test.
 - poor validity of the test.

ANS: B DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a | 8.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

123. Larry wants to see whether he can influence his students' test scores. When he gives his students their English test, he says, "Tall students tend to perform worse than short students on this test." Indeed, the tall students do get lower scores on the test. These results provide support for the existence of
- crystallized intelligence.
 - stereotype threat.
 - fluid intelligence.
 - test validity.

ANS: B DIF: Moderate
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13a | 8.13b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

124. Before taking her calculus final, Heather reads a story about how men and women have equal abilities in math. As a result, Heather is _____ likely to do well on her exam because of _____.
- more; positive role models
 - more; reduced stereotype threat
 - less; positive role models
 - less; reduced stereotype threat

ANS: B DIF: Easy
REF: 8.13 Many Factors Determine Group Differences in Intelligence
OBJ: 8.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

SHORT ANSWER

- Describe the difference between analogical and symbolic representations.
 - Provide an example of an analogical and a symbolical representation (one example each).

ANS:

Suggested answer:

- Analogical representations are mental representations that portray some of the physical characteristics of the objects they represent. Symbolic representations are abstract mental representations that consist of words or ideas and do not physically portray the objects.
- Some examples of analogical representations include pictures/images, maps, diagrams, family trees, and clocks. Examples of symbolic representations include words or ideas.

DIF: Easy REF: 8.1 Thinking Is the Mental Manipulation of Representations
OBJ: 8.1b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

- Name and describe the two different models of concepts.
 - List one advantage of each model.

ANS:

Suggested answer:

- The prototype model is a way of thinking about concepts in which each category there is a best example, a prototype, for that category. The exemplar model is a way of thinking about concepts in which all members of a category are examples (exemplars) and together they form the category.
- One advantage of the prototype model is that it is flexible in allowing concepts to be members of a category even when they may not be a great representation of the category. One advantage of the exemplar model is that no single concept is the best representation; some category members are more prototypical than others, but these are simply concepts that we have encountered more often.

DIF: Moderate REF: 8.2 Schemas Are the Basis of Thinking
OBJ: 8.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Analyzing

- Describe the representativeness heuristic.
 - Explain the relationship between it and base rates.
 - Give a real-life example of the representativeness heuristic.

ANS:

Suggested answer:

- A) The representativeness heuristic is the tendency to place an item in a category if it is similar to the prototype of that category. This is used when we base a decision on how closely each option matches what we already believe.
- B) Base rates are the frequencies for the event. The representativeness heuristic occurs in part because people generally do not pay much attention to base rates in reasoning (because they are time-consuming and effortful to use). Instead, one may focus on whether the information is more representative of one prototype or another.
- C) Answers will vary.

DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5a | 8.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

4.
 - A) Explain the difference between an algorithm and a heuristic.
 - B) What is one benefit of using an algorithm to solve a problem?
 - C) What is one benefit of using a heuristic to solve a problem?
 - D) Think about a problem in your own life and provide an example of how you could solve it using an algorithm and how you could solve it using a heuristic.

ANS:

Suggested answer:

- A) An algorithm is a systematic set of procedures (like a formula) that is used to make a decision. A heuristic is a rule of thumb, or a “shortcut” to making a decision.
- B) An algorithm will always give you the correct result when used correctly.
- C) A heuristic is quick and easy.
- D) Answers will vary.

DIF: Easy REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

5.
 - A) Explain the paradox of choice.
 - B) According to the research findings, who would you expect to sell more chocolate: a small store with only a few chocolates from which to choose or a large store with a large variety of chocolates from which to choose? Why? Explain your answer.

ANS:

Suggested answer:

- A) The paradox of choice is that although some choice is better than no choice, too much choice can be frustrating and unsatisfying, and it can impair our thinking.
- B) In the jam study, people who were presented with a display of 24 jams were less likely to buy jam than those who saw a display with only six jams. This would predict more sales for the small store with only a few chocolates from which to choose.

DIF: Moderate REF: 8.5 How You Think Biases Decision Making

OBJ: 8.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

6. This summer, you want to take a week-long vacation in Europe, but cannot afford it. Pick one of the problem-solving strategies (subgoals, working backward, or analogies) and use it to solve this problem.

ANS:

Suggested answer:

Some examples include the following:

Using subgoals, you could save small amounts every week to save for your vacation. Working backward, you could figure out the total cost of the trip, and figure out what you would need each month to make that amount.

Using an analogy, you could figure out how you saved money to buy something else, and then use that same strategy to save for the vacation.

DIF: Moderate REF: 8.6 You Solve Problems to Achieve Goals

OBJ: 8.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

7. Robert is a great problem solver and is able to solve novel problems using new and interesting ways. However, he often gets overwhelmed and frustrated trying to deal with everyday tasks.

- A) What is the triarchic theory of intelligence? Name and explain the three parts of the theory.
- B) Describe whether Robert would be high or low on each aspect of the triarchic theory of intelligence.

ANS:

Suggested answer:

- A) The triarchic theory of intelligence is the idea that people have three types of intelligence:

(1) analytical, (2) creative, and (3) practical. Analytical intelligence relates to the ability to be logical in problem solving, similar to the skills required in traditional intelligence tests. Creative intelligence pertains to being able to think in unique ways to solve new problems. Practical intelligence can be seen when a person is skilled in performing everyday tasks.

- B) According to the triarchic theory, Robert would be high on analytical intelligence (being a good problem solver) and creative intelligence (being able to solve novel problems creatively), but low on practical intelligence (dealing with everyday tasks).

DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence

OBJ: 8.9a | 8.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

8. Jackie is very good at English and psychology.

A) Use general intelligence theory to make predictions about what we would expect Jackie's math and science abilities to be.

B) Explain why you are making each prediction.

C) Use multiple intelligences theory to make predictions about what we would expect Jackie's math and science abilities to be.

D) Explain why you are making each prediction.

ANS:

Suggested answer:

A) According to general intelligence theory, we would expect Jackie to have high science and math abilities.

B) This is because general intelligence theory believes there is a single underlying factor that predicts performance on all intellectual tasks.

C) According to multiple intelligences theory, we cannot predict what Jackie's math and science abilities would be.

D) This is because multiple intelligences are considered independent of one another.

DIF: Moderate REF: 8.9 There May Be Multiple Aspects of Intelligence

OBJ: 8.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

9. A) Describe the difference between fluid and crystallized intelligence.

B) Provide an example of each.

C) What is the relationship between these two types of intelligence?

ANS:

Suggested answer:

A) Fluid intelligence involves information processing in novel or complex situations; crystallized intelligence involves knowledge we acquire through experience and the ability to use that knowledge.

B) Some examples of fluid intelligence include reasoning, drawing analogies, and thinking quickly and flexibly; examples of crystallized intelligence include vocabulary, spelling, and facts.

C) Both fluid and crystallized intelligence are components of general intelligence, so people who score high on one factor tend to score high on the other factor.

DIF: Difficult REF: 8.9 There May Be Multiple Aspects of Intelligence

OBJ: 8.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Analyzing

10. For an intelligence test to be useful, it must have both validity and reliability.

A) Explain validity and reliability.

B) Provide an example of something that has low validity but high reliability.

ANS:

Suggested answer:

A) Validity refers to the fact that a test should really measure what it claims to measure. Reliability means that the results will be similar from one time to another.

B) One example of something that has low validity but high reliability would be an IQ test that gives a similar score each time a person takes it (high reliability) but does not measure the intended construct (low validity).

DIF: Moderate REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11a | 8.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

11. A) Describe the difference between an aptitude and an achievement test.

B) Provide an example of each kind of test.

C) When would you be most likely to use each type of test?

ANS:

Suggested answer:

A) An aptitude test measures a person's ability to learn and is used to predict a person's future performance. An achievement test is designed to assess the knowledge and skills a person currently has.

B & C) An example of an aptitude test would be an entrance exam (e.g., SAT/ACT for college, LSAT for law school, GRE/GMAT for graduate school, MCAT for medical school) or a test to predict future job performance for an employer. An achievement test could be used as a class exam (e.g., finals, AP exams, No Child Left Behind), to determine skill proficiency (e.g., a driver's test before receiving a license), or to measure job skills that an employee has learned.

DIF: Easy REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11a | 8.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Analyzing

12. A) How can cultural bias influence intelligence test scores?

B) Describe the kinds of tests (or give the names) that show the least amount of cultural bias.

ANS:

Suggested answer:

A) Intelligence tests often require knowing the mainstream language and culture. Therefore, these tests often penalize people who do not belong to the mainstream culture.

B) Tests that show the least amount of cultural bias do not depend on language such as the WAIS performance scale or the Ravens Progressive Matrices, which show a series of patterns and ask the test taker to identify the missing pattern.

DIF: Difficult REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication

MSC: Understanding

13. Callum is a 10-year-old with a mental age of 15.

A) Calculate Callum's intelligence quotient (IQ) and show your work.

B) Explain what Callum's IQ tells us about his intelligence level, relative to other 10-year-olds.

ANS:

Suggested answer:

A) IQ is calculated as mental age/chronological age $\times 100$. So Callum's IQ = $15/10 \times 100 = 150$.

B) From this, you know that his IQ is above average (average is 100) compared to others his age.

DIF: Moderate REF: 8.11 Intelligence Is Assessed with Psychometric Tests

OBJ: 8.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

14. A) Define *stereotype threat*.

B) Describe two ways in which stereotype threat can influence performance.

ANS:

Suggested answer:

A) Stereotype threat is the apprehension or fear about confirming a negative stereotype related to a person's own group.

B) Some ways in which stereotype threat can influence performance include increasing distraction and anxiety, interfering with performance by reducing short-term memory capacity, and undermining confidence and motivation.

DIF: Moderate REF: 8.13 Many Factors Determine Group Differences in Intelligence

OBJ: 8.13a | 8.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

15. A) Describe the general research findings on stereotype threat.

B) Describe one way in which the effects of stereotype threat can be reduced.

ANS:

Suggested answer:

A) Research has shown that stereotyped groups perform worse than nonstereotyped groups when they are being evaluated.

B) The effects can be reduced when the exam is presented as nonevaluative, when people are informed about the negative consequences of stereotype threat, when students write about important personal values before the threat-inducing situation, or when peer relations and social connections are strengthened.

DIF: Moderate REF: 8.13 Many Factors Determine Group Differences in Intelligence

OBJ: 8.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

CHAPTER 9

MOTIVATION AND EMOTION

LEARNING OBJECTIVES

9.1 Many Factors Influence Motivation

- 9.1a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.1b. Apply the four internal factors that affect motivation by describing one example each of how your motivation is affected by needs, drives, arousal, and pleasure.
- 9.1c. Understand the one external factor that affects motivation by explaining how incentives motivate you to achieve positive outcomes and avoid negative outcomes.

9.2 Some Behaviors Are Motivated for Their Own Sake

- 9.2a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.2b. Apply intrinsic and extrinsic motivation by explaining how you use intrinsic motivation to meet one goal and extrinsic motivation to meet a different goal.

9.3 Motivation to Eat Is Affected by Biology

- 9.3a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.3b. Analyze how four biological systems influence motivation to eat by describing how your stomach, glucose, hormones, and brain increase or decrease your desire to eat.

9.4 Motivation to Eat Is Also Affected by Learning

- 9.4a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.4b. Apply the idea that learning affects motivation to eat by providing examples of how conditioning, familiarity, flavor, and culture influence your motivation to eat.

9.5 People Have a Need to Belong

- 9.5a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.5b. Apply the need to belong by describing one way you show a need to belong, one positive effect of belonging, and one negative effect of failing to belong.

9.6 People Have a Need to Achieve Long-Term Goals

- 9.6a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.6b. Apply achievement motivation by describing three changes you can make to demonstrate high achievement motivation in your schoolwork or job.

9.7 Emotions Are Personal but Labeled and Described Consistently

- 9.7a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.7b. Apply emotions to your life by naming one of your emotions, describing it as primary or secondary, and explaining the valence and the level of arousal of the emotion.

9.8 Three Major Theories Explain Your Emotions

- 9.8a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.8b. Analyze the three theories of emotion by differentiating how each theory explains how you would feel excited happiness on seeing a good friend you haven't seen in a long time.

9.9 Your Body and Brain Influence Your Emotions

- 9.9a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.9b. Understand how the body and the brain influence emotions by summarizing these influences in a table.

9.10 Most People Try to Regulate Their Emotional States

- 9.10a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.10b. Apply the regulation of emotional states by giving examples of how you can use positive reappraisal, humor, and distraction to regulate your negative emotions more successfully than by thought suppression and rumination.

9.11 You Use Facial Expressions to Interpret Emotions

- 9.11a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.11b. Apply the interpretation of facial expressions by describing how you can tell the emotions of another person based on the eyes and also based on the mouth.

9.12 Your Display of Emotion Varies

- 9.12a. Understand all bold and italic terms by writing explanations of them in your own words.
- 9.12b. Understand display rules by comparing when the display rules of your culture do or do not permit showing two of the emotions that are usually recognized across cultures.

9.13 Emotions Influence Your Thoughts

9.13a. Understand all bold and italic terms by writing explanations of them in your own words.

9.13b. Understand how emotions affect people by summarizing in your own words how emotions affect people's decision making and judgments.

9.14 Emotions Strengthen Your Interpersonal Relations

9.14a. Understand all bold and italic terms by writing explanations of them in your own words.

9.14b. Apply the social effects of guilt and embarrassment by providing one example each of how guilt and embarrassment have strengthened your interpersonal relationships.

MULTIPLE CHOICE

1. Hugh is sad that his best friend is studying abroad for the entire academic year. His brother tries to get him to go to some social events, but Hugh does not want to do anything. Hugh's behavior is not energized, directed, or sustained, and he is lacking
- a. motivation.
 - b. emotion.
 - c. self-actualization.
 - d. homeostasis.

ANS: A DIF: Easy REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Janelle knows that motivational states are directive, meaning that they
- a. call attention to important goals.
 - b. activate us to do something.
 - c. help guide behaviors that satisfy our needs.
 - d. determine a pattern of physiological activation.

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

3. When explaining the purpose of homeostasis, Dr. Murphy would most likely suggest that it
- a. generates a drive to satisfy a need.
 - b. stabilizes conditions in the body.
 - c. creates a state of arousal.
 - d. uses incentives to reduce drives.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

4. Cyril is writing an essay on Maslow's need hierarchy. Which of the following should he include as a critique of the theory?
- a. Self-actualization may not be necessary for happiness.
 - b. It is limited to Western cultures.
 - c. It defines the nature of a need too broadly.
 - d. It underestimates the role of physiological factors.

ANS: A DIF: Difficult REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

5. From an evolutionary perspective, pleasure _____ the likelihood of survival and reproduction because it _____.
- a. increases; promotes adaptive behaviors
 - b. decreases; interferes with adaptive learning
 - c. decreases; promotes negative behaviors
 - d. increases; interferes with responses to pain

ANS: A DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

6. Ming is hiking around a lake to photograph it from a variety of angles, but she forgot to bring water with her. Soon, she cannot concentrate and goes back to her car to satisfy her thirst. Which of the following factors is most likely influencing Ming's behavior in this situation?
- a. drive reduction
 - b. incentive
 - c. optimal arousal
 - d. the pleasure principle

ANS: A DIF: Easy REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

7. Jerome's boat sank in cold water and his body temperature is dangerously low, so he starts swimming to raise his body temperature. According to motivational theory, Jerome's low temperature created a deficient state called a(n) _____, which in turn created a motivating state called a(n) _____ to increase his temperature.
- a. habit; incentive
 - b. incentive; habit
 - c. need; drive
 - d. drive; need

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

8. When he misses lunch, Augustus knows he is experiencing a state of deficiency. Pretty soon, he starts to feel hungry and he goes to a deli to eat. Augustus was motivated to eat because he experienced the psychological state called a(n) _____, which will reduce his state of deficiency.
- a. goal
 - b. incentive
 - c. need
 - d. drive

ANS: D DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

9. Raymond is studying for finals and has not slept for almost two days. He finally realizes he is exhausted and goes home from the library to sleep. Raymond's desire to go home and get some rest so that he no longer feels tired is a(n) _____.
- a. goal.
 - b. incentive.
 - c. drive.
 - d. need.

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

10. Mauricio's habit of eating chalk to replenish the calcium his body needs is an example of a behavior intended to maintain _____.
- a. self-determination.
 - b. an optimal level of arousal.
 - c. an incentive.
 - d. homeostasis.

ANS: D DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

11. Ruth has weighed 130 pounds all her adult life. During her pregnancy, she gained 25 pounds. After having her baby, Ruth's weight returned naturally to 130 pounds. For Ruth, 130 pounds is a(n) _____, and her body went back to it through the process of _____.
- a. optimal weight; equilibrium
 - b. set point; equilibrium
 - c. set point; homeostasis
 - d. optimal weight; homeostasis

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

12. Thatcher thinks that anxiety can impair test performance, so he does relaxation exercises before his exam. He is extremely relaxed during the exam and does poorly. Thatcher did not take into account the complete relationship between physiological activation and performance, as described by _____.
- a. the self-determination theory.
 - b. Cannon's theory of homeostasis.
 - c. the Yerkes-Dodson law.
 - d. Maslow's hierarchy of needs.

ANS: C DIF: Difficult REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

13. Jenna plans to be an engineer. She also loves taking dance classes and makes time for them even if it means that she must skip a meal or not get much sleep. Jenna's behavior is best explained by _____.
- a. a satisfaction of needs.
 - b. drive reduction.
 - c. incentives.
 - d. the pleasure principle.

ANS: D DIF: Difficult REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

14. Robert becomes anxious during exams. He has found that chewing on the eraser on his pencil while he thinks helps him to calm down. Over time, Robert's pencil chewing is likely to become a(n)
- a. incentive.
 - b. habit.
 - c. drive.
 - d. need.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1a | 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

15. Antoinette is a real risk taker. She loves to skydive, and she can party all night. Benita dislikes risk taking and prefers quieter activities, such as reading and yoga. These contrasting preferences in the rate of physiological activation they experience suggest that Antoinette and Benita differ in their
- a. extrinsic motivations.
 - b. optimal levels of arousal.
 - c. intrinsic motivations.
 - d. self-actualization.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

16. Terry's home was destroyed in a hurricane. It is hard to find food, so he is constantly hungry. However, he feels lucky because his family survived and he is together with his loved ones. According to Maslow's theory, Terry's _____ needs are not met, but his _____ needs are being met.
- a. safety; esteem
 - b. physiological; belonging
 - c. physiological; esteem
 - d. safety; belonging

ANS: B DIF: Easy REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

17. Gertrude is close to finishing her degree in biology and was offered several good jobs in her field. However, Gertrude decides that her real dream is to become a carpenter. She quits school and becomes a very happy and successful carpenter. According to Maslow, Gertrude
- a. does not have a need for achievement.
 - b. is self-actualized.
 - c. has high self-esteem.
 - d. is behaving according to her set point.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

18. Vincent is a brilliant artist and is very satisfied with his achievements. However, he has little to eat, lives in poverty, and spends most of his time alone working on his art. Why would Vincent's life be problematic according to Maslow's need hierarchy?
- a. Satisfaction is an emotion, not a need.
 - b. Lower needs must be met before higher needs.
 - c. Satisfying the need for esteem requires financial success.
 - d. Lower and higher needs cannot be met simultaneously.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

19. During recess, children are trying to balance a seesaw. If one side is too heavy, a child will get off the heavy side; if one side is too light, a child will get on the light side. The children's behavior is similar to our biological states as they try to create
- a. drive satisfaction.
 - b. equilibrium.
 - c. arousal.
 - d. a habit.

ANS: B DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

20. Luke needs about seven hours of sleep a night. During his spring break, however, he sleeps 10 hours just because he enjoys it so much. Luke's behavior is difficult to explain with

which of the following motivation theories?

- a. drive reduction
- b. incentives
- c. optimal arousal
- d. the pleasure principle

ANS: A DIF: Difficult REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

21. Parvati is a competitive gymnast at the Olympic trials. She is highly motivated to perform her absolute best, which results in a highly aroused state. Given your knowledge of the effects of arousal on performance, the best advice you can give Parvati is that she should calm down because
- a. very high arousal can hurt her performance.
 - b. very low arousal can help her performance.
 - c. extrinsic motivation will reduce her ability to focus.
 - d. self-efficacy will increase her ability to focus.

ANS: A DIF: Difficult REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

22. Daria is writing a lecture and wants to explain the difference between being motivated by states of biological deficiency versus being motivated by incentives. Which of the following should she include as an example of an incentive that can motivate behavior even though it is NOT related to a so-called need?
- a. water
 - b. sleep
 - c. achievement
 - d. money

ANS: D DIF: Easy REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

23. Lulu has a hard time sitting still and concentrating when doing her homework. Lulu's father says to her, "If you can sit still and focus for 10 minutes and get these three math problems right then we can play soccer together for a while." Lulu's father is trying to motivate a change in her behavior by
- a. supporting Lulu in reaching self-actualization about math homework.
 - b. getting Lulu to an optimal level of arousal to do the math homework.
 - c. offering Lulu an incentive to finish the math homework.
 - d. helping Lulu to increase her intrinsic motivation to complete the math homework.

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

24. Shana wants to establish an exercise routine, but she really does not like to work out. If she decides to use incentives to motivate her exercising behavior, which of the following is Shana most likely to do?
- a. focus on how much pleasure she feels when she is exercising
 - b. work out at midnight when she has the most energy
 - c. buy herself a new pair of shoes after exercising every day for two weeks
 - d. weigh herself each morning to decide how much she needs to exercise that day

ANS: C DIF: Moderate REF: 9.1 Many Factors Influence Motivation
OBJ: 9.1c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

25. Stewart desperately wants a job in computers. During his interview, he is aggressive about his thoughts and ideas. A motivation theorist who interprets Stewart's behavior in terms of extrinsic motivation would say that Stewart's behavior in the interview is most likely motivated by
- a. the drive to achieve homeostasis.
 - b. a strong need for esteem.
 - c. a high optimal level of arousal.
 - d. the incentive of wanting to earn a high salary.

ANS: D DIF: Difficult REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Applying

MSC:

26. Cesar has done so well in his economics class that he only needs 43 out of 100 points on the final exam to receive an “A” in the class. Cesar still studies a lot because he wants to do well on the final. Cesar’s behavior is affected by
- a drive.
 - extrinsic motivation.
 - a habit.
 - intrinsic motivation.

ANS: D DIF: Moderate

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2a | 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

27. Sarah wants to do well in class because she is earning credit toward graduation. Joe wants to do well in class because he gets pleasure from learning new material. Sarah is influenced by _____ motivation. Joe is influenced by _____ motivation.
- intrinsic; extrinsic
 - extrinsic; intrinsic
 - intrinsic; intrinsic
 - extrinsic; extrinsic

ANS: B DIF: Easy

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2a | 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

28. Hernando and Fiona are in an advanced math class, which they love. In order to increase his effort in the class, Hernando’s parents give him \$5 for every “A” he earns. Fiona’s parents do not reward her for good grades. Which of the following concepts suggests that Fiona is more likely to do well in the class?
- self-perception theory
 - self-efficacy
 - delayed gratification
 - self-determination theory

ANS: D DIF: Difficult

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2a | 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

29. Jalila reads the paper every day because she is intrinsically motivated. Jalila most likely reads the paper because
- she uses it to find grocery coupons to save herself money.
 - she feels curious about what is happening in the world.
 - it keeps her mind occupied during her boring staff meetings.
 - it prevents the person next to her on the train from talking to her.

ANS: B DIF: Moderate

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

30. Recently, Miriam’s violin instructor tells her that she has to practice three hours a day for a competition. Although Miriam usually practices more than three hours, she suddenly finds that she enjoys playing a lot less. Self-determination theory suggests that Miriam’s sudden loss of interest happened because
- she no longer feels that she is choosing to practice.
 - she is afraid of not doing well at the competition.
 - the competition is now more important than the music.
 - playing has become work, not pleasure.

ANS: A DIF: Moderate

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

31. Roland tells himself that he must love soccer because he works so hard at it. Then, Roland’s coach tells him he can get a full soccer scholarship to college. Now Roland tells himself that he is working so hard because he needs to earn a scholarship, and he enjoys soccer less. Self-perception theory would explain Roland’s behavior by saying that
- he no longer feels that he is choosing to practice and play.
 - he is afraid he will start losing games.
 - winning the scholarship has become the reason for playing soccer.
 - playing has become too much hard work.

ANS: C DIF: Difficult

REF: 9.2 Some Behaviors Are Motivated for Their Own Sake OBJ: 9.2b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

32. Long-term regulation of body fat primarily involves the hormone called
- glucose.
 - ghrelin.
 - leptin.
 - insulin.

ANS: C DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

33. A car hit Pluto the dog while he was chasing a squirrel. Afterward, Pluto starts gaining weight and has a hard time regulating his excessive food intake. Pluto is most likely having problems with the part of the brain that processes the hormone _____, which should indicate when to stop eating.
- ghrelin
 - glucose
 - leptin
 - insulin

ANS: C DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

34. Troy finds it very hard to lose weight. No matter how often he exercises, he keeps gaining weight instead of losing it. He thinks that he has a genetic predisposition to be overweight, which has most likely made him sensitive to the hunger-promoting effects of
- ghrelin.
 - leptin.
 - the hypothalamus.
 - the gustatory cortex.

ANS: A DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3a | 9.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

35. Sally is having a hard time losing weight and keeping it off because the more weight she loses, the hungrier she feels. This condition is most likely due to the effects of _____, which triggers feelings of hunger.
- insulin
 - leptin
 - glucose
 - ghrelin

ANS: D DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3a | 9.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

36. When you are hungry, the level of glucose in your bloodstream is _____. After you finish a big meal, the level of glucose in your bloodstream is _____.
- low; high
 - high; low
 - low; low
 - high; high

ANS: A DIF: Easy REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

37. After you finish a big meal, the level of glucose in your bloodstream increases. What happens next in order for your body to process the glucose?
- When glucose reaches a certain level, your hypothalamus stops producing it.
 - Your pancreas produces insulin to manage the glucose.
 - Your stomach releases ghrelin to counteract the glucose.
 - Your fat cells release leptin, which tells your hypothalamus to stop producing glucose.

ANS: B DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

38. Upon visiting his doctor, Ted is surprised to learn he has a brain tumor. This may explain why Ted cannot stop eating and eats as much food as possible. Ted may have a tumor in the part of his brain called the
- amygdala.
 - hypothalamus.
 - frontal lobe.
 - hippocampus.

ANS: B DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

39. Marty just lost 15 pounds. Even though she has better eating habits, she has a strong urge to eat more frequently than she did before she lost the weight. The most likely reason for Marty's problem is
- an increase in ghrelin.
 - a decrease in glucose.
 - a decrease in leptin.
 - equal levels of leptin and ghrelin.

ANS: A DIF: Difficult REF: 9.3 Motivation to Eat Is Affected by Biology
OBJ: 9.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

40. Blythe had a large breakfast in the late morning. Even though she was planning to skip lunch, she follows her usual routine and eats lunch at noon. The fact that Blythe eats at her normal lunchtime even though she ate a late breakfast can be best explained by
- classical conditioning.
 - homeostatic adjustment.
 - poor self-regulation.
 - low self-efficacy.

ANS: A DIF: Moderate
REF: 9.4 Motivation to Eat Is Also Influenced by Learning OBJ: 9.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

41. At a potluck, everyone brings his or her favorite dish to share. Gavin decides to avoid the foods he has never heard of before and instead eats only the macaroni and cheese he brought to the party. In this example, Gavin eating food he prepared himself suggests that he is most influenced by
- satiety cues.
 - conditioning.
 - the limbic system.
 - familiarity.

ANS: D DIF: Easy
REF: 9.4 Motivation to Eat Is Also Influenced by Learning OBJ: 9.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

42. If Phong makes his girlfriend, Regina, dinner and his menu selection is influenced by his culture, he would most likely make Regina
- french fries, because he can make them very well.
 - snake wine, because it is a delicacy in his native Vietnam.
 - spinach salad, which he eats several times a week.
 - chicken pot pie, because it was his favorite food growing up.

ANS: B DIF: Moderate
REF: 9.4 Motivation to Eat Is Also Influenced by Learning OBJ: 9.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

43. Jenn is daydreaming during class about what she will eat for dessert tonight. She decides she will make chocolate cake, and her mouth begins to water just thinking about how delicious it will taste. Her mouth-watering response is due to
- satiety cues.
 - classical conditioning.
 - leptin.
 - familiarity.

ANS: B DIF: Moderate
REF: 9.4 Motivation to Eat Is Also Influenced by Learning OBJ: 9.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

44. Ray tends to eat more at a potluck dinner, where there are many options and different types of food, as compared to when he cooks dinner for himself at home. Given this information, one reason why Ray might eat more at a potluck is due to
- cultural influences.
 - classical conditioning.
 - the presence of a variety of flavors.
 - leptin.

ANS: C DIF: Difficult
REF: 9.4 Motivation to Eat Is Also Influenced by Learning OBJ: 9.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

45. John is hanging out with a group of friends. According to the need to belong, which friend will pay the most attention to social information?
- Nate, who is outgoing and has many friends
 - Suzanne, who is shy but has a close group of friends
 - Akon, who belongs to many social groups
 - Jacob, who is shy and does not know very many people

ANS: D DIF: Difficult REF: 9.5 People Have a Need to Belong
OBJ: 9.5a | 9.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

46. Marco is a college student who is highly concerned with what other people think about him. He regularly tries to show off his good qualities in hopes that others have a good impression of him. Due to his concerns, he is more likely to be depressed or anxious. Marco's concerns are consistent with _____ goals.
- a. grit
 - b. ecosystem
 - c. emotion-focused
 - d. egosystem

ANS: D DIF: Moderate REF: 9.5 People Have a Need to Belong
OBJ: 9.5a | 9.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

47. Evolutionarily, children were more likely to remain with adults who would protect them. In addition, humans were most successful at survival when they shared food and resources. In order to increase the odds of survival, groups of people cooperated with each other. A fundamental motive that has evolved from these behaviors is our
- a. need to belong.
 - b. need to achieve long-term goals.
 - c. extrinsic motivation.
 - d. familiarity principle.

ANS: A DIF: Easy REF: 9.5 People Have a Need to Belong
OBJ: 9.5a | 9.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

48. After finishing elementary school, Mia moved to a new school district for middle school. Almost none of her friends from elementary school came with her to the new school. She feels anxious and quickly joins an after-school club. What motive may be driving Mia's behavior?
- a. egosystem goals
 - b. need to belong
 - c. reappraisal
 - d. familiarity principle

ANS: B DIF: Easy REF: 9.5 People Have a Need to Belong
OBJ: 9.5a | 9.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

49. Research has shown that social isolation increases the risk of illness by the same amount as smoking a pack of cigarettes a day. This finding supports the idea that the need for _____ is a fundamental adaptive motive.
- a. actualization
 - b. belonging
 - c. efficacy
 - d. regulation

ANS: B DIF: Moderate REF: 9.5 People Have a Need to Belong
OBJ: 9.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

50. When re-creating Mischel's famous marshmallow delay-of-gratification study, Art finds that children who successfully wait to eat the marshmallow are LEAST likely to
- a. focus on a painting on the wall.
 - b. play with another toy.
 - c. sing a song.
 - d. stare at the marshmallow.

ANS: D DIF: Easy
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

51. Juan really wants to become a doctor. He continues working toward his goal, despite the fact that he has trouble with the course work and has difficulty getting admitted to college and paying for his education. Juan's willingness to keep working toward his goal, despite the challenges, is an indication that Juan has
- a. grit.
 - b. external motivation.
 - c. internal motivation.
 - d. natural talent.

ANS: A DIF: Moderate
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

52. Today is Bridget's first day of college. She is excited to conquer this new challenge. Bridget, along with other students who are high in achievement motivation, is more likely to choose

a seat

- a. in the middle of the classroom.
- b. near the back of the classroom.
- c. near the front of the classroom.
- d. next to her friend's seat.

ANS: C DIF: Easy

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

53. When Seth becomes interested in a new hobby, he completely invests his time, money, and talents into that hobby. However, Seth always seems to lose his passion for the hobby in the middle of completing a project. He gets sidetracked and discouraged and chooses to focus on a new hobby. On which of the four factors related to long-term goal achievement is Seth low?

- a. setting good goals
- b. self-efficacy
- c. ability to delay gratification
- d. grit

ANS: D DIF: Easy

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

54. Beth's entire family has a high achievement motivation. Which of the following is Beth NOT likely to observe in her family members?

- a. unrealistically high career goals
- b. attainable personal goals
- c. high exam scores
- d. high grades in career-related classes

ANS: A DIF: Easy

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

55. Emilio has an "A" average, and Claudio has a "C" average. Both men have career aspirations of becoming aeronautical engineers to work for NASA. Claudio likely has _____ than Emilio.

- a. lower achievement motivation
- b. higher achievement motivation
- c. better delayed gratification
- d. worse delayed gratification

ANS: A DIF: Moderate

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

56. The final project for your class is due in a few days. You ask a classmate how his project is going. He tells you that he has not started, because no matter how hard he tries, he can never get a good grade. Based on this statement, it is likely that your classmate

- a. is low in achievement motivation.
- b. is high in achievement motivation.
- c. has low self-efficacy.
- d. has high self-efficacy.

ANS: C DIF: Moderate

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

57. You are training for a marathon. You spend all your extra time conditioning and practicing, because you believe that the more effort you put in, the more likely you are to succeed. Based on this, it is likely that you have

- a. low intrinsic motivation.
- b. high intrinsic motivation.
- c. low self-efficacy.
- d. high self-efficacy.

ANS: D DIF: Moderate

REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

58. Your siblings are arguing about who will be more successful in school. Your brother says that he will, because he has more natural talent and intelligence. Your sister thinks that she will, because she has more grit. You decide to settle the argument by telling them the latest research finding on whether natural talent or grit is more important in predicting success. What should you tell them?

- a. Intelligence is a better predictor than grit for educational attainment.
- b. Grit is only important in achieving short-term, but not long-term, goals.
- c. Intelligence is only important in achieving long-term, but not short-term, goals.
- d. Grit is a better predictor than intelligence for educational attainment.

ANS: D DIF: Moderate
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

59. Tara is shooting hockey pucks into a net. If she has a low self-efficacy, she will probably take _____ practice shots.
- a. moderately difficult
 - b. very difficult
 - c. fewer
 - d. many

ANS: C DIF: Moderate
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

60. Noor and Ahmad, four-year-old twins, are shopping with their mother. She offers to buy them each a small cookie now or a large toy later if they are good during the shopping trip. Noor takes the cookie, but Ahmad waits for the toy. Based on this, who will be more successful in high school?
- a. Noor, because he has a higher achievement motivation
 - b. Noor, because he can delay gratification
 - c. Ahmad, because he can delay gratification
 - d. Ahmad, because he has a higher achievement motivation

ANS: C DIF: Moderate
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

61. Mr. Griffin has a class full of students with high achievement motivation. To help these students do well on his calculus exam, Mr. Griffin should write questions that are
- a. very difficult.
 - b. easy.
 - c. moderately difficult.
 - d. variable in their difficulties.

ANS: C DIF: Moderate
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

62. Makenna is starting her first job as a teacher. She is considering how to use goals to effectively encourage persistence and concentration, and to increase student motivation. Makenna should
- a. set goals that are easy to meet so she can reward her students often.
 - b. not set goals for them because they should be intrinsically motivated.
 - c. set goals that are very difficult so that students will feel great when they succeed.
 - d. set challenging and specific goals that are not too difficult or too easy.

ANS: D DIF: Difficult
REF: 9.6 People Have a Need to Achieve Long-Term Goals OBJ: 9.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

63. Jie recently got out of a bad relationship and she is excited to be single again. Jie's friend, Nico, suggests that he would interpret that excitement negatively, if it were he. Excitement, in this example, is a(n) _____ because it is subjective and personal relative to the individual experiencing it.
- a. arousal
 - b. attitude
 - c. motivation
 - d. emotion

ANS: D DIF: Easy
REF: 9.7 Emotions Are Personal but Labeled and Described Consistently
OBJ: 9.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

64. Delia lives far from her family and rarely visits them. On a recent trip home, Delia realizes that her nephews do not know who she is. This makes Delia feel remorseful. Because remorse is a blend of other feelings, Delia is experiencing a(n) _____ emotion.
- a. positive
 - b. objective
 - c. secondary
 - d. primary

ANS: C DIF: Moderate
REF: 9.7 Emotions Are Personal but Labeled and Described Consistently
OBJ: 9.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

65. For the past several weeks, Hugh has had a vague sense of irritability. He does not know why he is feeling this way, but it seems to be affecting how he thinks about his job and how he acts at work. Hugh's irritability is best categorized as a
- primary emotion.
 - secondary emotion.
 - mood.
 - physiological arousal.

ANS: C

DIF: Moderate

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

66. Which of the following can be categorized as a primary emotion?
- guilt
 - shame
 - remorse
 - disgust

ANS: D

DIF: Easy

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

67. Which dimension in the circumplex model of describing emotions corresponds with how positive or negative an emotion is?
- valence
 - arousal
 - physiological activation
 - mood

ANS: A

DIF: Easy

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

68. Which of the following can be categorized as a secondary emotion?
- shame
 - sadness
 - surprise
 - disgust

ANS: A

DIF: Easy

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

69. While Brit is standing in line to go bungee jumping with her friends, she is extremely happy and excited, but she also feels her heart beating rapidly in anticipation of the jump. According to the circumplex model, Brit's emotions could be plotted on the positive end of the _____ continuum and on the high end of the _____ continuum.
- emotion; mood
 - valence; arousal
 - mood; emotion
 - arousal; valence

ANS: B

DIF: Difficult

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a | 9.7b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

70. Ekman and colleagues found that several emotions are common to people around the world, including all of the following EXCEPT
- fear.
 - guilt.
 - sadness.
 - disgust.

ANS: B

DIF: Easy

REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

71. Ross is explaining the different theories of emotion to his younger brother. When describing the two-factor theory, he explains that a situation causes a
- physiological response that is followed by a cognitive interpretation.
 - cognitive interpretation that is followed by a physiological response.
 - physiological label that is followed by a physiological response.
 - physiological response that is followed by a physiological label.

ANS: A DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

72. Maya finds her customer service job to be frustrating and stressful. She tells her friend Jeff about her negative experience at work, and he tells her to force herself to smile while she is at work, an idea he learned in his psychology class. When Maya tries smiling at work, she finds her job less frustrating and even begins to enjoy it some days. The idea that Jeff shared with Maya is most likely the
- facial-feedback hypothesis.
 - misattribution of arousal.
 - reappraisal principle.
 - Cannon-Bard theory.

ANS: A DIF: Easy REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

73. Terri is an experienced matchmaker. She tells her clients who are looking for romantic connections that good first dates should be active experiences that make your heart race, resulting in excitement or fear. When her clients follow her advice, they are more likely to feel a romantic connection with a new partner on the first date. On what psychological concept is Terri relying when giving this advice?
- reappraisal
 - facial feedback
 - delayed gratification
 - misattribution of arousal

ANS: D DIF: Easy REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

74. You are walking through the jungle and you see a huge snake. Which of the following explanations best represents the James-Lange theory of emotion?
- You are afraid because you are shaking.
 - You are shaking because you are afraid.
 - You are shaking because you know that a snake is scary.
 - You are shaking and you are afraid simultaneously.

ANS: A DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

75. You are walking through the jungle and you see a huge snake. Which of the following explanations best represents the Cannon-Bard theory of emotion?
- You are afraid because you are shaking.
 - You are shaking because you are afraid.
 - You are shaking because you know that a snake is scary.
 - You are shaking and you are afraid simultaneously.

ANS: D DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

76. Noah is shopping for groceries when he realizes his best friend from childhood, whom he hasn't seen in years, is in the same aisle as him. His heart races, his face flushes, and he feels a simultaneous surge of happiness. Noah's response is most consistent with which theory of emotion?
- James-Lange
 - Cannon-Bard
 - two-factor
 - reappraisal

ANS: B DIF: Easy REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

77. Jasson's face gets flushed and his heart beats fast every time he walks into his physics class. However, Jasson has never really liked science, so he does not think that his reaction is due to the class. Instead, he decides that he must be attracted to his lab partner. Jasson's misattribution of his arousal in an attempt to explain the excitement he feels is consistent with which theory of emotion?
- Cannon-Bard
 - James-Lange
 - Maslow's
 - two-factor

ANS: D DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

78. Tia is studying for her introductory psychology exam and is having trouble understanding the James-Lange theory of emotion. Her friend Brian took the course last semester and is most likely to explain the relationship between fear and trembling as
- unrelated.
 - being felt simultaneously.
 - someone trembles because he or she feels afraid.
 - someone feels afraid because he or she is trembling.

ANS: D DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

79. Remmy is watching a tragic love story at the movie theater. She notices feelings of sadness come over her, followed by tears filling her eyes. The idea that our minds are quick to process emotions but our bodies take a few seconds longer is consistent with the
- James-Lange theory.
 - Cannon-Bard theory.
 - two-factor theory.
 - reappraisal process.

ANS: B DIF: Easy REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8a | 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

80. Jason and Cora are riding on a roller coaster, which is producing high levels of arousal. They attribute their aroused state to romantic feelings for each other and feel they are falling in love. The effect the roller coaster has on Jason and Cora is associated with the _____ of emotion.
- physiological response
 - subjective evaluations
 - cognitive interpretation
 - primary evolutionary adaptations

ANS: A DIF: Difficult REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

81. Mabel is comparing theories of emotion. When studying the two-factor theory, she notes that people experience emotion through
- simultaneous physiological arousal and cognitive interpretation.
 - the subjective emotion followed by the physiological response.
 - physiological arousal followed by cognitive interpretation.
 - the emotion correlated with the physiological response pattern.

ANS: C DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

82. In the musical *The King and I*, the lead character sings about whistling when she feels afraid to hide her fear, which eventually makes her not feel afraid. The idea that acting like you are not afraid keeps you from feeling afraid is similar to which theory of emotion?
- Cannon-Bard
 - James-Lange
 - two-factor
 - misattribution

ANS: B DIF: Difficult REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

83. Lisa does not like going to her sister Megan's piano recitals, but she finds that if she forces herself to smile during the recital, she will _____, as predicted by the _____.
- begin to feel happy; facial-feedback hypothesis
 - begin to feel happy; Cannon-Bard theory
 - not feel any differently than she did before; facial-feedback hypothesis
 - not feel any differently than she did before; Cannon-Bard theory

ANS: A DIF: Easy REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

84. Linda is feeling shaky, her heart is racing, and her mouth is dry. She attributes these

symptoms to the fact that she has a big presentation in five minutes and she is nervous. Which theory of emotion best explains Linda's experience?

- a. James-Lange
- b. two-factor
- c. Cannon-Bard
- d. misattribution

ANS: B DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

85. Janet and Joan are on a hot air balloon ride. They experience identical patterns of physiological arousal: increased heart rate, sweaty palms, pupil dilation, and increased breathing. After each woman assesses the environment, Janet interprets her response as being excited while Joan interprets her response as being very scared. Which theory of emotion can best explain this difference?

- a. two-factor
- b. misattribution
- c. Cannon-Bard
- d. James-Lange

ANS: A DIF: Difficult REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

86. In a study, male participants are given a drug that makes them feel extremely happy. Participants in Group A are told that the drug will make them happy. Participants in Group B are not told about the effects of the drug. Later on, an attractive woman enters the room. According to the two-factor theory, Group A is less likely to feel attracted to the woman because these participants

- a. were already happy when they came to the experiment.
- b. expected positive feelings from the drug.
- c. identified the positive feelings later.
- d. were not told about the effects of the drug.

ANS: B DIF: Difficult REF: 9.8 Three Major Theories Explain Your Emotions
OBJ: 9.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Applying

87. Current research about the role of the amygdala in emotion suggests that the path from the thalamus to the amygdala

- a. initiates memory retrieval.
- b. confirms whether a threat is present.
- c. prepares one to respond to the threat.
- d. determines the appropriate response.

ANS: C DIF: Difficult REF: 9.9 Your Body and Brain Influence Your Emotions
OBJ: 9.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

88. Current research about the role of the amygdala in emotion suggests that the path from the thalamus to the cortex to the amygdala

- a. initiates memory retrieval.
- b. confirms whether a threat is present.
- c. selects a response.
- d. determines the appropriate response.

ANS: B DIF: Difficult REF: 9.9 Your Body and Brain Influence Your Emotions
OBJ: 9.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

89. Winona has difficulty determining how fearful someone is based on the person's facial expressions. Her friends worry that she can no longer process the emotional significance of stimuli due to brain damage and think there is a problem with Winona's

- a. hippocampus.
- b. prefrontal cortex.
- c. thalamus.
- d. amygdala.

ANS: D DIF: Easy REF: 9.9 Your Body and Brain Influence Your Emotions
OBJ: 9.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

90. Danny, who has a damaged amygdala, accidentally spilled kerosene on a campfire and got badly burned. Later, Danny's reaction to fire is that he

- a. knows it is dangerous and has a strong conditioned fear response to it.

- b. does not think it is dangerous and has no conditioned fear of it.
- c. does not think it is dangerous but becomes terrified around it.
- d. knows it is dangerous but has no conditioned fear of it.

ANS: D DIF: Difficult REF: 9.9 Your Body and Brain Influence Your Emotions
 OBJ: 9.9b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

91. Eva and Garnet survived a traumatic bus accident. During the accident, Eva's amygdala was severely damaged while Garnet experienced no injuries. When compared with Garnet, you would expect Eva to be _____ to develop a conditioned fear to buses.
- a. less likely
 - b. more likely
 - c. equally likely
 - d. unlikely

ANS: A DIF: Difficult REF: 9.9 Your Body and Brain Influence Your Emotions
 OBJ: 9.9b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

92. Timo does not have many memories of his early childhood. However, one thing he remembers clearly is when he broke his favorite toy. He remembers crying for days when his parents would not replace it. This childhood memory may be especially clear for Timo because
- a. emotional events are more likely to be stored in long-term memory.
 - b. crying is a primary emotional response.
 - c. the hypothalamus stores emotions from childhood.
 - d. the amygdala is not activated during episodes of crying.

ANS: A DIF: Easy REF: 9.9 Your Body and Brain Influence Your Emotions
 OBJ: 9.9b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

93. After he was robbed, Marcus kept replaying the incident in his mind. "Why did I leave the door unlocked? Some of my stuff was irreplaceable and I can never get it back." By continually focusing on this negative event, Marcus is exhibiting
- a. thought suppression.
 - b. misattribution.
 - c. distraction.
 - d. rumination.

ANS: D DIF: Easy
 REF: 9.10 Most People Try to Regulate Their Emotional States
 OBJ: 9.10a | 9.10b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

94. Blake is waiting to hear whether he has been accepted to medical school. He is so anxious that he is having trouble working. To cope with the situation, he tries to keep himself from thinking about it by practicing the guitar. In doing so, Blake is dealing with his feelings through
- a. rumination.
 - b. thought suppression.
 - c. distraction.
 - d. reappraisal.

ANS: C DIF: Easy
 REF: 9.10 Most People Try to Regulate Their Emotional States
 OBJ: 9.10a | 9.10b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

95. Cynthia's psychology professor asks the class not to think about purple unicorns. Though Cynthia has never once before thought about a purple unicorn, she finds that she cannot stop thinking about them. Cynthia is experiencing _____ as a result of her attempts at _____.
- a. the rebound effect; rumination
 - b. the rebound effect; thought suppression
 - c. distraction; rumination
 - d. distraction; thought suppression

ANS: B DIF: Moderate
 REF: 9.10 Most People Try to Regulate Their Emotional States
 OBJ: 9.10a | 9.10b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Applying

96. Dominic is watching a horror movie at the movie theater. His heart is racing, he feels scared, and he considers leaving to calm down. Instead, he begins to think about how the blood in the movie is not real and the people are only actors. Dominic is using which strategy to regulate his emotions?

- a. rumination
- b. thought suppression
- c. distraction
- d. reappraisal

ANS: D DIF: Easy

REF: 9.10 Most People Try to Regulate Their Emotional States

OBJ: 9.10a | 9.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

97. Gwen has always experienced extreme anxiety regarding tests. After seeing a counselor, she learned how to regulate her emotions during exam week. Instead of thinking about the exams as a threat, she thinks of the exams as an opportunity to show how thoroughly she studied and how much she knows. Which strategy is Gwen using to regulate her emotions?
- a. reappraisal
 - b. thought suppression
 - c. distraction
 - d. rumination

ANS: A DIF: Easy

REF: 9.10 Most People Try to Regulate Their Emotional States

OBJ: 9.10a | 9.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

98. Recently, people have started laughter groups. These groups get together on a regular basis to laugh for a period of time. Even though the laughter occurs without humor, group members show improved mental and physical health. This happens because
- a. the act of laughing is a cue to positive affect.
 - b. laughter has physiological effects that are similar to exercise.
 - c. we base our moods on our actions.
 - d. laughter activates our hippocampus.

ANS: B DIF: Moderate

REF: 9.10 Most People Try to Regulate Their Emotional States

OBJ: 9.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

99. On the TV show *Lie to Me*, the lead character is an expert at reading people's emotions through their expressions. When asked how he does it, the lead character claims that he uses people's _____ to give him the best cues as to how they are feeling.
- a. noses
 - b. eyes
 - c. foreheads
 - d. chins

ANS: B DIF: Easy

REF: 9.11 You Use Facial Expressions to Interpret Emotions OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

100. While studying Ekman's work on expressions of emotions, Tanino learns that the strongest cross-cultural agreement in the identification of emotions involves _____, and the weakest involves _____.
- a. fear and disgust; happiness
 - b. happiness and joy; fear and pain
 - c. happiness; fear and disgust
 - d. fear and pain; happiness and joy

ANS: C DIF: Easy

REF: 9.11 You Use Facial Expressions to Interpret Emotions OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

101. You are taking part in an experiment on emotions. You are shown an isolated face and are certain that the face is expressing sadness. Then you are shown the same sad face paired with a fearful body posture. According to the research, how will you categorize the emotion?
- a. as sadness
 - b. as fear
 - c. as surprise
 - d. as anger

ANS: B DIF: Moderate

REF: 9.11 You Use Facial Expressions to Interpret Emotions OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

102. Researchers have found that the physical expression of pride tends to be more biologically based than culturally specific. Each of the following research findings support this claim EXCEPT
- a. both sighted and blind athletes show very similar expressions of pride when they win.

- b. populations with minimal Western contact can accurately identify physical expressions of pride.
- c. young children are able to recognize when a person is expressing pride.
- d. people in isolated communities cannot identify expressions of pride on the faces of people who are outside of their culture.

ANS: D DIF: Moderate

REF: 9.11 You Use Facial Expressions to Interpret Emotions

OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

103. You are planning an upcoming trip to Namibia for a service project. The research on facial expressions and emotion would suggest you should
- a. take care because the Namibians will not be able to read your facial expressions.
 - b. assume that you are reading the Namibians' facial expressions accurately.
 - c. not worry about how to communicate with the Namibian people.
 - d. not worry about misinterpretation because all expressions are recognized in every culture.

ANS: B DIF: Moderate

REF: 9.11 You Use Facial Expressions to Interpret Emotions

OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Applying

104. People from a variety of cultures are able to look at facial expressions and identify emotions like happiness and surprise. This evidence that facial expressions for emotions are universal suggests that
- a. cross-culturally, we learn how to express emotions in the same way.
 - b. children learn how to express emotion by watching others.
 - c. facial expression of emotions is biologically built in.
 - d. evolution impacts the facial expressions we make when we experience emotions.

ANS: C DIF: Easy

REF: 9.11 You Use Facial Expressions to Interpret Emotions

OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

105. What key feature helps us tell the difference between a genuine smile and a fake smile?
- a. a crease appears on the forehead
 - b. the corners of the mouth curve up
 - c. most of the top teeth show
 - d. a small crinkle appears at the corners of the eyes

ANS: D DIF: Easy

REF: 9.11 You Use Facial Expressions to Interpret Emotions

OBJ: 9.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Remembering

106. Japanese students were shown film clips designed to provoke strong emotions. When Toko watched the clip with other people present, she showed little outward emotion. When Toko watched the clips alone, she showed the same strong emotions observed in American college students. The difference in what Toko considers to be acceptable emotional expression shows the influence of
- a. display rules.
 - b. cues from the experimenter.
 - c. responding to interpersonal rather than intrapersonal factors.
 - d. emotional conformity.

ANS: A DIF: Easy

REF: 9.12 Your Display of Emotion Varies

OBJ: 9.12a | 9.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Understanding

107. When Ellen learns that her roommate will be an international student from Britain, she is worried that her roommate will be stiff and reserved. Ellen is surprised when Diana turns out to be upbeat and friendly. Diana's behavior goes against Ellen's beliefs about how people from Britain express emotions and has violated her
- a. ability to read facial expressions.
 - b. cultural display rules.
 - c. affect-as-information theory.
 - d. emotional judgment.

ANS: B DIF: Moderate

REF: 9.12 Your Display of Emotion Varies

OBJ: 9.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

108. For evolutionary reasons, men and woman may vary in their expression of emotions. For example, men are more likely to express _____, whereas women are more likely to express _____.
- a. defensiveness; nurturance
 - b. nurturance; defensiveness
 - c. caregiving; anger
 - d. anger; dominance

ANS: A DIF: Easy REF: 9.12 Your Display of Emotion Varies
OBJ: 9.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

109. Sydney, who is currently in a good mood, has been asked about her life satisfaction. According to the affect-as-information theory, Sydney will most likely respond that she
- a. cannot answer without thinking for a while about all aspects of her life.
 - b. is generally unhappy with her life.
 - c. is generally happy with her life.
 - d. does not feel happy or unhappy.

ANS: C DIF: Easy REF: 9.13 Emotions Influence Your Thoughts
OBJ: 9.13a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

110. While explaining affect-as-information theory to her roommate, Bianca should most likely say that we use
- a. current moods to make judgments, even if we do not know the source of our moods.
 - b. prior moods to make judgments, even if we do not know the source of our moods.
 - c. current moods to make judgments, but only if we know the source of our moods.
 - d. prior moods to make judgments, but only if we know the source of our moods.

ANS: A DIF: Easy REF: 9.13 Emotions Influence Your Thoughts
OBJ: 9.13a | 9.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

111. Tamera and Kai found a house they want to buy. The day they found it, they had been having a wonderful time house hunting and planning their life together. A few days later, after having a miserable day at work, Kai goes back to look at the house again. Tamera predicts that Kai will like the house _____ because of _____.
- a. more; distraction
 - b. more; reappraisal
 - c. less; affect-as-information theory
 - d. less; rumination

ANS: C DIF: Moderate REF: 9.13 Emotions Influence Your Thoughts
OBJ: 9.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

112. Shyla is considering going to the Halloween dance. She thinks about how she would feel regret if she did not attend, and she thinks about how she would be happy and excited to hang out with her friends if she did attend, so she decides to go. This example illustrates how
- a. anticipating emotions helps us make decisions.
 - b. the affect-as-information theory works.
 - c. current moods help us make judgments.
 - d. display rules change our actions.

ANS: A DIF: Easy REF: 9.13 Emotions Influence Your Thoughts
OBJ: 9.13b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

113. Jake and Juanita have been married for 10 years, but Jake has been tempted to have an extramarital affair. Which emotion might help Jake protect and strengthen his relationship by discouraging him from doing things that harm people?
- a. sadness
 - b. remorse
 - c. excitement
 - d. guilt

ANS: D DIF: Difficult
REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14a | 9.14b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

114. Though it appears to be negative, guilt can actually serve to protect and strengthen our

interpersonal relationships. All of the following are examples of this protective concept EXCEPT when guilt

- a. discourages people from doing things that harm their relationships.
- b. is used to manipulate others.
- c. demonstrates that people care about their partners.
- d. encourages people to be honest in their relationships.

ANS: B DIF: Easy

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

115. Your sister complains that she hates how she feels guilty all the time. To cheer her up, you want to tell her about the ways in which guilt can be adaptive. Which of the following things would you tell her?

- a. Guilt strengthens relationships by showing that you care about the other person.
- b. Only survivor guilt can have negative psychological consequences.
- c. Guilt is adaptive, unless you are not responsible for the negative outcome.
- d. Feeling guilt signals that you are an emotionally healthy member of society.

ANS: A DIF: Moderate

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

116. Cole gets easily embarrassed in social situations. He is worried that this trait will hurt his relationships and social interactions. Following psychological theories on embarrassment, what should you tell him?

- a. Showing embarrassment just highlights the awkward situation and makes it worse.
- b. Showing embarrassment helps interpersonal awkwardness and strengthens relationships.
- c. Showing embarrassment helps close relationships but does not help casual encounters.
- d. Showing embarrassment is only considered a nonverbal apology if a person also blushes.

ANS: B DIF: Moderate

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

117. Magda blushes any time she makes even a slight social error. Magda thinks this makes her unskilled in social situations and would love to be able to stop. The best information you can give Magda is to tell her that people who blush do just fine in social situations because they

- a. actually have better social skills.
- b. are more empathetic.
- c. look more attractive to the people around them.
- d. are more easily forgiven when they make a mistake.

ANS: D DIF: Moderate

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

118. Paloma's parents spent a great deal of time with her when she was growing up; they always made her feel loved and valued. Erhard's parents loved him, but they were always busy and distant. As an adult, who is likely to experience more guilt, and why?

- a. Erhard, because he never felt secure attachment
- b. Paloma, because she has likely developed a greater ability to empathize with others
- c. Erhard, because he never feels valued or important
- d. Paloma, because she feels obligated to repay her parents

ANS: B DIF: Moderate

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

119. Donato and Quincy are identical twins who were separated at birth. Donato tends to be fearful of many things. According to the research on genetics and negative emotions, you would expect Quincy to have _____ levels of fear.

- a. high
- b. low
- c. absent
- d. unpredictable

ANS: A DIF: Difficult

REF: 9.14 Emotions Strengthen Your Interpersonal Relations OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

120. Aman and Pavan are identical twins who were separated at birth. Whenever something goes wrong (even when it is not his fault), Pavan always feels guilty about it. According to the research on genetics and negative emotions, you would expect Aman to show _____ levels of guilt.
- high
 - low
 - absent
 - unpredictable

ANS: D DIF: Difficult

REF: 9.14 Emotions Strengthen Your Interpersonal Relations

OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

SHORT ANSWER

1. When asked why he wants to become a doctor, James replies, “Because I am just really fascinated by the human body, and also, I hope it makes me rich and allows me to spend a lot of free time taking care of my family.”
- Choose one of the five motivational factors discussed in the book and explain how James’s answer is consistent with that theory.
 - Discuss whether James is intrinsically or extrinsically motivated. How does his answer show this?

ANS:

Suggested answer:

- A) Satisfaction of needs—this career makes him enough money on which to live (social need).
Drive reduction—to satisfy his need for enough money to support his family, he becomes a doctor. Once he begins making a large paycheck, his drive is reduced.
Incentives—he is motivated by external factors (money/success, having free time, and family).
Optimal level of arousal—there is not enough evidence presented in the stem to support an explanation from this theory.
Pleasure principle—learning about the human body and having a lot of free time to spend with family makes James feel good.
- B) James is both intrinsically (general fascination with anatomy) and extrinsically (money and family) motivated.

DIF: Moderate

REF: 9.1 Many Factors Influence Motivation | 9.2 Some Behaviors Are Motivated for Their Own Sake

OBJ: 9.1a | 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

2. Johanna decides to be very generous by giving all her employees a “holiday bonus” check for \$500. First, choose and define one of the five motivation factors. Next, how would you use this factor to explain Johanna’s behavior? Last, describe how one of the five motivation factors might have a problem explaining Johanna’s behavior.

ANS:

Suggested answer:

- Satisfaction of needs (a state of biological or social deficiency that needs to be made up for)—Johanna has a social need; for example, she desires others’ acceptance or wants to have a good reputation for herself, so she is generous.
- Drive reduction (an internal psychological state that motivates the satisfaction of a certain need; once the drive is reduced, the need is satisfied)—Johanna’s behavior is somewhat difficult to explain with this factor. If Johanna needs to have a good reputation, she may feel a drive to act in certain ways to obtain this approval, causing her to give money to her employees.
Incentives (external motivating factors)—Johanna’s behavior causes her employees to like her.
- Optimal level of arousal (each person is motivated to engage in behaviors that fit his or her own optimal level of arousal)—Johanna’s behavior is difficult to explain with this factor because there is nothing in the stem to suggest that being generous is a habit that might allow her to maintain a specific level of arousal.
- Pleasure principle (people are motivated to perform behaviors that make them feel good and avoid behaviors that make them feel bad)—Johanna might simply feel good about herself and feel pleasure from helping others through gifting money.

DIF: Moderate REF: 9.1 Many Factors Influence Motivation

OBJ: 9.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

3. A) Describe intrinsic and extrinsic motivation. What are they? How are they similar? How are they different?
B) Describe an example of each from your own life.
C) Assess which type of motivation you think is more important in your daily activities. Why?

ANS:

Suggested answer:

- A) Intrinsic and extrinsic motivation both guide our behavior by creating a desire to perform a specific activity. Intrinsic motivation is the desire to perform an activity because of the value or pleasure associated with the action (not for an external goal or purpose), whereas extrinsic motivation is the desire to perform an action because of a specific external purpose to which the activity is directed.
- B) Examples will vary. Some examples include the following:
 Intrinsic—watching your favorite TV show because it makes you laugh, visiting your grandmother because you love her, reading the newspaper so that you might learn something new, taking apart your cell phone to figure out how it works.
 Extrinsic—mowing the neighbor’s lawn for money, taking classes that are required for a specific degree, practicing for a sports competition.
- C) Answers will vary but should include an analysis of why external rewards (or punishments) or the basic value and pleasure of activities are more suited to students’ lifestyles.

DIF: Moderate REF: 9.2 Some Behaviors Are Motivated for Their Own Sake

OBJ: 9.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

4. Jenny appears to be underweight, and she does not appear to enjoy eating and the amount of food she eats is limited. Conversely, Ina appears to be overweight, and she enjoys eating and always eats as much as she wants.

- A) Explain how Jenny’s and Ina’s different reactions to food might result from differences in their biological systems.
 B) Explain how Jenny’s and Ina’s different reactions might result from differences in their reactions to external incentives.

ANS:

Suggested answer:

- A) Jenny may have more glucose in her bloodstream than Ina, causing her not to feel hungry as often, or she may have more of the hormone leptin in her system, causing her to stop eating more quickly. Similarly, Ina may have more ghrelin than Jenny, causing her to feel hungrier more frequently.
- B) Though it is possible that Jenny may just not enjoy food as much as Ina, Jenny may also be responding to other external incentives such as looking thin, maintaining a certain dress size, or weighing a certain amount to please her boyfriend. Conversely, Ina seems to respond to eating as a pleasurable activity (or external reward) in which she engages frequently because it makes her happy.

DIF: Moderate REF: 9.3 Motivation to Eat Is Affected by Biology

OBJ: 9.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

5. Explain the three main ways that learning influences eating. Provide at least two examples of how these principles hold true in your own life.

ANS:

Suggested answer:

The three main ways eating is influenced by learning are as follows: (1) classical conditioning—we have learned anticipatory responses that motivate eating behavior and prepare the body for eating behaviors and cause us to display specific eating behaviors (at certain times); (2) familiarity—the more experience we have with a food, the more we will continue to eat it; the less experience we have, the less likely we are to eat it; and (3) cultural influence—we learn what is “food” based on our environment and the specific culture of which we are a part.

Examples of these principles will vary.

DIF: Moderate REF: 9.4 Motivation to Eat Is Also Influenced by Learning

OBJ: 9.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

6. Suppose you are a university counselor who wants to develop a program to improve students’ academic performance. You believe that many students are not doing well because of motivational issues—either they simply lack motivation overall or they are motivated by the wrong things.

- A) What is self-efficacy?
 B) How is self-efficacy related to the kinds of goals students set?
 C) Explain how achievement motivation influences students differently.

ANS:

Suggested answer:

- A) Self-efficacy is the expectation that one’s efforts will lead to success.
- B) This expectation helps guide one’s behavior. If you think your efforts will pay off (high self-efficacy), you are more likely to work hard, set more challenging goals, and achieve at a higher rate. If you think that your efforts will not pay off (low self-efficacy), you might set very easy goals that you can achieve without really trying, or impossible goals, believing that you will fail regardless.

C) Achievement motivation is the need or desire to do well relative to standards of excellence. Students who are high in achievement motivation will typically set challenging but realistic goals, sit closer to the front of the classroom, and be more engaged in the academic process. Those who are low in achievement motivation will set extremely easy or nearly impossible goals, get worse grades, and tend to be less realistic in their career and personal aspirations.

DIF: Difficult REF: 9.6 People Have a Need to Achieve Long-Term Goals

OBJ: 9.6a | 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

7. Think about a long-term goal you are trying to achieve. Then, answer the following questions about your goal, applying the information in your text about how to achieve long-term goals.

A) Describe your long-term goal.

B) Explain how you can frame or describe your goal in order to increase the likelihood of success.

C) Explain how grit can influence your ability to achieve your goal, and compare the effects of grit to natural talent.

ANS:

Suggested answer:

A) Answers may vary.

B) Describing your goal in the following ways can increase the likelihood of success: (1) Goals should be challenging but not overly difficult. This will increase effort, persistence, and concentration. Goals that are too easy or too hard undermine motivation and can lead to failure. (2) Specific goals work best. Also, dividing the specific goals into concrete steps leads to success. If you divide your long-term goal into concrete, short-term goals, it will help you achieve the long-term goal.

C) People with grit have a deep passion for their goals and a willingness to keep working toward them, in spite of hardships and pitfalls. If you have less grit, you will get discouraged more easily, lose steam while pursuing the goals, or get sidetracked. Having grit can be more important than having natural talent.

DIF: Moderate REF: 9.6 People Have a Need to Achieve Long-Term Goals

OBJ: 9.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

8. Imagine that you have just received a phone call offering you a job at which you will earn a high salary. However, the job is with a company that has a reputation for treating its employees quite poorly and is all the way across the country from your family and friends.

A) Define *primary* and *secondary emotions* and provide an example of each that you may be feeling in this situation.

B) Explain (1) the subjective evaluation you could make about this experience, (2) the physiological processes you might experience, and (3) the cognitive beliefs you might have about the experience.

ANS:

Suggested answer:

A) Primary: evolutionarily adaptive emotions that are shared across cultures and are associated with specific physical states.

Examples for this situation include happiness (you got a job offer),

fear (it is a new and unknown situation), and sadness (to move away from your family). Secondary: blends of primary emotions.

Examples for this situation include anticipation (for a new opportunity) and guilt (over moving away).

B) (1) Subjective evaluation: this is a new experience that will make me financially self-sufficient; (2) physiological processes: increased heartbeat, increased blood pressure, flow of adrenaline, dilated pupils, and sweaty hands; and (3) cognitive beliefs: negative perception of the company and feelings of high self-esteem for getting the offer.

DIF: Moderate REF: 9.7 Emotions Are Personal but Labeled and Described Consistently

OBJ: 9.7a | 9.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

9. As part of a research study, Camille is injected with a chemical that activates the sympathetic nervous system (which prepares the body for action). Subsequently, Camille is told that she is extremely likely to experience intense fear.

A) Define the James-Lange theory of emotion.

B) Describe how the James-Lange theory of emotion might explain why Camille feels fear when her sympathetic nervous system is activated.

C) Is there a theory of emotion that would have difficulty explaining these effects? If so, which one and why?

ANS:

Suggested answer:

A) James-Lange theory—emotions result from the experience of physiological reactions in the body

B) Because the James-Lange theory suggests that we experience emotions as a result of physiological arousal, it would naturally follow that the chemical Camille is given creates the specific pattern of arousal that is associated with fear. Once the drug is injected and she begins to feel the activation in her nervous system, she would then feel “fear.”

- C) The two-factor theory of emotion would have the hardest time explaining this effect. This theory posits that the cognitive label we apply to explain the physiological changes we have experienced influences our emotional experiences. However, everyone's brain processes information differently, and there is no way the researcher could know ahead of time that the specific pattern of activation caused by the chemical would be interpreted by Camille's brain as "fear" and not "anger," "anxiety," or some other similar emotion.

DIF: Moderate REF: 9.8 Three Major Theories Explain Your Emotions

OBJ: 9.8a | 9.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

10. Donna and Dane are at a school dance and are both experiencing an increased heartbeat and sweaty palms. Donna is experiencing the primary emotion of happiness, and Dane is experiencing the secondary emotion of anticipation.

A) Name the theory of emotion that is capable of best explaining the difference between Donna's and Dane's different emotions.

B) Explain how this theory provides a good explanation of the difference between Donna's and Dane's different emotions.

ANS:

Suggested answer:

A) Cannon-Bard or two-factor theories are both viable explanations for this difference. The James-Lange theory does not provide a good explanation because it posits that bodily responses are the basis for feeling emotions. In this case, Donna and Dane would therefore have to be feeling the same emotion, which we know they are not.

B) Cannon-Bard theory—This is a viable explanation for why Donna and Dane are experiencing different emotions, because it suggests that brain processing causes emotional experiences and physiological responses at the same time. We know that different people's brains process information in different ways; thus, Donna's and Dane's brains could be causing the same physiological response with a different emotional feeling. The theory also recognizes that many emotions are associated with the same pattern of physiological activation (for example, both anger and fear result in increased heart rate and dilated pupils).

Two-factor theory—this is also a viable explanation for why Donna and Dane are experiencing different emotions, because it suggests that once we experience physiological arousal, we create a cognitive interpretation of the arousal to provide an emotion label. In this example, in response to a fast heart rate and sweaty palms, Donna may be thinking, "I'm so in love with Dane! I'm having such a good time!" which she attributes to happiness. Conversely, Dane may be thinking, "I can't wait for this dance to be over and we can go to the after-party at our friend's house," which he attributes to anticipation. By including an interpretation, we can account for individual differences in beliefs and expectations in the subjective evaluation of the emotion.

DIF: Difficult REF: 9.8 Three Major Theories Explain Your Emotions

OBJ: 9.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

11. Eight-year-old Britton is an outgoing, friendly child. Recently, Britton was in a skiing accident and suffered damage to her amygdala.

A) Describe the two pathways by which emotional information reaches the amygdala. (Hint: include the function of each pathway—what does each pathway do?)

B) Describe which emotions or situations Britton is likely to have trouble with after the accident.

ANS:

Suggested answer:

A) "Fast" path—sensory information travels quickly through the thalamus to the amygdala for priority processing. This enables us to respond to emotional information quickly and prepares our bodies for a reaction.

"Slow" path—sensory material travels from the thalamus to the cortex (visual, auditory, etc.) before being passed along to the amygdala. This provides for a more deliberate and thorough evaluation of the emotional information, allowing us to assess and confirm whether a threat exists.

B) If Britton's amygdala is damaged, she may have trouble remembering to avoid harmful situations in the future and she may have difficulty reading faces, particularly when others are distressed or when judging someone's trustworthiness. Britton may also have trouble experiencing fear in the future.

DIF: Difficult REF: 9.9 Your Body and Brain Influence Your Emotions

OBJ: 9.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

12. Felix's best friend was in a car accident on the way home from a party and is in a coma. Felix is very distraught because his friend wanted Felix to drive him home and Felix refused.

A) Explain why we use strategies to regulate our emotions.

B) Explain how Felix might regulate his emotional state by using three strategies discussed in the textbook.

C) Explain two emotion regulation strategies listed in the textbook that are likely to make Felix feel less distraught.

ANS:

Suggested answer:

A) Emotions can be disruptive, troublesome, or worrisome, so it is important for us to use specific strategies to diminish the effect of our emotions (or harness our stronger emotional reactions).

- B) Reappraisal—think of the car accident in more neutral terms (Felix might think to himself, “The other driver caused the accident, so even if I had driven my friend home, we could have been hit”).
Humor—laughing about some of the gruesome scars his friend will have, and coming up with a funny new nickname for him as a result.
Thought suppression—try not to think about the accident at all.
Rumination—continuously thinking about the evening of the party and the aftermath of the accident.
Distraction—going back to work and resuming normal social activities in an effort not to think about the accident and how upset he is over what happened.

C) Reappraisal, humor, and distraction will all make Felix feel better because they serve to increase positive emotions by viewing the accident through less negative terms, focusing on laughter, and distracting himself with other positive, normal activities.

DIF: Moderate REF: 9.10 Most People Try to Regulate Their Emotional States

OBJ: 9.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

13. Anita and Rahul are emergency room nurses. Over the course of her career, Anita has learned to laugh at her boss’s jokes, even if she does not find them funny, so that she is seen as agreeable. Similarly, Rahul has learned that he should inhibit, or hide, his stress responses to patients with extreme injuries so that he is seen as a tough, stern worker.

A) Define *display rules*.

B) Explain any differences you see in how Anita and Rahul comply with display rules based on their sex.

ANS:

Suggested answer:

A) Display rules are learned through socialization and dictate what emotions are appropriate in certain situations.

B) Anita is using display rules to show deference or respect to her boss; there is no indication that she is acting differently because she is a woman. Conversely, Rahul is conforming to display rules because it is generally less acceptable for men to show emotional displays. Thus, by hiding his responses, Rahul is adhering to standards for what is appropriate for men in his position.

DIF: Moderate REF: 9.12 Your Display of Emotion Varies

OBJ: 9.12a | 9.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Analyzing

14. Brad has just gone through an intense job interview for his dream job. At the end of the process, he is told that he will not be receiving a job offer, which is very upsetting to him. Immediately after, Brad goes to a local bar where he meets a woman.

A) Describe affect-as-information theory.

B) Using affect-as-information theory, explain whether you think Brad is likely to have a positive or negative first impression of the woman.

C) If Brad had received a job offer, how might his evaluation of the woman at the bar change?

ANS:

Suggested answer:

A) Affect-as-information theory says that we use our current moods to make decisions, judgments, and appraisals, even if we do not know the source of our moods.

B) Brad’s first impression will be negative, because he is already upset from his job interview.

C) If Brad had received an offer, he likely would have been in a happy mood and would therefore have used those emotional cues to form a more positive judgment of the woman.

DIF: Easy REF: 9.13 Emotions Influence Your Thoughts

OBJ: 9.13a | 9.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

15. Recently, the Gianelli family adopted nine-year-old Abigail from Russia and 10-year-old Cassandra from Argentina. Each girl has a different set of biological parents.

A) Describe how similar you might expect Abigail and Cassandra to be in their levels of guilt when they are initially brought to live in the Gianelli household.

B) As the girls continue to grow up in the same household, how would you expect their levels of guilt to change? Will they become more similar or more different over time?

C) If Abigail is better able to empathize with other people, do you expect her to feel more or less guilt than Cassandra?

D) If Cassandra experiences more embarrassment, would you expect her to be more or less skilled than Abigail at maintaining close friendships?

ANS:

Suggested answer:

A) Since Abigail and Cassandra are not biologically related, we would expect their levels of guilt to be unrelated as well (they might be similar, or they might not be).

- B) Over time, as the girls grow up in the same household, you would expect them to become more similar in their levels of guilt because guilt is highly influenced by social environment.
- C) If Abigail is more empathetic than Cassandra, she should experience more guilt because she will feel worse when she transgresses against others.
- D) Because embarrassment is a social cue that remedies interpersonal awkwardness and restores social bonds, Cassandra should be better at maintaining close friendships because she is more adept at recognizing when a social error has occurred, signaling a nonverbal apology that brings out forgiveness in others.

DIF: Moderate REF: 9.14 Emotions Strengthen Your Interpersonal Relations

OBJ: 9.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

CHAPTER 10

SEX, GENDER, AND SEXUALITY

LEARNING OBJECTIVES

10.1 Genetics and Hormones Influence Biological Sex

10.1a. Understand all bold and italic terms by writing explanations of them in your own words.

10.1b. Understand biological sex by summarizing in your own words the two ways that genetics and the two ways that hormones make people biologically male or female.

10.2 Biological Sex Is Not Always Clear

10.2a. Understand all bold and italic terms by writing explanations of them in your own words.

10.2b. Analyze the two main biological causes of being intersex by describing these causes in your own words.

10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

10.3a. Understand all bold and italic terms by writing explanations of them in your own words.

10.3b. Analyze your gender schemas by organizing a chart that shows what you consider to be more masculine and more feminine with respect to clothes, hair, jobs, trait, and habits.

10.4 Gender Roles Affect How People Act

10.4a. Understand all bold and italic terms by writing explanations of them in your own words.

10.4b. Apply gender role socialization by describing the three ways that social interactions helped you learn the gender roles for men and women in your culture.

10.5 Gender Identity Also Affects How People Act

10.5a. Understand all bold and italic terms by writing explanations of them in your own words.

10.5b. Apply gender to yourself by describing your own gender identity and gender expression.

10.6 People Vary in Gender Identity

10.6a. Understand all bold and italic terms by writing explanations of them in your own words.

10.6b. Understand gender identity by using your own words to name and explain the four main variations in gender identity.

10.7 Variations in Sexual Orientation Are Normal

10.7a. Understand all bold and italic terms by writing explanations of them in your own words.

10.7b. Understand variations in sexual orientation by summarizing in your own words the four main types of sexual orientation.

10.8 Biology Influences the Development of Sexual Orientation

10.8a. Understand all bold and italic terms by writing explanations of them in your own words.

10.8b. Analyze how biology relates to sexual orientation by describing in your own words the four biological factors that are associated with sexual orientation.

10.9 Biology Influences the Motivation for Sexual Activity

10.9a. Understand all bold and italic terms by writing explanations of them in your own words.

10.9b. Understand the two ways that biology influences the motivation to have sex by summarizing in your own words how the sexual response cycle and hormones influence sexual motivation.

10.10 Environmental Context Influences the Motivation for Sexual Activity

10.10a. Understand all bold and italic terms by writing explanations of them in your own words.

10.10b. Apply the three ways that environment influences the motivation for sex by explaining how culture, mate preferences, and stimuli in your environment have affected your motivation (or the motivation of someone you know) for sex.

10.11 Individual Differences Influence the Motivation for Sexual Activity

10.11a. Understand all bold and italic terms by writing explanations of them in your own words.

10.11b. Understand individual differences in sexual motivation by naming and explaining the two categories of individual differences that can increase or decrease a person's motivation for sex.

MULTIPLE CHOICE

1. During puberty, typically developing males will experience _____ and females will experience _____.
 - a. primary sex characteristics; secondary sex characteristics
 - b. secondary sex characteristics; primary sex characteristics
 - c. menarche; spermatarche
 - d. spermatarche; menarche

ANS: D DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

2. During puberty, a girl's ovaries begin releasing greater amounts of the sex hormone called _____. By contrast, during puberty a boy's testes begin releasing greater amounts of the sex hormone called _____.
- a. estradiol; testosterone
 - b. testosterone; estradiol
 - c. estrogen; androgen
 - d. androgen; estrogen

ANS: C DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

3. Because of the presence of normal levels of _____, preschool-aged boys tend to show more masculine patterns of play.
- a. androgens such as testosterone
 - b. estrogens such as estradiol
 - c. sex chromosomes
 - d. aggression

ANS: A DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

4. The 23rd chromosome pair determines biological sex. In females, the chromosomes are _____, while in males, the chromosomes are _____.
- a. XX; XX
 - b. XX; XY
 - c. XY; XY
 - d. XY; XX

ANS: B DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Remembering

5. The male sperm determines the sex of the resulting zygote. This is because
- a. females have only Y chromosomes in the 23rd pair, while in males, the 23rd chromosome pair contains only X chromosomes.
 - b. males have only Y chromosomes, while females have an X and a Y chromosome.
 - c. females have only X chromosomes in the 23rd pair, while in males, the 23rd chromosome pair contains an X and a Y chromosome.
 - d. both males and females have an X and a Y chromosome in the 23rd pair, but the male has more influence.

ANS: C DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

6. There is a specific gene that has been identified that determines the genetic sex of the zygote. Which of the following is that gene, and where is it found?
- a. SRX, found on the X chromosome
 - b. SRY, found on the X chromosome
 - c. SRX, found on the Y chromosome
 - d. SRY, found on the Y chromosome

ANS: D DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Remembering

7. Both males and females have sex glands referred to as gonads. In males, the gonads are _____ and in females, they are _____.
- a. testes; ovaries
 - b. ovaries; testes
 - c. estrogens; androgens
 - d. androgens; estrogens

ANS: C DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Remembering

8. Biological sex is primarily determined by
- a. genetic influences.
 - b. hormonal influences.
 - c. interactive influences of brain and environment.

d. genetic and hormonal influences.

ANS: D DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a | 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

9. The development of pubic hair in males and females is considered a secondary sex characteristic because

- a. it is the second sex characteristic to emerge.
- b. it is not directly related to sexual reproduction.
- c. it occurs for some people but not all people.
- d. unlike a primary sex characteristic, it can be easily modified (by shaving).

ANS: B DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1a | 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

10. Typically developing females have _____ and during puberty they experience _____.

- a. testes; spermarche
- b. ovaries; spermarche
- c. testes; menarche
- d. ovaries; menarche

ANS: D DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Remembering

11. Typically developing males have _____ and during puberty they experience _____.

- a. ovaries; menarche
- b. testes; menarche
- c. testes; spermarche
- d. ovaries; spermarche

ANS: C DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Remembering

12. When boys are in puberty, they typically do not know that they have begun to produce sperm until they experience

- a. spermarche.
- b. semenarche.
- c. menarche.
- d. andropause.

ANS: B DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

13. The biological sex of an infant with two sex chromosomes is determined by the

- a. total number of chromosomes the infant has.
- b. presence or absence of an X chromosome.
- c. 23rd chromosome, contributed by the mother.
- d. 23rd chromosome, contributed by the father.

ANS: D DIF: Difficult

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

14. Yi Ling experiences her first menstrual period two months after her twelfth birthday.

This event is called _____ and it represents development of a _____ sex characteristic.

- a. menarche; primary
- b. menarche; secondary
- c. spermarche; primary
- d. spermarche; secondary

ANS: A DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Understanding

15. Dr. Gupta notices that his patient Benjamin's testosterone level is 20 times higher than it was during Benjamin's last checkup one year ago. Based on this, Dr. Gupta concludes that Benjamin most likely has

- a. entered puberty.
- b. Klinefelter syndrome.
- c. gender dysphoria.
- d. Turner syndrome.

ANS: A DIF: Easy

REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC:

Applying

16. Dale is a 12-year-old boy who wakes up to find that his sheets are wet. His parents explain that he most likely ejaculated during a wet dream and that this is a normal part of puberty for a boy. Based on this, Dale is most likely experiencing
- semenarche.
 - spermarche.
 - menstruation.
 - menarche.

ANS: A DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

17. Mark was on a business trip when his wife went into labor with their first child. He returned to his hotel room from an all-day conference to discover the following message: "Your wife just gave birth to an infant without an SRY gene." Should Mark be concerned by this news?
- No, it means the infant is genetically male.
 - No, it means the infant is genetically female.
 - Yes, it means the infant has Klinefelter syndrome.
 - Yes, it means the infant has androgen insensitivity syndrome.

ANS: B DIF: Difficult

REF: 10.1 Genetics and Hormones Influence Biological Sex OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

18. Although not directly related to reproduction, _____ do make adolescent bodies look more like adult males or females.
- primary sex characteristics
 - secondary sex characteristics
 - gender schemas
 - gender roles

ANS: B DIF: Moderate

REF: 10.1 Genetics and Hormones Influence Biological Sex OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

19. Approximately 1 in 500 to 1 in 1,000 births result in children with three sex chromosomes (XXY), an abnormality called
- Turner syndrome.
 - Klinefelter syndrome.
 - gender incongruity.
 - congenital adrenal hyperplasia.

ANS: B DIF: Difficult REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

20. When a person experiences conflicting or ambiguous aspects of biological sex, this condition is called
- intersex.
 - bisexuality.
 - ambisexuality.
 - homosexuality.

ANS: A DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

21. Dr. Jackson has just delivered a newborn infant with androgen insensitivity syndrome. The baby is genetically male but has ambiguous genitals that much more closely resemble a vagina than a penis. Based on recent research, what is the most appropriate course of action that Dr. Jackson should recommend to the infant's parents?
- surgical alteration to give the infant male genitals and raise the infant as male
 - surgical alteration to give the infant female genitals and raise the infant as female
 - do not alter the infant's genitals and raise the infant as female
 - do not alter the infant's genitals and wait for the infant to develop a gender identity

ANS: D DIF: Difficult REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

22. People with androgen insensitivity syndrome
- develop Turner syndrome.
 - develop Klinefelter syndrome.
 - are genetically female.
 - are genetically male.

ANS: D DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

23. At a college in the United States a female runner was found to have XY sex chromosomes, lack ovaries and a uterus, and have internal testes that produce high levels of testosterone. This runner may be described as being intersex because she
- is biologically male but experiences personal distress about this assigned gender.
 - is biologically male but genetically female.
 - is biologically male but identifies as female.
 - does not clearly fall into the binary of being biologically male or biologically female.

ANS: D DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

24. Christopher and William are adopting an infant. The infant's medical record shows that the infant has XX sex chromosomes and in the photo the infant appears to have a penis. Based on this information, the infant most likely
- is a typically developing male.
 - has Turner syndrome.
 - is a typically developing female.
 - has congenital adrenal hyperplasia.

ANS: D DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

25. Darshana is a girl who did not develop normally when she reached puberty. A genetic test confirmed that Darshana has Turner syndrome and she is now receiving estrogen replacement therapy. Based on this, you can conclude that the genetic test revealed that Darshana has _____ female sex chromosome(s) and _____ male sex chromosome(s).
- two; no
 - one; no
 - two; one
 - one; one

ANS: B DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

26. Michael was born with three sex chromosomes. At 20 years old, he has a very small but functional penis, a high voice, a naturally hairless face and chest, and well-developed breasts. Based on this, Michael is most likely experiencing being intersex due to
- Turner syndrome.
 - congenital adrenal hyperplasia.
 - Klinefelter syndrome.
 - androgen insensitivity syndrome.

ANS: C DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2a | 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

27. A newborn infant at Springfield Hospital has only a single 23rd chromosome. Based on this, this infant is best described as
- being biologically female.
 - being biologically male.
 - transgender.
 - intersex.

ANS: D DIF: Difficult REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

28. James was born with a penis but during puberty began to grow breasts. After various medical tests, a doctor tells James that he has XXY sex chromosomes. Based on this you know that James is most likely experiencing
- normal development of primary sex characteristics.
 - normal development of secondary sex characteristics.

- c. atypical development as explained by the gender similarities hypothesis.
- d. atypical development due to him being intersex.

ANS: D DIF: Difficult REF: 10.2 Biological Sex Is Not Always Clear
 OBJ: 10.2b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

29. Jerome's parents have noticed that he is not developing normal secondary sex characteristics for a male going through puberty, so they have taken him to their physician, Dr. Sanchez, for testing. Dr. Sanchez explains to Jerome's parents that Jerome has Klinefelter syndrome. What conclusion can we NOT draw from this information?

- a. Jerome has two female sex chromosomes.
- b. Jerome has one male sex chromosome.
- c. Jerome has higher-than-normal production of testosterone.
- d. Jerome has lower-than-normal production of testosterone.

ANS: C DIF: Difficult REF: 10.2 Biological Sex Is Not Always Clear
 OBJ: 10.2b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World
 MSC: Applying

30. Common beliefs about people of particular genders based on many people's similar gender schemas are called gender

- a. stereotypes.
- b. roles.
- c. identities.
- d. expressions.

ANS: A DIF: Easy
 REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine
 OBJ: 10.3a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

31. The process of creating gender schemas starts in children by around the age of

- a. two years old.
- b. five years old.
- c. one year old.
- d. six months old.

ANS: D DIF: Easy
 REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine
 OBJ: 10.3a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

32. Information about gender roles and gender identity are a part of a person's cognitive structures that organize information about gender categories. These cognitive structures are called gender

- a. schemas.
- b. lenses.
- c. perspectives.
- d. biases.

ANS: A DIF: Easy
 REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine
 OBJ: 10.3a | 10.3b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

33. Kyung is studying for his psychology exam. He is correctly trying to remember that people learn gender roles through gender _____ and people learn gender identity through their experiences and mental development, as described in _____.

- a. schemas; cognitive development theory
- b. schemas; the gender similarities hypothesis
- c. role socialization; cognitive development theory
- d. role socialization; the gender similarities hypothesis

ANS: C DIF: Difficult
 REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine | 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.3a | 10.3b | 10.5a | 10.5b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

34. Gender identity is best understood as being _____ and sexual orientation is best understood as being _____.

- a. binary; binary
- b. binary; on a continuum
- c. on a continuum; binary
- d. on a continuum; on a continuum

ANS: D DIF: Moderate

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine | 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.3a | 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

35. Bilal believes that boys are generally strong, aggressive, and interested in sports, while girls are generally polite, expressive, nurturing, and interested in relationships. These beliefs reflect Bilal's gender

a. expression. c. identity.
b. schemas. d. role socialization.

ANS: B DIF: Moderate

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

36. The Kidz World toy store used to have a section labeled "Toys for Boys" that included footballs, chemistry sets, and toy trucks, and a separate section labeled "Toys for Girls" that included dolls, play kitchen sets, and costume jewelry. Last month the store's manager combined these two sections into one and removed the gender labels with the hopes that it would help people change their ideas about which toys are appropriate for a child. The manager is trying to change people's gender

a. roles. c. dysphorias.
b. stereotypes. d. identities.

ANS: B DIF: Easy

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

37. Namra, a Pakistani girl, and Rosalie, an Italian girl, both aspire to be politicians. Based on the typical gender role socialization in their respected countries, which girl is likely to have a harder time realizing her dream?

a. Namra c. Both will have extreme difficulty.
b. Rosalie d. Both will have very little difficulty.

ANS: A DIF: Easy

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

38. Encouraging college students to consider a variety of careers, regardless of whether they are traditionally considered "jobs for men" or "jobs for women," is one way to

a. encourage a homosexual sexual orientation.
b. encourage a transgender gender identity.
c. overcome gender stereotypes.
d. overcome gender dysphoria.

ANS: C DIF: Easy

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

39. When little Billy first meets his new babysitter, Tanya, Billy assumes that Tanya is male because she has short hair and is wearing a football jersey. Billy's mistake was most likely due to a mismatch between his own gender _____ and Tanya's gender _____.

a. schema; expression c. role; dysphoria
b. expression; schema d. dysphoria; role

ANS: A DIF: Moderate

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical

and Social Responsibility in a Diverse World

MSC: Applying

40. Research suggests that a person's sense of being male or female depends primarily on _____ and _____, but less upon _____.
a. gender socialization; sex chromosomes; hormones
b. genitalia; sex chromosomes; gender identity
c. sex chromosomes; hormones; gender socialization
d. sex chromosomes; gender identity; genitalia

ANS: C DIF: Moderate REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking Understanding MSC:

41. When a person such as Coy Mathis is described as transgender, what does this mean?
a. She has a gender identity that is not the same as her biological sex.
b. She definitely feels a lot of distress about her assigned gender.
c. She is sexually and/or romantically attracted to people of the same sex.
d. She is sexually and/or romantically attracted to people of the same sex and people of a different sex.

ANS: A DIF: Easy REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Understanding MSC:

42. Positions, characteristics, and interests that are considered normal and expected for boys and men or for girls and women in a particular culture are known as
a. gender roles. c. sexual orientation.
b. gender schemas. d. social roles.

ANS: A DIF: Easy REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

43. A young girl named Malala Yousafzai was brutally attacked and nearly killed for attending school and speaking out against Islamic militants opposed to education for females in her traditionalist Pakistani culture. This is an extreme example of a girl being punished for defying
a. primary sex characteristics. c. gender identity.
b. secondary sex characteristics. d. gender roles.

ANS: D DIF: Easy REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4a | 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Applying MSC:

44. Ten-year-old Haruna observes that her mother and her older sister are both successful chemical engineers. Because of this, Haruna starts saving her allowance to buy the deluxe junior chemistry set she saw in a local hobby store. Based on this information, it is clear that Haruna is experiencing
a. genderqueer gender identity. c. gender role socialization.
b. male gender identity. d. gender dysphoria.

ANS: C DIF: Moderate REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4a | 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World Applying MSC:

45. Bruce Reimer was born biologically male. However, he underwent surgery as an infant to remove his penis after it was damaged and then was raised as a female. Later in life Bruce declared that he truly identified as a male. Bruce's story most clearly illustrates that gender identity is a result of
a. biology, which can override gender role socialization.
b. gender role socialization, which can override biology.
c. both gender role socialization and biology.
d. neither gender role socialization nor biology.

ANS: A DIF: Difficult REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

46. Imagine that the political leaders of Japan, a traditional culture, want to encourage more girls in their culture to become business leaders and scientists. In order to achieve their goal, Japanese politicians should encourage Japanese
- parents to keep their daughters at home to care for their siblings.
 - girls to spend most of their time with their mothers and other adult females.
 - parents to praise their daughters for participating in activities enjoyed by boys.
 - boys to tease girls for participating in activities enjoyed by boys.

ANS: C

DIF: Easy

REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

47. Tom believes that it is his wife's role to do the laundry and to cook the meals, because that is what he saw his own mother doing when he was growing up. Based on this, Tom's expectations about gender roles in the household was shaped by
- imitation.
 - observation.
 - operant conditioning.
 - classical conditioning.

ANS: B

DIF: Moderate

REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

48. Ophelia believes that as a woman her role is to stay home and care for children while her husband works. Ophelia could have learned this gender role in all of the following ways EXCEPT by
- traveling widely to many nontraditional cultures.
 - being rewarded for staying at home and caring for her children.
 - trying to work outside the home and finding it very difficult and frustrating.
 - seeing her mother, aunts, and sisters stay home and care for their children.

ANS: A

DIF: Moderate

REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

49. Mikhail's parents smile and cheer approvingly whenever Mikhail plays contact sports with his friends. However, his parents yell at him whenever Mikhail plays with his sister's dolls. In this example, Mikhail's gender role socialization is being influenced by
- observational learning.
 - operant conditioning.
 - classical conditioning.
 - modeling.

ANS: B

DIF: Difficult

REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

50. As children develop mentally and have more experiences that provide information about gender, they begin to develop their _____, which stabilizes over time. However, older children and adults may not present themselves as you might expect, a result of _____.
- gender expression; gender roles
 - gender identity; gender expression
 - sexual orientation; gender socialization
 - gender socialization; sexual orientation

ANS: B

DIF: Moderate

REF: 10.5 Gender Identity Also Affects How People Act

OBJ: 10.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

51. According to the cognitive development theory, gender identity develops in three main stages. Which of these is the correct sequence?
- thinking of self and others in stable ways as boys or girls; thinking about what a boy or girl is; recognizing that identity doesn't have to match appearance

- b. thinking about what a boy or girl is; thinking of self and others in stable ways as boys or girls; recognizing that identity doesn't have to match appearance
- c. recognizing that identity doesn't have to match appearance; thinking about what a boy or girl is; thinking of self and others in stable ways as boys or girls
- d. recognizing that identity doesn't have to match appearance; thinking of self and others in stable ways as boys or girls; thinking about what a boy or girl is

ANS: B DIF: Difficult REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

52. Colin is a four-year-old boy with a two-year-old sister. When asked, Colin is likely to
- a. consistently identify himself as a boy, but inconsistently refer to his sister as a girl.
 - b. inconsistently identify himself as a boy, but consistently refer to his sister as a girl.
 - c. consistently identify himself as a boy and his sister as a girl.
 - d. inconsistently identify himself as a boy and also inconsistently identify his sister as a girl.

ANS: C DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

53. People who can answer the question, "Do you think of yourself as a man or a woman?" have developed a
- a. gender schema.
 - b. gender identity.
 - c. sexual preference.
 - d. sexual schema.

ANS: B DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

54. Julia is a popular young woman with many friends of both sexes. One day, Jahrel, a male friend, overhears her talking to her boyfriend on the phone. Jahrel comments that she doesn't talk to him the same way she talks to her boyfriend. What has Jahrel noticed about Julia's conversation?
- a. She is using a pet name for her boyfriend.
 - b. Her voice is more businesslike and serious on the phone with her boyfriend.
 - c. She is using a more childlike, feminine, and absentminded tone with her boyfriend.
 - d. She is speaking much faster to her boyfriend on the phone than when speaking face-to-face.

ANS: C DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

55. Jeremy is shown a series of photos of a person who could be either male or female. When asked to say whether he thinks the person in the photos is a boy or a girl, Jeremy says that the person is a girl. The next day, Jeremy is shown the photos again, but this time he identifies the person as a boy. Jeremy is most likely between
- a. one and two years old.
 - b. two and three years old.
 - c. four and five years old.
 - d. six and seven years old.

ANS: B DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

56. Ebony is shown a series of photos of a person who could be either male or female. When asked to say whether she thinks the person in the photos is a boy or a girl, Ebony says that the person could be a boy or a girl because the way a person looks may not match his or her gender. Ebony is most likely between
- a. one and two years old.
 - b. two and three years old.
 - c. four and five years old.
 - d. six and seven years old.

ANS: D DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act
 OBJ: 10.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

57. Which of the following offers evidence that gender identity may be related to biology?
- a. The presence of prenatal testosterone makes a person more likely to identify as a man.
 - b. The presence of prenatal testosterone makes a person more likely to identify as a woman.
 - c. Low levels of testosterone in children result in more masculine play.

d. In a study, genetically male infants raised as girls were more likely to identify as women.

ANS: A DIF: Difficult REF: 10.5 Gender Identity Also Affects How People Act
OBJ: 10.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Analyzing

58. Deaux and Major (1987) showed that people may not always express themselves in a way that is consistent with their gender identity. What is the key factor identified by Deaux and Major that determines how people express their gender identity?

- a. People are influenced by their biological sex to act more masculine or feminine.
- b. People are influenced by their sexual orientation to act more masculine or feminine.
- c. People are influenced by gender socialization to act more masculine or feminine.
- d. People are influenced by the situation to act more or less masculine or feminine.

ANS: D DIF: Difficult REF: 10.5 Gender Identity Also Affects How People Act
OBJ: 10.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

59. According to the fifth edition of the American Psychiatric Association's *Diagnostic and Statistical Manual*, which of the following is a recognized psychological disorder?

- a. being intersex
- b. having gender dysphoria
- c. being transgender
- d. asexuality

ANS: B DIF: Moderate REF: 10.6 People Vary in Gender Identity
OBJ: 10.6a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

60. Which of the following is an argument against the term *cisgender*, according to the textbook?

- a. It recognizes that there can be more than two genders.
- b. It is not widely used or understood.
- c. It is a derogatory term that is meant to isolate people.
- d. It implies that "consistent" or "on the side of" is the same as "normal."

ANS: D DIF: Moderate REF: 10.6 People Vary in Gender Identity
OBJ: 10.6a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

61. While *cis* means _____, *trans* means _____.

- a. on the side of; on the other side of
- b. normal; abnormal
- c. on the other side of; on the side of
- d. inside; outside

ANS: D DIF: Moderate REF: 10.6 People Vary in Gender Identity
OBJ: 10.6a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

62. Carlos is biologically male but he does not feel particularly male, nor does he feel particularly female. Based on this, Carlos's gender identity is best described as

- a. transgender.
- b. gender dysphoric.
- c. genderqueer.
- d. androgynous.

ANS: C DIF: Easy REF: 10.6 People Vary in Gender Identity
OBJ: 10.6a | 10.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

63. Dr. Coelho is writing a report on a new patient. She diagnoses the patient, a 16-year-old male, with gender dysphoria. Based on this diagnosis, the patient is likely to display all of the following symptoms EXCEPT

- a. thoughts of suicide.
- b. anxiety.
- c. depression.
- d. physical pain.

ANS: D DIF: Easy REF: 10.6 People Vary in Gender Identity
OBJ: 10.6a | 10.6b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

64. Imagine that you are a psychologist interviewing students who are participating in a study on

sex and gender. Of the four students described below, which one would you categorize as genderqueer?

- a. Youssef, who is biologically male and identifies as male
- b. Michaela, who is biologically female and identifies as neither male nor female
- c. Leah, who is biologically male and identifies as both male and female
- d. Kayla, who is biologically male and identifies as female

ANS: B DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6a | 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

65. Imagine that you are a psychologist interviewing students who are participating in a study on sex and gender. Of the four students described below, which one would you categorize as androgynous?

- a. David, who is biologically male and thinks and feels male
- b. Emily, who is biologically female but doesn't think or feel as either male or female
- c. Jiatong, who is biologically male and thinks and feels both male and female
- d. Felipe, who is biologically male and thinks and feels female

ANS: C DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6a | 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

66. When people develop a stable gender identity that is consistent with their biological sex, their gender identity is referred to as

- a. gender matched.
- b. cismatched.
- c. cisgender.
- d. biomatched.

ANS: C DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

67. LaShawna prefers that people use female pronouns when referring to her but describes herself as feeling something in between "male" and "female." She says she is proud to represent the best elements of each gender. LaShawna is describing her gender

- a. role.
- b. identity.
- c. transition
- d. dysphoria.

ANS: B DIF: Easy REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

68. Amanda lives in the United States, where she grew up thinking and feeling like she is female. When she spent a semester abroad in India, she met several *hijra* students who thought of themselves as something between male and female. Amanda had a lot of difficulty understanding the experiences of these *hijra* students, most likely because in the United States, gender identity is usually thought of as _____, whereas in India gender identity is more likely to be thought of as _____.

- a. consistent with biological sex; a continuum
- b. a result of cognitive development theory; a result of gender role socialization
- c. a continuum; consistent with biological sex
- d. a result of gender role socialization; a result of cognitive development theory

ANS: A DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

69. Kyle is interning at a psychological clinic for adolescents. His new patient, Isaac, has been diagnosed with gender dysphoria. Based on this information, Kyle can correctly conclude that Isaac is _____ about his assigned gender.

- a. transgender and distressed
- b. genderqueer and distressed
- c. transgender
- d. genderqueer

ANS: A DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

70. Shannon is meeting new coworkers. Shannon explains that she is biologically male but identifies as female. Based on this, we can conclude that Shannon is
- genderqueer.
 - androgynous.
 - both genderqueer and androgynous.
 - neither genderqueer nor androgynous.

ANS: D DIF: Difficult REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

71. A male who is only attracted to other males is most likely to call himself _____, and a female who is only attracted to other females is most likely to call herself _____.
- lesbian; gay
 - gay; lesbian
 - homosexual; bisexual
 - bisexual; homosexual

ANS: B DIF: Easy REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

72. Marisol explains to her best friend that she is bisexual. Marisol is discussing her
- biological sex.
 - gender identity.
 - sexual orientation.
 - sexual activity.

ANS: C DIF: Easy REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

73. Samuel describes himself as asexual. From this description, we can conclude that he
- does not experience sexual attraction.
 - does not feel romantic attraction.
 - does not identify as male or female.
 - is incapable of achieving orgasm.

ANS: A DIF: Moderate REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

74. Shana is a female who says that she is sexually attracted to other females. Based on this information alone, we can conclude that Shana's sexual orientation is
- either homosexual or bisexual.
 - only heterosexual.
 - only homosexual.
 - only bisexual.

ANS: A DIF: Moderate REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

75. Shinobu is a male who says that he is bisexual. From this you can definitely conclude that he
- is equally attracted to both males and females.
 - may or may not be equally attracted to males and females.
 - is attracted to males but not females.
 - is attracted to females but not males.

ANS: B DIF: Moderate REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

76. The sexual orientation of a female who is NOT attracted to males is best described as
- lesbian.
 - bisexual.
 - asexual.
 - It is impossible to tell without more information.

ANS: D DIF: Moderate REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

77. Colleen is a woman who is sexually and romantically attracted to men but not women. Her brother, Mark, is also sexually and romantically attracted to men but not women. Based on this, Colleen's sexual orientation is most likely _____ and Mark's sexual orientation is most likely _____.

a. heterosexual; heterosexual c. heterosexual; gay
b. lesbian; gay d. lesbian; heterosexual

ANS: C DIF: Easy REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

78. Jonah's parents have brought him to a counselor because Jonah claims to have no sexual interest in either males or females even though he went through puberty five years ago. The counselor determines that Jonah has normal primary and secondary sex characteristics and his gender identity is male. He enjoys intimacy and companionship with women, but he has no sexual attraction to them or to males. Based on this information, Jonah seems most likely to have a(n) _____ sexual orientation.

a. asexual c. androgynous
b. bisexual d. genderqueer

ANS: A DIF: Easy REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

79. Kumar is a 38-year-old man with a wife and two daughters. Twenty years ago when he was a freshman in college, Kumar occasionally had sex with his male roommate. Based on this information, what is the best way to describe Kumar's sexual orientation?

a. straight
b. bisexual
c. gay
d. It is impossible to tell without more information.

ANS: D DIF: Difficult REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

80. Keith is an adolescent male who has never had sex with anyone. Keith is emotionally and romantically attracted to females and wants to date a female friend from school. Keith is sexually attracted to males and becomes sexually aroused when he is near certain male friends he finds attractive. Based on this, Keith's sexual orientation is most likely

a. asexual. c. bisexual.
b. gay. d. heterosexual.

ANS: C DIF: Difficult REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

81. According to research, which of these people is LEAST likely to be sexually aroused by erotic photographs of women?

a. Nicole, a heterosexual woman c. Amanda, a bisexual woman
b. William, a heterosexual man d. Thomas, a homosexual man

ANS: D DIF: Difficult REF: 10.7 Variations in Sexual Orientation Are Normal

OBJ: 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

82. Sabrina is a scientist giving testimony in court on the biological factors associated with sexual orientation. Among other things, Sabrina testifies about research showing that

the probability of a boy being born gay increases if he has three or more older _____ and is _____.

- a. brothers; left-handed
- b. brothers; right-handed
- c. sisters; left-handed
- d. sisters; right-handed

ANS: B DIF: Easy

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

83. According to the best available evidence from psychological research, sexual orientation is
- a. related to biological factors.
 - b. related to environmental factors.
 - c. a personal choice.
 - d. able to be changed with certain kinds of therapy.

ANS: A DIF: Moderate

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Understanding

MSC:

84. Mustafa and Elia, a gay male couple, are adopting an infant son. They are concerned about how they might influence the sexual orientation of their son, so they consult a psychologist. The psychologist correctly advises Mustafa and Elia that, according to research,
- a. children need an opposite-sex parent in order to develop a heterosexual orientation.
 - b. there is little or no evidence to suggest that parents affect the sexual orientation of their children.
 - c. the child's sexual orientation can likely be successfully changed later in life using conversion therapy.
 - d. the child's sexual orientation is his own choice and is not influenced by environment or biology.

ANS: B DIF: Moderate

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development

MSC: Understanding

85. Which of these statements correctly summarizes the research on what influences sexual orientation?
- a. There is stronger research evidence for biological influences on sexual orientation than there is for environmental influences.
 - b. There is stronger research evidence for environmental influences on sexual orientation than there is for biological influences.
 - c. The evidence is equally strong for both biological and environmental influences on sexual orientation.
 - d. Little or no evidence exists for either biological influences or environmental influences on sexual orientation.

ANS: A DIF: Moderate

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

86. Girls with congenital adrenal hyperplasia, who experience greater levels of androgens prenatally, have a greater tendency toward being lesbian or bisexual as they become adults. This is an example of _____ on sexual orientation.
- a. the influence of genetics
 - b. an environmental influence
 - c. a reversible influence
 - d. the influence of hormones

ANS: D DIF: Moderate

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World
Understanding

MSC:

87. William is a graduate student interested in studying the genetic influences on sexual orientation.

One of the first things that William learns is that

- a. the Y sex chromosome inherited from the father seems to be related to men being gay.
- b. identical twins are more likely to have the same sexual orientation than non-identical twins.
- c. researchers have found clear evidence of a “gay gene” that is associated with homosexuality.
- d. hormones are not known to have any influence on sexual orientation.

ANS: B DIF: Difficult

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

88. Based on psychological research, which of the following men does NOT have an increased likelihood of being gay?

- a. Thomas, who is right-handed and has three older brothers
- b. Aziz, whose parents were a married gay couple
- c. Guanyu, who has three gay cousins on his mother’s side of the family
- d. Jamal, whose identical twin brother is gay

ANS: B DIF: Difficult

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

89. The most common finding related to environment and sexual orientation is that attraction to the same sex for both males and females is correlated with

- a. gender nonconformity in childhood.
- b. having gay or lesbian parents.
- c. being sexually abused in childhood.
- d. having a domineering mother.

ANS: A DIF: Moderate

REF: 10.8 Biology Influences the Development of Sexual Orientation

OBJ: 10.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

90. According to the research of Masters and Johnson, the sexual response cycle includes all of the following stages EXCEPT

- a. inhibition.
- b. excitement.
- c. plateau.
- d. resolution.

ANS: A DIF: Easy

REF: 10.9 Biology Influences the Motivation for Sexual Activity

OBJ: 10.9a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

91. A person’s psychological experience of wanting to engage in sexual activity is called

- a. excitement.
- b. desire.
- c. orgasm.
- d. eroticism.

ANS: B DIF: Easy

REF: 10.9 Biology Influences the Motivation for Sexual Activity

OBJ: 10.9a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

92. Excitement, plateau, orgasm, and resolution are stages of

- a. sexual identity.
- b. paraphilic disorders.
- c. desire.
- d. the sexual response cycle.

ANS: D DIF: Easy

REF: 10.9 Biology Influences the Motivation for Sexual Activity

OBJ: 10.9a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

93. Marisol is a psychologist who conducts research on the sexual response cycle. To best familiarize herself with the research that has already been done on the sexual response cycle, Marisol should read the writings of

- a. Alfred Kinsey and his colleagues.
- b. Sigmund Freud.
- c. Simon LeVay.
- d. William Masters and Virginia Johnson.

ANS: D DIF: Difficult
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

94. Joaquim just reached orgasm and now he cannot get an erection. Based on this, Joaquim is most likely experiencing what phase of the sexual response cycle?
- a. excitement
 - b. plateau
 - c. orgasm
 - d. resolution

ANS: D DIF: Easy
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9a | 10.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

95. Which of the following is generally true?
- a. Men and women masturbate with about equal frequency.
 - b. Men masturbate more frequently than women do.
 - c. Women masturbate more frequently than men do.
 - d. Young men masturbate more frequently than young women do, but the pattern reverses after middle age.

ANS: B DIF: Moderate
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

96. Devon's physician tells him that he is going to need testosterone replacement therapy to increase his level of testosterone. This increase in Devon's testosterone level will
- a. have no effect on his sexual desire.
 - b. increase his sexual desire.
 - c. reduce his sexual desire.
 - d. cause him to experience andropause.

ANS: B DIF: Easy
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

97. As early as the 1950s, Alfred Kinsey showed that female sexual attitudes and behaviors are similar to those of men. More recent research shows that
- a. men and women are equally willing to go to bed with a stranger.
 - b. women are more likely than men to go to bed with a stranger.
 - c. men are more likely than women to go to bed with a stranger.
 - d. neither men nor women are willing to go to bed with a stranger.

ANS: C DIF: Moderate
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

98. Your college friend James has accepted a challenge to ask 20 randomly selected women on campus, none of whom he has met, to have sex with him and see how many will accept his offer. If you were to apply research findings to make a prediction about James's success rate, how many women would you predict say yes to his request to have sex?
- a. 10
 - b. 5
 - c. 2
 - d. 0

ANS: D DIF: Easy
REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

99. Zach is working in a human sexuality research lab and is looking at data showing the sexual response cycle of the participants. Participant A has a sexual response cycle with one orgasm and a clear refractory period; Participant B has a sexual response cycle with repeated plateaus but no orgasm; and Participant C has a sexual response cycle with multiple orgasms

but no refractory period. Based on the research of Masters and Johnson, what are the most likely sexes of these participants?

- a. Participant A is male; Participants B and C are female.
- b. Participants A and B are male; Participant C is female.
- c. Participant B is male; Participants A and C are female.
- d. It is impossible to tell without more information.

ANS: A DIF: Difficult

REF: 10.9 Biology Influences the Motivation for Sexual Activity

OBJ: 10.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

100. The sexual strategies theory holds that women should be choosier than men in selecting mates because women

- a. can produce a limited number of offspring.
- b. are physically smaller and weaker than men.
- c. have greater difficulty achieving orgasm.
- d. are less likely to end a bad relationship.

ANS: A DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

101. Research shows that when choosing a long-term relationship partner, men are likely to emphasize the importance of _____ and women are likely to emphasize the importance of _____.

- a. physical appearance; physical appearance
- b. physical appearance; social status
- c. social status; physical appearance
- d. social status; social status

ANS: B DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

102. Xue Lan is preparing a class presentation on the variables that influence sexual desire.

Xue Lan's presentation should correctly mention that

- a. men put the same emphasis on social status and physical appearance in a mate as do women.
- b. there are cultural differences in sexual behavior.
- c. women and men are sexually aroused by the same kinds of erotic movies.
- d. everyone's sexual interest and activity declines as he or she grows old.

ANS: B DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

103. Fantasizing about sexual activities with people other than their romantic partners is

- a. more common in women than in men.
- b. more common in men than in women.
- c. almost universally done by everyone.
- d. an indicator that people have sexual dysfunctions.

ANS: B DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

104. Within the United States, adult males tend to view casual sex before marriage as being more acceptable than do adult females. This is an example of a

- a. genetic influence on sexual behavior.
- b. hormonal influence on sexual behavior.
- c. cultural difference in sexual behavior.
- d. sexual stereotype.

ANS: C DIF: Moderate
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

105. Janice wants to write an erotic novel that has parts that will appeal strongly to men and parts that will appeal strongly to women. Based on this, Janet should include
- only suggestive descriptions of sexual acts.
 - only explicit descriptions of sexual acts.
 - descriptions of both suggestive and explicit sexual acts.
 - sexually explicit drawings and photographs throughout the book.

ANS: C DIF: Moderate
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

106. Aditi is writing a paper on the harmful effects of pornography. Which of the following is NOT a research finding that she can correctly include in her paper?
- Viewing pornography reduces men's desire for long-term committed relationships.
 - After viewing sexually attractive women, straight male college students rate average women as less attractive.
 - Watching pornographic movies can reduce people's satisfaction with their own sex partners.
 - When specific objects or situations repeatedly sexually arouse people, their arousal may become dependent on those objects or situations.

ANS: A DIF: Difficult
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

107. William is on a blind dinner date with Sheila. He wants to present himself in a very favorable light to Sheila so that she will be attracted to him. According to research on qualities that women seek and avoid in potential partners, it would be helpful to William to do all of the following EXCEPT
- mention that he has had sex many times with many different women.
 - talk about his ambitious plans to pursue a lucrative career.
 - be kind and considerate to their waiter.
 - express his fondness for his young nieces and nephews.

ANS: A DIF: Moderate
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
MSC: Applying

108. What happened in the 1960s that led to more permissive attitudes toward casual sex outside of marriage?
- the advent and wide availability of reliable oral contraceptives
 - social unrest as a result of the Vietnam War
 - increased popularity of sexually suggestive music and dance
 - more modern attitudes toward pregnancy outside of marriage

ANS: B DIF: Difficult
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

109. Although attitudes and behaviors toward premarital sex changed in the 1960s, before the 1990s, adult males in the United States
- viewed casual premarital sex as less acceptable than did adult females.
 - were less likely than adult females to engage in casual premarital sex.
 - viewed casual premarital sex as more acceptable than did adult females.
 - were as likely as adult females to view casual premarital sex as unacceptable.

ANS: C DIF: Difficult
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

110. Based on research on sexual arousal (Murnen & Stockton, 1997), in order to make a movie or book more appealing and arousing to women, the writer should do which of the following?
- use more sexually explicit descriptions and images
 - focus on male pleasure
 - refrain from any sexual imagery or descriptions
 - use more suggestive descriptions and less explicit sex acts

ANS: D DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

111. Armand enjoys watching sexually explicit videos and views them often. Although this behavior is generally considered to be normal, research by Kendrick and Gutierrez (1980) suggests that Armand should be aware of which of the following potential negative effects from this behavior?
- finding his girlfriend to be less attractive
 - loss of interest in sex
 - obsessive preoccupation with sex
 - requiring more and more stimulation to become aroused

ANS: A DIF: Moderate

REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity

OBJ: 10.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

112. If a person experiences an unchanging sexual interest, arousal, or behavior associated with an object, type of person, or situation not usually associated with sex, then he or she is most likely experiencing
- sexual dysfunction.
 - fetishism.
 - a paraphilia.
 - a paraphilic disorder.

ANS: C DIF: Easy

REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity

OBJ: 10.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

113. Marco thinks about sex and wants to have sexual activity. But in the past several months, after Marco gets an erection he has not been able to achieve ejaculation during sexual activity, which upsets him a great deal. Based on this, Marco most likely does NOT have a _____ disorder, but he may be experiencing a(n) _____ disorder.
- sexual arousal; orgasmic
 - sexual arousal; sexual pain
 - sexual desire; orgasmic
 - sexual desire; sexual pain

ANS: C DIF: Moderate

REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity

OBJ: 10.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

114. Athletic shoes sexually arouse Darshana. Based on this, a psychologist would correctly describe Darshana as experiencing
- a paraphilia.
 - sexual dysfunction.
 - a refractory period.
 - gender dysphoria.

ANS: A DIF: Moderate

REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity

OBJ: 10.11a | 10.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

115. Franklin has been unable to achieve an erection for about six months and he worries that it is having a negative impact on his marriage. Based on this, what kind of sexual dysfunction does Franklin most likely have?
- sexual desire/arousal disorder
 - orgasmic disorder
 - sexual pain disorder
 - substance/medication-induced disorder

ANS: A DIF: Moderate
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11a | 10.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

116. Comedian Eddie Izzard performs his stage act dressed in women's clothing and makeup. He explains to audiences that he is sexually attracted to women and does not want to be a woman, but instead gets sexual gratification from wearing women's attire. Based on this, Izzard is most likely experiencing

a. androgyny. c. transvestism.
b. asexuality. d. exhibitionism.

ANS: C DIF: Easy
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11a | 10.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

117. Which of the following people is exhibiting a paraphilia that rises to the level of a paraphilic disorder?

a. Rahman, who sends photos of his nude body to his boyfriend, Jamal, because it sexually arouses Jamal
b. Isabelle, who uses the public showers at her gym because she likes having others see her naked
c. Nigel, who enjoys becoming sexually aroused by touching fur coats
d. Henry, who uses a concealed camera to photograph women disrobing in the apartment across the street without their knowledge or consent

ANS: D DIF: Difficult
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World
MSC: Applying

118. Which of the following is the best example of a person who is experiencing a fetish?

a. Watching strangers disrobe arouses Samuel.
b. Humiliating her partner arouses Katherine.
c. Rubber balloons arouse Cameron.
d. Rubbing against strangers on crowded subway cars arouses Walter.

ANS: C DIF: Difficult
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

119. Bill is a man who tells his psychologist that he likes to wear women's underwear and makeup because it sexually arouses him. Based on this, Bill's psychologist would most likely correctly describe Bill as

a. being gay. c. being transgender.
b. experiencing transvestitism. d. identifying as genderqueer.

ANS: B DIF: Difficult
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

120. Hector is taking a combination of medications to treat his depression and anxiety. As a side effect of these medications, Hector has difficulty achieving and maintaining an erection. Even when he can achieve an erection, he is incapable of achieving ejaculation. However, before he started these medications he did not have these sexual problems. Based on this information, does Hector have a sexual dysfunction?

a. No, sexual side effects of medications are not considered sexual dysfunctions.
b. Yes, he has erectile disorder.
c. Yes, he has medication-induced sexual dysfunction.
d. It is impossible to tell without more information.

ANS: C DIF: Difficult
REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity
OBJ: 10.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

SHORT ANSWER

1. A) Describe how genetic sex is determined at conception.
B) Describe how genetic sex in turn influences the prenatal development of sex glands.

ANS:

Suggested answer:

- A) Genetic sex is determined by whether an egg is fertilized by a sperm carrying an X chromosome or a sperm carrying a Y chromosome. The mother's egg cell always contributes an X chromosome. In about half of conceptions, the father's sperm cell also contributes an X chromosome, so the zygote has XX sex chromosomes and is female. In about the other half of conceptions, the father's sperm cell contributes a Y chromosome instead, so the zygote has XY sex chromosomes and is male.
B) The Y chromosome (but not the X chromosome) contains a special gene, called "sex determining region on the Y chromosome" or just SRY, that affects how the gonads develop. Embryos with XY sex chromosomes develop the male sex glands, called testes. By contrast, embryos with XX chromosomes do not develop male sex glands because they do not have the Y chromosome with the SRY gene. Instead, the female sex glands, called ovaries, will develop.

DIF: Moderate REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

2. A) Describe what secondary sex characteristics are.
B) Give three examples of secondary sex characteristics for males.
C) Give three examples of secondary sex characteristics for females.

ANS:

Suggested answer:

- A) Secondary sex characteristics are changes during puberty that are indirectly related to sexual reproduction.
B) For males these include increased release of testosterone, greater muscle mass, facial hair, deepening voice, angular jaw, body hair (armpits and chest), and pubic hair.
C) For females these include increased release of estradiol, defining of waist, increase in fat, breast development, body hair (armpits), and pubic hair.

DIF: Moderate REF: 10.1 Genetics and Hormones Influence Biological Sex

OBJ: 10.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Understanding

3. Cheryl was determined to be a girl at birth by inspection of her genitals, which clearly resembled a vagina. Later genetic testing, however, revealed that Cheryl is genetically male. Describe the condition that gives rise to this apparent contradiction.

ANS:

Suggested answer:

This is a type of intersex known as androgen insensitivity syndrome. The XY chromosomes should cause development of the testes, but because of androgen insensitivity the cells of the body do not respond to the testosterone released by the testes. Because of this lack of response, the testes remain in the body, and the penis does not fully develop.

DIF: Moderate REF: 10.2 Biological Sex Is Not Always Clear

OBJ: 10.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

4. Discuss how gender stereotypes differ from gender schemas.

ANS:

Suggested answer:

Gender schemas are individual people's knowledge structures containing information about aspects of gender, including gender identity and gender role. Gender socialization processes inform these structures. Gender stereotypes are common beliefs about people of particular genders. Gender stereotypes are social constructs that are shared by many people.

DIF: Moderate

REF: 10.3 People Have Mental Categories of What Is Masculine and What Is Feminine

OBJ: 10.3a | 10.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. Describe the three ways by which children become gender role socialized, and give an example of each.

ANS:

Suggested answer:

(1) The first way is observation, whereby children watch what men and women do and how they are treated. An example might be learning that men watch sports by seeing one's male relatives frequently watching sports. (2) A second way is modeling, whereby other people's behavior is imitated. An example might be boys learning to use violence as social control by watching violent male heroes on television. (3) A third way is operant conditioning, whereby the child's own behavior is reinforced or punished. An example might be a girl receiving praise for helping her mother with housework but a boy receiving scorn for the same behavior.

DIF: Moderate REF: 10.4 Gender Roles Affect How People Act

OBJ: 10.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

6. A) Describe the cognitive development theory of gender development. Be sure to include the three main stages that are thought to occur in children.
B) Discuss the differences between gender identity and gender expression and their relationship to each other.

ANS:

Suggested answer:

A) The cognitive development of gender is thought to occur in three main stages. Very young children between ages two and three are aware of some of the differences between boys and girls but may use the terms interchangeably to describe themselves and others. By about age four, children can think of themselves in more stable ways and can consistently identify as boys or girls, though that identity might rely on behaviors and clothing. By ages five to seven, children recognize that external appearances do not necessarily indicate a person's gender identity.

B) Gender identity includes the thoughts and feelings that make up one's sense of being male or female. Gender identities are part of each individual's gender schemas. Gender expression is the way we communicate our gender through clothes, interests, and language. There may not be any connection between gender identity and gender expression; the two terms are unrelated.

DIF: Moderate REF: 10.5 Gender Identity Also Affects How People Act

OBJ: 10.5a | 10.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

7. Describe one similarity and one difference between gender identity and sexual orientation.

ANS:

Suggested answer:

Gender identity is a person's own sense of being male or female; sexual orientation is a person's own sexual, emotional, and romantic attraction to males and females. Gender identity can be viewed as a continuum based on a combination of identifying as male and identifying as female. People who identify as male but not female have a male gender identity. People who identify as female but not male have a female gender identity. People who identify as both male and female have an androgynous gender identity. People who identify as neither male nor female have a genderqueer gender identity. In a similar fashion, sexual orientation can be viewed as a continuum based on a combination of attraction to males and attraction to females. People who are attracted to males but not females are either heterosexual females or gay males. People who are attracted to females but not males are either heterosexual males or lesbian females. People who are attracted to both males and females are bisexual males or bisexual females. People who are attracted to neither males nor females are asexual males or asexual females.

DIF: Moderate

REF: 10.5 Gender Identity Also Affects How People Act | 10.7 Variations in Sexual Orientation Are Normal OBJ: 10.5a | 10.7a | 10.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

8. What are a few things you could do to be supportive when meeting a gender-nonconforming person?

ANS:

Suggested answer:

(1) Remember that people who are gender nonconforming are not necessarily transgender. (2) Ask that person's preferred name or pronouns when appropriate. (3) Show respect by using the name and pronoun that the person prefers. (4) Refrain from asking questions about biological aspects of the person's sex. (5) Do not make assumptions about the gender(s) to which the person is attracted.

DIF: Moderate REF: 10.6 People Vary in Gender Identity

OBJ: 10.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication

MSC: Applying

9. What are two reasons why some people might prefer to call themselves queer rather than heterosexual, gay, lesbian, or bisexual?

ANS:

Suggested answer:

Some people experience intersex, blurring the meaning of heterosexuality or homosexuality. Some people do not identify as either male or female, also blurring the meaning of heterosexuality or homosexuality.

DIF: Difficult REF: 10.7 Variations in Sexual Orientation Are Normal
OBJ: 10.7b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

10. Describe two ways that biological factors contribute to sexual orientation.

ANS:
Suggested answer:

- (1) Genetics: identical twins are more likely to share the same sexual orientation than non-identical twins, and homosexuality seems to run in families on the mother's side.
- (2) Hormones: prenatal exposure to androgens is related to women being lesbian, and lesser exposure to androgens during childhood is related to men being gay.
- (3) Maternal immune system: with repeated pregnancies with male fetuses, women may develop antibodies that affect the development of subsequent male fetuses in ways that increase the probability that the children will be gay.
- (4) Brain structure and function: the size and processing of the hypothalamus in gay men is closer to that of heterosexual women than to that of heterosexual men.

DIF: Moderate REF: 10.8 Biology Influences the Development of Sexual Orientation
OBJ: 10.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

11. Dr. Scarpetta has been studying how the brain processes scents. His research shows that a certain region of the hypothalamus shows greater activation in heterosexual men when they smell a T-shirt that has been worn by a woman than when they smell a T-shirt that has been worn by a man. In heterosexual women the same region of the hypothalamus shows greater activation when they smell a T-shirt that has been worn by a man than when they smell a T-shirt that has been worn by a woman. Dr. Scarpetta then discovers that the activation of that region of the hypothalamus in gay men follows the same pattern as for heterosexual women. He writes a report in which he claims to have found the region of the brain that determines sexual orientation. What are some potential criticisms of Dr. Scarpetta's conclusion?

ANS:
Suggested answer:
The association between activation of this region of the hypothalamus and sexual orientation does not mean that one causes the other. It may be the case that the relationship goes the other way, such that sexual orientation causes changes in the pattern of activation of that region of the hypothalamus. It may also be the case that some third factor, such as lesser exposure to androgens in childhood or prenatal exposure to maternal antibodies, influences both sexual orientation and the functioning of this region of the hypothalamus.

DIF: Moderate REF: 10.8 Biology Influences the Development of Sexual Orientation
OBJ: 10.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Applying

12. A) Name and describe the four phases of the sexual response cycle.
B) Describe two ways that men and women experience the sexual response cycle differently.

ANS:
Suggested answer:

- A) The four phases of the sexual response cycle are excitement (thinking about sex, which is often seen with an increase in sexual arousal), plateau (where blood pressure, respiration, and other signs of arousal increase), orgasm (which includes dramatic muscle contractions that are experienced as pleasurable), and resolution (returning to a baseline state of arousal).
- B) First, men and women may experience the orgasmic phase differently. Men nearly always experience orgasm, whereas women may experience repeated plateaus without orgasm. Alternatively, women may have multiple orgasms. Second, men, but not women, experience a refractory period after orgasm. During the refractory period men are temporarily unable to maintain an erection or have an orgasm.

DIF: Moderate REF: 10.9 Biology Influences the Motivation for Sexual Activity
OBJ: 10.9a | 10.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

13. What are two ways that exposure to erotic material can have negative effects, according to research?

ANS:
Suggested answer:

- (1) After viewing sexually attractive women on TV or in magazines, straight male college students rate average women and their own female sex partners as less attractive.
- (2) Watching pornographic movies can reduce people's satisfaction with their own sex partners.
- (3) When pornographic movies depict nonconsensual sex acts, men become more willing to hurt women.
- (4) When specific objects or situations repeatedly sexually arouse a person, the person may become dependent on those objects or situations to experience arousal.

DIF: Moderate
REF: 10.10 Environmental Context Influences the Motivation for Sexual Activity
OBJ: 10.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

14. Choose a specific paraphilia and explain it, then give an example of its expression in a nondisordered way and another example of its expression in a disordered way.

ANS:

Suggested answer:

Answers will vary. One possible answer using frotteurism is as follows: frotteurism involves gaining sexual gratification by touching or rubbing against another person. A nondisordered example might be a married couple engaging in mutual erotic massage. A disordered example might be a man grinding against other riders on a crowded subway car. It is disordered because the other riders have not consented to be participants in his sexual behavior.

DIF: Moderate

REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity

OBJ: 10.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

15. According to a large survey of sexual behavior in the United States, approximately 43 percent of women and 31 percent of men report experiencing some kind of sexual problem at some point in their lives. Discuss how some researchers have criticized these statistics as misrepresenting the issue.

ANS:

Suggested answer:

Some argue that reduced sexual desire is not always a disorder but rather a normal response to being tired, being stressed, or having relationship problems. Most types of sexual dysfunction can result from feeling less physical and emotional satisfaction and happiness, and some can result from financial problems. Also, sexual functioning can be reduced in a lasting way by trauma. So, rather than being a genital-function issue, sexual dysfunction can sometimes have psychological causes.

DIF: Moderate

REF: 10.11 Individual Differences Influence the Motivation for Sexual Activity

OBJ: 10.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Applying

CHAPTER 11 HEALTH AND WELL-BEING

LEARNING OBJECTIVES

- 11.1 Biology, Psychology, and Social Factors Influence Your Health
 - 11.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.1b. Apply the biopsychosocial model of health to your life by providing a description of how your health could be explained by this model.
- 11.2 Obesity and Disordered Eating Have Many Health Consequences
 - 11.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.2b. Analyze how overeating, anorexia, bulimia, and binge-eating disorder affect health by differentiating between these four types of disordered eating and the causes and health effects of each.
- 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally
 - 11.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.3b. Apply the positive effects of exercise to your life by describing one physical, one cognitive, and one emotional effect of getting more exercise.
- 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex
 - 11.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.4b. Understand safer sex by describing three ways that a person can reduce the risk of getting sexually transmitted infections (STIs).
- 11.5 Smoking Is Dangerous to Your Health
 - 11.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.5b. Understand the three main reasons why people may start to smoke and continue smoking by explaining each one.
- 11.6 Stress Has a Negative Impact on Your Health
 - 11.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.6b. Apply the idea of stressors by naming the two types of stressors and giving an example of each type in your life.
- 11.7 You Can Have Several Responses to Stress
 - 11.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.7b. Understand the general adaptation syndrome (GAS) by naming and describing each of the three phases of the GAS stress response in your own words.
 - 11.7c. Apply stress responses by providing an example of how you responded to a stressor in one of the five ways described in this study unit.
- 11.8 Personality Influences the Impact of Stress on Heart Disease
 - 11.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.8b. Understand how personality affects stress by summarizing in your own words how different personality styles can increase or decrease the effects of stressors.
- 11.9 Coping Mediates the Impact of Stress
 - 11.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.9b. Apply strategies for coping with stress by giving an example of how you use emotion-focused coping in one stressful situation and problem-focused coping in another.
- 11.10 Positive Psychology Emphasizes Well-Being
 - 11.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.10b. Understand happiness by summarizing the three characteristics of happiness.
- 11.11 Social Support Is Associated with Good Health
 - 11.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.11b. Understand how social support benefits health by explaining the two ways that social support reduces the effects of stress.
- 11.12 Several Strategies Can Help You Stay Healthy
 - 11.12a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 11.12b. Apply strategies for healthy living by describing three strategies you can use to increase your health.

MULTIPLE CHOICE

1. Health psychologists investigate

- a. the absence of disease.
- b. personal reports of health.
- c. theories instead of experimental research.
- d. promoting health and well-being.

ANS: D DIF: Easy

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

2. Thoughts and behaviors affect the environment. The environment affects human biology. In turn, biology affects behavior. This description fits the _____ model of health psychology.
- a. medical
 - b. social
 - c. behaviorist
 - d. biopsychosocial

ANS: D DIF: Easy

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

3. Sarah is trying to be the healthiest person she can possibly be and feel satisfied with life. Sarah is focusing on her
- a. health psychology.
 - b. well-being.
 - c. health empowerment.
 - d. self-control.

ANS: B DIF: Easy

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

4. Health psychologists investigate how genetics, behaviors, and social support influence health. This approach of focusing on multiple areas to understand health and well-being is central to the _____ model.
- a. medical
 - b. biopsychosocial
 - c. healthy habits
 - d. interactive

ANS: B DIF: Easy

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

5. Compared with the medical model of health, the biopsychosocial model approach to health and well-being
- a. includes more variables.
 - b. ignores human biology.
 - c. is rarely used in practice.
 - d. does not focus on illness.

ANS: A DIF: Easy

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

6. Dr. Haverford suggests to her client that her mood problems stem from problems with the neurotransmitter serotonin. Dr. Haverford mentions nothing about social or behavioral factors that may be related to mood. To understand her client's problems, Dr. Haverford seems to be using the _____ model.
- a. interdisciplinary
 - b. behaviorist
 - c. biopsychosocial
 - d. medical

ANS: D DIF: Moderate

REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health

OBJ: 11.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

7. Dr. Arzun is using the biopsychosocial model as a frame of reference for understanding heart disease. Based on this, she will most likely recommend that a client with heart disease use _____ to treat the illness.
- a. medication
 - b. exercise
 - c. medication and surgery
 - d. medication and exercise

ANS: D DIF: Moderate
REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health
OBJ: 11.1b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

8. Aline is sitting in a physician's office and has just been told that a nurse will be coming in to measure her BMI. Aline is not familiar with the term *BMI* and starts to panic. How should her mother reassure her about BMI tests?
- "Do not worry; all they need is a urine test."
 - "BMI needles are very small and do not hurt at all."
 - "Do not be afraid; they just need to listen to your lungs."
 - "Relax; they are just going to measure your height and weight."

ANS: D DIF: Easy
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

9. A BMI should be calculated before one can accurately conclude that a person is
- depressed.
 - obese.
 - a smoker.
 - malnourished.

ANS: B DIF: Easy
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

10. After finishing six pieces of toast with butter, Sally prepares a batch of brownies while eating large bowls of ice cream, yogurt, and cottage cheese. She then eats half a bag of cookies, an entire pizza, and three baked potatoes, even though she does not feel hungry. After eating, she feels guilty, ashamed, and sad but does not vomit or make any other efforts to eliminate the calories she consumed. Sally appears to meet criteria for
- anorexia nervosa.
 - bulimia nervosa.
 - binge-eating disorder.
 - restrictive dieting.

ANS: C DIF: Moderate
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

11. Which of the following statements is true about dieting behavior?
- Dieting is largely successful in dealing with weight problems if it can be maintained for long periods of time.
 - Dieting is typically counterproductive for long-term weight loss.
 - Dieting often works for males but is less effective for females.
 - Dieting is on the decline in developed countries.

ANS: B DIF: Easy
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

12. Dieting as a method of controlling weight has proved ineffective in part because
- weight gain occurs more rapidly after each episode of dieting is terminated.
 - the diet causes metabolism to increase such that the body becomes highly efficient in using the calories that are available.
 - the body lacks a set point for regulating weight.
 - most people have a set point that is set too high.

ANS: A DIF: Moderate
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

13. Claude Bouchard found that identical twins have similar weights regardless of whether they are raised together or apart. This study provides evidence for the idea that

- a. environment plays an important role in weight gain.
- b. being an identical twin is stressful and therefore likely to cause weight gain.
- c. weight gain is inevitable for most people if they overeat.
- d. genes play an important role in weight gain.

ANS: D DIF: Easy

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Understanding

14. Your sister has been quite thin ever since the eighth grade, but she expresses a great fear of becoming fat and is always looking for ways to lose more weight. Based on this, she is most likely experiencing
- a. a high body mass index.
 - b. the absence of a set point for weight control.
 - c. anorexia nervosa.
 - d. bulimia nervosa.

ANS: C DIF: Easy

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2a | 11.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

15. Which of the following is a major risk factor for heart disease?
- a. genetic predisposition
 - b. quitting smoking
 - c. engaging in unsafe sex
 - d. anorexia nervosa

ANS: D DIF: Easy

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

16. Research in different cultural contexts reveals that obesity is
- a. stigmatized in some of them and respected in others.
 - b. universally rejected and devalued.
 - c. associated with lower economic status, particularly in developing countries.
 - d. positively associated with social status in most cultures.

ANS: A DIF: Easy

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

17. For which of the following groups would an eating disorder, such as anorexia nervosa or bulimia nervosa, be most typical?
- a. teenage African American girls
 - b. Race and class may not be important risk factors for these conditions.
 - c. teenage Asian women
 - d. college-age white women

ANS: B DIF: Easy

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

18. The body mass index (BMI) of an adopted child will be _____ related to the BMI of the adoptive parents and _____ related to the BMI of the biological parents.
- a. strongly; strongly
 - b. strongly; not at all
 - c. not at all; strongly
 - d. not at all; not at all

ANS: C DIF: Moderate

REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

19. In a study described in your textbook, 100 healthy men volunteered to experience semistarvation. After six months of participating in the study, the men
- gained 100 or more pounds when they went back to normal eating.
 - permanently stayed thin and found it hard to gain back the weight they lost.
 - became obsessed with food, much like people with eating disorders.
 - reported more positive emotions because of the positive social feedback they received.

ANS: C DIF: Moderate
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

20. Dora is a moderately obese woman with a full figure. However, Dora is not confronted with social stigma about being overweight. On the contrary, she is often complimented on how attractive she is. Dora
- is probably a hardy person.
 - will experience a lack of congruent self-concept.
 - will nevertheless experience some negative psychological symptoms that are caused by her weight.
 - probably lives in a developing country.

ANS: D DIF: Easy
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

21. One difference between anorexia nervosa and bulimia nervosa involves
- the degree of psychological disturbance present.
 - whether periods of dieting occur.
 - the amount of food that is typically consumed.
 - the race and class of the people who engage in each.

ANS: C DIF: Moderate
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

22. Evidence that humans have a set point for weight is reflected in the fact that
- when prisoners were fed large amounts of food, they gained less weight than they should have and returned to their normal weights when they resumed a regular diet.
 - when people diet frequently, they wind up gaining more weight than those who do not.
 - studies of semistarvation have shown that long-term reduction in food intake causes people to lose interest in food and eating.
 - as less food is consumed, the body's ability to use the energy contained in the food is reduced.

ANS: A DIF: Difficult
REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences
OBJ: 11.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

23. Kristine is experiencing some depression and memory problems. To reduce both of these, Kristine's doctor is most likely to recommend
- meditation.
 - getting exercise.
 - using her social support network.
 - increasing her self-esteem.

ANS: B DIF: Easy
REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally
OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

24. Exercise increases the productivity and growth of
- reproductive hormones.
 - gland tissue.
 - hair follicles.
 - neurons.

ANS: D DIF: Moderate
REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally
OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

25. Milo is training for an international chess competition and thinks that if he “increases his brain volume” he will do better in the competition. Which of the following actions should Milo take to increase his brain volume?
- reduce the number of hours he watches television
 - go on a vegetarian diet
 - pray
 - exercise

ANS: D DIF: Moderate

REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

26. Which type of exercise is especially good at increasing heart rate and breathing, and which lowers blood pressure and strengthens the heart and lungs?
- weight-bearing
 - aerobic
 - anaerobic
 - yoga

ANS: B DIF: Moderate

REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

27. A study of older adults found that six months of aerobic training (e.g., fast dancing) resulted in which of the following?
- earlier death from heart attack
 - no measurable improvement in any aspect
 - an increase in brain volume and function
 - an increase in depression

ANS: C DIF: Moderate

REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

28. Jeremy started exercising in his fifties, but because of his busy schedule, he could only manage to fit in around 10 minutes of exercise a day. Because of the very limited time he was able to exercise, Jeremy should expect
- no improvement in mood or brain function.
 - a small improvement in circulation, but no other benefits.
 - to experience large improvements in memory and cognition.
 - to feel more vigorous and have a better mood.

ANS: D DIF: Moderate

REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

29. Ayanna is a divorced middle-aged woman who has a stressful job, two teenaged children, and an aging mother to care for. She would like to start exercising to reduce her stress level and improve her memory and thinking. Now that you have read this chapter, what would you tell Ayanna regarding exercise?
- It is not too late to start exercising, and a program of regular exercise can reduce stress and improve mood, memory, and thinking.
 - Although it may not be too late to start exercising, Ayanna should not expect much improvement in her stress level or her memory, because exercise alone isn't enough.
 - It is probably too late to get much benefit from exercise, since Ayanna is already middle-aged.
 - Ayanna should seek some easier way to deal with her stress and just accept that as she ages her memory will continue to deteriorate.

ANS: A DIF: Moderate

REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

30. Rhiannon and Seth are having a discussion about exercise. Seth contends that exercise is only good for improving a person's physical health. Rhiannon replies that exercise actually is good for physical, as well as emotional and cognitive, health. Who is correct?

- a. Seth, since exercise only involves moving the muscles
- b. Rhiannon, since exercise has been shown to improve all aspects of health
- c. Rhiannon, but only if you don't include cognitive health.
- d. Seth, is most correct, but he should also include cognitive health, but not emotional.

ANS: B DIF: Moderate
 REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally
 OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Analyzing

31. Exercise has been shown to improve mood and benefit emotions. Which of the following is responsible for the improvements in mood and emotion?
- a. Exercise helps to build self-confidence and aids in coping with stress.
 - b. Exercise makes you feel good for doing it because you know it is good for you.
 - c. Exercise stimulates neurotransmitters that are responsible for feelings of reward and motivation.
 - d. All of the answer options are responsible for improvements in mood and emotion.

ANS: D DIF: Moderate
 REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally
 OBJ: 11.3b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

32. Research suggests that about half of the sexually transmitted infections in the United States each year occur in people between the ages of
- a. 15 and 24.
 - b. 28 and 32.
 - c. 35 and 40.
 - d. 42 and 50.

ANS: A DIF: Easy
 REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex
 OBJ: 11.4a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

33. Julia has contracted a sexually transmitted infection (STI). Julia may have contracted the STI from any of the following activities EXCEPT
- a. having sexual intercourse without a condom.
 - b. having a PAP test.
 - c. sharing infected needles.
 - d. kissing someone who once had a cold sore.

ANS: B DIF: Moderate
 REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex
 OBJ: 11.4a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

34. Sexually transmitted infections can be caused by all of the following EXCEPT
- a. bacteria.
 - b. parasites.
 - c. fungi.
 - d. viruses.

ANS: C DIF: Moderate
 REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex
 OBJ: 11.4a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

35. Turman wants to practice safer sex. Which of the following behaviors will reduce his chances of contracting a sexually transmitted infection?
- a. avoid monogamy
 - b. always use condoms and/or dental dams
 - c. get tested for sexually transmitted infections
 - d. only engage in oral sex

ANS: B DIF: Easy
 REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex
 OBJ: 11.4b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

36. Research from the Centers for Disease Control and Prevention suggests that one in four people between the ages of 15 and 24 have an STI. If you are a part of this age group, why

is this statistic especially relevant to you and others your age?

- a. Since STIs are generally visible, you can recognize who has them and choose your sex partner more carefully.
- b. Since STIs are always spread through vaginal intercourse, you can avoid getting one by not engaging in vaginal intercourse.
- c. With so many people carrying infections, the likelihood of your sex partner having an STI is greatly increased.
- d. With so many people carrying infections, there is no way to avoid eventually getting an STI yourself.

ANS: C DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

37. Which of the following is a true statement about how some STIs can be transmitted from person to person?

- a. Kissing someone with the disease can transmit HIV.
- b. Touching the open sore of an infected person can transmit gonorrhea.
- c. Herpes can only be transmitted when a person does not have a visible blister.
- d. Sharing hypodermic needles that were used by an infected person can transmit HIV.

ANS: D DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

38. Why do researchers suggest that one way to avoid getting an STI is to avoid drug and alcohol use?

- a. The use of drugs or alcohol makes correct use of condoms and dental dams less likely, resulting in an increased risk of transmission.
- b. Drugs and alcohol can directly result in transmission of STIs by strengthening the virus, bacteria, or parasites that cause the disease.
- c. People who regularly use drugs and alcohol are less likely to purchase condoms or dental dams ahead of time or to have them available.
- d. The use of drugs and alcohol has been directly linked to having more sexual partners and thus an increased risk of contracting an STI.

ANS: A DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Analyzing

39. Which of the following is an example of safer sex?

- a. trusting that your new partner is telling you the truth about his or her sexual past and not questioning his or her loyalty to you
- b. limiting sexual activities until you enter into a mutually faithful, long-term, monogamous relationship
- c. Safe sex is not really necessary anymore because antibiotics and antiretroviral medications are so much more effective at curing STIs.
- d. getting a vaccination for HPV, which also protects against most other STIs

ANS: B DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

40. Which of the following is a way that chlamydia, gonorrhea, HPV, and HIV, among others, can be transmitted without sexual contact?

- a. These infections can be transmitted through the air when an infected person coughs or sneezes.
- b. contact with the same toilet seat an infected person has recently used
- c. mother-to-child infections that occur either before or during birth
- d. Handling the clothing of an infected person soon after he or she has worn the item can result in infection.

ANS: C DIF: Moderate

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. What is one danger of not treating such STIs as chlamydia or gonorrhea?
- There is no danger in letting chlamydia or gonorrhea go untreated.
 - loss of sexual function for men
 - the development of cancer
 - increased risk of infertility as a result of pelvic inflammatory disease (PID)

ANS: D

DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

42. Some STIs often go undetected because they have no symptoms. What is one danger of not treating such STIs as human papillomavirus (HPV)?
- There is no danger in letting HPV go untreated.
 - loss of sexual function for men
 - the development of cancer of the cervix or vulva
 - increased risk of infertility as a result of PID

ANS: C

DIF: Difficult

REF: 11.4 Sexually Transmitted Infections Can Be Prevented by Practicing Safer Sex

OBJ: 11.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

43. Which of the following conditions is an effect of chronic smoking?
- liver failure
 - immune disorders
 - heart disease
 - brain tumors

ANS: C

DIF: Easy

REF: 11.5 Smoking Is Dangerous to Your Health

OBJ: 11.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

44. The most positive aspect of e-cigarettes is that they
- are nonaddictive.
 - only produce secondhand smoke.
 - do not contain tobacco.
 - definitely help people quit smoking.

ANS: C

DIF: Moderate

REF: 11.5 Smoking Is Dangerous to Your Health

OBJ: 11.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

45. If people did not possess dopamine neurons, addiction to nicotine would be
- less likely.
 - more likely.
 - unaffected.
 - strong at first and weak later.

ANS: A

DIF: Moderate

REF: 11.5 Smoking Is Dangerous to Your Health

OBJ: 11.5b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

46. According to the textbook, being encouraged by peers and enhancing one's self-image are reasons why people
- eat too much.
 - engage in emotional coping.
 - start smoking.
 - develop a Type A personality.

ANS: C

DIF: Easy

REF: 11.5 Smoking Is Dangerous to Your Health

OBJ: 11.5b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

47. Evidence suggests that some individuals are more prone to becoming regular smokers than others. One factor involves
- a greater tendency to have acetylcholine pathways in the brain.
 - a cascade of HPA activation.
 - parents and peers who smoke.
 - the absence of antidrug programs in school.

ANS: C

DIF: Moderate

REF: 11.5 Smoking Is Dangerous to Your Health

OBJ: 11.5b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

48. Jamie needs to quit smoking. According to your textbook, which strategy seems to have been most effective for around 90 percent of people?

- a. smoking e-cigarettes instead of traditional cigarettes
- b. going “cold turkey”
- c. avoiding places where other people smoke
- d. substituting smoking for behaviors that are healthier

ANS: B DIF: Easy REF: 11.5 Smoking Is Dangerous to Your Health
 OBJ: 11.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

49. If cigarettes did not contain nicotine, the brain’s dopamine neurons would be
- a. overstimulated by smoking.
 - b. less affected by smoking.
 - c. inhibited by smoking.
 - d. easily activated at first but inactive after the first cigarette.

ANS: B DIF: Moderate REF: 11.5 Smoking Is Dangerous to Your Health
 OBJ: 11.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

50. LaShawna has no siblings, and her parents do not smoke. Jayda has an older brother and mother who smoke. Who would be more likely to start smoking, and why?
- a. LaShawna, because her dopamine neurons are more sensitive to nicotine
 - b. LaShawna, because smoking would be a novel and exciting experience
 - c. Jayda, because her family members act as role models for smoking
 - d. Both girls are equally likely to start smoking.

ANS: C DIF: Moderate REF: 11.5 Smoking Is Dangerous to Your Health
 OBJ: 11.5b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

51. A stressor is any event or stimulus that
- a. threatens an organism and elicits a coping response.
 - b. cannot be coped with.
 - c. cannot be coped with in the short term.
 - d. by definition has negative consequences for the organism.

ANS: A DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
 OBJ: 11.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

52. You experience a minor disruption that threatens a part of your life. Most likely, you will experience body changes, thoughts, and actions associated with the psychological process of
- a. memory loss.
 - b. repression.
 - c. denial.
 - d. stress.

ANS: D DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
 OBJ: 11.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

53. Events that are particularly stressful for humans are those that are
- a. boring and predictable.
 - b. catastrophic and uncontrollable.
 - c. repetitive.
 - d. a result of our own actions.

ANS: B DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
 OBJ: 11.6a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

54. June has a lot of conflict with her mother at home. They also live in a poorer neighborhood that is very dirty and noisy. Although by itself each of these is a small issue, over time they add up to have a strong negative impact. In fact, June is starting to show signs of illness, including high blood pressure. Based on this, it is clear that June’s _____ are becoming _____.

- a. major life stressors; daily hassles
- b. daily hassles; major life stressors
- c. major life stressors; personality traits
- d. personality traits; daily hassles

ANS: B DIF: Moderate REF: 11.6 Stress Has a Negative Impact on Your Health
 OBJ: 11.6a | 11.6b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Remembering

55. Recently, Arianna and Raymond had their first child. They are experiencing difficulty dealing with the lack of sleep and demands of the new baby. The kind of stress Arianna and Raymond are experiencing is called
- general adaptation syndrome.
 - a daily hassle.
 - mediating factors.
 - a major life stressor.

ANS: D DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
OBJ: 11.6a | 11.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

56. Assume that a negative event has occurred in your life. Which of the following conditions would make this event the most stressful?
- It occurred just after a positive event.
 - It was just like an event you had experienced a year earlier.
 - It was unexpected.
 - You are female, not male.

ANS: C DIF: Moderate REF: 11.6 Stress Has a Negative Impact on Your Health
OBJ: 11.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. When people are going into military combat, adjusting to a new marriage, or starting a new job they are most likely experiencing
- the fight-or-flight response.
 - the tend-and-befriend response.
 - It was unexpected.
 - major life stressors.

ANS: D DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
OBJ: 11.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

58. Which of the following is NOT an example of a daily hassle?

- a long line at the grocery store
- the birth of a new baby
- a traffic jam
- forgetting to take out the trash

ANS: B DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health
OBJ: 11.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

59. Anna felt that she could not succeed at her final exam, and thinking about the final exam made her feel physically ill. For Anna, the final exam is most likely a(n)
- major life stressor.
 - daily hassle.
 - immune response.
 - stressor.

ANS: D DIF: Moderate REF: 11.6 Stress Has a Negative Impact on Your Health
OBJ: 11.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

60. Psychologists have emphasized that people experience the fight-or-flight response more than the tend-and-befriend response because

- the former has greater adaptive value.
- the research has largely been done with males.
- research supports the former but not the latter.
- avoidance responses are more important to survival than are approach responses.

ANS: B DIF: Easy REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

61. The fight-or-flight response helps people cope with

- danger.
- overeating.
- exhaustion.
- overstimulation.

ANS: A DIF: Easy REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

62. General adaptation syndrome (GAS) proposes three levels of stress resistance. Which of the following lists the correct order of stages?

- alarm–exhaustion–resistance
- exhaustion–alarm–resistance
- resistance–exhaustion–alarm
- alarm–resistance–exhaustion

ANS: D DIF: Easy REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7a | 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

63. A fight-or-flight response is helpful to humans because it
- helps a person physically prepare to deal with danger.
 - causes a person to seek out social support.
 - helps a person determine whether stimuli are threatening or irrelevant.
 - supports a person in dealing with chronic stress.

ANS: A DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7a | 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

64. When men and women are placed under similar levels of stress
- both appear equally motivated to seek out social support.
 - women are more likely than men to seek out social support.
 - men are more likely to seek social support than are women.
 - women are more likely to seek out social support but men are more likely to actually receive it.

ANS: B DIF: Easy REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

65. According to GAS, what occurs at the first, or most immediate, level of stress response?
- The body uses all defenses to fight the stress.
 - The body becomes exhausted.
 - The body prepares itself to respond physically.
 - The body shuts down most organs.

ANS: C DIF: Easy REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

66. Over the past few years, Farhan has had to deal with a lot of stress. His parents both have chronic diseases, he and his wife argue constantly, and his new job demands a lot of his time. According to research on the long-term effects of stress, Farhan will most likely
- get divorced in the next year.
 - develop a Type A personality.
 - develop a serious mental illness, such as schizophrenia.
 - show a decreased immune response to infectious diseases.

ANS: D DIF: Easy REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

67. Under stress, females are likely to show the _____, whereas males are more likely to show the _____.
- tend-and-befriend response; alarm stage
 - general adaptation syndrome; alarm stage
 - tend-and-befriend response; fight-or-flight response
 - general adaptation syndrome; fight-or-flight response

ANS: C DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

68. Melinda just got a new job as a receptionist, and she does not expect it to be very stressful. However, she is nervous about learning how to perform well in the job when she first starts working. The stress Melinda is facing is _____ term and may result in _____ immune function.
- long; worse
 - long; better
 - short; worse
 - short; better

ANS: D DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

69. Which of the following would describe the tend-and-befriend response of a person experiencing great stress from his job?
- Luigi is worn out and is not sure if he can continue at his job.
 - Bruce constantly complains to his family about his mean boss.

- c. Joseph strikes his boss in the face after she threatened to fire him.
- d. Manny tries to form strong relationships with the new workers.

ANS: D DIF: Easy REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

70. In Orlando, Florida, people constantly receive warnings about sinkholes and repeatedly experience flooding and hail damage during storms. In Ocala, Florida, people do not need to deal with sinkholes, and storms seldom cause property damage. Which group of people will have better immune functioning, and why?
- a. People in Ocala will have better immune functioning because they use better coping.
 - b. People in Ocala will have better immune functioning because they do not experience chronic stressors.
 - c. People in Orlando will have better immune functioning because they are working to overcome a daily life hassle.
 - d. People in both towns will experience similar immune functioning because immune functioning is largely due to genetics, not environmental events.

ANS: B DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

71. During final exams, Danielle's body always seems to enable her to succeed at her fullest. She seems to have a lot of energy, gets by on little sleep, and never gets sick. However, she always seems to get a cold a week or so after her finals have ended. According to GAS, at what stage does Danielle operate while she is taking final exams?
- a. alarm
 - b. resistance
 - c. exhaustion
 - d. major stressor

ANS: B DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress
OBJ: 11.7c NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

72. The Type B behavior pattern describes a person who is
- a. competitive and time-pressed.
 - b. easygoing and accommodating.
 - c. cynical and pessimistic.
 - d. at high risk for cardiovascular disease.

ANS: B DIF: Easy
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

73. Harold has been unemployed for many years and is constantly struggling to pay his bills. The stress Harold is experiencing is an example of
- a. a major life stressor.
 - b. a daily hassle.
 - c. chronic stress.
 - d. acute stress.

ANS: C DIF: Easy
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

74. Seeing someone who is red in the face and "ready to explode" with anger might indicate that the person
- a. has a Type A personality.
 - b. has a Type B personality.
 - c. has hardiness.
 - d. is using emotion-focused coping.

ANS: A DIF: Easy
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

75. Your roommate is achievement oriented, impatient, aggressive, and time-pressed. Your roommate's behavior fits the _____ pattern.
- a. Type A behavior
 - b. Type B behavior
 - c. hardiness
 - d. emotion-focused coping

ANS: A DIF: Easy

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

76. A general conclusion stemming from the research on health and stress is that
- short-term stress is more dangerous to one's health than chronic stress.
 - until recently, psychologists have overemphasized the effects of stress on health.
 - the source of stress is more important to health outcomes than the level of stress.
 - chronic stress has adverse effects on health.

ANS: D DIF: Easy

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

77. Smoking, overeating, high blood pressure, and _____ strongly predict heart disease.
- Type A behavior
 - Type B behavior
 - emotion-focused coping
 - problem-focused coping

ANS: A DIF: Easy

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

78. Recent research on predictors of heart disease suggests that people who are _____ are particularly vulnerable to cardiac problems.
- angry or depressed
 - time-pressed and shy
 - low in self-esteem
 - low in cortisol production

ANS: A DIF: Easy

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

79. In a well-known study of California men, being aggressive and impatient was found to be related to _____, which shows that _____.
- heart disease; genes control the development of disease
 - immune functioning; stress is a function of lifestyle
 - heart disease; psychological factors are important in disease development
 - hormonal dysfunction; gender will have an effect on disease development

ANS: C DIF: Moderate

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

80. The more negative emotions someone experiences, the greater the chance of developing
- antibodies.
 - cavities.
 - heart disease.
 - glandular cancer.

ANS: C DIF: Moderate

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

81. Being hostile or depressed has been found to
- predict greater risk for heart disease.
 - cause autoimmune disorders.
 - stop the general adaptation syndrome from occurring.
 - increase hormone production.

ANS: A DIF: Moderate

REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

82. Two ways that hostility can affect the body are through stress on the heart and
- increased airflow to the lungs.
 - reduced airflow to the lungs.
 - decreased inflammation.
 - increased serotonin activity.

ANS: B DIF: Moderate
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

83. People who commonly feel hostile and impatient are at increased risk to develop
- major depressive disorder.
 - heart disease.
 - an immune disorder.
 - an eating disorder.

ANS: B DIF: Easy
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

84. Your roommate is hostile, very competitive, and pessimistic. On the basis of recent research, which of the following health problems is your roommate most likely to experience later in life?
- cardiovascular disease
 - immune system failures
 - chronic infections
 - cancer

ANS: A DIF: Moderate
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

85. Which of the following people is most likely to develop coronary heart disease at some point in his life?
- John, a counseling psychologist who is laid-back and enjoys his job
 - Erik, a CEO of a Fortune 500 company who takes frequent vacations
 - Louis, a competitive poker player who is aggressive, impatient, and competitive
 - Jarrold, an elementary school teacher who readily accommodates his coworkers and is easygoing

ANS: C DIF: Moderate
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

86. Jane owns a consulting firm and has three employees. Which person should Jane hire if she wants someone who is not competitive but rather relaxed and easygoing?
- Lilah, who has a Type A behavior pattern
 - Matt, who has a Type B behavior pattern
 - Reina, who is known for her success at primary appraisals
 - Ted, who is skillful at secondary appraisals

ANS: B DIF: Moderate
REF: 11.8 Personality Influences the Impact of Stress on Heart Disease
OBJ: 11.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

87. Richard Lazarus divides the cognitive appraisal process into two parts: primary and secondary. Primary appraisals involve
- deciding whether an event is stressful, benign, or irrelevant.
 - evaluating one's response options.
 - selecting a coping behavior.
 - deciding whether a coping behavior was successful.

ANS: A DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

88. In Lazarus's two-part cognitive appraisal process, secondary appraisals involve
- interpreting stressful sensory input.
 - deciding whether a situation is stressful.
 - deciding how to manage and respond to a stressful stimulus.
 - hiding one's emotions.

ANS: C DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

89. A coping strategy that involves comparing oneself to those worse off is known as
- resilience.
 - downward comparison.

- b. the silver-lining effect. d. hardiness.

ANS: C DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

90. Emotion-focused coping strategies
- generally work better over the short term than over the long term.
 - are usually better than problem-focused strategies in various situations.
 - work best in the face of a controllable stressor.
 - are counterproductive in most situations.

ANS: A DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

91. Problem-focused coping involves
- looking at the “bright side” of a situation.
 - controlling emotional expressions.
 - taking direct steps to confront a stressor.
 - focusing on problems until they appear less stressful.

ANS: C DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

92. According to research conducted on family focused interventions, the major difference between effective and ineffective family focused treatments involves whether
- the client has adequate social skills.
 - family members have enough information about the client’s illness.
 - a medical practitioner or a family therapist conducts the intervention.
 - family members promote the client’s feelings of being in control.

ANS: D DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

93. People are most likely to adopt a problem-focused coping strategy when they perceive the stressor as
- positive.
 - negative.
 - controllable.
 - uncontrollable.

ANS: C DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

94. Brenda has used a primary appraisal, but not a secondary appraisal, in her analysis of an event. Because she has not used secondary appraisal, we can guess that the event was
- related to Brenda’s self-identity.
 - followed by a physiological response.
 - nonthreatening.
 - highly emotional.

ANS: C DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

95. The major difference between emotion-focused coping and problem-focused coping involves
- the intensity of the stressor.
 - whether one attempts to reduce the emotions associated with the stressor or solve the problem directly.
 - the ability to perceive the stressor.
 - whether the stress is familiar or unfamiliar.

ANS: B DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

96. Which one of the following is NOT an example of emotion-focused coping?
- avoiding a stressor
 - minimizing the problem
 - distancing oneself from the outcome
 - creating alternative solutions

ANS: D DIF: Easy REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9a | 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

97. After reading your psychology textbook, your friend George decides that he uses primarily emotion-focused coping strategies when dealing with problems in his daily life. George's conclusion implies that he
- decides on which strategy to use by weighing the emotional costs and benefits associated with a particular strategy.
 - tries to avoid or minimize his problems—for example, by reading a book or listening to music.
 - first tries to assess how he feels emotionally and then develops a rational plan of action.
 - takes immediate steps to solve problems.

ANS: B DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9a | 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

98. Engaging in primary appraisal allows us to
- become less hostile.
 - enact coping behaviors only for stimuli that are relevant.
 - become emotionally aroused.
 - have difficulty expressing our emotions.

ANS: B DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9a | 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

99. Amy has just been diagnosed with breast cancer. She reminds herself that breast cancer is highly treatable and that the doctors caught hers early. Thus, she feels much luckier than people whose breast cancer is caught during later stages of the disease. In this situation, Amy is using
- a Type A behavior pattern.
 - a downward comparison.
 - secondary appraisals.
 - emotion-focused coping.

ANS: B DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9a | 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

100. Uncle Frank has a heart condition, which means he needs to be very careful about certain aspects of his life. Based on research on family focused interventions, which of these actions will be LEAST helpful in encouraging Uncle Frank to lead a healthier life?
- providing rewards for his positive health behaviors
 - planning his daily schedule for him
 - encouraging him to make his own health decisions
 - modeling healthy behaviors, such as eating a well-balanced diet

ANS: B DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

101. Murid's grandfather is dying of cancer. The coping strategy that will be most effective in reducing Murid's stress around this event is
- problem focused.
 - a primary appraisal.
 - a Type A behavior pattern.
 - emotion focused.

ANS: D DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

102. Scott is having a difficult time with his classes. He tries to keep from becoming anxious about his grades by going to movies and parties with his friends. However, Scott is frequently irritated and gets sick often. Which of the following factors is probably contributing to Scott's mood problems and illnesses?
- He is using a problem-focused coping strategy.
 - He is using a positive reappraisal strategy.
 - He is using a primary appraisal coping strategy.
 - He is using an emotion-based coping strategy.

ANS: D DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

103. Sasha finds her job difficult and has had a hard time learning how to do some of the tasks that are required of her. She decides to put in some extra hours to learn how to complete the tasks, and she is confident that in doing so she will be able to perform the tasks well. According to research discussed in your textbook, what is a likely outcome?
- Sasha will become physically ill from all the extra hours she is putting in.
 - Sasha will feel less stressed and happier.
 - Sasha will become a friendlier person because she will learn to teach herself new things.
 - Sasha will become increasingly negative and even depressed.

ANS: B DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

104. Based on what you know about downward comparisons, which emotion is most likely to follow a downward comparison?
- relief
 - hostility
 - embarrassment
 - depression

ANS: A DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress
OBJ: 11.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

105. The most central goal of the positive psychology movement is to
- promote positive change in society, such as by advocating for peace.
 - convince people that they have much in life for which to be grateful.
 - study and understand psychological well-being.
 - train people to become positive and more effective leaders.

ANS: C DIF: Easy REF: 11.10 Positive Psychology Emphasizes Well-Being
OBJ: 11.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

106. Which of the following states is NOT characterized as one of the three components of happiness?
- being acknowledged by others as a successful person
 - having meaning in life
 - having positive emotions and pleasure
 - being engaged in life

ANS: A DIF: Easy REF: 11.10 Positive Psychology Emphasizes Well-Being
OBJ: 11.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

107. Dr. Zakaria, a young faculty member at Sojourner University, is interested in how personal characteristics such as hopefulness, trustworthiness, and kindness affect self-perceived happiness. Dr. Zakaria is most likely a
- cognitive psychologist.
 - positive psychologist.
 - psychoanalyst.
 - social psychologist.

ANS: B DIF: Easy REF: 11.10 Positive Psychology Emphasizes Well-Being
OBJ: 11.10a NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

108. The earliest emphasis in positive psychology was on
- how to make negative people more positive.
 - stress-related disorders and disease.
 - understanding what makes people truly happy.
 - preventing unhappiness.

ANS: C DIF: Moderate REF: 11.10 Positive Psychology Emphasizes Well-Being
OBJ: 11.10a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

109. According to your textbook, a large number of studies have examined the relationship between attitude and health. What type of relationships have these studies all shown between people's attitudes and their health?
- People with positive attitudes are healthier than people with negative attitudes.

- b. People with positive attitudes are unhealthier than people with negative attitudes.
- c. People with positive attitudes are equally as healthy as people with negative attitudes.
- d. The results of the studies were inconclusive or contradictory.

ANS: A DIF: Easy REF: 11.10 Positive Psychology Emphasizes Well-Being
 OBJ: 11.10b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

110. Adam has been reading the research literature on positive psychology. He has decided to write a letter to thank his grandfather, whom he greatly admires. What should happen after Adam writes and delivers this letter?
- a. He will experience an increase in his level of happiness.
 - b. He will start to engage in downward comparisons.
 - c. He will experience an increase in testosterone.
 - d. Activity will increase slightly in his amygdala.

ANS: A DIF: Moderate REF: 11.10 Positive Psychology Emphasizes Well-Being
 OBJ: 11.10b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

111. Research repeatedly finds that people who have better health in old age have which of these key characteristics?
- a. an emotion-focused approach to coping
 - b. being unmarried
 - c. seeking out information
 - d. more social support

ANS: D DIF: Easy
 REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

112. According to your textbook, which of the following statements is NOT a reason spirituality may contribute to overall well-being?
- a. Members of faith communities gain physical and social support.
 - b. Faith gives people a sense of purpose and meaning in their lives.
 - c. Many religions have strict rules that people feel compelled to follow.
 - d. Many religions support healthy behaviors.

ANS: C DIF: Easy
 REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

113. Research on the relationship between marital status and well-being generally shows that being
- a. married has a positive effect on health and well-being.
 - b. married has a negative effect on health and well-being.
 - c. married has neither a positive nor a negative effect on health and well-being.
 - d. in a traditional marriage, but not a homosexual marriage, has a positive effect on health and well-being.

ANS: A DIF: Easy
 REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

114. Having a higher level of social support is
- a. negatively correlated with health problems.
 - b. correlated with Type A personality.
 - c. important to health for children but less so for adults.
 - d. unrelated to gender.

ANS: A DIF: Easy
 REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

115. The relationship between religiousness and health can be described as
- a. generally negative.
 - b. generally positive.
 - c. basically random.
 - d. difficult to understand.

ANS: B DIF: Easy
 REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

116. Safia is a moderately healthy person. She has a small network of acquaintances and friends. If Safia wants to get all the health benefits associated with social support, she should increase
- her support network, including people who provide encouragement.
 - the number of new people she meets.
 - the size of her network and her leadership capacity.
 - her social integration and dominance expressions.

ANS: A DIF: Moderate

REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

117. Which of the following people is most likely to experience the most distress over a stressful situation?
- Pam, a woman in a happy marriage
 - Donna, a single mom of three who works full-time
 - Alex, a man in a happy marriage with two children
 - Gerard, a man in a domestic partnership

ANS: B DIF: Moderate

REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

118. Marriage has many health benefits. Which of the following is also true of marriage?
- Cohabiting outside of marriage is just as healthy.
 - A good way to make yourself happier is to get married.
 - The benefits of marriage decline the longer people are married.
 - Unmarried people can be happier than people in bad marriages.

ANS: D DIF: Moderate

REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

119. What is one piece of evidence that social interaction has physical as well as mental health benefits?
- People who have larger social networks were found to be less likely to catch colds.
 - People with more friends score higher on fitness tests.
 - People with fewer friends are less likely to experience depression.
 - People who have smaller social networks were found to be less likely to catch colds.

ANS: A DIF: Moderate

REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

120. What are two basic ways that social support helps people cope and maintain good health?
- More social support raises overall stress but also provides more practice with coping.
 - More social support lowers overall stress and helps people cope better with the stress they do encounter.
 - Less social support lowers overall stress but increases stressful feelings of loneliness.
 - Less social support raises overall stress but helps people cope better with the stress they do encounter.

ANS: B DIF: Moderate

REF: 11.11 Social Support Is Associated with Good Health OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

121. Fewer colds and flus, a better-functioning immune system, and reduced risk of serious diseases, such as heart disease, can be expected from which of the following?
- increasing the positive emotions one experiences
 - decreasing the number of people in one's social network
 - being single versus married
 - increasing one's social and work responsibilities

ANS: A DIF: Easy

REF: 11.12 Several Strategies Can Help You Stay Healthy OBJ: 11.12b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

122. If you want to increase your life span by a few years, which of the following pieces of advice is recommended?
- Pamper yourself.
 - Increase your social support network.

- c. Spend more time interacting with nature.
- d. Spend more time on hobbies.

ANS: B DIF: Moderate
 REF: 11.12 Several Strategies Can Help You Stay Healthy OBJ: 11.12b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

123. What are three things that psychologists have found to be necessary for health?
- a. coping with stress, regulating emotions, and controlling daily habits
 - b. forgiving oneself, getting enough exercise, and controlling daily habits
 - c. coping with stress, expressing emotions, and occasionally indulging in guilty pleasures
 - d. avoiding exposure to germs, limiting interactions with other people, and spending more time on hobbies

ANS: A DIF: Moderate
 REF: 11.12 Several Strategies Can Help You Stay Healthy OBJ: 11.12b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

124. Kiyla is having a difficult time concentrating in her classes. Since her first year in college, she has gained weight and stopped going to the gym. Based on what you learned in this chapter, what would you advise Kiyla to do?
- a. start a restrictive diet and aggressive exercise program, and spend more time studying
 - b. eat a varied diet of healthy foods, incorporate moderate exercise into daily activities, and try yoga to relax
 - c. try vaping to relax, drop morning classes, and spend more time working out
 - d. get more sleep, eat bigger portions, and trust people less

ANS: B DIF: Moderate
 REF: 11.12 Several Strategies Can Help You Stay Healthy OBJ: 11.12b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

125. As a new college student, Nahzier was excited to meet new people and try new things. Soon, however, he found that some of his new friends were more interested in partying than in studying. Nahzier found that his usual habit of playing basketball or working out in the gym seemed threatening to them and that he was doing those things less and less. What should Nahzier do to stay healthy and active?
- a. concentrate more on his studies; there will be time for fun and socializing during breaks
 - b. be his own person and withdraw from social circles since they only bring drama and stress
 - c. seek out people who share his values and interests and avoid those who encourage unhealthy habits
 - d. learn to be more relaxed and to go with the flow; college is a time to be young and free

ANS: C DIF: Moderate
 REF: 11.12 Several Strategies Can Help You Stay Healthy OBJ: 11.12b
 NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

SHORT ANSWER

1. Describe the biopsychosocial model. Apply this model to explain heart disease.

ANS:
 Suggested answer:
 The biopsychosocial model is an approach to health that integrates the effects of biological, social, and behavioral factors on health or illness. When explaining heart disease, biological factors such as genetics would play a role in this disease. However, social factors such as stress would also play a role. Likewise, behavioral factors such as smoking would also contribute to heart disease.

DIF: Moderate REF: 11.1 Biology, Psychology, and Social Factors Influence Your Health
 OBJ: 11.1a | 11.1b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
 MSC: Applying

2. Distinguish between anorexia nervosa and bulimia nervosa. What are the main symptoms and behaviors associated with each of these disorders?

ANS:
 Suggested answer:
 Anorexia nervosa is marked by an excessive fear of becoming fat. As a result, the individual restricts how much he or she eats. In turn, this leads to a significant reduction in body mass index (BMI). Bulimia nervosa is marked by excessive worry about body weight issues and feelings that one's eating is out of control. Bulimia nervosa is marked by patterns of eating that alternate between dieting, binge eating, and purging.

DIF: Easy REF: 11.2 Obesity and Disordered Eating Have Many Health Consequences

OBJ: 11.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. Your friend Valeria knows that exercising can help burn calories and lose weight. However, since she is not interested in burning calories or losing weight, she tells you that people like her should not exercise. "It's a waste of time," she says. "Unless you want to lose weight, there is really no point in exercising." You disagree with Valeria. Write a response to Valeria to convince her that there are many positive effects to physical exercise by listing as many benefits as you can.

ANS:

Suggested answer:

Exercise is related to better physical and mental health. Aerobic exercise is associated with lower blood pressure and improved cardiovascular health. Exercise enhances the growth of new neurons and neural connections; exercise is also associated with feelings of vigor, enhanced mood, and enhanced memory.

DIF: Easy REF: 11.3 Exercise Benefits You Physically, Cognitively, and Emotionally

OBJ: 11.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

4. What is a daily hassle? Define *daily hassle* and then provide three examples of daily hassles.

ANS:

Suggested answer:

A daily hassle is a day-to-day stressor that causes irritation and small disruptions to one's life. Some examples include waiting in a long line at the store, getting stuck in traffic, and dealing with an annoying neighbor.

DIF: Easy REF: 11.6 Stress Has a Negative Impact on Your Health

OBJ: 11.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

5. Give an example of a major life stressor. Then, explain how a major life stressor is different from other stressors.

ANS:

Suggested answer:

Major life stressors are stressors that cause major disruptions to a person's life. They differ from other stressors in that they involve a large disruption to a major area of a person's life. Major life stressors include unpredictable and catastrophic events such as earthquakes, fires, and the loss of a loved one.

DIF: Moderate REF: 11.6 Stress Has a Negative Impact on Your Health

OBJ: 11.6a | 11.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

6. You are the health adviser to the new U.S. president. The president is under a lot of stress lately due to a serious threat of invasion from Canada. She is curious about the physical toll that her body will take in response to this stress. She has asked that you write her a memo predicting her body's response to this stressor. You decide to use the general adaptation syndrome to predict her physical response to stress. Write your memo to the president below. Be sure to provide her with a good explanation of each stage of the general adaptation syndrome.

ANS:

Suggested answer:

According to the general adaptation syndrome, there are three stages of physical response to stress. The first stage is called the alarm stage. This is an emergency reaction to a stressor and it prepares the body for an immediate response, such as flight or fight. The moment you were notified of the threat of invasion, your body entered stage 1. Because this stressor is ongoing, you are probably now in the resistance stage. At this point, your body is preparing for a longer, more sustained defense against the stress. Your immunity to infection and diseases will increase somewhat at this stage. If you are exposed to this threat of invasion for quite some time, you will enter the phase of exhaustion. At this point, the body's ability to fight stress will start to decline. Various physiological systems (e.g., the immune system, vital organs, etc.) will begin to fail and you will become more susceptible to colds and other illnesses.

DIF: Moderate REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

7. Researchers have questioned the generalizability of the flight-or-fight response to stress. Specifically, some believe that women respond to stressors in ways that are different from men. Discuss the way women respond to stressors and how this may have adaptive benefits for them.

ANS:

Suggested answer:

Research suggests that women respond to stressors in what has been called the “tend-and-befriend” response. This is a pattern in which women reduce risks to themselves and others by protecting and caring for offspring and by forming alliances with social groups that provide additional protection and support.

DIF: Difficult REF: 11.7 You Can Have Several Responses to Stress

OBJ: 11.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Understanding

8. Describe two ways in which chronic stress can increase the risk of heart disease.

ANS:

Suggested answer:

People with chronic stress and negative emotions often cope with these mental states by engaging in behaviors such as overeating, drinking, and smoking. These behaviors increase the risk for heart disease. Chronic stress, however, can also affect the heart over time. Specifically, chronic stress causes wear and tear on the heart because chronic stress causes overstimulation of the sympathetic nervous system. This overstimulation contributes to heart disease.

DIF: Moderate REF: 11.8 Personality Influences the Impact of Stress on Heart Disease

OBJ: 11.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

9. Describe Type A and Type B behavior patterns. Then, describe which specific behavior(s) is/are linked with a greater risk of heart disease.

ANS:

Suggested answer:

People with a Type A behavior pattern have personality traits that are characterized by competitiveness, achievement orientation, aggressiveness, hostility, restlessness, impatience, and difficulty relaxing. In contrast, people with a Type B behavior pattern are characterized by noncompetitiveness and by a relaxed, easygoing, and accommodating personality.

It is the Type A behavior pattern that is linked with increased risk of heart disease. Specifically, researchers believe that the anger and hostility associated with Type A causes wear and tear on the heart.

DIF: Moderate REF: 11.8 Personality Influences the Impact of Stress on Heart Disease

OBJ: 11.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

10. Compare and contrast the emotion-focused and problem-focused methods of coping. In your answer, discuss the possible benefits and disadvantages associated with each coping method.

ANS:

Suggested answer:

People who use emotion-focused coping try to prevent an emotional response to a stressor. That is, they use strategies such as avoidance, minimizing the problem, and eating/drinking to numb emotional pain. An advantage to this strategy could be that a person is able to quickly cope with an immediate stressor. It could also be useful in terms of enabling a person to continue functioning even in the midst of a very high level of stress. A disadvantage of the emotion-focused coping method is that it does not solve the problem for the long term. In contrast, people who use problem-focused coping take direct steps to confront or minimize a stressor. The problem-focused coping strategy may be useful for individuals when they perceive a stressor as moderate or controllable. However, this method may not be possible to employ when there is a high level of stress or when stressors are perceived as uncontrollable.

DIF: Moderate REF: 11.9 Coping Mediates the Impact of Stress

OBJ: 11.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Evaluating

11. Suppose you were a therapist who wanted to use positive psychology to help a client become physically and emotionally healthier. How could you use positive psychology to help your client with these goals?

ANS:

Suggested answer:

Positive psychologists focus on people’s strengths and virtues and how such factors help them thrive. As a positive psychologist, I might explore a person’s faith, values, and creativity and use these virtues to help a person improve exercise routines or eating habits. As a positive psychologist, my goal would be to promote my client’s happiness and the development of a meaningful life. Accordingly, I would help the client develop lifestyle goals that in some way relate to the client’s meaning of life.

DIF: Difficult REF: 11.10 Positive Psychology Emphasizes Well-Being

OBJ: 11.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

12. Explain how positivity is linked to good health.

ANS:

Suggested answer:

Researchers have linked positive emotions to disease. Specifically, higher levels of hope have been associated with lower risk of hypertension, diabetes, and respiratory tract infections; likewise, higher levels of curiosity have been associated with reduced risk of hypertension and diabetes. Other studies have linked positive attitudes with enhanced immune system functioning.

DIF: Moderate REF: 11.10 Positive Psychology Emphasizes Well-Being

OBJ: 11.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

13. How are social support and spirituality related to health and well-being?

ANS:

Suggested answer:

Social support is positively correlated with good health. For example, people in good marriages have higher well-being and reduced mortality rates. Likewise, religion or spirituality is related to happiness and well-being. Many studies have shown that people who are religious report greater feelings of well-being than those who are not religious. Religious people are also better at coping with life crises.

DIF: Moderate REF: 11.11 Social Support Is Associated with Good Health

OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

14. Can marriage be good for your health? Explain your answer.

ANS:

Suggested answer:

Research clearly suggests that positive social relationships, including marriage, are good for one's health. Most studies suggest that marital partners provide support for each other in a variety of ways and that this support is linked with good health. However, troubled marriages can be stressful and can be linked with poor immune system functioning.

DIF: Moderate REF: 11.11 Social Support Is Associated with Good Health

OBJ: 11.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

15. Divina would like to become a healthier person. What are some strategies that you can suggest that would help her stay healthy?

Provide six strategies.

ANS:

Suggested answer:

Strategies include eating natural foods, watching portion size, drinking alcohol in moderation, keeping active, not smoking, practicing safe sex, learning to relax, learning to cope, building a strong support network, considering one's spiritual life, and trying some happiness exercises.

DIF: Easy REF: 11.12 Several Strategies Can Help You Stay Healthy

OBJ: 11.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication MSC: Understanding

CHAPTER 12 SOCIAL PSYCHOLOGY

LEARNING OBJECTIVES

- 12.1 You Tend to Make Snap Judgments About Other People
 - 12.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.1b. Apply the principles of snap judgments by providing an example of how you have experienced snap judgments based on thin slices of behavior and/or facial expressions.
- 12.2 You Make Attributions About Other People
 - 12.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.2b. Analyze how we make attributions based on the actor/observer bias by distinguishing between the attributions you would make if you were fired from a job versus if a coworker were fired.
- 12.3 You Tend to Stereotype Other People
 - 12.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.3b. Apply self-fulfilling prophecy by describing how a positive stereotype can lead to one outcome and a negative stereotype can lead to a different outcome.
- 12.4 Stereotypes Can Have Negative Effects
 - 12.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.4b. Understand prejudice and discrimination by summarizing the similarities and differences between them and explaining how they are increased by competition and reduced by cooperation.
- 12.5 You Form Attitudes Through Experience and Socialization
 - 12.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.5b. Understand the three main ways attitudes develop by summarizing each way and giving an example of an attitude that could be formed in that way.
- 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
 - 12.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.6b. Apply the idea of cognitive dissonance by providing an example of cognitive dissonance in your life and explaining how you resolved the conflict.
- 12.7 Your Attitudes Can Be Changed Through Persuasion
 - 12.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.7b. Apply the elaboration likelihood model by finding one advertisement that uses the central route and one that uses the peripheral route and explaining why each ad is an example of that type of persuasion.
- 12.8 Groups Affect Your Behavior
 - 12.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.8b. Understand the four main ways that groups affect you by summarizing social facilitation, social loafing, deindividuation, and group decision making.
- 12.9 You Conform to and Comply with Others
 - 12.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.9b. Apply conformity and compliance by providing one example each of how two different people influenced you, one to conform and the other to comply.
- 12.10 You Probably Obey People Who Have Authority
 - 12.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.10b. Understand obedience by explaining what it is and describing the two factors that affect people's willingness to obey others.
- 12.11 You May Hurt or Help Other People
 - 12.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.11b. Analyze what makes us act aggressively or prosocially by organizing a table that lists the different factors behind these two types of actions.
- 12.12 Situations and Personalities Affect Your Relationships
 - 12.12a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 12.12b. Apply information about how situations and personalities affect relationships by describing how proximity, similarity, a person's admirable characteristics, and the person's physical attractiveness influenced the development of one of your friendships.

- 12.13a. Understand all bold and italic terms by writing explanations of them in your own words.
- 12.13b. Understand the two types of love by comparing them and describing the main aspects of each.
- 12.13c. Apply to your life two methods of working to stay in love by providing two examples of how you can manage conflict and change your attributional style to make your romantic relationships stronger.

1. Which of the following information is LEAST likely to be communicated by the face?

a. thin slices of behavior	c. trustworthiness
b. interest	d. personal attributions

REF: 12.1 You Tend to Make Snap Judgments About Other People
OBJ: 12.1a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

2. Julia is a non-Western international student studying in the United States. When her American teacher tries to make eye contact with her, Julia always looks away. The best explanation for Julia's reaction is that she
- a. is frightened of her teacher.
 - b. has very low self-esteem and is embarrassed.
 - c. has different norms from her teacher for having eye contact.
 - d. avoids showing thin slices of behavior.

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

3. When starting a new job, Carl's wife suggests he make quick observations of his coworkers and trust his judgments. The research on thin slices of behavior would support this suggestion because
- a. opinions usually change as you learn more information about someone.
 - b. quick judgments can lead to stereotypes.
 - c. first impressions lead to appropriate personal attributions.
 - d. relatively accurate judgments can be made based on little information.

REF: 12.1 You Tend to Make Snap Judgments About Other People
OBJ: 12.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

4. In a study, participants are shown two soundless 30-second clips of unfamiliar political candidates and asked to determine which candidate had won a recent election. Based on prior research on thin slices of behavior, how accurate would you predict the participants' judgments to be?
- a. very accurate because nonverbal behavior provides sufficient information
 - b. not accurate because 30 seconds would not provide enough information
 - c. very accurate because of discrimination against certain political parties
 - d. not accurate because the clip did not show background information on the election

REF: 12.1 You Tend to Make Snap Judgments About Other People
OBJ: 12.1b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

5. Researchers have found that Native Americans tend to _____ eye contact when interacting with the elderly because looking at their eyes conveys _____.
a. seek; respect
b. seek; truthfulness
c. avoid; disrespect
d. avoid; inferiority

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

6. When explaining other people's behavior, the tendency to overemphasize personality traits and

underestimate situation factors is referred to as the

- a. actor/observer bias.
- b. fundamental attribution error.
- c. ingroup/outgroup bias.
- d. self-fulfilling prophecy.

ANS: B DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

7. Attributions about other people's behavior can vary in each of the following dimensions EXCEPT
- a. personal or situational.
 - b. stable/permanent or unstable/temporary.
 - c. controllable or uncontrollable.
 - d. primary or secondary.

ANS: D DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

8. The main reason that people make attributions that reflect the just world hypothesis is that these explanations
- a. increase their self-esteem.
 - b. make them feel safer.
 - c. reduce discrimination.
 - d. make them feel empathy.

ANS: B DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

9. When Larry forgets to buy milk at the grocery store, he says, "I forgot milk because I was thinking about picking my daughter up from school." When Larry's wife forgets to buy milk, Larry says, "She forgot milk at the store because she's an airhead." This is an example of
- a. actor/observer bias.
 - b. deindividuation.
 - c. ingroup/outgroup bias.
 - d. just world hypothesis.

ANS: A DIF: Easy REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a | 12.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

10. While driving, a car pulls out in front of you and forces you to slam on the brakes. You think to yourself that the driver of that car cannot drive. You have just made a(n) _____ attribution for the other driver's behavior.
- a. unstable
 - b. uncontrollable
 - c. personal
 - d. situational

ANS: C DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a | 12.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

11. Franklin sees that Sarah often goes to her math professor's office hours. Franklin thinks that Sarah must be terrible at math. This is an example of the
- a. actor/observer bias.
 - b. fundamental attribution error.
 - c. self-fulfilling prophecy.
 - d. ingroup/outgroup bias.

ANS: B DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a | 12.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

12. Brent blames his poor performance in a recent marathon race on his poorly fitting shoes instead of on him being a slower runner. Brent's reasoning illustrates the
- a. self-fulfilling prophecy.
 - b. actor/observer bias.
 - c. fundamental attribution error.
 - d. ingroup/outgroup bias.

ANS: B DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a | 12.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

13. Gamiel and Aliyah go out to eat and Gamiel does not leave a tip for the waiter. If Aliyah explains his behavior by saying that he is frugal, she is making a(n) _____ attribution. If Aliyah explains his behavior by saying the service was terrible, she is making a _____ attribution.
- a. temporary; permanent
 - c. unstable; stable

- ANS: B DIF: Moderate REF: 12.2 You Make Attributions About Other People
OBJ: 12.2a | 12.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

- a. actor/observer bias.
- b. fundamental attribution error.
- c. self-fulfilling prophecy.
- d. just world hypothesis.

- did not practice driving enough.
- did not study the driver's manual very well.
- does not have good spatial or navigational skills.
- could not see well because it was raining.

- lack of preparation; having the flu
- lack of preparation; noise from the crowd
- noise from the crowd; having the flu
- noise from the crowd; lack of preparation

a. stereotyping.
b. discrimination.
c. prejudice.
d. a self-fulfilling prophecy.

- modern racism.
- prejudice.
- subtyping.
- stereotyping.

- is a mental shortcut; can be changed easily
- identifies critical information accurately; is a mental shortcut
- is often an accurate judgment; is not very comprehensive
- allows for rapid mental processing; can potentially lead to errors

20. Mandy has a stereotype that engineers are dull. When she meets Matt, an engineer who writes exciting stories, she will most likely

- a. create a subtype that Matt is the exception to the rule about engineers.
- b. revise her stereotype by thinking that engineers can be interesting and creative.
- c. experience cognitive dissonance by suspecting that Matt has not always been an engineer.
- d. encounter insufficient justification effect by arguing that creativity should be measured differently in engineers.

ANS: A DIF: Moderate

REF: 12.3 You Tend to Stereotype Other People | 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance OBJ: 12.3a | 12.6b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

21. Miriam believes she is not attractive, so she typically wears ugly clothing. As a result, men rarely show interest in her, which confirms to her that she is not attractive. Miriam's behavior is an example of a(n)
- a. actor/observer bias.
 - b. self-fulfilling prophecy.
 - c. fundamental attribution error.
 - d. ingroup/outgroup bias.

ANS: B DIF: Moderate REF: 12.3 You Tend to Stereotype Other People

OBJ: 12.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

22. Jane believes that all student athletes are poor in academic achievement. One of her classmates, Patrick, has the highest GPA in her class and is also the star of the track team. How is Jane's stereotype for student athletes most likely to change given her knowledge of Patrick?
- a. She will no longer stereotype student athletes as low academic achievers.
 - b. She will alter her stereotype so that it only applies to professional athletes.
 - c. She will not change her stereotype and she will ignore Patrick's behavior.
 - d. She will not change her stereotype and she will categorize Patrick as a subtype.

ANS: D DIF: Moderate REF: 12.3 You Tend to Stereotype Other People

OBJ: 12.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

23. Ted heard that the general psychology class offered at his school was very difficult. When he took the class, he decided to put in minimal effort and didn't pay enough attention. At the end of the semester, Ted failed the class and said to himself, "I knew this class was difficult all along!" This is an example of
- a. postdecisional dissonance.
 - b. insufficient justification effect.
 - c. self-fulfilling prophecy.
 - d. fundamental attribution error.

ANS: C DIF: Easy REF: 12.3 You Tend to Stereotype Other People

OBJ: 12.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

24. Subtle forms of prejudice that coexist with the rejection of racist beliefs is called
- a. modern racism.
 - b. discrimination.
 - c. subtyping.
 - d. stereotyping.

ANS: A DIF: Easy REF: 12.4 Stereotypes Can Have Negative Effects

OBJ: 12.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

25. Negative feelings, opinions, and beliefs based on a generalized set of ideas about a group of people are known as
- a. discrimination.
 - b. prejudice.
 - c. the ingroup/outgroup bias.
 - d. stereotypes.

ANS: B DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects

OBJ: 12.4a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

26. Hal is a police officer who believes that all elderly people are bad drivers. He issues tickets to a lot of elderly drivers. The way that Hal unfairly targets and punishes elderly drivers is best described as
- a. modern racism.
 - b. prejudice.
 - c. stereotyping.
 - d. discrimination.

ANS: D DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

27. Mr. Powell, a white man who does not believe that racial discrimination is a problem in his community, feels most comfortable crossing the street to avoid a black man wearing a hooded sweatshirt. Mr. Powell is displaying
- subtyping.
 - a minimal group paradigm.
 - modern racism.
 - ingroup favoritism.

ANS: C DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

28. Selena thinks that all computer programmers are antisocial and boring. Even before meeting Mark, a computer programmer, Selena decides that she will not like him. Selena's beliefs are _____, and not liking Mark is _____.
- a stereotype; prejudice
 - a self-fulfilling prophecy; discrimination
 - discrimination; prejudice
 - a self-fulfilling prophecy; a stereotype

ANS: A DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4a | 12.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

29. In Sherif and his colleagues' study on ingroup and outgroup social behavior, they found that by simply dividing boys into two groups and having the groups compete against each other, they could
- increase hostility and prejudice between groups.
 - increase cooperation and friendship between groups.
 - reduce hostility and isolation between groups.
 - reduce prosocial behavior within groups.

ANS: A DIF: Difficult REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

30. Ms. Parsons teaches in a jigsaw classroom. Based on social psychologist Eliot Aronson's study, students are most likely to
- form new groups with classmates from within and outside their group.
 - compete with classmates within their group.
 - cooperate with classmates both within and outside their group.
 - be prejudiced against classmates from outside their group.

ANS: C DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Remembering

31. Lucia is an engineering student. According to ingroup/outgroup bias she most likely believes other ingroup engineering students are _____ and outgroup nonengineering students are _____.
- unique individuals; very similar to each other
 - unique individuals; unique individuals
 - very similar to each other; very similar to each other
 - very similar to each other; unique individuals

ANS: A DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects
OBJ: 12.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

32. John and Nolan are huge fans of the New York Knicks basketball team, whereas Brad is a fan of the Brooklyn Nets. Which of the following is John most likely to do?
- He will favor Nolan because Nolan belongs to the ingroup.
 - He will favor Brad because Brad belongs to the outgroup.
 - He will be hostile to Brad because of discrimination.
 - He will like Nolan and Brad equally because of stereotypes.

ANS: A DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects

OBJ: 12.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

33. Which of the following does NOT increase the likelihood that an attitude predicts behavior?
- the personal relevance of the attitude
 - the ease with which the attitude can be accessed from memory
 - the values associated with the attitude
 - the specificity of the attitude

ANS: C DIF: Moderate

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

34. You believe that smoking is bad for you, so you do not smoke and avoid places where people are likely to be smoking. In this case, you have a(n) _____ attitude about smoking.
- simple
 - complex
 - accessible
 - conditioned

ANS: A DIF: Moderate

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

35. You believe that eating fried food is bad for your health, but you eat fried chicken often. In this case, you have a(n) _____ attitude about eating fried food.
- accessible
 - conditioned
 - simple
 - complex

ANS: D DIF: Moderate

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

36. When attitudes influence feelings and behavior on an unconscious level they are called _____ attitudes.
- explicit
 - implicit
 - simple
 - complex

ANS: B DIF: Easy

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

37. The more that Edward sees Bella on campus, the more positive his attitude becomes toward her. Edward's attitude is becoming more positive with every encounter because of
- the mere exposure effect.
 - attitude accessibility.
 - cognitive dissonance.
 - the elaboration likelihood model.

ANS: A DIF: Easy

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a | 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

38. When Tyronne first heard a new song on a music streaming website, he disliked it. However, after hearing it played many times on the website, he is surprised that he has grown to like it. Tyronne's positive attitude toward the song after listening to it multiple times is best explained by
- cognitive dissonance.
 - explicit attitudes.
 - the mere exposure effect.
 - the elaboration likelihood model.

ANS: C DIF: Easy

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a | 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

39. Bailly saw a bright orange sweater while shopping and thought it was ugly. Then Bailly started to see more and more people wearing similar orange sweaters, which makes her

like the sweater more and she eventually buys one herself. This situation is an example of

- a. the mere exposure effect.
- b. socialization.
- c. classical conditioning.
- d. postdecisional dissonance.

ANS: A DIF: Moderate

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a | 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

40. On the advice of social psychologists, a technology company decides to pay an unreasonable amount of money to a well-liked celebrity to promote a new product. The company is taking the _____ route of persuasion and using _____ conditioning to make potential customers develop a positive attitude about the product.
- a. central; classical
 - b. central; operant
 - c. peripheral; classical
 - d. peripheral; operant

ANS: C DIF: Difficult

REF: 12.5 You Form Attitudes Through Experience and Socialization | 12.7 Your Attitudes Can Be Changed Through Persuasion

OBJ: 12.5b | 12.7b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

41. After trying new foods, Roger comes to a conclusion that he dislikes oysters but enjoys brussels sprouts because he has always believed that vegetables are healthier foods to eat than oysters. Which of the following statements can best explain his preferences?
- a. He came to dislike oysters because he has a simple attitude.
 - b. He came to like brussels sprouts because he has a complex attitude.
 - c. He came to dislike oysters through mere exposure.
 - d. He came to like brussels sprouts through low attitude accessibility.

ANS: A DIF: Difficult

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

42. Susan is looking at a photograph of herself taken by a friend and deciding whether she should use the true photographic image or the mirror image as the wallpaper on her smartphone. According to social psychology research, Susan will most likely prefer the _____ image because of _____.
- a. true photographic; the mere exposure effect
 - b. mirror; the mere exposure effect
 - c. true photographic; cognitive dissonance
 - d. mirror; cognitive dissonance

ANS: B DIF: Difficult

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

43. Observations on how attitudes about African Americans would affect people's willingness to vote for Barack Obama in 2008 revealed that people who reported low levels of prejudice but whose scores on the Implicit Association Test (IAT) indicated negative attitudes about blacks were _____ likely to vote for Obama because _____ attitudes were better predictors of behavior than _____ attitudes.
- a. less; implicit; explicit
 - b. less; explicit; implicit
 - c. more; implicit; explicit
 - d. more; explicit; implicit

ANS: A DIF: Difficult

REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

44. Social psychologists used to think that the Implicit Association Test (IAT) was a better predictor of behavior than self-reports where, whereas researchers have recently argued that the use of the IAT may not effectively predict
- a. modern racism.
 - b. conformity.
 - c. prosocial behavior.
 - d. racial and ethnic discrimination.

ANS: D DIF: Easy

REF: 12.5 You Form Attitudes Through Experience and Socialization
OBJ: 12.5b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

45. Which of the following questions would NOT be investigated in social psychology?
- Why do people change attitudes when they realize their behavior is not in line with their beliefs?
 - Why do fraternities use hazing on new members?
 - Why does the quality of episodic memory degrade over time?
 - Why does advertising work?

ANS: C DIF: Moderate

REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
OBJ: 12.6a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

46. Casey eats a lot of junk food. She knows the negative consequences of her diet, but she rationalizes her behavior by saying the junk food helps her deal with her anxiety. Casey is using this explanation because she is uncomfortable with the inconsistency between her behavior and her beliefs. Which of the following principles explains Casey's explanation the best?
- implicit attitudes
 - simple attitudes
 - cognitive dissonance
 - attitude accessibility

ANS: C DIF: Moderate

REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
OBJ: 12.6a | 12.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

47. Lisa believes that drinking alcohol is wrong. However, her boyfriend, Mike, likes to drink beer after work. Instead of breaking up with Mike, she decides that drinking alcohol is not so bad after all. Lisa's attitude most likely changed because of
- the fundamental attribution error.
 - the actor/observer bias.
 - the insufficient justification effect.
 - cognitive dissonance.

ANS: D DIF: Moderate

REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
OBJ: 12.6a | 12.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

48. Two women, Jackie and Roberta, ask Katie out. Although she likes both of them, Katie decides to go out with Jackie. Afterward, she starts to notice more positive qualities about Jackie and more negative qualities about Roberta. Katie's new attitude is most likely a result of
- cognitive dissonance.
 - postdecisional dissonance.
 - justification of effort.
 - attitude accessibility.

ANS: B DIF: Moderate

REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
OBJ: 12.6a | 12.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

49. Chris believes that anyone who listens to pop music has bad taste in music. One day, Chris realizes that the song he is dancing and singing along with on the radio is the newest pop music hit. Chris now decides that listening to pop music is not so bad after all. Chris's attitude change is best explained by
- attitude accessibility.
 - cognitive dissonance.
 - implicit attitudes.
 - elaboration likelihood.

ANS: B DIF: Moderate

REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance
OBJ: 12.6a | 12.6b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

50. Even though Brendan does not like psychology, he is still taking an introductory psychology class because it's a prerequisite for his intended major and he doesn't want to drop the course. According to cognitive dissonance theory, Brendan will probably have a(n) _____ attitude toward psychology by the end of the semester.
- more positive
 - neutral

OBJ: 12.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

57. A political candidate wants to create a long-lasting positive image. According to the elaboration likelihood model, the candidate would use commercials
- that feature attractive celebrities.
 - with short emotional attacks on the opponent.
 - with catchy slogans and attention-grabbing graphics.
 - that clearly explain campaign issues.

ANS: D DIF: Moderate
REF: 12.7 Your Attitudes Can Be Changed Through Persuasion
OBJ: 12.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

58. Jim has a negative attitude toward healthy eating. Jim's doctor describes research showing that healthy eating can help him live longer. Jim pays very close attention and thinks very carefully about his doctor's statements and then changes his attitude toward healthy eating. Jim has changed his attitude based on the _____ route to persuasion.
- central
 - peripheral
 - emotional
 - rational

ANS: A DIF: Moderate
REF: 12.7 Your Attitudes Can Be Changed Through Persuasion
OBJ: 12.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

59. Bob has a negative attitude toward healthy eating. Bob's doctor describes research showing that healthy eating can help him live longer. Bob does not pay attention to what the doctor is saying, but he is impressed by his doctor's confidence and intelligence, so he changes his attitude toward healthy eating. Bob has changed his attitude based on
- the central route to persuasion.
 - the peripheral route to persuasion.
 - postdecisional dissonance.
 - insufficient justification effect.

ANS: B DIF: Moderate
REF: 12.7 Your Attitudes Can Be Changed Through Persuasion
OBJ: 12.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

60. If a drug company wants to persuade skeptical customers to buy a new medicine, the company should consider all of the following strategies EXCEPT
- hiring a spokesperson who is both attractive and an actual doctor.
 - delivering a one-sided argument that the medicine is superior.
 - repeating the commercial again and again to induce mere exposure effect.
 - sending strong arguments that appeal to emotions.

ANS: B DIF: Difficult
REF: 12.7 Your Attitudes Can Be Changed Through Persuasion
OBJ: 12.7b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

61. When the presence of others leads to enhanced performance, it is an example of
- social loafing.
 - social facilitation.
 - conformity.
 - deindividuation.

ANS: B DIF: Easy REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

62. After an earthquake in one city, people were caught up in an overwhelming situation and were not paying attention to their personal standards. As a result, mobs of people looted the damaged shops and homes. This behavior is most likely a result of
- social facilitation.
 - group polarization.
 - deindividuation.
 - groupthink.

ANS: C DIF: Easy REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

63. Elena is working on a team project for her computer science class. Although the entire

team is responsible for the project, some people do not feel personally responsible for contributing to it. Because of this, some team members do not complete their assigned tasks. This is most likely due to

- a. group polarization.
- b. groupthink.
- c. social facilitation.
- d. social loafing.

ANS: D DIF: Moderate REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

64. Jay has been preparing for a presentation in his public speech course. Jay performs much better in class when his classmates are present than when he practices the speech alone. Jay's better performance in class is likely due to

- a. social loafing.
- b. group polarization.
- c. social facilitation.
- d. normative influence.

ANS: C DIF: Moderate REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

65. Payton and his friends wear matching jerseys at the football game. When his friends start yelling curses at the players, Payton starts cursing, too, even though normally Payton rarely yells or curses at anyone. Payton's yelling in this case is best explained by

- a. obedience.
- b. deindividuation.
- c. social loafing.
- d. social facilitation.

ANS: B DIF: Moderate REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

66. After a riot, several people were arrested. One asked, "How can you single me out of the crowd?" Another said, "Wow, I didn't think I would get caught!" These comments reveal that the rioters had most likely been experiencing

- a. groupthink.
- b. deindividuation.
- c. social loafing.
- d. group polarization.

ANS: B DIF: Moderate REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

67. Cade is driving with his three roommates across the country. Each person individually believes that it is extremely dangerous to drive straight for 48 hours without resting. However, as a group, they decide to drive straight for 48 hours without resting. When the group makes this poor decision, it is most likely demonstrating all of the following psychological principles EXCEPT

- a. deindividuation.
- b. groupthink.
- c. informational influence.
- d. the risky-shift effect.

ANS: C DIF: Moderate REF: 12.8 Groups Affect Your Behavior
OBJ: 12.8a | 12.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

68. Expected standards of conduct, which influence behaviors, are known as

- a. social loafing.
- b. deindividuation.
- c. social facilitation.
- d. social norms.

ANS: D DIF: Easy
REF: 12.8 Groups Affect Your Behavior | 12.9 You Conform to and Comply with Others
OBJ: 12.8a | 12.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

69. Which of the following social psychology principles is illustrated in the Stanford prison study?

- a. People will behave according to their social roles in a situation.
- b. People are innately, or naturally, violent, unless limited by society.
- c. People will not obey orders when the orders violate their principles.
- d. People placed in all-male groups will establish a social hierarchy.

ANS: A DIF: Moderate

REF: 12.8 Groups Affect Your Behavior | 12.9 You Conform to and Comply with Others

OBJ: 12.8a | 12.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

70. Mr. Lahore hired four college students to paint his house. Given what you know about social loafing, which set of conditions is likely to produce the best work by the group of students?
- Each student paints one room by himself or herself.
 - All the students work together on each room.
 - The students work in two-person teams.
 - The students should all wear the same uniform and paint the rooms together.

ANS: A DIF: Moderate REF: 12.8 Groups Affect Your Behavior

OBJ: 12.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

71. A fraternity is planning on having a hazing event in a room with a wall of mirrors. If the mirrors make the participants more self-aware, this will _____ hazing by _____.
- decrease; making the participants pay attention to their personal standards
 - increase; providing a sense of an audience
 - decrease; making participants feel watched
 - increase; posing a challenge to self-esteem

ANS: A DIF: Difficult REF: 12.8 Groups Affect Your Behavior

OBJ: 12.8b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

72. When we conform or go along with what the group does because we want to be liked, it is often due to _____ influence.
- informational
 - normative
 - groupthink
 - deindividuation

ANS: B DIF: Easy REF: 12.9 You Conform to and Comply with Others

OBJ: 12.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

73. When people are more likely to agree with a small request after refusing a large request, it is an example of the _____ strategy.
- door-in-the-face
 - foot-in-the-door
 - lowballing
 - risky-shift

ANS: A DIF: Moderate REF: 12.9 You Conform to and Comply with Others

OBJ: 12.9a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

74. When all participants in her class said they liked to dance, Jill reported liking to dance, too, even though she dislikes dancing. The way Jill reported an opinion that differed from her private preferences about dancing so that her opinion matched that of her classmates is an example of
- conformity.
 - compliance.
 - obedience.
 - bystander intervention effect.

ANS: A DIF: Easy REF: 12.9 You Conform to and Comply with Others

OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

75. As you walk into class, you notice that everyone is sitting on the floor. You consequently sit on the floor, too. In this situation, the fact that you choose to act in a way that matches the people around you is an example of
- compliance.
 - obedience.
 - conformity.
 - group polarization.

ANS: C DIF: Easy REF: 12.9 You Conform to and Comply with Others

OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

76. Kat wants a new laptop. She asks her parents to buy a \$2,500 laptop. When they refuse, she suggests that they buy her a used laptop for \$500, which they do. By starting out with a higher-priced item, knowing her parents will think the lower-priced item is a more reasonable request, Kat is using the _____ strategy to get her parents to buy her a laptop.
- lowballing
 - door-in-the-face

- ANS: C DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

77. Darius tutors school children for two hours every week. Each month, his boss asks him to tutor one additional hour. By the end of the year, he is tutoring 12 hours a week. To increase Darius's tutoring hours, his boss has used the _____ strategy.
- | | |
|---------------------|------------------------|
| a. door-in-the-face | c. lowballing |
| b. foot-in-the-door | d. normative influence |

- ANS: B DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

78. Carol received no points on an exam question but thinks she deserves some points back. Carol initially asked the teacher for all of the points for the question. The teacher refused but gave Carol a few more points. To get more points Carol used the _____ strategy to induce _____.
- | | |
|---------------------------------|---------------------------------|
| a. foot-in-the-door; compliance | c. door-in-the-face; obedience |
| b. foot-in-the-door; obedience | d. door-in-the-face; compliance |

- ANS: D DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

79. Alan's friends all vape. Alan has never wanted to vape and his friends have never asked him to vape. However, Alan still feels compelled to start vaping. The force pushing Alan to start vaping is known as
- | | |
|----------------|-----------------|
| a. obedience. | c. cooperation. |
| b. compliance. | d. conformity. |

- ANS: D DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

80. Victor has not started his paper, which is due tomorrow. He asks his friend Christy if she will write just the first sentence, and she agrees. Then he asks her to write the next sentence. Next, he asks if she will write the next paragraph. Finally, he asks her to outline the whole paper and she agrees. Victor has just used the _____ technique to get Christy to help him.
- | | |
|---------------------|---------------|
| a. foot-in-the-door | c. lowballing |
| b. door-in-the-face | d. obedience |

- ANS: A DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

81. Professor Leeds asked his students to sign a petition for a community center. Later, he asked the students who signed the petition if they would come to the center and tutor a child. Professor Leeds has just used what technique to get the students to help?
- | | |
|---------------------|---------------------|
| a. door-in-the-face | c. foot-in-the-door |
| b. lowballing | d. mere exposure |

- ANS: C DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

82. Cassie is going to join a gym because new membership is very cheap. When she gets there, she discovers that there are added costs for towels, classes, and lockers. Although the final price is much higher than she originally believed, she still signs up. The gym has just used the _____ strategy to get Cassie to buy a membership.
- a. normative influence c. foot-in-the-door
b. door-in-the-face d. lowballing

ANS: D DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

83. While attending a concert, Brian hears a loud explosion in the crowd. Seeing that the majority of the concertgoers run in one direction, Brian believes that people are running to that direction for a good reason and conforms by running in the same direction. Brian's reaction is based on
- informational influence.
 - normative influence.
 - groupthink.
 - deindividuation.

ANS: A DIF: Easy REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9a | 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

84. Orianna wants to ask her boyfriend to build her a bookcase. Before she asks him, she "butters him up" by cooking his favorite meal, renting his favorite movie, and wearing an outfit she knows he likes. She is hoping he will comply with her request because research has shown that people are especially likely to comply if they
- feel obligated to reciprocate.
 - are honored.
 - are in a good mood.
 - feel guilty about that which they have not done.

ANS: C DIF: Moderate REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

85. Which of the following describes a social norm?
- Many women wore black dresses to the dance.
 - Some adults drink coffee in the morning.
 - Older people enjoy eating airline meals.
 - Most people know that a 15 percent tip is expected.

ANS: D DIF: Difficult REF: 12.9 You Conform to and Comply with Others
OBJ: 12.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

86. In Milgram's shock experiments, the maximum level of shock was administered by about _____ percent of the participants.
- 65
 - 50
 - 25
 - 10

ANS: A DIF: Easy
REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

87. Stanley Milgram's shock experiment illustrates the phenomenon of
- conformity.
 - compliance.
 - obedience.
 - resistance.

ANS: C DIF: Easy
REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10a
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

88. When Milgram modified his shock experiment so that the teacher could see the learner, the level of obedience
- increased.
 - became unpredictable.
 - decreased.
 - remained unchanged.

ANS: C DIF: Moderate
REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

89. When Milgram modified his shock experiment so that the experimenter gave the teacher orders over the telephone, the level of obedience
- decreased.
 - increased.
 - became unpredictable.
 - remained unchanged.

ANS: A DIF: Moderate

REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

90. Which of the following is the main conclusion from Milgram's shock experiment?
- Ordinary people will do terrible things if ordered to do so by an authority.
 - Ordinary people are naturally violent and easily provoked.
 - Ordinary people will follow immoral orders, but only in hypothetical situations.
 - Ordinary people will follow immoral orders, but only in stressful situations.

ANS: A DIF: Moderate

REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

91. Amy, a social psychologist, is trying to duplicate Milgram's shock experiment on obedience. Which of the following hypotheses is the LEAST likely to be supported?
- Participants who are concerned about how others view them are more likely to show obedience than participants who are not concerned about how others view them.
 - Participants who have to touch the learner are more likely to show obedience than participants who do not have to touch the learner.
 - Participants who hear the orders over the telephone are less likely to show obedience than participants who are given the orders by the experimenter in person.
 - Participants who see the learner are less likely to show obedience than participants who do not see the learner.

ANS: B DIF: Difficult

REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

92. A number of criticisms of the Milgram studies have emerged since the studies were conducted in the 1970s. Which of the following criticisms is INACCURATE?
- Participants might have obeyed because they did not really believe that the learner was receiving a life-threatening shock.
 - Participants might have obeyed because they believed in the value of the scientific enterprise and wanted to help the experimenter.
 - Participants reported that they regretted having delivering the shock to the learner after receiving debriefing of the experiment.
 - Some participants might have obeyed because they received stronger orders than others did.

ANS: C DIF: Easy

REF: 12.10 You Probably Obey People Who Have Authority OBJ: 12.10b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

93. Flora's car breaks down, leaving her stranded on the highway in the middle of rush hour. As more and more cars drive past her, Flora is surprised that no one stops to help her. The fact that other drivers fail to help Flora is most likely explained by
- the bystander intervention effect.
 - reciprocal helping.
 - group polarization.
 - deindividuation.

ANS: A DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

94. Fred wants to clean his room. Just as he starts, his roommate asks him to fix his computer. Then his boyfriend asks him to fix his car. Finally, Fred starts to clean his room, but his best friend asks him to help move a couch. Fred angrily throws the cleaning supplies and curses. Fred's aggressive behavior is best explained by
- the frustration-aggression hypothesis.
 - the risky-shift effect.
 - reciprocal helping.
 - normative influence.

ANS: A DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

95. When running through the airport, Collin trips and spills all of his stuff out of his backpack. Lots of people see Collin trip and fall, but no one helps Collin pick up any of his stuff or checks to see if he is okay. The fact that others do not help in this case is best explained by
- the risky-shift effect.
 - group polarization.
 - reciprocal helping.
 - the bystander intervention effect.

ANS: D DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a | 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

96. Your friend Gandalf asks if you can give him a ride home for winter break. You agree to the request in part because you know that you will need his help studying for your physics exam. Your agreeing to drive Gandalf home is best explained by
- reciprocal helping.
 - altruism.
 - social facilitation.
 - social loafing.

ANS: A DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a | 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

97. If Niwako is trying to run a study about how biology and aggression are correlated, she will most likely find that people who have _____ will show higher levels of aggression.
- lower levels of serotonin
 - lower levels of dopamine
 - higher levels of serotonin
 - higher levels of dopamine

ANS: A DIF: Easy REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a | 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

98. Mike lives in the northern United States (in Minnesota) and Nick lives in the southern United States (Louisiana). When they both feel insulted by the same individual, Nick will be more likely to have a(n) _____ cortisol response and show _____ levels of physical aggression.
- increased; higher
 - increased; lower
 - decreased; higher
 - decreased; lower

ANS: A DIF: Difficult REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a | 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

99. If someone is having a heart attack at a dance party, in which of the following situations would the other partygoers be more likely to show the bystander intervention effect?
- When there are just two other people at the party.
 - When everyone is wearing a nametag.
 - When there are more than 50 people attending the same party.
 - When the need for help from the person who is having a heart attack is very clear.

ANS: C DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11a | 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

100. Shane was walking to class when he saw a woman drop a large bag of groceries. Shane was not going to help until she looked directly at him and asked him to help. Shane most likely helped the woman because he
- felt guilty.
 - had lost his anonymity.
 - is naturally prosocial.
 - was expecting reciprocal helping.

ANS: B DIF: Moderate REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

101. Which of the following is an example of an altruistic behavior?
- accidentally scaring a bank robber away by screaming when you see him or her
 - telling the police that your company dumps toxic waste, even though you will lose your job
 - setting up a scholarship fund for your children because you will receive tax deductions
 - helping your neighbor cut down a tree, so that the leaves do not blow into your yard anymore

ANS: B DIF: Difficult REF: 12.11 You May Hurt or Help Other People
OBJ: 12.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

102. According to research, which of the following will be rated as most attractive?
- a single face
 - a face that has asymmetrical features
 - a face that is most similar to the participants
 - a face that combined 32 faces together

ANS: D DIF: Moderate
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

103. According to research, people tend not to prefer unattractive, asymmetrical faces. Psychologists used the evolutionary approach to explain this phenomenon because people with these faces could
- have a genetic defect.
 - have worse job success.
 - be unhappy.
 - have poorer personal relationships.

ANS: A DIF: Moderate
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

104. Margo is a new college student. According to research on interpersonal attraction, with whom is Margo most likely to become friends?
- Matt, the boy who lives down the hall who she sees every day
 - Mike, the boy in her lab who she sees once a week
 - Mitch, the boy in her class who she sees on Mondays and Wednesdays
 - Marvin, the boy in her hometown, who she sees during winter vacation

ANS: A DIF: Moderate
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

105. Though attraction to someone could be a very subjective experience, which of the following individuals could be considered less attractive?
- Eva, who occasionally makes small mistakes when speaking her second language
 - Grace, who takes a course with you that meets Mondays, Wednesdays, and Fridays
 - Gina, who seems overly competent and too perfect
 - Bridget, who has similar values and interests to you

ANS: C DIF: Moderate
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

106. Research on interpersonal attraction has shown that people will be more attracted to each other if
- one person is physically attractive and the other is not.
 - each person has some characteristic that the other wished he or she had.
 - they have totally opposite beliefs and personalities.
 - their backgrounds, interests, and values are very similar.

ANS: D DIF: Moderate
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

107. Lina finds Shad, who is in her book club that meets twice a week, very attractive. Lina might have developed interests in Shad because of _____, which is based on the principle of _____.
- proximity; normative influence
 - proximity; the mere exposure effect
 - similarity; normative influence
 - similarity; the mere exposure effect

ANS: B DIF: Difficult
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

108. Research on interpersonal attraction has shown evidence that physically attractive individuals, compared to physically unattractive individuals, tend to
- be less popular with peers.
 - be happier.
 - be better at socializing.
 - be smarter.

ANS: C DIF: Easy
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

109. Joseph is running a study on people's perceptions of physical attractiveness. He presents two faces to participants and asks them to rate which face appears more attractive to them. Face A is created by combining 32 faces, while face B is created by combining 8 faces. Joseph will most likely find that participants view Face _____ more attractive because of the _____.
- a. A; mere exposure effect
 - b. A; actor/observer bias
 - c. B; mere exposure effect
 - d. B; actor/observer bias

ANS: A DIF: Difficult
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

110. Michel and Evan both think they are very happy in their marriage. A social psychologist is trying to understand the dynamics of their marriage from the perspective of attributional style. The social psychologist will most likely find that this couple attributes good outcomes to _____ and bad outcomes to _____.
- a. personal traits; situational factors
 - b. personal traits; personal traits
 - c. situational factors; personal traits
 - d. situational factors; situational factors

ANS: A DIF: Difficult
REF: 12.12 Situations and Personalities Affect Your Relationships
OBJ: 12.12b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

111. When love develops slowly and is based on friendship, it is considered to be _____ love.
- a. companionate
 - b. romantic
 - c. passionate
 - d. accommodation

ANS: A DIF: Easy
REF: 12.13 Love Is a Key Part of Romantic Relationships
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering
OBJ: 12.13a | 12.13b

112. Love that is a state of intense longing and desire is _____ love. Love that is a strong commitment to care for and support a partner is _____ love.
- a. companionate; passionate
 - b. passionate; companionate
 - c. companionate; romantic
 - d. romantic; passionate

ANS: B DIF: Easy
REF: 12.13 Love Is a Key Part of Romantic Relationships
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering
OBJ: 12.13a | 12.13b

113. Alix and James have been in a committed relationship for years. They trust each other and share their secrets. However, there is not a lot of physiological desire in the relationship. This relationship is an example of _____ love.
- a. companionate
 - b. fatuous
 - c. passionate
 - d. empty

ANS: A DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding
OBJ: 12.13a | 12.13b

114. Alyssa and Amara's first year together was intense and arousing. Three years later, their relationship involves deep caring and intimacy. Alyssa and Amara's relationship has moved from _____ love to _____ love.
- a. companionate; passionate
 - b. passionate; companionate
 - c. companionate; accommodated
 - d. accommodated; passionate

ANS: B DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding
OBJ: 12.13a | 12.13b

115. When intense longing and sexual desire characterize love, it is considered to be _____ love.
- a. companionate
 - b. romantic
 - c. passionate
 - d. accommodation

ANS: C DIF: Easy
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13a | 12.3b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

116. When Jack yells, his wife, Jill, either overlooks it or responds constructively. Jill is using _____ to keep their relationship happy.
- accommodation
 - personal attributions
 - attributional bias
 - adaptation

ANS: A DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13a | 12.13c
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

117. Whenever Marty cooks dinner, his spouse praises him for his thoughtfulness. His spouse recognizes Marty's good deeds by using _____ attributions, which helps keep their relationship happy.
- personal
 - situational
 - accommodation
 - companionate

ANS: A DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13a | 12.13c
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

118. Len and Maria just got married and have a wonderful sexual relationship. According to research on sexuality in heterosexual couples, they should expect
- their sex life will continue to improve over time.
 - the frequency of sexual activity will fall steeply after the first year.
 - Len's interest in sex will remain high, but Maria's will decrease.
 - the frequency of sexual activity will decrease gradually over five years.

ANS: B DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

119. Passionate love is associated with changes in what brain structures?
- decreased activity in brain circuits that control impulses
 - increased activity in the prefrontal cortex
 - decreased activity in the prefrontal cortex
 - increased activity in the dopamine reward systems

ANS: D DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

120. Which of the following is NOT an interpersonal style that typically leads to relationship problems?
- mentally withdrawing from the relationship
 - feeling contempt for the partner
 - being overly critical
 - being constantly angry

ANS: D DIF: Moderate
REF: 12.13 Love Is a Key Part of Romantic Relationships OBJ: 12.13c
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

SHORT ANSWER

- Describe the actor/observer bias.
 - Give one reason why this effect occurs.
 - Give one real-world example of the actor/observer bias.

ANS:

Suggested answer:

- The actor/observer bias refers to two tendencies: when we are the actor, we explain behaviors with situational attributions; when we are the observer, we interpret the same behavior with personal attributions.
- One reason for this difference is that we know more about the situations in which we are involved (situations are salient when we are making attributions for our own behavior; the person is salient when we are making attributions for another individual).
- Examples will vary.

DIF: Moderate REF: 12.2 You Make Attributions About Other People

OBJ: 12.2a | 12.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Applying

2. A) Explain the difference between a personal and situational attribution.
- B) Explain how making a personal attribution influences the just world hypothesis.

ANS:

Suggested answer:

- A) A personal attribution is when we explain outcomes based on internal factors such as personality. A situational attribution is when we explain outcomes based on external factors such as situations, environment, luck, or the actions of others.
- B) The just world hypothesis is when we make internal/personal attributions about a victim, such that the victim must have done something to justify what happened to him or her. This makes the act seem understandable and more justified and makes the world seem safer and saner.

DIF: Moderate REF: 12.2 You Make Attributions About Other People

OBJ: 12.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

3. A) Explain the relationship among a stereotype, prejudice, and discrimination by including a description of each key term.
- B) Provide a real-world example of a stereotype, prejudice, and discrimination.

ANS:

Suggested answer:

- A) Stereotypes are mental shortcuts that allow for easy, fast processing of social information. Stereotypes can be positive, neutral, or negative. Prejudice involves negative feelings, opinions, and beliefs that are associated with a stereotype. Discrimination is the inappropriate and unjustified treatment of people as a result of prejudice.
- B) Examples will vary.

DIF: Easy REF: 12.4 Stereotypes Can Have Negative Effects

OBJ: 12.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

4. A) Describe Sherif's summer camp study.
- B) What did Sherif do to create hostility between the two groups?
- C) How did Sherif reduce this hostility?
- D) Provide an example of how this study could apply to the real world.

ANS:

Suggested answer:

- A) Sherif arranged for 22 well-adjusted and intelligent white fifth-grade boys from Oklahoma City to attend a summer camp at a lake. The boys did not know one another. Before arriving at camp, they were randomly divided into two groups, the Eagles and the Rattlers.
- B) The next week, over a four-day period, the groups were pitted against one another in a competition to create hostility.
- C) Sherif reasoned that if competition led to hostility, then cooperation should reduce hostility. The experimenters created situations in which members of both groups had to cooperate to achieve necessary goals. After a series of tasks that required cooperation, the walls between the two sides broke down. The boys became friends across the groups. Among strangers, competition and isolation created enemies.
- D) Examples will vary.

DIF: Moderate REF: 12.4 Stereotypes Can Have Negative Effects

OBJ: 12.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Applying

5. A) Explain implicit and explicit attitudes.
- B) Describe one way to measure implicit attitudes.

ANS:

Suggested answer:

- A) An explicit attitude is an attitude that a person is consciously aware of and can report. An implicit attitude is an attitude that influences a person's feelings and behavior at an unconscious level.
- B) To assess implicit attitudes, researchers use indirect means. One method researchers use to assess implicit attitudes is a reaction time test called the Implicit Association Test (IAT). The IAT measures how quickly a person associates concepts or objects with positive or negative words. Another way to assess implicit attitudes is to observe behavior.

DIF: Moderate REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5a | 12.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

6. Explain two ways we develop attitudes. For each method, give a specific example of how this has worked in your own life.

ANS:

Suggested answer:

There are three ways we develop attitudes: mere exposure, conditioning, and social exposure.

Mere exposure: Typically, the more we are exposed to something, the more we tend to like it. With greater exposure to an item, and therefore greater familiarity with it, people have more positive attitudes about the item. Examples include liking food, music, or another consumer item over time.

Conditioning: Because our associations between things and their meanings can change, our attitudes can be conditioned. Advertisers often use classical conditioning to create positive attitudes about a product. When we see a celebrity to whom we are attracted paired with a product about which we have neutral feelings, we tend to develop more positive attitudes about the product. After this conditioning, the formerly neutral stimulus alone triggers the same positive attitude response as the positively viewed object. Operant conditioning also shapes attitudes: if you are rewarded with good grades each time you study, you will develop a more positive attitude toward studying.

Social exposure: Attitudes also are shaped through socialization. Caregivers, peers, teachers, religious leaders, politicians, and media figures guide our attitudes about many things. For example, teenagers' attitudes about clothing styles and music and the latest celebrities, as well as their behaviors, such as smoking and drinking alcohol, are heavily influenced by their peers' beliefs.

DIF: Moderate REF: 12.5 You Form Attitudes Through Experience and Socialization

OBJ: 12.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

7. A) Explain cognitive dissonance.
B) Why are we motivated to reduce cognitive dissonance?
C) Describe one way cognitive dissonance can be reduced.

ANS:

Suggested answer:

- A) Cognitive dissonance is an uncomfortable mental state due to a contradiction between two attitudes or between an attitude and a behavior.
B) A basic assumption of cognitive dissonance theory is that dissonance causes anxiety and tension. Anxiety and tension cause displeasure. Displeasure motivates people to reduce dissonance.
C) People may reduce dissonance by changing their attitudes or behaviors.

DIF: Difficult REF: 12.6 Discrepancies Between Attitudes and Behavior Lead to Dissonance

OBJ: 12.6a | 12.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

8. A) Describe the central route of persuasion.
B) When are you likely to use this type of persuasion?
C) What factors are important in this route of persuasion?
D) Give an example of when you have used the central route to persuade a friend or family member.

ANS:

Suggested answer:

- A) The central route is the type of persuasion that requires people to think carefully and elaborate on information. This method usually results in development of stronger attitudes.
B) You are more likely to use this route when you are motivated to process information and are able to process that information.
C) When you persuade via this route, people pay attention to the arguments and consider all the information in the message.
D) Examples will vary.

DIF: Moderate REF: 12.7 Your Attitudes Can Be Changed Through Persuasion

OBJ: 12.7a | 12.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

9. A) Describe the peripheral route of persuasion.
B) When are you likely to use this type of persuasion?
C) What factors are important in this route of persuasion?
D) Give an example of when you have used the peripheral route to persuade a friend or family member.

ANS:

Suggested answer:

- A) The peripheral route is the type of persuasion in which you do not think too deeply and minimally elaborate the message. This method leads to weaker attitudes that are more likely to change over time.
B) You are more likely to use this route when you are either unmotivated or unable to process information.
C) When you persuade via this route, superficial cues such as attractiveness or status of the person influence the attitude.
D) Examples will vary.

DIF: Moderate REF: 12.7 Your Attitudes Can Be Changed Through Persuasion

OBJ: 12.7a | 12.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Applying

10. Explain how the presence of other people can either help or hurt one's performance. Give the names for each of these concepts. Last, give a specific real-world example for each of these concepts.

ANS:

Suggested answer:

Social facilitation occurs when the mere presence of others enhances performance. Examples include performers who do better in front of an audience than alone, or athletes who do better in a group than alone. Social loafing occurs when people work less hard in a group than when working alone, because individuals do not feel personally responsible for the group's output. Examples include working on a group project. Deindividuation is a state of reduced individuality and occurs when people are not self-aware and therefore they are not paying attention to their personal standards. Examples include the Stanford prison experiment, Abu Ghraib, suicide baiters, and mob behaviors. Examples of group decision making include the risky-shift effect (groups making riskier decisions than individuals), group polarization (when the group accepts more risk or becomes more cautious depending on the initial attitudes of the group members), or groupthink (an extreme form of group polarization).

DIF: Moderate REF: 12.8 Groups Affect Your Behavior OBJ: 12.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Applying

11. A) Explain the differences among conformity, compliance, and obedience.
B) Name and describe one strategy used to induce compliance.

ANS:

Suggested answer:

- A) Conformity is altering one's behaviors or opinions to match those of others or to match what is expected (no direct asking). Compliance is behaving in a certain way simply because others ask you to; if you do what they request, you are exhibiting compliance. Obedience is following orders given by an authority.
B) There are three strategies to induce compliance: foot in the door (if you agree to a small request, you are more likely to comply with a large request), door in the face (if you refuse a large request, you are more likely to comply with a smaller request), and lowballing (when you agree to buy a product for a certain price, you are likely to comply with a request to pay more for the product).

DIF: Moderate REF: 12.9 You Conform to and Comply with Others

OBJ: 12.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Understanding

12. When running through the airport, Collin trips and spills all of his stuff out of his backpack. Lots of people see Collin trip and fall, but no one helps Collin pick up any of his stuff or check to see if he is okay.
A) Of what psychological concept is this an example?
B) Give one reason why this occurs.
C) Give one way you can reduce the possibility of this occurring.

ANS:

Suggested answer:

- A) The bystander intervention effect refers to the failure to offer help by those who observe someone in need; each person is less likely to offer help if other bystanders are around.
B) There are four reasons why the bystander intervention effect occurs: (1) bystanders expect other bystanders to help, (2) we fear making social blunders in ambiguous situations, (3) we are less likely to help when we are anonymous and can remain so, and (4) each bystander takes more time weighing the balance between the risk and benefit of helping.
C) To reduce bystander apathy, you can make the need for help clear or point to a specific person, identify him or her, and ask him or her to help.

DIF: Difficult REF: 12.11 You May Hurt or Help Other People

OBJ: 12.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Applying

13. Describe two factors that promote the development of friendships and relationships.

ANS:

Suggested answer:

Proximity: Researchers found that the more often students come into contact with one another, the more likely they are to become friends (also relates to familiarity and the mere exposure effect).

Similarity: people with similar attitudes, values, interests, backgrounds, personalities, and levels of attractiveness tend to like one another more than people who are dissimilar.

Personal characteristics: we like people who have admirable personality characteristics.

Physical attractiveness: people value physical attractiveness (e.g., facial symmetry) in forming relationships.

DIF: Moderate REF: 12.12 Situations and Personalities Affect Your Relationships

OBJ: 12.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

14. A) Explain the difference between passionate and companionate love.
B) How do these types of love change over time in a relationship?

ANS:

Suggested answer:

- A) Passionate love is a state of intense longing and sexual desire. Companionate love is a strong commitment to care for and support a partner.
B) People experience passionate love early in relationships. Companionate love develops slowly over time because it is based on friendship, trust, respect, and intimacy. In long relationships, passionate love evolves into companionate love.

DIF: Moderate REF: 12.13 Love Is a Key Part of Romantic Relationships

OBJ: 12.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

15. Describe two ways that will strengthen your romantic relationship and make it more positive.

ANS:

Suggested answer:

You can avoid the following four interpersonal styles that lead to discord and dissolution: being overly critical, holding the partner in contempt, being defensive, and mentally withdrawing from the relationship. You can also express concern for each other even while disagreeing, stay relatively calm, try to see the other's point of view, and deliver criticism lightheartedly and playfully. You also can tend to overlook bad behavior or respond constructively (via accommodation). Finally, happy couples attribute good outcomes to each other and bad outcomes to situations.

DIF: Moderate REF: 12.13 Love Is a Key Part of Romantic Relationships

OBJ: 12.13c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication

MSC: Understanding

CHAPTER 13 SELF AND PERSONALITY

LEARNING OBJECTIVES

13.1 Your Sense of Self Is Who You Believe You Are

13.1a. Understand all bold and italic terms by writing explanations of them in your own words.

13.1b. Apply your sense of self by describing who you believe you are, providing one example each of your own self-schema and working self-concept.

13.2 Self-Esteem Is How You Feel About Your Sense of Self

13.2a. Understand all bold and italic terms by writing explanations of them in your own words.

13.2b. Apply how you feel about your sense of self by describing two ways that your self-esteem has been positively influenced by reflected appraisal and sociometer theory.

13.3 You Try to Create a Positive Sense of Self

13.3a. Understand all bold and italic terms by writing explanations of them in your own words.

13.3b. Evaluate your sense of self by examining how positive illusions, social comparisons, and the self-serving bias create your positive sense of self.

13.4 Your Sense of Self Is Influenced by Cultural Factors

13.4a. Understand all bold and italic terms by writing explanations of them in your own words.

13.4b. Understand how the sense of self can vary by summarizing how people from collectivist and individualist cultures differ in their senses of self.

13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

13.5a. Understand all bold and italic terms by writing explanations of them in your own words.

13.5b. Apply psychodynamic theory by explaining how, according to Freud, the id, ego, and superego could be in conflict when a person is tempted by a very large piece of cake.

13.6 Humanistic Approaches Emphasize Goodness in People

13.6a. Understand all bold and italic terms by writing explanations of them in your own words.

13.6b. Apply humanistic approaches to personality by providing an example of how conditions of worth or unconditional positive regard may have influenced your personality (or the personality of someone you know).

13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

13.7a. Understand all bold and italic terms by writing explanations of them in your own words.

13.7b. Understand social cognitive approaches to personality by describing how expectancy theory and reciprocal determinism can influence personality.

13.8 Trait Approaches Describe Characteristics

13.8a. Understand all bold and italic terms by writing explanations of them in your own words.

13.8b. Apply the trait approaches to personality by using Eysenck's theory and the five-factor theory to each explain the personality of a person you know.

13.9 Personality Has a Biological Basis

13.9a. Understand all bold and italic terms by writing explanations of them in your own words.

13.9b. Understand how extraversion/introversion is related to biological factors by summarizing how introverts and extraverts differ in their optimal levels of arousal.

13.10 Personality Is Influenced by Genes

13.10a. Understand all bold and italic terms by writing explanations of them in your own words.

13.10b. Understand how genes influence personality by explaining the results of twin studies and adoption studies.

13.11 Temperament Is Innate

13.11a. Understand all bold and italic terms by writing explanations of them in your own words.

13.11b. Apply temperament to children by providing one example of each of the three aspects of temperament to children you know or can imagine.

13.12 Personality Stability Is Influenced by Biology and Situation

13.12a. Understand all bold and italic terms by writing explanations of them in your own words.

13.12b. Understand the stability of personality by describing basic tendencies and characteristic adaptations and explaining which of these tend to change more as a person gets older.

13.13 Several Methods Are Used to Assess Personality

13.13a. Understand all bold and italic terms by writing explanations of them in your own words.

13.13b. Understand the four ways that personality is assessed by summarizing how projective measures, self-report measures, electronically activated records, and observational methods are used to assess personality.

13.14 Behavior Is Influenced by Personality and Situation

13.14a. Understand all bold and italic terms by writing explanations of them in your own words.

13.14b. Apply the person/situation debate by providing one example each of how your behavior is influenced more by personality traits in weak situations and more by the situation in strong situations.

13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

13.15a. Understand all bold and italic terms by writing explanations of them in your own words.

13.15b. Apply cultural and gender differences in personality assessment by describing how you would rate yourself in agreeableness if you were a different gender or grew up in a different culture.

MULTIPLE CHOICE

1. Our memories, beliefs, and generalizations about the self are integrated to make up our
- a. sociometer.
 - b. self-esteem.
 - c. self-schema.
 - d. working self-concept.

ANS: C

DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

2. Psychologists use the term *personality* mainly to refer to characteristics and behaviors that
- a. are relatively stable across time and circumstances.
 - b. show little variability across persons.
 - c. stem from conscious intentions.
 - d. are relatively easy to observe and measure.

ANS: A

DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

3. Bruno is typically shy, likes working on computers, and tends to worry about the future. Bruno's many unchanging characteristics across time and situations are referred to as his
- a. self-schema.
 - b. ego.
 - c. personality.
 - d. working self-concept.

ANS: C

DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

4. The cognitive structure that helps us perceive, organize, interpret, and use information about ourselves is called our
- a. sociometer.
 - b. self-schema.
 - c. self-esteem.
 - d. working self-concept.

ANS: B

DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

5. When we process information about the self, there is more activity in the _____ of the brain.
- a. frontal lobes
 - b. parietal lobes
 - c. hypothalamus
 - d. amygdala

ANS: A

DIF: Moderate

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Remembering

6. Ahmed has high self-esteem and is happy with his life. Based on this information, which of the following predictions can you make?
- a. He has a high level of achievement in many areas of his life.
 - b. He has a moderate level of achievement in many areas of his life.
 - c. He has a low level of achievement in many areas of his life.
 - d. You can predict very little about his achievement in many areas of his life.

ANS: D

DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC:

Understanding

7. How you experience yourself in the present, depending on which part of yourself is most relevant at the time, is referred to as

- a. a sociometer.
- b. self-esteem.
- c. a self-schema.
- d. a working self-concept.

ANS: D DIF: Easy

REF: 13.1 Your Sense of Self Is Who You Believe You Are OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

8. Blaine, who plays high school football, considers himself to be both athletic and shy. When he attends a pep rally for the football team, he is more likely to view himself as athletic because his immediate experience and environment make that the most relevant self-description.

Blaine's view of himself as athletic at the pep rally is an example of

- a. a sociometer.
- b. self-esteem.
- c. a self-schema.
- d. a working self-concept.

ANS: D DIF: Difficult

REF: 13.1 Your Sense of Self Is Who You Believe You Are OBJ: 13.1a | 13.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

9. Dhara was recently in a car accident. Her doctor told her that she has brain damage only to her frontal lobe. What is one way this damage might affect Dhara?

- a. She will not experience fear.
- b. She will be less self-aware.
- c. She will have memory loss.
- d. She will not recognize others.

ANS: B DIF: Moderate

REF: 13.1 Your Sense of Self Is Who You Believe You Are OBJ: 13.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

10. If the planet was attacked by a disease that caused people to lose the use of their frontal lobes, one way people might be affected is they may

- a. lose their self-awareness.
- b. become narcissistic.
- c. experience memory loss.
- d. lose their sense of fear.

ANS: A DIF: Moderate

REF: 13.1 Your Sense of Self Is Who You Believe You Are OBJ: 13.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Understanding

11. When Tori was asked whether she considered herself smart, she immediately answered, "Yes, of course." Tori's ability to answer this question about herself effortlessly and automatically suggests that

- a. she has low self-esteem and is giving a defensive answer.
- b. her self-schema includes information about her intelligence.
- c. her self-schema does not include information about her intelligence.
- d. she has high self-esteem and is very narcissistic.

ANS: B DIF: Moderate

REF: 13.1 Your Sense of Self Is Who You Believe You Are OBJ: 13.1b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

12. Self-esteem is _____ related to objective life outcomes, such as being successful in one's work.

- a. weakly
- b. strongly
- c. negatively
- d. not

ANS: A DIF: Easy

REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self

OBJ: 13.2a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

13. According to sociometer theory, self-esteem is important because it indicates

- a. social acceptance and rejection.
- b. discrepancies between internal and external evaluations.
- c. good and bad interpersonal behaviors.
- d. changes in our moods and emotions.

ANS: A DIF: Easy

REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self

OBJ: 13.2a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking

MSC:

Remembering

14. Which of the following statements is true?
- Self-esteem depends on the situation in which a person finds himself or herself.
 - Self-esteem is very stable over one's lifetime.
 - Self-esteem strongly predicts lifetime success.
 - Self-esteem is related to how others perceive a person.

ANS: D DIF: Moderate
REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self
OBJ: 13.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

15. Which of the following is most clearly connected to reflected appraisal?
- self-schema
 - working self-concept
 - self-knowledge
 - self-esteem

ANS: D DIF: Easy
REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self
OBJ: 13.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

16. Frank believes that he is more valuable and special than anyone else. As a result, he feels he is entitled to special treatment, focuses mainly on his own needs, and gets angry when anyone challenges him. Frank most likely
- has low self-esteem.
 - is using his sociometer.
 - is narcissistic.
 - is experiencing reflected appraisal.

ANS: C DIF: Moderate
REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self
OBJ: 13.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

17. Grayson used to be very hard on himself when he would do poorly in school. Over time, he realized that he should treat himself with care, acceptance, and kindness, like he would treat a good friend. Grayson's realization shows he is developing
- a reflected appraisal.
 - self-compassion.
 - a self-serving bias.
 - self-esteem.

ANS: B DIF: Easy
REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self
OBJ: 13.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

18. Marta has a successful job, a handsome husband, and three intelligent children. What would you predict about Marta's self-esteem based on this information?
- She will have high self-esteem but only in specific situations.
 - She will have overall high self-esteem.
 - There is only a weak relationship between life outcomes and her self-esteem.
 - She will have weaker self-esteem compared with her friends.

ANS: C DIF: Moderate
REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self
OBJ: 13.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

19. When you make a downward comparison, it will typically _____ self-esteem.
- decrease your own
 - increase your own
 - have little effect on your own
 - increase another person's

ANS: B DIF: Easy REF: 13.3 You Try to Create a Positive Sense of Self
OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

20. Fern decides that she is an excellent student because her grades are much higher than her younger siblings'. Her judgment is based on a(n) _____ comparison.
- upward
 - downward
 - temporal
 - self-serving

ANS: B DIF: Easy REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

21. When Joe did really well on his first sales presentation, he said it was because he worked hard on it. When he did poorly on his second sales presentation, he said it was because the computer and projector were not working properly. Joe's explanations about his two sales presentations reveal a
- reflected appraisal.
 - temporal comparison.
 - self-serving bias.
 - downward comparison.

ANS: C

DIF: Moderate

REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

22. Susan usually does well on her written assignments and she says this is because she works really hard. But when she gets a bad grade on her last written assignment, she says it is because the teacher does not like her. Her explanations show that she is making a
- self-serving bias.
 - reflected appraisal.
 - better-than-average effect.
 - downward comparison.

ANS: A

DIF: Moderate

REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

23. After performing poorly at the track meet, Troy said that he just does not have as much natural athletic ability as the other runner. Troy explains his performances at the track meet based on a
- self-serving bias.
 - downward comparison.
 - temporal comparison.
 - upward comparison.

ANS: D

DIF: Moderate

REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

24. Aiden scored a B on his last calculus exam. He feels pretty good about the grade because, in the past, the highest he had scored was a C. His reasoning shows that he is making a
- reflected appraisal.
 - temporal comparison.
 - self-serving bias.
 - downward comparison.

ANS: B

DIF: Moderate

REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3a | 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

25. Which of the following is NOT a finding from research on the better-than-average effect?
- People are unrealistically optimistic about their futures.
 - People overestimate their control over events.
 - People overestimate other people's abilities.
 - People overestimate their abilities.

ANS: C

DIF: Moderate

REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

26. Children raised to have connections with their family and follow societal norms are more likely to be from a(n) _____ culture.
- individualistic
 - independent
 - collectivist
 - cohesive

ANS: C

DIF: Easy

REF: 13.4 Your Sense of Self Is Influenced by Cultural Factors

OBJ: 13.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Remembering

27. Children raised with an emphasis on self-expression and diversity are more likely to be from a(n) _____ culture.
- individualistic
 - independent
 - collectivist
 - cohesive

ANS: A

DIF: Easy

OBJ: 13.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

28. Ria's parents have raised her to follow group norms, obey authority, and to not challenge or complain about her status in society. Ria is probably being raised as a member of a(n) _____ culture.

- | | |
|--------------------|-----------------|
| a. individualistic | c. collectivist |
| b. independent | d. cohesive |

ANS: C DIF: Easy

REF: 13.4 Your Sense of Self Is Influenced by Cultural Factors

OBJ: 13.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

29. Which person is most likely to have a sense of self largely defined by his social roles and group relationships?

- a. Pierre, who was raised in France c. Martin, who grew up in Canada
b. Mike, who grew up in New York d. Miko, who was raised in Japan

ANS: D DIF: Moderate

REF: 13.4 Your Sense of Self Is Influenced by Cultural Factors

OBJ: 13.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

30. Which person is most likely to have a sense of self that is based on his feeling of being unique from others?

- Miko, who was raised in Japan
- Jack, who was raised in Australia
- Chien, who grew up in China
- Ibrahim, who grew up in Pakistan

ANS: B DIF: Moderate

REF: 13.4 Your Sense of Self Is Influenced by Cultural Factors

OBJ: 13.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Understanding

31. According to psychosexual development theory, when the erogenous zone centers on the genitals, a person is in the _____ stage.

- a. oral c. phallic
b. anal d. latency

ANS: C DIF: Easy

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

32. Which of the following is NOT a psychosexual stage of development?

- a. oral c. latency
b. phallic d. erogenous

ANS: D DIF: Easy

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

33. According to the psychodynamic approach, children feel unconscious impulses toward their parents of the opposite sex during the _____ stage of psychosexual development.

- a. genital c. anal
b. oral d. phallic

ANS: D DIF: Easy

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

- ANS: A DIF: Moderate
REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts
OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

- a. ego
b. latency
c. phallic
d. Oedipus

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

- a. displacement c. projection
b. rationalization d. denial

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

- a. defense mechanisms.
- b. id.
- c. ego.
- d. superego.

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

- a. displacement.
- b. repression.
- c. reaction formation.
- d. sublimation.

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

- a. rationalization c. displacement
b. reaction formation d. projection

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

- Raj is unconsciously attracted to his best friend's wife, Bernadette. But consciously, whenever Raj talks about Bernadette, he says how dumb and ugly she is. This example best demonstrates the _____ defense mechanism.

- a. projection
- b. reaction formation
- c. displacement
- d. sublimation

ANS: B DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

41. Katie is very particular. She likes her apartment to be overly organized and things have to be done correctly or she gets upset. According to psychodynamic theory, Katie is most likely fixated at the _____ phase of psychosexual development.

- a. oral
- b. anal
- c. phallic
- d. genital

ANS: B DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

42. When Phia's boss tells her that she is lazy and needs to work harder, Phia smiles and nods politely. That night, she screams at her husband, Eric, for burning the steaks. According to psychodynamic theory, Phia's behavior most likely is a result of the defense mechanism of

- a. displacement.
- b. denial.
- c. sublimation.
- d. repression.

ANS: A DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

43. Charlotte is excessively needy and smokes cigarettes constantly to ease her anxiety. According to the psychodynamic theory of personality, Charlotte may be fixated at the _____ stage of psychosocial development.

- a. anal
- b. oral
- c. phallic
- d. genital

ANS: B DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

44. If you become fixated at the anal psychosexual stage, which of the following would likely characterize your behavior?

- a. You would be sexually attracted to the opposite-sex parent.
- b. You would focus on seeking pleasure and avoiding pain.
- c. You would be stubborn and very regulating.
- d. Your self-esteem would be dependent on others' views of you.

ANS: C DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

45. Which of the following is a message that might be driven by your reality principle?

- a. "I am hungry and I have got to eat a pizza right now!"
- b. "I want to play with his toy, so I will offer to trade him mine."
- c. "It is not safe to play with matches."
- d. "I should help that elderly woman or she might fall down."

ANS: B DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a | 13.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

46. Which of the following is a message that might be driven by your pleasure principle?

- a. "It is not safe to run with scissors."
- b. "I should hold that door open for that person carrying all those packages."
- c. "I want to use his red crayon, so I will see if he will trade for my green crayon."

d. "I am thirsty and I need to have a soda right now!"

ANS: D DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a | 13.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

47. Your teacher asks you what you did on your last vacation. After thinking about it for a moment, you tell her that last summer you went to Europe. According to Freud, in order to answer your teacher's question, you had to pull information from your _____ level of awareness.

- a. unconscious
- b. nonconscious
- c. conscious
- d. preconscious

ANS: D DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5a | 13.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

48. Ken wants a new music album but does not want to buy it. He knows that he can download it for free but that doing so is illegal. Or he can buy just a few tracks online. Ken wants to steal the music but knows it is wrong. According to psychodynamic theory, Ken has a conflict between his _____ and _____.

- a. superego; ego
- b. id; ego
- c. subego; superego
- d. id; superego

ANS: D DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

49. Anik's id is a very dominant force in his personality. Which of the following is Anik most likely to do?

- a. feel embarrassed even if he has done nothing wrong
- b. act calmly around strangers
- c. follow his impulses when making decisions
- d. resolve conflicts in a peaceful way

ANS: C DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

50. Our ability to fulfill our potential through greater self-understanding is part of the _____ approach to personality.

- a. social cognitive
- b. psychodynamic
- c. humanistic
- d. trait

ANS: C DIF: Easy

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

51. Dr. Carl is a humanistic psychologist studying personality. Which of the following statements is he most likely to say?

- a. "Personality is based on a person's unconscious wishes and conflicts."
- b. "Personality is influenced by a person's uniqueness, growth, and self-understanding."
- c. "Personality is based on how we think, our expectancies, and our values."
- d. "Personality can be described by our personal characteristics."

ANS: B DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

52. Tyson reads a book on best parenting practices that suggests parents should accept and value their children no matter how they behave or what they accomplish. Tyson's book is

recommending parenting practices based on

- a. unconditional positive regard.
- b. self-actualization.
- c. unconscious conflicts.
- d. conditions of worth.

ANS: A DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

53. Derek's dad demands that Derek play catch with him. When Derek drops the ball, his dad tells him that he is useless unless he can be a good athlete. According to humanistic approaches to personality, Derek's dad is creating _____ for his son.
- a. conditions of worth
 - b. self-actualization
 - c. unconscious conflicts
 - d. low self-esteem

ANS: A DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a | 13.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

54. Betty is making a mud pie out of dirt she brought in from the backyard. When her mother sees it, she yells, "Stop it. Good girls do not play with dirt and mud." According to humanistic approaches to personality, Betty's mom is creating _____ for her daughter.
- a. unconditional positive regard
 - b. self-actualization
 - c. unconscious conflicts
 - d. conditions of worth

ANS: D DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a | 13.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

55. Greg is a parent who wants to apply a person-centered approach to raising his son Isaac. Which of the following things should Greg do?
- a. He should withhold treats and gifts to reinforce his rules.
 - b. He should emphasize Isaac's responsibility for his failures.
 - c. He should love and support Isaac no matter how he behaves.
 - d. He should teach Isaac defense mechanisms to relieve his internal conflicts.

ANS: C DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a | 13.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

56. Maritza's parents want her to become a doctor, but she would like to be an artist. Which approach to personality would suggest that Maritza's personal growth is associated with following her dream of becoming an artist?
- a. social cognitive
 - b. trait
 - c. psychodynamic
 - d. humanistic

ANS: D DIF: Difficult

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a | 13.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

57. Sara and Jen, who compete together on a trivia team, lost their latest competition. After the competition, Sara's parents express their disappointment by walking outside and not speaking to her during the car ride home, whereas Jen's parents hug her, tell her they love her, and say that she can work harder next time. Sara may develop her personality based on _____, while Jen may develop her personality based on _____.
- a. unconditional positive regard; conditions of worth
 - b. defense mechanisms; self-actualization
 - c. conditions of worth; unconditional positive regard
 - d. self-actualization; defense mechanisms

ANS: C DIF: Difficult

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6a | 13.6b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

58. Dr. Roger is a psychologist trained in the person-centered approach to therapy. Which of the following describes how Dr. Roger would treat a client?
- He would have his client's behaviors observed by two or more raters.
 - He would discuss his client's problems as the client understands them.
 - He would have his client take tests that measure the five-factor theory.
 - He would have his client take multiple projective tests to reveal unconscious conflicts.

ANS: B DIF: Moderate

REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

59. Josh is not worried that his newborn baby seems easily frightened. He tells his wife, "Our baby's personality will develop later, as a pattern of learned thinking." Josh believes in the _____ approach to personality.
- psychodynamic
 - trait
 - humanistic
 - social cognitive

ANS: D DIF: Moderate

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

60. Sam does not try hard at work, because he believes that promotions are completely random and that he has no control over whether he will get promoted. According to expectancy theory, Sam most likely has a(n) _____ locus of control.
- internal
 - external
 - situational
 - dispositional

ANS: B DIF: Moderate

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a | 13.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

61. Eddie failed his driver's license test. When asked why he failed, Eddie says the questions were not fair and the driving instructor did not teach him properly. According to expectancy theory, Eddie probably has an _____.
- internal sense of determinism.
 - external sense of determinism.
 - internal locus of control.
 - external locus of control.

ANS: D DIF: Moderate

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a | 13.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

62. Suppose you know you can successfully get into medical school. You think, "All I have to do is figure out how other people got in, select the strategies I can use, and implement my plan." You appear to have a(n) _____ locus of control.
- internal
 - external
 - situational
 - dispositional

ANS: A DIF: Moderate

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a | 13.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

63. Bandura's reciprocal determinism theory of personality includes all of the factors EXCEPT _____ factors.
- person
 - environment
 - behavior
 - trait

ANS: D DIF: Easy

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a | 13.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

64. Josh, who is generally quiet and reserved, seldom raises his hand to answer the teacher's questions in class. However, while attending after-school tutoring with only one other student, Josh is more open to talk about the content with the teacher and his classmate. The idea that Josh's behavior changes based on the environment he is in can be explained with the theory of personality called
- a. trait theory.
 - b. reciprocal determinism.
 - c. psychodynamic theory.
 - d. locus of control theory.

ANS: B DIF: Difficult

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7a | 13.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

65. Suppose you have an internal locus of control. When you perform poorly in volleyball and your team loses the game, which of the following statements are you most likely to say?
- a. "The other team was too good."
 - b. "Luck was not on my side today."
 - c. "I did not practice enough last week."
 - d. "My teammates need to play harder."

ANS: C DIF: Moderate

REF: 13.7 Social Cognitive Approaches Focus on How Thoughts Shape Personality

OBJ: 13.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

66. Trait theories of personality differ from psychodynamic and humanistic approaches because they
- a. describe behavioral tendencies that are consistent over time.
 - b. have a generally more positive view of human nature.
 - c. are less able to be tested scientifically.
 - d. are based on people's unconscious conflicts.

ANS: A DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics

OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

67. Anita takes a personality test online. The results say she is high on the extraversion dimension of personality and she is likely to be assertive and energetic. The online personality test most likely used the _____ approach to personality.
- a. social cognitive
 - b. psychodynamic
 - c. humanistic
 - d. trait

ANS: D DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics

OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

68. Which of the following traits is NOT part of the five-factor theory of personality?
- a. openness to experience
 - b. agreeableness
 - c. neuroticism
 - d. constraint

ANS: D DIF: Easy REF: 13.8 Trait Approaches Describe Characteristics

OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

69. In the five-factor theory, the trait of neuroticism is similar to the dimension of _____ in Eysenck's biological trait theory.
- a. stability
 - b. psychoticism
 - c. constraint
 - d. extraversion

ANS: A DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics

OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

70. Trait theories, like the five-factor theory, are important because they
- a. provide information on unconscious processes.
 - b. can use projective measures to assess personality.
 - c. provide insight into how situations influence personality.
 - d. can predict a wide variety of behaviors.

ANS: D DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics

OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

71. Eysenck's trait theory proposes that personality traits have all of the following dimensions EXCEPT
- the ability to control selfish impulses.
 - emotional stability.
 - extroversion/introversion.
 - openness to experience.
- ANS: D DIF: Easy REF: 13.8 Trait Approaches Describe Characteristics
 OBJ: 13.8a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering
72. Phoebe is an inventor who is creative and good at using everyday items in unusual ways. According to the Big Five model of personality, Phoebe most likely would be high in
- neuroticism.
 - openness to experience.
 - conscientiousness.
 - agreeableness.
- ANS: B DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics
 OBJ: 13.8a | 13.8b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
73. Sheldon and Amy met on an online dating site. In his profile, Sheldon describes himself as stubborn, competitive, and argumentative. According to the Big Five trait theory, Sheldon is most likely
- low in agreeableness.
 - high in neuroticism.
 - low in extraversion.
 - high in conscientiousness.
- ANS: A DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics
 OBJ: 13.8a | 13.8b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
74. Brad and Gloria met on an online dating site. In her profile, Gloria describes herself as secure, calm in stressful situations, and rarely angry. According to the Big Five trait theory, Gloria is most likely
- high in conscientiousness.
 - high in openness.
 - low in extraversion.
 - low in neuroticism.
- ANS: D DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics
 OBJ: 13.8a | 13.8b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
75. Silas thinks that a personality is made up of characteristics that can be described on a dimension from low to high. Silas most likely agrees with the _____ approach to personality.
- psychodynamic
 - social cognitive
 - humanistic
 - trait
- ANS: D DIF: Moderate REF: 13.8 Trait Approaches Describe Characteristics
 OBJ: 13.8b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying
76. Eysenck proposed that the extraversion/introversion dimension of personality is related to activation in the brain. Relative to their optimal level of arousal, extraverts tend to be chronically _____, which is related to activity in the _____.
- overaroused; reticular activating system
 - under-aroused; reticular activating system
 - overaroused; frontal lobes
 - under-aroused; frontal lobes
- ANS: B DIF: Moderate REF: 13.9 Personality Has a Biological Basis
 OBJ: 13.9a | 13.9b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering
77. James prefers to study in a quiet library study room, whereas his friend Becky prefers to study in a lively coffee shop with lots of people and loud music playing. James finds the coffee shop overwhelming and he can't focus there. According to biological explanations of personality, James is most likely an _____ with an overaroused _____.
- introvert; reticular activating system
 - extrovert; reticular activating system
 - introvert; frontal lobe
 - extrovert; frontal lobe
- ANS: A DIF: Difficult REF: 13.9 Personality Has a Biological Basis
 OBJ: 13.9a | 13.9b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding
78. On the weekends, Sarah prefers to hang out in noisy, crowded bars, whereas her friend Justin

prefers cozy, calm coffee shops. Sarah finds the coffee shop boring. According to biological explanations of personality, Sarah is most likely an _____ with an underaroused _____.

- a. introvert; reticular activating system
- b. extrovert; reticular activating system
- c. introvert; frontal lobe
- d. extrovert; frontal lobe

ANS: B DIF: Difficult REF: 13.9 Personality Has a Biological Basis
OBJ: 13.9a | 13.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

79. As identical twins get older, their personalities
- a. become more different.
 - b. become more similar.
 - c. are as similar as they were growing up.
 - d. change depending on situational influences.

ANS: B DIF: Moderate REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

80. Recent psychological research suggests that the impact of parenting style on personality is
- a. more influential than previously assumed.
 - b. less influential than previously assumed.
 - c. only influential in individualistic cultures.
 - d. only influential in collectivistic cultures.

ANS: B DIF: Moderate REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

81. Jared is an identical twin adopted into a family that is different from his biological family. When Jared is an adult, his personality should most resemble his
- a. adopted siblings.
 - b. adopted parents.
 - c. biological parents.
 - d. identical twin.

ANS: D DIF: Moderate REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

82. Which of the following is the strongest evidence that personality has a genetic component?
- a. Adopted children in the same family are similar in personality.
 - b. Identical twins are more similar in personality than nonidentical twins.
 - c. People in the same culture are similar in personality.
 - d. Both biological and nonbiological siblings show similar personalities.

ANS: B DIF: Moderate REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

83. Aman and Pavan are identical twins separated and adopted into different families as infants. They grew up in different cities, went to different schools, and had adoptive parents with different parenting styles. Which of the following people will be most similar to Aman in personality?
- a. his adoptive mom
 - b. his biological mom
 - c. his male adopted sibling
 - d. Pavan

ANS: D DIF: Moderate REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

84. Studies on identical twins have found that differences in genes explain _____ of the variability in personality traits.
- a. almost none
 - b. almost all
 - c. about half
 - d. an unknown amount

ANS: C DIF: Easy REF: 13.10 Personality Is Influenced by Genes
OBJ: 13.10b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

85. Which of the following is NOT an aspect of temperament?
- a. activity level
 - c. emotionality

- b. sociability d. agreeableness

ANS: D DIF: Easy REF: 13.11 Temperament Is Innate
OBJ: 13.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

86. Which of the following is an aspect of temperament?

- a. emotionality c. stability
b. agreeableness d. extraversion

ANS: A DIF: Easy REF: 13.11 Temperament Is Innate
OBJ: 13.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

87. What is the difference between temperaments and personality traits?

- a. Traits are broader than temperaments. c. Temperaments only apply to children.
b. Temperaments are broader than traits. d. Traits only apply to children.

ANS: B DIF: Moderate REF: 13.11 Temperament Is Innate
OBJ: 13.11a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

88. Igor tends to cry and become frightened easily. Even small changes in his environment can scare him. Researchers would say that Igor is high on the _____ aspect of temperament.

- a. activity level c. stability
b. sociability d. emotionality

ANS: D DIF: Moderate REF: 13.11 Temperament Is Innate
OBJ: 13.11a | 13.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

89. Whenever they have recess, Marin ignores the other kids in his class. He would rather play with toys by himself. Researchers would say that Marin is low on the _____ aspect of temperament.

- a. activity level c. interpersonal
b. sociability d. emotionality

ANS: B DIF: Moderate REF: 13.11 Temperament Is Innate
OBJ: 13.11a | 13.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

90. Regardless of the environment she is in, six-year-old Trisha always seems to be moving. She never sits still for long and prefers to run around instead of watching TV or playing on the computer. In what aspect of temperament does Trisha seem to be high?

- a. activity level c. interpersonal
b. sociability d. emotionality

ANS: A DIF: Easy REF: 13.11 Temperament Is Innate
OBJ: 13.11a | 13.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

91. At three years of age, Megan was classified as having an undercontrolled temperament. According to research, as an adult, Megan will be more likely to

- a. be anxious. c. abuse alcohol.
b. be depressed. d. attempt suicide.

ANS: C DIF: Moderate REF: 13.11 Temperament Is Innate
OBJ: 13.11b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

92. A trait that is determined largely by biological processes is a

- a. basic tendency. c. temperament.
b. characteristic adaptation. d. working self-concept.

ANS: A DIF: Easy
REF: 13.12 Personality Stability Is Influenced by Biology and Situation
OBJ: 13.12a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

93. A change in the behavioral expression of a trait based on the demands of specific situations is a

- a. basic tendency.
- b. characteristic adaptation.
- c. temperament.
- d. working self-concept.

ANS: B DIF: Easy

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

94. Yasmin was an introverted child and is now an introverted adult. The stability of Yasmin's introversion, which is largely influenced by biology, indicates Yasmin's introversion is a

- a. characteristic adaptation.
- b. basic tendency.
- c. part of the reticular activating system.
- d. temperament.

ANS: B DIF: Moderate

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12a | 13.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

95. Which of the following people will show a highly stable personality if measured today and again one year later?

- a. Janessa, a 7-year-old
- b. Tyree, a 15-year-old
- c. Evelyn, a 35-year-old
- d. LaShonda, a 55-year-old

ANS: D DIF: Moderate

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

96. How is age related to stability of personality?

- a. Children's personalities are more stable than older adults.
- b. There is some stability at any age, but particularly after age 50.
- c. Age and personality stability are unrelated.
- d. Personality traits are equally stable at any age range.

ANS: B DIF: Moderate

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

97. Janie is high on the openness to experience dimension of personality. She likes to skydive and travel to exotic destinations. As she gets older, she may be less likely to skydive, but may still enjoy unusual vacations. This change in Janie's typical activities is due to

- a. characteristic adaptation.
- b. a basic tendency.
- c. the reticular activating system.
- d. temperament.

ANS: A DIF: Moderate

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

98. When Pearl was in high school, she constantly worried about her relationships and her school achievements. Now that she is older, she worries about her health and the environment. This change in the focus of her worrying is due to

- a. a basic tendency.
- b. temperament.
- c. the reticular activation system.
- d. characteristic adaptation.

ANS: D DIF: Moderate

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

99. Which of the following conclusions can be drawn from the finding that age-related changes in personality are similar across cultures?

- a. These changes are not entirely a function of the environment.
- b. All cultures have similar stereotyping related to aging.
- c. These changes are mainly due to differences in environment.
- d. Every culture has a different stereotyping related to aging.

ANS: A DIF: Difficult

REF: 13.12 Personality Stability Is Influenced by Biology and Situation

OBJ: 13.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC:
Applying

100. The Thematic Apperception Test (TAT) is an example of a(n) _____ measure of personality.

a. projective c. self-report
b. electronic recording d. observational

ANS: A DIF: Easy

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

101. The NEO Personality Inventory is an example of a(n) _____ measure of personality.

a. projective c. subjective
b. self-report d. observational

ANS: B DIF: Easy

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

102. The Rorschach inkblot test is an example of a(n) _____ measure of personality.

a. self-report c. projective
b. subjective d. observational

ANS: C DIF: Easy

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Remembering

103. Samantha fills out a questionnaire to assess her personality where she answers questions about her own behaviors and characteristics. Samantha is using a(n) _____ measure of personality.

a. observational c. subjective
b. projective d. self-report

ANS: D DIF: Easy

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC:
Understanding

104. Maria's psychologist wants to assess her personality. To do so, he has her wear a device that allows him to unobtrusively track her interactions throughout the day. The psychologist is using a(n) _____ to measure Maria's personality.

a. projective test c. self-report
b. observational method d. electronically activated record

ANS: D DIF: Moderate

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a | 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Understanding

105. Whenever a new guest comes to visit, Aimee points out her favorite abstract painting and asks for the guest's interpretation of it. Aimee believes that by doing so, she is able to discover the guest's unconscious impulses. Aimee is using the painting as a _____ measure of personality.

a. social cognitive c. humanistic
b. self-report d. projective

ANS: D DIF: Moderate

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13a | 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

106. Which of the following is a criticism of the Rorschach inkblot test?

a. It appears to reveal psychological disorders in many normal adults and children.
b. It reveals unconscious but not conscious motives and conflicts.
c. It works well for analyzing women but not men.

d. It does not work for analyzing children or teenagers.

ANS: A DIF: Moderate

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

107. Dr. Jones gives her client a Thematic Apperception Test (TAT) to evaluate her client's

- a. self-esteem.
- b. sexual conflicts.
- c. level of psychopathy.
- d. motivational traits.

ANS: D DIF: Moderate

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

108. Isabelle always believed she was a pretty calm person. Other people, however, think of her as somewhat neurotic. According to research, who would give the most accurate description of Isabelle's personality?

- a. Isabelle
- b. a close friend, who she sees daily
- c. an acquaintance, who she sees occasionally
- d. her doctor, who knows her medical history

ANS: B DIF: Difficult

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

109. You just got a roommate. If you want to get the most accurate judgment of your roommate's personality, to whom should you talk?

- a. the roommate
- b. the roommate's best friend
- c. the roommate's classmate from last year
- d. the roommate's acquaintance from high school

ANS: B DIF: Difficult

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

110. Researchers have used electronically activated records to discover all of the following are true EXCEPT that

- a. extroverts talk more.
- b. conscientious people attend class more often.
- c. people high in openness to experience spend more time in bars.
- d. agreeable people swear more.

ANS: D DIF: Easy

REF: 13.13 Several Methods Are Used to Assess Personality OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Remembering

111. Rich is an interactionist. This means that he believes behavior is determined by

- a. the interaction of traits and genetics.
- b. both traits and biological processes.
- c. the interaction of different traits.
- d. both situations and traits.

ANS: D DIF: Moderate

REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

112. John thinks it is the environment that he is in and not his personality traits that influences his behaviors. John believes in a psychological idea known as

- a. locus of control.
- b. situationism.
- c. interactionism.
- d. reciprocal determinism.

ANS: B DIF: Moderate

REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

113. Marcus is in charge of hiring someone new in his department. He is hoping to find a person who is outgoing, fun, and nonaggressive. Unfortunately, Marcus may have a hard time differentiating these personality traits because a job interview is an example of a(n) _____ situation.

- a. strong
- b. weak
- c. interactional
- d. projective

ANS: A DIF: Difficult

REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14a | 13.14b

NAT:

APA Goal 1, Knowledge Base in Psychology

MSC: Applying

114. If you want to see differences in people's personalities, you should observe their behaviors in _____ situations.

- a. strong
- b. weak
- c. common
- d. rare

ANS: B DIF: Moderate

REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

115. Which of the following is an example of a weak situation?

- a. a church service on Sunday morning
- b. a formal dinner at a restaurant
- c. an afternoon playing at the park
- d. a wedding ceremony

ANS: C DIF: Moderate

REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

116. According to research on gender differences in personality, men tend to be _____ than women.

- a. more assertive
- b. more conscientious
- c. less assertive
- d. less conscientious

ANS: A DIF: Easy

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Remembering

117. According to research on gender differences in personality, women tend to be _____ than men.

- a. more conscientious
- b. more agreeable
- c. less agreeable
- d. less conscientious

ANS: B DIF: Easy

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Remembering

118. Cataline is from South Africa and Shudan is from China. Who is likely to rate herself higher on conscientiousness?

- a. Cataline
- b. Shudan
- c. Both will rate themselves equally high.
- d. Both will rate themselves equally low.

ANS: A DIF: Moderate

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC:

Applying

119. Huiyoung, from South Korea, rates herself lower on extraversion as compared to Zoya, from an African country. This pattern of East Asians rating themselves lower than Africans on traits like extraversion may not be indicative of true trait differences but instead may reflect

- a. biological differences in extraversion.
- b. how we cannot compare personality across cultures.
- c. that both of them are lower on extraversion than average.

d. cultural norms regarding saying good or bad things about oneself.

ANS: D DIF: Difficult

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

120. Jalisa is constantly worried and anxious that her relationship with her boyfriend Travis is in trouble, but Travis doesn't see a reason to be concerned and views Jalisa's fear as unnecessary. He thinks that their disagreements are related to personality differences. Which of the following research-supported claims about personality could Travis say to Jalisa to support his position?
- "Men are more empathetic than women."
 - "Women are less agreeable than men."
 - "Women are somewhat more neurotic than men."
 - "Men are somewhat less assertive than women."

ANS: C DIF: Difficult

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

SHORT ANSWER

- Define *self-schema*.
 - Explain at least two ways in which one's self-schema influences how one processes information.

ANS:

Suggested answer:

- The self-schema consists of an integrated set of memories, beliefs, and generalizations about oneself that is organized as a network of interconnected knowledge about the self.
- The self-schema helps us perceive, organize, interpret, and use information about ourselves. It helps us filter information so we are likely to notice things that are relevant to us. It can also increase memory for information that is relevant to oneself.

DIF: Moderate REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

- Describe the relationship between the self-schema and the working self-concept.

ANS:

Suggested answer:

The self-schema consists of an integrated set of memories, beliefs, and generalizations about oneself that is organized as a network of interconnected knowledge about the self. The working self-concept refers to the immediate experience of the self; it is limited to the amount of personal information that is being processed at one moment in time. It includes only part of the vast array of self-knowledge (the self-schema), so the sense of self varies from moment to moment.

DIF: Moderate REF: 13.1 Your Sense of Self Is Who You Believe You Are

OBJ: 13.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication

MSC: Understanding

- Explain the relationships among sociometer theory, reflected appraisal, and self-esteem.
 - Imagine that you ask someone out on a date and get turned down. Explain how each of these—sociometer, reflected appraisal, self-esteem—would react to this rejection situation.

ANS:

Suggested answer:

- Self-esteem is the affective aspect of our sense of self. Many theories propose that self-esteem is based on how we believe others perceive us, which is known as reflected appraisal. Sociometer theory argues that self-esteem is a mechanism for monitoring the likelihood of social exclusion; it is an internal monitor of social acceptance or rejection.
- In a situation where you are likely to be rejected, your sociometer would recognize this and would lead to low self-esteem. Similarly, when the person rejects you, reflected appraisal would lead us to believe that we are consistent with how others perceive us, and we would experience low self-esteem.

DIF: Moderate REF: 13.2 Self-Esteem Is How You Feel About Your Sense of Self

OBJ: 13.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4,

Communication MSC: Applying

4. A) Describe the better-than-average effect.
B) Name at least one area of life in which people tend to show the better-than-average effect (according to research).
C) Give a specific real-world example of this effect.

ANS:

Suggested answer:

- A) The better-than-average effect is the tendency for most people to describe themselves as above average in nearly every way. People with high self-esteem are especially likely to exhibit this effect.
B) Most people have these overly favorable and unrealistic beliefs in at least three areas: (1) they continually experience the better-than-average effect, (2) they have unrealistic beliefs about how much they can control what happens, and (3) most people are unrealistically optimistic about their personal futures.
C) Examples will vary.

DIF: Moderate REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Remembering

5. A) You get a C on your psychology exam. Given this scenario, describe and give an example of an upward comparison, a downward comparison, a temporal comparison, and a self-serving bias.
B) Which of these comparisons would make you feel better about getting a C on your exam?
C) Which of these comparisons would make you feel worse about getting a C on your exam?

ANS:

Suggested answer:

- A) In an upward comparison, you compare yourself with a superior person, which serves to make you feel worse about yourself. Examples will vary but may include comparing your C grade with someone who got an A.
In a downward comparison, you compare yourself with an inferior person, which serves to make you feel better about yourself. Examples will vary but may include comparing your C grade with someone who got an F.
In a temporal comparison, you compare yourself with a previous version of yourself. Examples will vary but may include comparing the C with a previously received grade.
The self-serving bias is the tendency to take personal credit for success and blame failure on external factors. Examples will vary but may include blaming the C on the teacher writing tricky exam questions (external factor).
B) A downward comparison and self-serving bias would make you feel better about your grade. A temporal comparison may make you feel better, depending on the exact comparison you make.
C) An upward comparison would make you feel worse about getting a C. A temporal comparison may make you feel worse, depending on the exact comparison you make.

DIF: Difficult REF: 13.3 You Try to Create a Positive Sense of Self

OBJ: 13.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

6. A) Name and describe the three levels of consciousness.
B) Provide an example of the type of information at each level.

ANS:

Suggested answer:

- A) The conscious level of our mental activity consists of the thoughts of which we are aware. The preconscious level consists of content that is not currently in our awareness but that could be brought to awareness. This level is roughly analogous to long-term memory. The unconscious level contains material that the mind cannot easily retrieve.
B) Examples will vary.

DIF: Easy REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Understanding

7. A) Explain the purpose of defense mechanisms.
B) Pick two defense mechanisms, define, and provide an example of each.

ANS:

Suggested answer:

- A) Defense mechanisms are unconscious mental strategies that the mind uses to protect itself from distress. According to contemporary researchers, defense mechanisms protect self-esteem.
B) See Table 13.2 for definitions and examples of each defense mechanism.

DIF: Difficult REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts

OBJ: 13.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication
MSC: Applying

8. Adrienne is stubborn and highly regulating. Everything has to be just the way she likes it or she is not happy.

A) How would the psychodynamic approach explain her personality?

B) How would a Big Five trait theorist explain her personality?

ANS:

Suggested answer:

A) According to the psychodynamic approach, Adrienne would be thought to have an anal-retentive personality, resulting from a fixation at the anal phase of psychosexual development. This fixation might have come from overly strict toilet training or excessively rule-based child rearing.

B) A Big Five trait theorist would say that Adrienne is low on openness to experience (arguments could also be made for low on agreeableness and/or high on neuroticism).

DIF: Moderate

REF: 13.5 Psychodynamic Theory Emphasizes Unconscious Conflicts | 13.8 Trait Approaches Describe Characteristics

OBJ: 13.5b | 13.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

9. A) Describe the humanistic approach to personality.

B) How can parents use this approach with their children?

ANS:

Suggested answer:

A) The humanistic approach to personality is based on our tendency to fulfill our potential through personal growth. It emphasizes the unique goodness in a person, his or her own growth, and self-understanding, which all influence personality through self-actualization.

B) Parents can use this approach in how they show affection for their children and by influencing personality development. Rogers believed that most parents provide love and support that is conditional. That is, the parents love their children on the condition that the children do what the parents want them to do and live up to the parents' standards. This condition creates a discrepancy between a child's self and how his or her parents evaluate him or her. In turn, this discrepancy leads to development of a personality based on conditions of worth. Parents who do not approve of their children's behavior may withhold their love. As a result, children quickly abandon their true feelings, dreams, and desires. They accept only those parts of themselves that elicit parental love and support. Thus, people lose touch with their true selves in their pursuit of getting approval from others. To prevent conditions of worth, Rogers encouraged parents to accept and prize their children no matter how the children behave or how close they come to meeting parents' expectations. This approach allows for consistency between a child's self and how his or her parents evaluate him or her. Such consistency leads to development of a personality based on unconditional positive regard.

DIF: Moderate REF: 13.6 Humanistic Approaches Emphasize Goodness in People

OBJ: 13.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

10. A) Describe the reticular activating system (RAS) and its function.

B) How does RAS explain extraversion/introversion?

ANS:

Suggested answer:

A) The reticular activating system is a brain structure that affects alertness and manages the degree of arousal. It also is involved in inducing and terminating the different stages of sleep.

B) Eysenck proposed that extraversion/introversion is due to different activation levels in the RAS. Every person has an optimal level of arousal at which he or she functions best. Extraverts are chronically under-aroused compared to their optimal level of arousal and thus often seek out activities to increase their arousal. Introverts are chronically overaroused compared to their optimal level of arousal and thus do not want to seek out additional arousal.

DIF: Moderate REF: 13.9 Personality Has a Biological Basis

OBJ: 13.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

11. A) Describe the research findings on twin and adoption studies looking at personality.

B) What do these findings tell us about how genetics influence personality?

ANS:

Suggested answer:

A) Research with identical twins provides insight into the role of genetics in personality. Numerous studies have shown that identical twins are more similar than nonidentical twins in personality traits described by the five-factor theory. Twins raised apart are often as similar as, or even more similar than, twins raised together. Identical twins become more alike as they grow older. Siblings and fraternal twins do not become more alike. Two children who are not biologically related but raised as siblings in the same household tend to be no more alike in personality than any two strangers randomly pulled off the street. Also, the personalities of adopted children bear no significant relationship to those of their adoptive parents.

B) This evidence suggests that parenting style has much less impact than has long been assumed and that similarities in personality between biological siblings and between children and their biological parents seem to have some genetic component.

DIF: Moderate REF: 13.10 Personality Is Influenced by Genes

OBJ: 13.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

12. Little Elijah is full of energy and never sits still. He loves playing with his friends and going on adventures. Luckily, he rarely gets frightened and never cries when he is exploring with friends.

- A) Describe the three aspects of temperament.
- B) Decide whether Elijah is high or low on each aspect of temperament.
- C) What are some long-term implications of temperament?

ANS:

Suggested answer:

- A) The three aspects of temperament are (1) activity level: the overall amount of energy and behavior we exhibit; (2) emotionality: the intensity of emotional reactions; and (3) sociability: the general tendency to affiliate with others.
- B) Elijah would be considered high in activity level, low on emotionality, and high on sociability.
- C) Early temperament appears to influence behavior and personality significantly throughout a person's development. Studies show that those who were classified as well adjusted at three years old were less likely at age 21 to abuse alcohol or show antisocial disorders than children whose temperaments were classified as undercontrolled at age three. Additionally, inhibited children were much more likely, as adults, to be anxious, become depressed, be unemployed, have less social support, and attempt suicide. Research has also shown that children as young as six weeks old who show behavior and reactions such as being easily startled are likely to be shy.

DIF: Moderate REF: 13.11 Temperament Is Innate OBJ: 13.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

13. A) Describe what a projective measure is and provide an example.
B) What approach to personality would be most likely to use this type of measure?
C) What is a weakness of this type of measure?

ANS:

Suggested answer:

- A) A projective measure explores the unconscious by having people describe or tell stories about stimulus items that are ambiguous. An example of a projective measure could include the Rorschach inkblot test or the Thematic Apperception Test (TAT).
- B) This process reveals hidden aspects of personality, such as motives, wishes, and unconscious conflicts, so it is most likely to be used by psychodynamic approaches to personality.
- C) A weakness of these measures is that they can be too subjective and insufficiently validated.

DIF: Moderate REF: 13.13 Several Methods Are Used to Assess Personality

OBJ: 13.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

14. A) Explain the person/situation debate in personality.
B) How does this debate relate to weak and strong situations?

ANS:

Suggested answer:

- A) The person/situation debate in personality refers to the discussion in response to Michel's claim that behaviors are determined more by situations than by personality traits (situationism). Personality psychologists believe that personality is relatively stable across situations and circumstances.
- B) Researchers now believe there is an interaction between personality and situation (interactionists), and that strong situations (e.g., elevators, religious services, job interviews) tend to mask differences in personality, thanks to the power of the social environment. However, weak situations (e.g., parks, bars, one's house) tend to reveal differences in personality.

DIF: Moderate REF: 13.14 Behavior Is Influenced by Personality and Situation

OBJ: 13.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

15. A) What did researchers find when they examined the five-factor theory personality traits in different cultures/countries?
B) What did researchers find when they looked for gender differences in the five-factor theory personality traits?

ANS:

Suggested answer:

- A) Research found that the five-factor theory personality traits were apparent in all 56 countries. But there were modest differences across countries: East Asians rated themselves comparatively lower than other respondents on extraversion, agreeableness, and conscientiousness, and higher on neuroticism. Respondents in Africa rated themselves as more agreeable, more conscientious, and less neurotic. However, these ratings might have reflected differences in cultural norms for saying good and bad things about oneself.
- B) For gender, women and men are more similar than different in terms of personality, but the differences largely support the stereotypes. Women typically report and are rated as being more empathic and agreeable than men, but also somewhat more neurotic and concerned about feelings. By contrast, men tend to report and are rated as being more assertive.

DIF: Moderate

REF: 13.15 Assessment Can Reveal Cultural and Gender Differences in Personality

OBJ: 13.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Understanding

CHAPTER 14 PSYCHOLOGICAL DISORDERS

LEARNING OBJECTIVES

- 14.1 Disorders Interfere with Our Lives
 - 14.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.1b. Apply psychopathology by considering whether the criterion “interferes with life” applies to the thoughts, emotions, or behaviors of either a person you know or a person depicted in a movie or TV show.
- 14.2 There Are Two General Ways to View the Causes of Disorders
 - 14.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.2b. Apply the diathesis-stress model to psychopathology by describing how Amanda Todd’s anxiety and depression might be explained by the diathesis-stress model.
- 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized
 - 14.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.3b. Understand the classification systems for psychological disorders by summarizing how the *DSM-5* classification system is similar to and different from the dimensional approach to psychological disorders.
- 14.4 Anxiety Disorders Make People Fearful and Tense
 - 14.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.4b. Apply anxiety disorders by describing five imaginary people who show the symptoms of the five anxiety disorders.
- 14.5 Some Disorders Have Unwanted and Intrusive Thoughts that Increase Anxiety
 - 14.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.5b. Analyze the symptoms of obsessive-compulsive disorder (OCD) by differentiating between obsessions and compulsions.
 - 14.5c. Understand posttraumatic stress disorder (PTSD) by explaining how a traumatic event can lead to persistent and unwanted thoughts about the trauma.
- 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood
 - 14.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.6b. Understand depressive disorders by distinguishing between the symptoms of major depressive disorder and persistent depressive disorder.
- 14.7 Many Factors Influence the Development of Depressive Disorder
 - 14.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.7b. Understand what causes depressive disorders by describing the three aspects of the cognitive triad that contribute to their development.
- 14.8 Bipolar Disorders Involve Mania
 - 14.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.8b. Understand bipolar disorders by describing the similarities and differences between bipolar I disorder and bipolar II disorder.
- 14.9 Schizophrenia Involves a Disconnection from Reality
 - 14.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.9b. Understand schizophrenia by naming and explaining each of the five symptoms.
 - 14.9c. Understand the six types of delusions by naming each one and describing the symptoms of each type of delusion.
- 14.10 Schizophrenia Is Caused by Biological and Environmental Factors
 - 14.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.10b. Understand the factors that influence the onset of schizophrenia by summarizing in your own words how genetic and environmental factors interact in the development of schizophrenia.
- 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World
 - 14.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 14.11b. Apply the three clusters of personality disorders by describing how one imaginary person would display the characteristics of a personality disorder from Cluster A, another person would display them from a disorder in Cluster B, and a third person would display them from a disorder in Cluster C.
 - 14.11c. Understand borderline personality disorder and antisocial personality disorder by explaining the similarities and differences between them.

14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

14.12a. Understand all bold and italic terms by writing explanations of them in your own words.

14.12b. Analyze the dissociative disorders by comparing the similarities and differences in dissociative amnesia, dissociative fugue, and dissociative identity disorder.

14.13 Children May Experience Neurodevelopmental Disorders

14.13a. Understand all bold and italic terms by writing explanations of them in your own words.

14.13b. Apply the characteristics of one of the neurodevelopmental disorders by naming one of the six neurodevelopmental disorders and describing a real or imaginary child who shows the symptoms of that disorder.

14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

14.14a. Understand all bold and italic terms by writing explanations of them in your own words.

14.14b. Analyze the severity of autism spectrum disorder by differentiating the symptoms of the severe form from those of the mild form (Asperger's syndrome).

14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder

14.15a. Understand all bold and italic terms by writing explanations of them in your own words.

14.15b. Apply the symptoms of attention-deficit/hyperactivity disorder (ADHD) by providing a description of a real or imaginary child who shows the symptoms of ADHD.

MULTIPLE CHOICE

1. Peter is a clinical psychologist. When determining whether a client's behavior shows psychopathology, he should use all of the following criteria EXCEPT whether the
 - a. behavior is maladaptive.
 - b. client recognizes that he or she has a disorder.
 - c. behavior deviates from cultural norms.
 - d. person is experiencing distress.

ANS: B DIF: Easy REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

2. Dr. Clarkson is treating a client with obsessive-compulsive disorder (OCD). He learns that the client's parents divorced and she has never felt loved because her father left the family. By looking for the issues that led to the development of her OCD, Dr. Clarkson is
 - a. making a diagnosis.
 - b. attempting to assess function.
 - c. attempting to determine etiology.
 - d. making a prognosis.

ANS: C DIF: Moderate REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

3. Arianna refuses to eat, has stopped bathing, has quit going to work and paying bills, and no longer talks to people. Should Arianna be diagnosed with a mental disorder?
 - a. No, her behavior may be odd, but it is adaptive for her.
 - b. No, but her behavior differs from the norms of her culture.
 - c. Yes, her behavior is clearly causing her personal distress.
 - d. Yes, her behavior is maladaptive.

ANS: D DIF: Moderate REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

4. Zarina is talking to spirits that no one else can see. She sometimes "channels" the spirits so they can talk with living people. Based on this information, Zarina
 - a. should be diagnosed with schizophrenia.
 - b. definitely has a mental health disorder.
 - c. may be acting normally, depending on her cultural background and beliefs.
 - d. is showing behavior that is personally distressing and maladaptive.

ANS: C DIF: Difficult REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World

MSC: Applying

5. Mellie has not been out of the house in three weeks because she is afraid that people are following her and planning on hurting her, which makes her very worried. Mellie's neighbors are worried about her. Which of the following statements does NOT characterize Mellie's experience?
- Her behavior may be adaptive.
 - Her behavior is upsetting to others.
 - Her behavior deviates from social norms.
 - Her behavior is personally distressing.

ANS: A DIF: Easy REF: 14.1 Disorders Interfere with Our Lives
 OBJ: 14.1b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

6. Carlson notices that a friend is acting different than usual and the friend does not seem to realize that her behavior is odd. This concerns Carlson that her friend may be experiencing
- psychopathology.
 - diathesis-stress.
 - etiology.
 - prognosis.

ANS: A DIF: Moderate REF: 14.1 Disorders Interfere with Our Lives
 OBJ: 14.1b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

7. When Marcus rides the elevator at work, he always stands facing the back of the elevator car. Although this goes against standard social practice and makes his coworkers uncomfortable, it is more likely to be psychopathology if it is
- impairing good daily functioning.
 - odd, but not maladaptive.
 - caused by a stressor.
 - acceptable in different cultures.

ANS: A DIF: Moderate REF: 14.1 Disorders Interfere with Our Lives
 OBJ: 14.1b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

8. Willie is on the bus with his classmates. Who is most likely to be diagnosed with psychopathology based on the criteria that his or her behavior impairs good daily functioning?
- Jemima, who plays loud music on her cell phone even though it is against the rules
 - Marvin, who gets sad if he cannot sit behind the bus driver
 - Elizabeth, who must walk up and down the bus steps 10 times before getting on
 - Bruce, who prefers to look out the window instead of talking to his seatmate

ANS: C DIF: Difficult REF: 14.1 Disorders Interfere with Our Lives
 OBJ: 14.1b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

9. According to the diathesis-stress model, mental disorders are caused by both _____ and stress.
- a predisposition to mental illness
 - unconscious conflicts
 - sociocultural factors
 - abnormal thought processes

ANS: A DIF: Easy
 REF: 14.2 There Are Two General Ways to View the Causes of Disorders
 OBJ: 14.2a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Remembering

10. Many psychologists have noticed that certain mental disorders are more common among people living in lower socioeconomic groups. The approach to psychopathology that best accounts for this observation is the
- general adaptation syndrome.
 - criteria in *DSM-5*.
 - dimensional approach.
 - biopsychosocial approach.

ANS: D DIF: Moderate
 REF: 14.2 There Are Two General Ways to View the Causes of Disorders
 OBJ: 14.2a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

11. When studying psychological disorders, Ernesto learns that the diathesis-stress model suggests that
- certain biological or environmental factors make us vulnerable to mental illness, but do not directly cause it.
 - people with a genetic propensity for a disorder will always develop it.
 - mental disorders are common in families experiencing a high level of stress.
 - an individual's ability to cope with stress is the best predictor of mental disorders.

ANS: A DIF: Moderate
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

12. According to the biopsychosocial model, which of the following is a psychological factor that could influence the development of a mental disorder?
- a. imbalances in neurotransmitters
 - b. abnormal thoughts
 - c. living in poverty
 - d. getting divorced

ANS: B DIF: Easy
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2a | 14.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

13. Dianne is convinced she has developed an anxiety disorder because she has an underlying biological condition that was brought out by living in a stressful environment. Dianne's belief about how she developed psychopathology is most consistent with
- a. a biopsychosocial approach.
 - b. a dimensional approach.
 - c. comorbidity.
 - d. the diathesis-stress model.

ANS: D DIF: Easy
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2a | 14.2b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

14. Women experience eating disorders more often than men. This fact is evidence for the idea that _____ factors can influence psychopathology.
- a. cognitive
 - b. dimensional
 - c. comorbidity
 - d. biological

ANS: D DIF: Moderate
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2a | 14.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Understanding

15. Because there are several factors in addition to vulnerability and stress that can lead to psychological disorders, many psychologists today rely on
- a. a biopsychosocial approach.
 - b. criteria in *DSM-5*.
 - c. the diathesis-stress model.
 - d. a dimensional approach.

ANS: C DIF: Moderate
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2a | 14.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

16. Dr. Janus is seeing a client diagnosed with depression who experienced trauma as a child. Dr. Janus believes this trauma predisposed the client to overreact to life's difficult circumstances. As a result, her recent breakup resulted in a depressed state. Dr. Janus's perspective on his client's problems seems to be most consistent with the
- a. biopsychosocial approach.
 - b. criteria in *DSM-5*.
 - c. diathesis-stress model.
 - d. dimensional approach.

ANS: C DIF: Moderate
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

17. Family relationships, personality, and genetic factors that might contribute to psychological disorders would be elements that psychologists who follow _____ would consider.
- a. a biopsychosocial approach
 - b. criteria in *DSM-5*
 - c. the diathesis-stress model
 - d. a dimensional approach

ANS: C DIF: Moderate
REF: 14.2 There Are Two General Ways to View the Causes of Disorders
OBJ: 14.2b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

18. According to the diathesis-stress model, and based solely on the information provided, which person is most likely to experience a depressed state?
- Jane, who experienced neglect as a child and has low levels of stress at work
 - Jaleesa, who had a pleasant childhood but now has high levels of stress at work
 - Janice, who has a family history of mental illness and was recently laid off from her job
 - Jennifer, who has no family history of mental illness and was recently laid off from her job

ANS: C DIF: Moderate

REF: 14.2 There Are Two General Ways to View the Causes of Disorders

OBJ: 14.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

19. Germaine has a nervous personality. This semester, he is enrolled in 18 credit hours while also studying for his medical school exam. Although he never had them before, Germaine starts having panic attacks during exams. In this situation, the diathesis is _____, and the stressor is _____.
- the medical school exam; his personality
 - his personality; the medical school exam
 - the first panic attack; his course load
 - his course load; the first panic attack

ANS: B DIF: Moderate

REF: 14.2 There Are Two General Ways to View the Causes of Disorders

OBJ: 14.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

20. After meeting with Ramie for several sessions, Dr. Morris discusses her prognosis. Dr. Morris is most likely talking about
- how Ramie's mental disorder is defined.
 - the likely cause of Ramie's disorder.
 - whether he has correctly diagnosed Ramie's disorder.
 - the future course and probable outcome of Ramie's disorder.

ANS: D DIF: Easy

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

21. Emil Kraepelin is well known in the field of psychology because he noticed that not all people with psychopathology were experiencing the same disorder. Further, he could identify different types of psychopathology by grouping clients' symptoms. Because of this classification system, Kraepelin's work is the basis for the
- study of the etiology of mental disorders.
 - biopsychosocial approach.
 - Diagnostic and Statistical Manual of Mental Disorders*.
 - diathesis-stress model.

ANS: C DIF: Moderate

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

22. Dr. Leung gives all of her clients a questionnaire about sleeping and eating habits, daily activities, and emotional states. Based on this information, Dr. Leung can determine whether depressive symptoms are present. Dr. Leung is using _____ to assess psychopathology.
- self-reports
 - DSM-5*
 - psychological testing
 - observations

ANS: A DIF: Easy

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

23. What are the four methods mentioned in your text for assessing psychological problems?
- physiological tests, parent/spouse/other-report, psychological testing, and observation
 - interview, self-report, observation, and psychological testing
 - brain scan imaging, interview, physiological tests, and self-report
 - behavioral assessment, interview, physiological tests, brain scan imaging

ANS: B DIF: Difficult

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

24. When a person experiences two or more disorders at the same time it is called

a. the dimensional approach. c. diathesis-stress.
b. bimodal distribution. d. comorbidity.

ANS: D DIF: Easy

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

25. Dr. Arrigan treats many clients with schizophrenia. Some of them function very well and are able to hold jobs and maintain social relationships. Others are mostly confined to their houses and rely on the care of others. Which approach to diagnosing mental disorders allows Dr. Arrigan to classify all of these clients as having schizophrenia based on the different degree of severity of their symptoms?

a. the diathesis-stress model c. the dimensional approach
b. the biopsychosocial approach d. the psychological testing approach

ANS: C DIF: Moderate

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3a | 14.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

26. The current edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* describes disorders in terms of

a. historical significance. c. observable symptoms.
b. treatment outcomes. d. prevalence in the population.

ANS: C DIF: Easy

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

27. Jonah experiences nearly constant anxiety that is not associated with a specific thing. Jonah is most likely to be diagnosed with

a. panic disorder. c. agoraphobia.
b. obsessive-compulsive disorder. d. generalized anxiety disorder.

ANS: D DIF: Easy

REF: 14.4 Anxiety Disorders Make People Fearful and Tense

OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

28. Because Simone works with clients who have anxiety disorders, she knows that the key characteristic of this group of mental disorder is

a. changing moods that are not related to events in the environment.
b. disorganized thoughts and high physical activation.
c. feelings of increasing nervousness in the absence of threat.
d. ongoing problems with interpersonal relationships.

ANS: C DIF: Moderate

REF: 14.4 Anxiety Disorders Make People Fearful and Tense

OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

29. Lisa has a normal response to stress when she is worried about losing her job. Lisa's reaction may become an anxiety disorder if it

a. is paired with under-arousal of her autonomic nervous system.
b. lasts for more than a few weeks.
c. is excessive in the absence of a true threat.
d. goes undiagnosed.

ANS: C DIF: Moderate

REF: 14.4 Anxiety Disorders Make People Fearful and Tense

OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

30. Johann and Elias are participants in a research study. One task involves reading an ambiguous story, which participants can interpret in different ways. Johann interprets the story as threatening. Elias, however, interprets the story as comical. What conclusions can you draw about Johann and Elias?
- Johann is more likely than Elias to experience excessive anxiety.
 - Elias tends to disregard others' feelings, whereas Johann is highly sensitive to others' feelings.
 - Johann and Elias are likely to have different disorders of emotion.
 - Elias probably experiences mood dysfunction, but Johann does not.

ANS: A DIF: Difficult

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

31. Research has found that a consequence of experiencing persistent panic attacks is a(n)
- increased risk of suicide.
 - decrease in having other anxiety disorders.
 - decrease in amygdala functioning.
 - increased risk of developing a disorder of thought.

ANS: A DIF: Moderate

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

32. Which of the following two disorders are most similar in that they always involve worry over a certain situation or object?
- phobias and generalized anxiety disorder
 - generalized anxiety disorder and posttraumatic stress disorder
 - panic attacks and social anxiety disorder
 - social anxiety disorder and specific phobias

ANS: D DIF: Difficult

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

33. Dr. Vissage accurately describes the relationship between panic attacks and agoraphobia in which of the following statements?
- Having panic attacks has little to do with the development of agoraphobia.
 - Agoraphobia rarely occurs without panic attacks.
 - Panic attacks and agoraphobia have different biological causes.
 - Both panic attacks and agoraphobia result from having specific phobias in childhood.

ANS: B DIF: Difficult

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

34. Gloria sometimes finds herself experiencing episodes of sudden overpowering terror and worry that come out of nowhere and make her short of breath. Based on this, Gloria might be diagnosed with
- generalized anxiety disorder.
 - agoraphobia.
 - panic disorder.
 - posttraumatic stress disorder.

ANS: C DIF: Easy

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a | 14.4b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

35. Lillian is experiencing an anxiety disorder in which she is afraid of not being able to escape what she perceives to be a threatening situation. Based on this, Lillian is most likely to be diagnosed with
- a specific phobia.
 - agoraphobia.
 - generalized anxiety disorder.
 - social phobia.

ANS: B DIF: Moderate

REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a | 14.4b

NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

36. Jared had to quit his job because while he was at work, he constantly worried about a wide variety of things, including what his wife and children were doing at home. In addition, he is easily distracted, often irritable, and sleep deprived. Jared is most likely to be diagnosed with
- posttraumatic stress disorder.
 - agoraphobia.
 - generalized anxiety disorder.
 - panic attacks.

ANS: C DIF: Moderate
REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a | 14.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

37. A woman is sitting on a bench. She is sweating profusely, is short of breath, has numbness in her feet and hands, and feels as though she is dying. The woman is most likely experiencing
- generalized anxiety disorder.
 - a panic attack.
 - obsessive-compulsive disorder.
 - a specific phobia.

ANS: B DIF: Moderate
REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4a | 14.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Applying

38. Stephanie has social phobia. The more social fears she has, the more likely she is to
- respond poorly to treatment.
 - develop depression.
 - develop a specific phobia.
 - avoid drugs and alcohol.

ANS: B DIF: Moderate
REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

39. Nicole frequently has panic attacks. She knows that she is having an attack when she experiences all of the following EXCEPT
- sweating.
 - feelings of going crazy or dying.
 - a fast heart rate.
 - chest pain lasting for hours.

ANS: D DIF: Difficult
REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4b
NAT: APA Goal 1, Knowledge Base in Psychology MSC: Remembering

40. The psychological disorder that is probably LEAST disruptive to daily life is _____ because _____.
- panic disorder; one's daily life is only minimally affected
 - generalized anxiety disorder; the fearful feelings are usually mild and last only a short time
 - a specific phobia; the feared object or situation can often be avoided
 - obsessive-compulsive disorder; this disorder involves thoughts that are often easy to ignore

ANS: C DIF: Difficult
REF: 14.4 Anxiety Disorders Make People Fearful and Tense OBJ: 14.4b
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Analyzing

41. Research has found that the cause of obsessive-compulsive disorder may be linked to all of the following EXCEPT
- genetics.
 - classical conditioning.
 - operant conditioning.
 - observational learning.

ANS: D DIF: Moderate
REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety
OBJ: 14.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

42. When Valerie leaves her house, she experiences unwelcome thoughts that make her nervous, so she engages in repetitive behaviors that make her feel calmer so she can get into her car. Based on this, Valerie is most likely to be diagnosed with
- obsessive-compulsive disorder.
 - generalized anxiety disorder.
 - social phobia.
 - panic attacks.

ANS: A DIF: Easy
REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety
OBJ: 14.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

43. Obsessive-compulsive disorder and generalized anxiety disorder are both characterized by
- compulsive behaviors.
 - overarousal of the parasympathetic nervous system.
 - damage to the prefrontal cortex.
 - fear in the absence of real danger.

ANS: D DIF: Moderate
REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety
OBJ: 14.5a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

44. Fernando cannot stop worrying that a thief is going to break into his apartment, so he keeps checking the doors to make sure they are locked. Fernando's worrisome thoughts about a break-in are a(n) _____. The fact that Fernando checks the locks over and over is a(n) _____.
- a. compulsion; obsession
 - b. obsession; compulsion
 - c. phobia; ritual
 - d. ritual; phobia

ANS: B DIF: Moderate

REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety

OBJ: 14.5a | 14.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

45. Malcolm worries that shaking hands with strangers will infect him with germs. Therefore, he washes his hands after every time he meets someone new. Malcolm is displaying signs of
- a. panic attacks.
 - b. social phobia.
 - c. obsessive-compulsive disorder.
 - d. agoraphobia.

ANS: C DIF: Moderate

REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety

OBJ: 14.5a | 14.5b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

46. Tommy has obsessions about cleanliness and is a compulsive handwasher. Which of the following pieces of evidence would support the view that his obsessive-compulsive disorder is related to operant conditioning?
- a. Although his parents have punished Tommy many times for handwashing, he continues to engage in the behavior.
 - b. Tommy sees his brother engage in compulsive handwashing, so he also engages in the behavior.
 - c. Tommy experiences a large reduction in anxiety whenever he washes his hands, so he continues the behavior whenever he becomes anxious.
 - d. Tommy read a sign saying that handwashing helps prevent illness.

ANS: C DIF: Difficult

REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety

OBJ: 14.5a | 14.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

47. Sarah is a practicing clinical psychologist. She should expect to see
- a. roughly equal numbers of clients with bipolar disorder and clients with depression.
 - b. many more clients with depression than clients with bipolar disorder.
 - c. more females than males with bipolar disorder.
 - d. more males than females with depression.

ANS: B DIF: Moderate

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

48. Depression is sometimes referred to as "the common cold of psychological disorders" because
- a. it is the most prevalent psychological disorder, affecting millions of people.
 - b. it is easily transmitted from person to person, like the common cold.
 - c. there is no effective treatment for it.
 - d. even if a person gets over it, he or she can expect to get it again.

ANS: A DIF: Easy

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

49. Nearly everyone sometimes experiences periods of sadness or of feeling down or depressed. However, these feelings, although common, are not likely to be diagnosed as depression by psychologists. This is because
- a. periods of sadness must also include a component of anxiety or worry to qualify for a diagnosis of depression.
 - b. only lasting episodes of depressed mood that interfere with a person's life and cause significant distress would require a diagnosis and treatment of depression.
 - c. psychologists do not diagnose or treat depression; the diagnosis can only be made by a medical doctor.

- d. people who suffer from “the blues” often don’t realize that they are depressed and so they don’t seek treatment.

ANS: B DIF: Difficult

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

50. The two types of depressive disorders are
- major depressive disorder and anxiety.
 - persistent depressive disorder and mania.
 - major and persistent depressive disorders.
 - persistent and dysthymic depressive disorders.

ANS: C DIF: Easy

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

51. Some people experience significant depressive symptoms only during the winter months, a disorder informally called
- winter blues syndrome (WBS).
 - affective personality disorder (APD).
 - cyclical depressive pattern (CDP).
 - seasonal affective disorder (SAD).

ANS: D DIF: Easy

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

52. A mood disorder characterized by mildly or moderately depressed moods that persists for two years or more is called
- persistent depressive disorder.
 - ordinary periodic sadness.
 - major depressive disorder.
 - seasonal affective disorder (SAD).

ANS: A DIF: Easy

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood

OBJ: 14.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

53. Individuals diagnosed with depression tend to attribute negative outcomes to _____ and positive outcomes to _____.
- others; themselves
 - personal shortcomings; luck
 - chance; chance
 - errors in logic; their unconscious selves

ANS: B DIF: Moderate

REF: 14.7 Many Factors Influence the Development of Depressive Disorders

OBJ: 14.7a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

54. You are worried because you have been feeling very down lately. Which of the following would most likely DECREASE your risk of developing major depressive disorder?
- damaging your left prefrontal cortex
 - attributing positive events in your life to your own hard work
 - entering REM sleep more often and staying in REM sleep longer
 - feeling that you are not capable of changing your life’s course

ANS: B DIF: Difficult

REF: 14.7 Many Factors Influence the Development of Depressive Disorders

OBJ: 14.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
Understanding

MSC:

55. According to the learned helplessness model of depression, some people with depression
- think they have no control over the outcomes of events they experience.
 - attribute outcomes to situational factors that are specific and temporary.
 - explain negative events as a result of their own negative personality traits.
 - make errors in logic when explaining outcomes they have experienced.

ANS: A DIF: Moderate

REF: 14.7 Many Factors Influence the Development of Depressive Disorders

OBJ: 14.7a | 14.7b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

56. Women in developing countries, such as India, Brazil, and Chile, experience more _____ than women in developed countries.
- mania
 - obsessive-compulsive disorder
 - specific phobias
 - depression

ANS: D DIF: Easy

REF: 14.7 Many Factors Influence the Development of Depressive Disorders

OBJ: 14.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

57. According to Aaron Beck, a person who is experiencing depression is most likely to have which of the following thoughts after failing an exam?
- "I did not have enough time to study; I will do better next time."
 - "Oh well, it was a hard test. Most of the class probably did poorly, too."
 - "This professor is out to get me."
 - "I am so stupid. There is no way I can pass this course."

ANS: D DIF: Difficult

REF: 14.7 Many Factors Influence the Development of Depressive Disorders

OBJ: 14.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

58. Lithium has been demonstrated to be effective in the treatment of _____ disorders. However, clients frequently refuse to take this drug because it _____.
- bipolar; reduces their positive feelings
 - depressive; increases their appetite for food
 - bipolar; decreases their sexual motivation
 - depressive; decreases the length of depressive episodes but makes them more severe

ANS: A DIF: Moderate REF: 14.8 Bipolar Disorders Involve Mania

OBJ: 14.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

59. In some cases, the mania in bipolar I is so severe it results in psychosis, which is
- intense anxiety.
 - a personality disorder.
 - a comorbid disorder.
 - a failure to recognize reality.

ANS: D DIF: Easy REF: 14.8 Bipolar Disorders Involve Mania

OBJ: 14.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

60. Current genetic research has found that bipolar disorder has a strong and complex genetic component. Perhaps one reason that the genetic component of bipolar disorder is so strong is that
- it is probably linked to more than one gene.
 - the gene that triggers bipolar is inherently recessive.
 - one single gene that is common to many people seems to be responsible.
 - bipolar disorder is more common in the population than depression.

ANS: A DIF: Easy REF: 14.8 Bipolar Disorders Involve Mania

OBJ: 14.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

61. Carrie recently quit her job, packed up her car, and drove to Las Vegas, where she gambled away her entire life savings in 24 hours. Based on this, Carrie may be experiencing
- a manic episode.
 - obsessive-compulsive disorder.

- b. depression. d. a panic attack.

ANS: A DIF: Moderate REF: 14.8 Bipolar Disorders Involve Mania
OBJ: 14.8a | 14.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

62. Mary experiences long periods of time when she feels very depressed. However, she occasionally goes through phases where she is highly focused on her painting and she creates beautiful works that provide a rewarding experience to her. It is most likely that Mary would be diagnosed with _____ disorder.
- a. major depressive c. persistent depressive
b. bipolar II d. bipolar I

ANS: B DIF: Moderate REF: 14.8 Bipolar Disorders Involve Mania
OBJ: 14.8a | 14.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

63. In order to meet the diagnostic criteria of the *DSM-5*, people with bipolar I disorder must experience
- a. either mania or a major depressive episode.
b. a major depressive episode.
c. both mania and a major depressive episode.
d. mania only.

ANS: C DIF: Moderate REF: 14.8 Bipolar Disorders Involve Mania
OBJ: 14.8b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

64. Which psychological disorder literally means “splitting of the mind” and is characterized by a split between thoughts and emotions?
- a. bipolar disorder c. depressive disorder
b. obsessive-compulsive disorder d. schizophrenia

ANS: D DIF: Easy
REF: 14.9 Schizophrenia Involves a Disconnection from Reality
OBJ: 14.9a NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

65. John was recently diagnosed with schizophrenia. He frequently makes statements that are not logical and contain repeating rhyming words, such as “The train brain rained on me.” In this example, John is displaying
- a. disorganized speech. c. delusions.
b. hallucinations. d. negative symptoms.

ANS: A DIF: Easy
REF: 14.9 Schizophrenia Involves a Disconnection from Reality
OBJ: 14.9a | 14.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

66. Nash believes he is a part of a secret spy organization that sends coded messages to its informants through television commercials. Based on this, Nash is most likely experiencing
- a. hallucinations. c. negative symptoms.
b. delusions. d. disorganized behavior.

ANS: B DIF: Moderate
REF: 14.9 Schizophrenia Involves a Disconnection from Reality
OBJ: 14.9a | 14.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

67. Phoenix hears voices in his head that tell him to punch holes in the walls of his room. Because Phoenix perceives the voices without an external auditory stimulus, he is experiencing
- a. a delusion. c. apathy.
b. a hallucination. d. loosening of associations.

ANS: B DIF: Moderate
REF: 14.9 Schizophrenia Involves a Disconnection from Reality
OBJ: 14.9a | 14.9b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Remembering

68. In clients with schizophrenia, men are more likely than women to experience
- a. positive symptoms. c. delusions.
b. disorganized behavior. d. negative symptoms.

ANS: D DIF: Moderate
REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

69. Dwight is very apathetic toward others. He does not show much outward emotion, his speech is slow, and he speaks in a monotone. If Dwight has been diagnosed with schizophrenia, then what he is displaying are _____ symptoms.
- positive
 - disorganized
 - negative
 - delusional

ANS: C DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

70. Klaus has schizophrenia and believes that the ketchup dispenser at McDonalds sends him messages every Tuesday. Klaus's belief about this object being particularly special to him is an example of which type of delusion?
- control
 - referential
 - grandiose
 - identity

ANS: B DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

71. Simon is certain that every time he unlocks his front door, he is actually being tricked into opening up his mind to allow aliens to spy on his thoughts. Simon is most likely experiencing which type of delusion?
- control
 - referential
 - guilt
 - persecution

ANS: D DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

72. Carmen believes that she has the amazing power to control the thoughts of her classmates and make them do what she wants. Mandy believes that all her classmates are trying to manipulate her thoughts. Carmen is experiencing _____ delusions, while Mandy is experiencing _____ delusions.
- grandiose; control
 - control; grandiose
 - persecution; control
 - grandiose; persecution

ANS: A DIF: Difficult

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

73. Dr. Clark is treating clients with schizophrenia who have disorganized speech. She notices that their speech
- is similar to that of people with depressive disorders.
 - is always very simple, like that of a child.
 - shifts rapidly between topics with no obvious logic.
 - is delayed in its development by several years.

ANS: C DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

74. A woman says the following illogical sentences: "The eagle takes flight at three o'clock and flies here from General Electric. I get my check from the eagle; he goes from the mailbox to make a payment. He is a secret spy for my husband and makes a shotgun sound." Based on what she says, this woman is most likely experiencing _____ and is displaying a _____ symptom.
- schizophrenia; negative
 - bipolar I; negative
 - schizophrenia; positive
 - bipolar I; positive

ANS: C DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

75. Caroline acts strangely and it interferes with her life. She uses an old grocery cart to collect trash from the street. She wears multiple layers of clothing even when it is hot outside. She frequently seems to be talking to someone, though no one is nearby. Caroline is most likely

- a. experiencing severe bipolar disorder.
- b. going to be diagnosed with antisocial personality disorder.
- c. showing both obsessions and compulsions.
- d. displaying the disorganized behavior that is associated with schizophrenia.

ANS: D DIF: Moderate

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

76. Dr. Black is interviewing a client. The client displays only the following symptoms: he rarely responds to the doctor's questions, shows no emotions, and does not make eye contact. Is Dr. Black able to make a diagnosis of schizophrenia?
- a. Yes, because he is displaying negative symptoms.
 - b. No, because he is not displaying any hallucinations.
 - c. Yes, because he is displaying at least two of the five major symptoms.
 - d. No, because he is only displaying one of the five major symptoms.

ANS: D DIF: Difficult

REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

77. Research has shown that schizophrenia is influenced by biological factors. Specifically, brain-imaging studies have shown that in people with schizophrenia
- a. the brain's ventricles become smaller over time.
 - b. the frontal and occipital lobes show a dramatic increase in activity.
 - c. the amount of overall brain tissue is reduced.
 - d. both the amygdala and the hippocampus are not very active.

ANS: C DIF: Moderate

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

78. Which of the following conditions would place you at the greatest risk of developing schizophrenia during your lifetime?
- a. Both of your parents have the disorder.
 - b. Your fraternal twin has the disorder.
 - c. Your spouse has the disorder.
 - d. There are generally higher rates of schizophrenia in your culture.

ANS: A DIF: Moderate

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

79. One of your roommates comes from a small rural town and the other is from a large city. Does this factor affect their probability of experiencing a schizophrenic episode?
- a. No, genetic factors override environmental factors in schizophrenia.
 - b. Maybe, depending on how stressful each person's environment is.
 - c. Yes, the person from the urban area may be at higher risk for developing schizophrenia.
 - d. Yes, the person from the rural area may be at higher risk for developing schizophrenia.

ANS: C DIF: Difficult

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

80. Compared with people who do not develop schizophrenia, people who develop schizophrenia
- a. show more negative emotions and motor disturbances as children.
 - b. seek treatment at a younger age.
 - c. are more likely to take their medications.
 - d. tend to be higher functioning intellectually as children.

ANS: A DIF: Moderate

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

81. Which of the following is NOT a factor that is thought to influence schizophrenia?
- a. exposure to viruses
 - b. birth order
 - c. abnormal levels of dopamine
 - d. stressful home life

ANS: B DIF: Moderate

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

82. Ted was diagnosed at age 18 with severe schizophrenia. His functioning has progressively gotten worse since his diagnosis. Compared with people who have more mild cases of schizophrenia, neuroimaging of Ted's brain would likely reveal that he has
- a. enlarged temporal lobes.
 - b. smaller ventricles.
 - c. a reduced amount of brain tissue.
 - d. an underactive dopamine system.

ANS: C DIF: Difficult

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors

OBJ: 14.10b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

83. Lamont thinks his neighbor sends subliminal messages to his brain. In order to prevent these messages, Lamont believes he should not shower or change his clothes every day. Lamont does not meet the criteria for a diagnosis of schizophrenia, but he may be experiencing long-lasting, maladaptive patterns of interacting with the world around him. In this case, Lamont may be diagnosed with
- a. negative symptoms.
 - b. diminished brain ventricles.
 - c. dissociative identity disorder.
 - d. a personality disorder.

ANS: D DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

84. Aaron has been diagnosed with borderline personality disorder. Aaron is most likely experiencing
- a. disturbances in identity, emotional instability, and impulse control.
 - b. low intelligence and a lack of remorse.
 - c. an overly strong sense of self and aggression.
 - d. strong pleasure-seeking tendencies and aggression.

ANS: A DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

85. Kelly is studying for her introductory psychology exam and is struggling to learn the personality disorders. Her roommate helps her by explaining that all of the following disorders are part of the anxious cluster (cluster C) EXCEPT
- a. avoidant.
 - b. paranoid.
 - c. obsessive-compulsive.
 - d. dependent.

ANS: B DIF: Easy

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

86. Rory knows that borderline personality disorder is primarily associated with
- a. a genetic predisposition.
 - b. reduced physical response to anxiety.
 - c. a history of trauma.
 - d. a lack of empathy.

ANS: C DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

87. Dr. Padgett meets a new client who has antisocial personality disorder. The client most likely has
- a. a lack of empathy and remorse.
 - b. an inability to control his or her impulses.
 - c. feelings of inadequacy.

d. detachment from social relationships.

ANS: A DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

88. People who lack empathy for others they hurt, who do dangerous things just for fun, and who tend to seek immediate gratification
- cannot be diagnosed with antisocial personality disorder.
 - can be diagnosed with antisocial personality disorder even if they have not committed crimes.
 - can be diagnosed with antisocial personality disorder if their problems become so serious that they begin committing crimes.
 - can be diagnosed with narcissistic personality disorder but not with antisocial personality disorder.

ANS: B DIF: Difficult

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

89. Sharon has a history of having highly negative emotional reactions when her relationships are disrupted, and she often acts impulsively. Sharon is most likely to be diagnosed with _____ personality disorder.
- dependent
 - borderline
 - antisocial
 - narcissistic

ANS: B DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a | 14.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

90. Everything on Floyd's desk is kept in its exact place. He straightens his things each day and gets very upset when something is not put back in its proper place. He does not like to bring work home with him because it means the paperwork is not properly filed when he gets to work the next morning. Based on this, Floyd is likely to be diagnosed with a personality disorder in the _____ cluster.
- eccentric
 - dramatic
 - dissociative
 - anxious

ANS: D DIF: Difficult

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a | 14.11b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

91. Sherry is distrustful of the government and is suspicious that it has had her apartment bugged to hear what she is doing when she is at home. Sherry's odd behavior is consistent with personality disorders in the eccentric cluster, specifically _____ personality disorder.
- avoidant
 - schizoid
 - histrionic
 - paranoid

ANS: D DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a | 14.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

92. When Billy meets with his therapist, he makes statements showing that he likes to manipulate other people, is a good liar, and always needs immediate gratification. Billy's disregard for social norms and the feelings of others means that his therapist is most likely to diagnose him with _____ personality disorder.
- antisocial
 - borderline
 - narcissistic
 - histrionic

ANS: A DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a | 14.11c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

93. Dr. Pinna is treating Sal, an individual with antisocial personality disorder. Dr. Pinna is unlikely to use punishment as a way to change Sal's behavior because people with antisocial personality disorder
- do not experience punishment as unpleasant.
 - enjoy punishment, so punishment actually acts as a reward.

- c. do not understand that the punishment is connected to their behavior.
- d. have never experienced punishment before so are unlikely to be responsive to it.

ANS: A DIF: Difficult

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11a | 14.11c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

94. Angie often has relationships that are full of tension, and her emotions in these relationships range from extremely loving to angry and depressed. Other people view her as intense and unstable. Under which cluster of personality disorders is Angie's behavior most likely to fall?
- a. antisocial
 - b. eccentric
 - c. dramatic
 - d. anxious

ANS: C DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

95. Mario has always tended to have "love-hate" relationships with people who are close to him and constantly worries about people leaving him. Thus, he smothers them with affection only to feel rejected and disappointed when they back away from this behavior. Mario has threatened to commit suicide several times and most people view him as emotionally unstable. Based on this, Mario might be diagnosed with _____ personality disorder.
- a. narcissistic
 - b. paranoid
 - c. borderline
 - d. obsessive-compulsive

ANS: C DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

96. Which of the following behavioral characteristics would tell you that a friend of yours is experiencing antisocial personality disorder rather than some other personality disorder?
- a. He has a weak sense of self and does not like to be alone.
 - b. He shifts quickly from one mood to another without any obvious reason.
 - c. He is uncaring toward others and focused on pleasure.
 - d. He engages in self-mutilation and is very impulsive.

ANS: C DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

97. Ted, the president of a multimillion-dollar corporation, is charming and intelligent. However, he has an inflated sense of his own power and worth. He recently fired thousands of his employees impulsively and did not feel bad about it at all because he made a lot of money, which is very important to him. Ted is typically very glib and hard-hearted during interpersonal interactions. Ted's wife is convinced that he has _____ traits.
- a. histrionic
 - b. psychopathic
 - c. borderline
 - d. schizoid

ANS: B DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

98. Ralph sometimes experiences disruptions to his identity, memory, and conscious awareness. Because of this he may be diagnosed with _____.
- a. avoidant personality disorder.
 - b. borderline personality disorder.
 - c. a dissociative disorder.
 - d. schizophrenia.

ANS: C DIF: Easy

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

99. Many researchers are skeptical about whether dissociative identity disorder is a genuine psychological disorder. This is because _____.
- a. no real evidence has ever been found for multiple identities in humans.
 - b. therapists using hypnosis may have unintentionally suggested to people that they were experiencing multiple identities.

- c. even if dissociative identities are possible, they never cause the person any distress and so are not disorders.
- d. polygraph (“lie detector”) evidence shows inconsistencies in people who believe that they have dissociative identity disorder.

ANS: B DIF: Difficult

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

100. Miguel woke up one morning in a strange hotel in Detroit. He has no memory of how he got there and cannot remember his name or where he is actually from. Based on this, Miguel is most likely experiencing dissociative
- a. amnesia.
 - b. personality disorder.
 - c. identity disorder.
 - d. fugue.

ANS: D DIF: Moderate

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12a | 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

101. Sally is in jail for assault but she consistently tells the police that she does not remember arguing with her boyfriend or hitting him with her car. In fact, she cannot remember anything that happened over the last two days. If Sally is telling the truth, then she may be experiencing dissociative
- a. amnesia.
 - b. personality disorder.
 - c. identity disorder.
 - d. fugue.

ANS: A DIF: Moderate

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12a | 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

102. Marcy was out of town on a business trip when a tragic house fire claimed the lives of her husband and two children. A year later, Marcy found herself in an unfamiliar kitchen opening mail addressed to someone named Emily. She had no idea where she was or how she got there. Marcy might be experiencing
- a. major depressive disorder.
 - b. dissociative identity disorder.
 - c. dissociative fugue.
 - d. schizophrenia.

ANS: C DIF: Easy

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

103. The main difference between dissociative amnesia and ordinary forgetting is
- a. that dissociative amnesia is often due to ingesting drugs or alcohol.
 - b. that ordinary memory loss is often due to extreme stress.
 - c. These are just different names for the same thing.
 - d. the amount of time or the loss of personal facts.

ANS: D DIF: Easy

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

104. Throughout her childhood, 12-year-old Carmella has experienced problems affecting her emotions and learning ability. It is most likely that Carmella is experiencing a
- a. personality disorder.
 - b. neurodevelopmental disorder.
 - c. disorder of thought.
 - d. disorder of self.

ANS: B DIF: Easy

REF: 14.13 Children May Experience Neurodevelopmental Disorders

OBJ: 14.13a

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

105. Augustine’s first-grade teacher tells his parents that he is “out of control” at school because he frequently interrupts his classmates, does not follow directions, and acts impulsively. Augustine’s parents might be worried he has
- a. obsessive-compulsive disorder.

- b. a personality disorder.
- c. a neurodevelopmental disorder.
- d. dissociative identity disorder.

ANS: C DIF: Moderate
 REF: 14.13 Children May Experience Neurodevelopmental Disorders
 OBJ: 14.13a NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

106. Juan has extreme difficulty using his math skills when compared with other students his age. However, his performance in other subject areas is above average. If Juan has a neurodevelopmental disorder, he is most likely to be diagnosed with a(n)
- a. specific learning disorder.
 - b. autism spectrum disorder.
 - c. intellectual disability.
 - d. communication disorder.

ANS: A DIF: Moderate
 REF: 14.13 Children May Experience Neurodevelopmental Disorders
 OBJ: 14.13a | 14.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Understanding

107. Emily's teacher sees that she is struggling in most subjects, has trouble understanding directions, and has problems with her adaptive functioning. The teacher is concerned that Emily has a(n)
- a. specific learning disorder.
 - b. communication disorder.
 - c. motor disorder.
 - d. intellectual disability.

ANS: D DIF: Moderate
 REF: 14.13 Children May Experience Neurodevelopmental Disorders
 OBJ: 14.13a | 14.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

108. Carl was diagnosed with a communication disorder when he was five. Now in high school, which of the following actions is most likely to be difficult for Carl?
- a. completing a math assignment
 - b. playing a video game online
 - c. discussing homework with a classmate
 - d. getting high grades

ANS: C DIF: Moderate
 REF: 14.13 Children May Experience Neurodevelopmental Disorders
 OBJ: 14.13b NAT: APA Goal 1, Knowledge Base in Psychology
 MSC: Applying

109. Rachel has a disorder that is characterized by difficulties with social interaction and communication. She has trouble understanding other people's mental states and often performs strange hand movements. Rachel most likely
- a. has an autism spectrum disorder.
 - b. is at risk for borderline personality disorder.
 - c. will develop symptoms of depression.
 - d. will meet the criteria for intellectual giftedness.

ANS: A DIF: Difficult
 REF: 14.13 Children May Experience Neurodevelopmental Disorders
 OBJ: 14.13b
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking
 MSC: Applying

110. The most likely reason for the dramatic increase in the diagnosis of autism spectrum disorder is
- a. greater awareness of symptoms and broader application of the diagnosis to a wider array of behaviors.
 - b. chemicals used in the processing and delivery of vaccinations given to children.
 - c. couples having their first child are older now than in past generations.
 - d. lead contamination in municipal water supplies in many locales.

ANS: A DIF: Easy
 REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests
 OBJ: 14.14a
 NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
 MSC: Remembering

111. Alban's daughter has recently been diagnosed with Asperger's syndrome. When trying to explain the diagnosis to his brother, Alban most likely says Asperger's is

- a. a form of autism that involves severe intellectual impairment.
- b. the childhood precursor to autism in adults.
- c. a type of autism in which people have problems with social skills.
- d. the combination of autism with hyperactivity.

ANS: C DIF: Moderate

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14a | 14.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

112. Two-year-old Antonina's parents notice that she rarely says any words and has never really made eye contact with them. She is intensely preoccupied with the buttons and zippers on clothing and pays little attention to anything else. Antonina
- a. could be diagnosed with attention deficit/hyperactivity disorder.
 - b. will be at higher risk for a motor disorder.
 - c. will be at lower risk for intellectual disability.
 - d. could be diagnosed with autism.

ANS: D DIF: Easy

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14a | 14.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

113. Which of the following children would have the most difficult time making an emotional connection with other children?
- a. Tommy, who has attention-deficit/hyperactivity disorder (ADHD)
 - b. Warren, who has a specific learning disorder
 - c. Chad, who has autism
 - d. Corey, who has a motor disorder

ANS: C DIF: Moderate

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14a | 14.14b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

114. Sean's parents noticed that he rarely smiled or made eye contact with them. As Sean got older, his parents were increasingly concerned about his development; although he seemed to have normal intelligence, he didn't seem to understand facial expressions. It is likely that Sean has
- a. major depressive disorder.
 - b. high-functioning autism ("Asperger's syndrome").
 - c. dissociative identity disorder.
 - d. low-functioning autism.

ANS: B DIF: Easy

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

115. Using eye-tracking instruments that are capable of determining where a child's gaze is located while watching a television program, researchers have observed that children with autism
- a. tend to focus on social interactions, avoiding unimportant details on the screen.
 - b. track movements, but only if they are of inanimate objects.
 - c. tend to focus on unimportant details on the screen rather than on social interactions.
 - d. seem unable to track movements on the screen.

ANS: C DIF: Easy

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

116. Although attention-deficit/hyperactivity disorder (ADHD) is commonly diagnosed, the cause of ADHD has been difficult to determine. The main reason for this is that
- a. ADHD lacks a genetic component.
 - b. the brains of people with ADHD develop much faster than those without.
 - c. children with ADHD also typically have other disorders.
 - d. since behavioral profiles vary, it is likely that there is more than one cause.

ANS: C DIF: Difficult

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

117. Which of the following regarding attention-deficit/hyperactivity disorder (ADHD) is true?
- ADHD is a disorder of childhood that people may not outgrow.
 - Although diagnosed in childhood, ADHD symptoms rarely continue past adolescence.
 - Children today develop ADHD at a younger age than in the past.
 - Children diagnosed earlier are more likely to have symptoms as adults.

ANS: A DIF: Difficult

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15a
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

118. Dara is always on the move! She has a hard time sitting still in her desk at school and often has difficulty finding classmates to play with because she misses social cues and is impulsive. Based on this, Dara is most likely to be diagnosed with
- autism spectrum disorder.
 - attention-deficit/hyperactivity disorder.
 - a motor disorder.
 - a communication disorder.

ANS: B DIF: Easy

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15a | 14.15b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Applying

119. While at home, Joshua runs through the house chasing the cat, even though he has been told many times not to do so. At school, he often needs instructions repeated and rules explained over and over. Joshua also misses social cues and doesn't seem to understand other children very well. Joshua might qualify for a diagnosis of
- oppositional-defiant disorder.
 - high-functioning autism (Asperger's syndrome).
 - dissociative identity disorder.
 - attention-deficit/hyperactivity disorder.

ANS: D DIF: Easy

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15a | 14.15b NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Applying

120. Jacob has clear symptoms of attention-deficit/hyperactivity disorder and has trouble concentrating and stopping his impulsive actions. Jacob's behavior resembles that of people with damage in the
- occipital lobes.
 - frontal lobes.
 - hypothalamus.
 - hippocampus.

ANS: B DIF: Moderate

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15b NAT: APA Goal 1, Knowledge Base in Psychology
MSC: Understanding

121. Leonard is a 32-year-old chemical engineer. He was diagnosed with attention-deficit/hyperactivity disorder (ADHD) as a child. Compared with his friends who do not have ADHD, Leonard is more likely to
- also have a personality disorder.
 - struggle to be successful at work.
 - resist any changes to his work environment because it upsets him.
 - have problems with depression.

ANS: B DIF: Difficult

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder
OBJ: 14.15b NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development
MSC: Understanding

122. Attention-deficit/hyperactivity disorder (ADHD) has been thought to mainly affect white boys. Recently, however, the diagnosis has been applied more broadly to other children. What might be the reason for this willingness to diagnose more kinds of children with ADHD?

- a. Since there are more girls and children belonging to minority groups than there are white boys, it stands to reason that more would be diagnosed with ADHD.
- b. More children are obese and overweight now, so the stereotype of the thin or normal weight white boy has become less prevalent.
- c. Practitioners are seeing fewer white boys in their practices, since ADHD is stigmatizing.
- d. Practitioners may be more willing to look past the stereotypical ADHD patient and see the behaviors that characterize the disorder more generally.

ANS: D DIF: Difficult

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder

OBJ: 14.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

SHORT ANSWER

1. According to your text, in any given year, one in four Americans over age 18 has a psychological disorder. However, there are large differences in which disorders occur more in each sex.
 - A) Describe one factor (biological, environmental, psychological, sociocultural) that would explain why women are more likely to experience major depressive disorder and anxiety disorders.
 - B) Describe one factor (biological, environmental, psychological, sociocultural) that would explain why men are more likely to experience antisocial personality disorder and attention-deficit/hyperactivity disorder.

ANS:

Suggested answer:

- A) Some examples: biological—hormones, prenatal development/nutrition/exposure to certain things; environmental—women are encouraged to express their feelings more, and women have greater stress levels; psychological—women are more likely to have negative thoughts about themselves, and women have a greater tendency to feel negative emotions; sociocultural—women are oppressed in society
- B) Some examples: biological—hormones, prenatal development, increased levels of certain neurotransmitters; environmental—men are taught to be more aggressive and ambitious; psychological—men are less sensitive to others' emotional states, and men are more likely motivated by positive emotions (pleasure); sociocultural—men are exposed to aggression and violence to a greater degree than women, and men are more likely to choose professions that encourage manipulation or a lack of empathy

DIF: Difficult REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

2. In order to determine whether someone is experiencing psychopathology, there are several criteria to consider.
 - A) Describe the four main criteria used to assess psychopathology (what questions do we ask to determine “abnormality”?).
 - B) Imagine that someone is depressed (i.e., experiencing disordered emotions). For each of the four criteria used to determine abnormality, provide an example of how it is useful in assessing depression (i.e., an example of when the criteria “works”).
 - C) Some people hold the view that personal suffering should be the only criteria to diagnose disordered behavior. Would this strategy be effective at diagnosing all mental disorders? Explain whether this would work for someone with antisocial personality disorder.

ANS:

Suggested answer:

- A) (1) Deviate from cultural/societal norms, (2) is maladaptive, (3) causes personal distress or threatens other people, and (4) causes discomfort/concern to others
- B) (1) Inability to get out of bed and get dressed each day, inability to express proper emotions (laughing at a funeral); (2) prevents him or her from obtaining and keeping a job, prevents him or her from maintaining positive relationships; (3) people know his or her levels of sadness are extreme and this worry further fuels his or her negative emotions, making him or her feel worse, may threaten harm to himself or herself through suicidal thoughts; and (4) parents, friends, neighbors, and others are concerned about the person, someone is uncomfortable being around the person because he or she is so down all the time
- C) No, personal suffering is not the only valid criteria because the symptoms of several mental health disorders (bipolar I, schizophrenia, antisocial personality disorder) may mean that the person does not know he or she has problems or is not bothered by the fact that he or she has problems. For example, someone with antisocial personality disorder does not experience personal suffering because he or she specifically lacks empathy; however, these people often display behavior that goes against societal norms (cheating, lying), is maladaptive (prohibits appropriate emotional responding), and is discomforting to others (people are manipulated and taken advantage of, which likely makes them upset).

DIF: Difficult REF: 14.1 Disorders Interfere with Our Lives

OBJ: 14.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Analyzing

3. Mona has been diagnosed with generalized anxiety disorder.
- What is etiology and why is it important when dealing with psychopathology?
 - What is the diathesis-stress model? Provide one possible explanation for Mona's diagnosis using this model.
 - Explain the biopsychosocial approach and describe how it differs from the diathesis-stress model in explaining Mona's diagnosis.

ANS:

Suggested answer:

- Etiology—factors that contribute to the development of a disorder; it is important in helping to understand why someone may be experiencing disordered thoughts, emotions, or behavior. Getting to the root of the problem will help inform treatment options and the prognosis.
- The diathesis-stress model of etiology suggests that disorders develop when an underlying vulnerability (diathesis) is combined with a precipitating event (stress); examples for answers may vary for Mona's diagnosis. Some examples include (1) she has an excessive amount of a certain neurotransmitter that causes her to be highly fearful and then she divorces her husband; and (2) Mona spent her teenage years in a relationship with an emotionally abusive partner and then is in a serious car accident.
- The biopsychosocial approach to psychopathology suggests that biological, psychological, and sociocultural factors influence the development of a disorder. It is different from the diathesis-stress model in that it does not discuss underlying predispositions and precipitating events (specific trigger/exact mechanism for the onset of a disorder). A diathesis or stress may be biological, psychological, or sociocultural in nature, although the biopsychosocial approach may be a more comprehensive approach to disease etiology.

DIF: Moderate

REF: 14.1 Disorders Interfere with Our Lives | 14.2 There Are Two General Ways to View the Causes of Disorders

OBJ: 14.1a | 14.2a | 14.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

4. The fifth edition of *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* came out in 2013.
- Describe the *DSM-5* and explain how it is used to diagnose mental disorders.
 - Explain the dimensional approach and discuss at least one benefit of using this method.
 - Discuss one limitation/criticism of the *DSM-5*.

ANS:

Suggested answer:

- The *DSM-5* is used to categorize mental disorders systematically, with groups of similar mental disorders located near one another. The manual describes observable symptoms with guidelines about the number of symptoms needed for a specific diagnosis.
- The dimensional approach is an alternative to categorization by type in which mental disorders are considered on a continuum from mild/normal to severe/maladaptive. Benefits—people can vary in degree instead of kind (which experience would suggest is a realistic way of thinking about mental disorders); many mental disorders are extremes of normal thoughts/emotions/behaviors, and this approach captures that variation.
- Limitations of the *DSM-5*—you either have a disorder or you do not (you have enough symptoms or you do not). This does not mean you are not experiencing problems or need help. Similarly, the *DSM-5* treats disorders as separate (discrete), even though we know comorbidity occurs highly with specific disorders.

DIF: Difficult

REF: 14.3 Disordered Thoughts, Emotions, and/or Behaviors Can Be Assessed and Categorized

OBJ: 14.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

5. Panic attacks and agoraphobia are related disorders of emotion.
- Describe each disorder, including an explanation of the major symptoms.
 - Can you have panic attacks without agoraphobia? Can you have agoraphobia without panic attacks?
 - Discuss two factors that can lead to the development of anxiety disorders.

ANS:

Suggested answer:

- Panic attacks—anxiety disorder that consists of sudden, overwhelming attacks of terror (symptoms include sweating, trembling, heart racing, dizziness, light-headedness, tingling in hands/feet, feeling like you are going crazy or dying, or like you cannot escape, come on quickly). Agoraphobia—fear of being in a situation in which escape may be difficult or impossible (symptoms include avoiding open spaces). Panic attacks themselves often occur in people with agoraphobia.
- Yes, you can have panic attacks without agoraphobia, and you can have agoraphobia without panic attacks (although this is somewhat rare).
- Children with inhibited temperamental style (those who are shy and avoid unfamiliar people and objects) are more likely to develop anxiety disorders. People with heightened biological sensitivity for a threat response or who have learned this response through classical conditioning are also more likely to develop anxiety disorders.

DIF: Difficult

REF: 14.4 Anxiety Disorders Make People Fearful and Tense

OBJ: 14.4a | 14.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Understanding

6. Kailyn was recently in a car accident. Ever since, she has been experiencing intrusive thoughts and flashbacks and is having difficulty concentrating in school.
- A) Into what *DSM-5* category does Kailyn's behavior fit? What specific diagnosis might you give her?
 - B) Does everyone who is in a car accident develop the same symptoms as Kailyn? Why or why not? Discuss one factor that makes a person more susceptible to these issues.

ANS:

Suggested answer:

- A) Trauma and stressor-related disorders; specific diagnosis: posttraumatic stress disorder (PTSD)
- B) Although some people develop PTSD when exposed to severe stress or emotional trauma, not everyone who does is as susceptible to stress responses. Some examples include the following: biological vulnerability may arise from specific genetic markers, and psychological vulnerability may arise from people who more frequently experience anxious cognitions or pay special attention to traumatic stimuli. In addition, biological differences exist between the sexes: women may be more likely (than men) to have PTSD because of hormonal or neurotransmitter differences; culturally, it is more acceptable for women to express negative emotions, so women may be more likely to have negative thoughts and feelings and may be predisposed to pay more attention to stressful stimuli.

DIF: Moderate

REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety

OBJ: 14.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication
MSC: Applying

7. Your friend has obsessive-compulsive disorder and you would like to try to understand her disorder better.
- A) Describe the components of obsessive-compulsive disorder.
 - B) Discuss the development of this disorder. Specifically, explain how one psychological and one biological factor increase the likelihood that the cycle of obsessive-compulsive disorder behaviors continues.
 - C) Explain the role of negative reinforcement in obsessive-compulsive disorder.

ANS:

Suggested answer:

- A) Obsessions—frequent intrusive anxiety-provoking thoughts; compulsions—unwanted behaviors that, when performed, temporarily reduce feelings of anxiety
- B) Psychological factor—conditioning (classical—in which anxiety becomes paired to a specific event/trigger that should not normally be feared; operant—compulsions are an example of negative reinforcement in which the performance of the action removes anxiety)

Biological factor—genetics and the neurotransmitter glutamate affect obsessive-compulsive disorder (increases neural firing); the caudate, which suppresses impulses in the brain, is smaller and structurally abnormal in people with obsessive-compulsive disorder.

- C) After experiencing anxiety, the person engages in some behavior that reduces anxiety. The reduction of anxiety is negatively reinforced through operant conditioning, increasing the likelihood of engaging in that behavior to cope with future anxiety.

DIF: Moderate

REF: 14.5 Some Disorders Have Unwanted and Intrusive Thoughts That Increase Anxiety

OBJ: 14.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication
MSC: Analyzing

8. Sonja has been diagnosed with bipolar II disorder, while her sister, Tanya, has been diagnosed with major depressive disorder.
- A) Describe the similarities and differences in Sonja's and Tanya's symptoms.
 - B) How would Sonja's behavior differ if she had been diagnosed with bipolar I?
 - C) How would Tanya's symptoms differ if she had been diagnosed with persistent depressive disorder?
 - D) Discuss the ways that people with depressive disorders have trouble with psychological factors (Hint: What is the cognitive triad?).

ANS:

Suggested answer:

- A) Bipolar II—mood disorder characterized by alternating periods of extremely depressed and mildly elevated moods; major depressive disorder—mood disorder characterized by extremely depressed moods or a lack of interest in normally pleasurable activities, persisting for two weeks or more; both disorders involve depressed mood; bipolar also involves periods of elevated positive mood
- B) Bipolar I differs from bipolar II because it involves alternating between depression and true manic episodes—lasting at least a week, abnormally and persistently elevated mood, increased activity, impulsivity, grandiose ideas, racing thoughts, diminished need for sleep, extreme distractibility.
- C) Persistent depressive disorder differs from major depressive disorder because it involves a more mildly depressed mood (less intense symptoms) persisting for at least two years.

D) One reason why some people develop depressive disorders may be because they are predisposed to psychological factors. How people react to stress may cause them to be more sensitive to stressful stimuli and react with stronger negative emotions. Similarly, Aaron Beck posits that depressed people are more likely to experience the cognitive triad—negative thoughts about themselves, their situations, and their futures. These perceptions influence one another, causing people to overgeneralize based on single events, exaggerate the seriousness of bad events, think in extremes, and blame themselves for negative events.

DIF: Moderate

REF: 14.6 Depressive Disorders Consist of Sad, Empty, or Irritable Mood | 14.7 Many Factors Influence the Development of Depressive Disorders | 14.8 Bipolar Disorders Involve Mania

OBJ: 14.6a | 14.6b | 14.7b | 14.8a | 14.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

9. Jacob's behavior has become increasingly odd over the past several months. He says things like "I am the frustrating!" He hears voices that tell him to steal groceries and he no longer expresses love and affection to his family.

A) Diagnose Jacob as having a disorder of emotion, thought, or self.

B) Discuss positive and negative symptoms and explain how Jacob's behavior is consistent (or inconsistent) with these terms.

C) Provide a discussion of one potential biological factor, environmental factor, and sociocultural factor that may have led to Jacob developing this disease.

ANS:

Suggested answer:

A) Jacob is most likely experiencing schizophrenia—a disorder of thought.

B) Positive symptoms—excesses in functioning (addition of abnormal behaviors, thoughts, emotions); Jacob is experiencing delusions and disorganized speech; both are positive symptoms.

Negative symptoms—deficits in functioning (lack of normal functioning); Jacob's lack of emotional expression toward his family is a negative symptom.

C) Biological—schizophrenia is clearly (partly) genetic in nature. People with schizophrenia have enlarged ventricles and smaller frontal and temporal lobes (less brain volume in general), and they also have problems with their dopamine systems (more dopamine increases symptoms).

Environmental—dysfunctional home environment, viruses

Sociocultural—living in an urban area

DIF: Moderate REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Applying

10. Noel is adamant that he is the greatest painter who has ever walked the face of the earth. Although his artwork more closely resembles the artwork of a two-year-old, he insists on finding an art gallery in his hometown that will sell his paintings, and he works on writing biographical articles to put in the local paper describing his greatness.

A) Describe Noel's behavior in psychological terms. What is a delusion? What type of delusion is Noel experiencing? List and define two other types of delusions that people with schizophrenia could have.

B) How might you be able to confirm that Noel is experiencing a delusion?

ANS:

Suggested answer:

A) Delusion—false belief that reflects a break from reality. Noel is experiencing a grandiose delusion (thinking he has extraordinary talent). Other delusions include persecution (being spied on, someone is attempting to harm you), referential (objects, events, or people have particular significance), identity (you are someone else), guilt (you have committed a terrible sin), and control (your thoughts and behaviors are being controlled by external forces).

B) Present Noel with evidence contrary to the fact that he is a great painter and see if his belief persists. If so, he is delusional.

DIF: Moderate REF: 14.9 Schizophrenia Involves a Disconnection from Reality

OBJ: 14.9a | 14.9c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Understanding

11. On the surface, schizophrenia and dissociative identity disorder may appear to be almost identical and are often mistaken for each other.

A) Define each disease, using both the type of disorder (emotion, thought, self) and a description of the disease.

B) Identify and explain two ways (two symptoms) that differentiate between schizophrenia and dissociative identity disorder.

ANS:

Suggested answer:

A) Schizophrenia—disorder of thought in which there is a split between thoughts and emotions; the person has difficulty distinguishing whether altered thoughts, perceptions, or conscious experiences are real versus imagined

Dissociative identity disorder—disorder of self in which there is a disruption of identity, memory, and conscious awareness when two or more distinct identities occur in the same individual

- B) Schizophrenia is categorized by delusions, hallucinations, and disorganized speech (positive symptoms). People with dissociative identity disorder may exhibit what appears to be disorganized behavior, but this may just be an alternative identity acting in a way that the primary identity would not normally act. People with dissociative identity disorder also report “amnesia”—missing large chunks of their day.

DIF: Difficult

REF: 14.10 Schizophrenia Is Caused by Biological and Environmental Factors | 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.10a | 14.10b | 14.12a | 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

12. Kumari is known for lacking empathy, easily manipulating others without remorse, and being deceitful.

- A) Describe how personality disorders are abnormal (how do these people differ from people who do not have personality disorders?).
B) If Kumari has antisocial personality disorder, what other characteristics would you expect him to display? Give two specific examples.
C) If Kumari was a psychopath, how would he be different from someone with antisocial personality disorder? Give two specific examples.
D) Why might it be difficult to alter the behavior of people with antisocial personality disorder (or psychopaths)?

ANS:

Suggested answer:

- A) Personality disorders represent long-lasting patterns of maladaptive and inflexible ways of interacting with the world. These people typically have more trouble than a normally functioning person in work and social situations.
B) If Kumari has antisocial personality disorder, he may also be unable to delay gratification and be highly focused on pleasure; he may be irresponsible, superficially charming, and rational, but insincere, unsocial, and incapable of love.
C) If Kumari is a psychopath, he may act in a more extreme way than someone with antisocial personality disorder. He may be glib, have a grandiose sense of self-worth, shallow affect, great cunning, and be hard-hearted; he may be more likely to perform criminal acts and is motivated by gaining something (money, sex, drugs, etc.).
D) People with antisocial personality disorder lack empathy and do not respond to punishment because they do not see it as aversive; thus, it is hard to get them to understand the consequences of their behavior on others and to be motivated to change their behavior. This reduced psychophysiological response makes it difficult for people with antisocial personality disorder to function within the rules and regulations of society.

DIF: Moderate

REF: 14.11 Personality Disorders Are Maladaptive Ways of Relating to the World

OBJ: 14.11c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Applying

13. Angelique walks into a local hospital looking confused and acting as though she does not know who she is. Doctors admit her to the hospital for evaluation because she is covered in cuts and bruises. A few days later, after watching the news, Angelique remembers who she is and asks for help in moving away from her abusive husband.

- A) What type of disorder is Angelique experiencing (emotion, thought, self)? What specific diagnosis would you give her?
B) If Angelique had walked into a hospital three states away from her home, what diagnosis would you give her?
C) Some people would argue that Angelique’s disorder is actually somewhat adaptive. Discuss how this might be the case in Angelique’s situation. What positive purpose does it serve for her?

ANS:

Suggested answer:

- A) Disorder of self; dissociative amnesia
B) Dissociative fugue
C) Lapses in memory or conscious awareness may be protective for Angelique because dissociative disorders typically occur in response to extreme stress. This may be a way of Angelique’s subconscious protecting her sense of self by separating her from the traumatic events.

DIF: Moderate

REF: 14.12 Dissociative Disorders Involve Disruptions in the Sense of Self

OBJ: 14.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

14. In 2004, three to six children out of 1,000 displayed symptoms of autism.

- A) Explain why this number rose dramatically from previous rates dating back to the 1990s. Would you expect this number to continue to rise over the next five years or would you expect it to level off? Explain your response.
B) How is the dimensional approach effective in diagnosing autism? Be specific. (Hint: Describe how Asperger’s syndrome differs from what many would consider “classic” autism.)

ANS:

Suggested answer:

- A) Better awareness and diagnostic tools, better diagnostic criteria and the applicability of the disorder to a broader array of behaviors; answers may vary—either is fine as long as the explanation is appropriate and reasonable
- B) Autism is considered a spectrum disorder, meaning the children may vary in the severity and number of symptoms. For example, Asperger's syndrome is considered "high-functioning" autism (more toward the "normal" end of the spectrum) and is characterized by problems with social skills and an inability to put oneself in other people's shoes to understand their perspectives and predict their behavior. "Classic" autism is characterized by a more marked lack of functioning in which children are seemingly unaware of others, have impairments in verbal and nonverbal communication, and have restricted behaviors and interests.

DIF: Difficult

REF: 14.14 Autism Spectrum Disorder Involves Social Deficits and Restricted Interests

OBJ: 14.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication MSC: Understanding

15. Parker was diagnosed with attention-deficit/hyperactivity disorder (ADHD) in grade school.

- A) Explain the most common symptoms of this disorder. Provide at least two reasons why Parker might not have many friends.
- B) Parker began attending preschool at age two. Do you think this contributed to his diagnosis of ADHD? Did his early entry into school make him more or less likely to be diagnosed? Explain your answer.

ANS:

Suggested answer:

- A) Children with ADHD have excessive activity or fidgeting, inattentiveness, and impulsivity; they do not make friends because they miss subtle social cues and make unintentional social mistakes.
- B) Because Parker was entered into "formal" school at an early age, he may be more likely to have been diagnosed with ADHD because of being in a structured setting where he must conform to rules and control his behavior for long periods of time. Children who have a difficult time with these tasks may be seen as abnormal compared to their peers. The demands on Parker to control his behavior occurring at an early age may have been one of the major factors contributing to his diagnosis.

DIF: Moderate

REF: 14.15 Attention-Deficit/Hyperactivity Disorder Is a Disruptive Impulse Control Disorder

OBJ: 14.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication MSC: Analyzing

CHAPTER 15 **PSYCHOLOGICAL TREATMENTS**

LEARNING OBJECTIVES

- 15.1 Some Types of Psychotherapy Focus on Providing Insight
 - 15.1a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.1b. Understand psychodynamic therapy by explaining its main goal and naming and describing the two main techniques that were used in psychoanalysis.
 - 15.1c. Understand humanistic therapy by describing its main goal and naming and explaining the two main techniques used in client-centered therapy.
- 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly
 - 15.2a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.2b. Understand the three therapies that aim to change behavior, emotion, and/or thought by naming and explaining each therapy.
- 15.3 The Context of Therapy Matters
 - 15.3a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.3b. Understand how the context of therapy matters by explaining group therapy, family therapy, and how culture affects therapy.
- 15.4 Biological Therapies Are Effective for Certain Disorders
 - 15.4a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.4b. Understand the types of psychotropic medications by comparing the differences between the five main classes of psychotropic medications.
- 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective
 - 15.5a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.5b. Understand the importance of evidence-based psychotherapies by explaining how you can know a treatment is safe and effective.
- 15.6 Various Providers Assist in Treatment for Psychological Disorders
 - 15.6a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.6b. Apply information about mental health practitioners by describing two people seeking help for psychological disorders or life problems and indicate what type of treatment provider might be most appropriate to help each person.
- 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy
 - 15.7a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.7b. Apply cognitive-behavioral therapy (CBT) to panic disorder by describing how cognitive restructuring and exposure therapy could be used to treat people who feel like they are dying when they have a panic attack.
 - 15.7c. Analyze the impact of different treatments on obsessive-compulsive disorder (OCD) by differentiating the effects of cognitive-behavioral, drug, and alternative treatments for the disorder.
- 15.8 Many Effective Treatments Are Available for Depressive Disorders
 - 15.8a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.8b. Understand how cognitive-behavioral therapy (CBT) is used to treat people with depressive disorders by explaining in your own words how people with depression can benefit from treatment of the cognitive triad.
- 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorders
 - 15.9a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.9b. Understand the treatment of bipolar disorders by describing the two recommended drug treatments for bipolar disorders.
- 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia
 - 15.10a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.10b. Analyze drug treatments for schizophrenia by distinguishing the pros and cons in using conventional versus atypical antipsychotics to treat schizophrenia and explain why atypical antipsychotics are now the treatment of choice.
- 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder
 - 15.11a. Understand all bold and italic terms by writing explanations of them in your own words.
 - 15.11b. Apply dialectical behavior therapy (DBT) to the treatment of borderline personality disorder by describing how a therapist would go through three steps in DBT to treat someone with borderline personality disorder.

15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

15.12a. Understand all bold and italic terms by writing explanations of them in your own words.

15.12b. Understand the barriers to treatment of antisocial personality disorder (APD) by explaining in your own words why it is so difficult to treat APD.

15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

15.13a. Understand all bold and italic terms by writing explanations of them in your own words.

15.13b. Evaluate the two treatment options for adolescents with depressive disorders by assessing the pros and cons of treating adolescents with antidepressants versus psychotherapy.

15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

15.14a. Understand all bold and italic terms by writing explanations of them in your own words.

15.14b. Understand behavior therapy for autism spectrum disorder by describing applied behavioral analysis in the treatment of a child with autism.

15.15 Children with ADHD Can Benefit from Various Approaches

15.15a. Understand all bold and italic terms by writing explanations of them in your own words.

15.15b. Apply the treatments for attention-deficit/hyperactivity disorder (ADHD) by providing an example of how a therapist might use psychotropic medications and behavior therapy treatments for an 11-year-old with ADHD.

MULTIPLE CHOICE

1. Johanna is a therapist who works with clients to help them understand their problems and work toward a solution by changing their behavior. Johanna is practicing
- a. unconditional positive regard.
 - b. psychotherapy.
 - c. psychoanalysis.
 - d. free association.

ANS: B DIF: Easy

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

2. Shoshanna works with a therapist who provides support while also improving her social skills through practice with others in a cost-effective manner. Shoshanna is most likely receiving _____ therapy.
- a. psychodynamic
 - b. humanistic
 - c. family
 - d. group

ANS: D DIF: Easy

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

3. Ty needs help healing his relationships with his children and understanding his parenting role as part of a larger context. Ty would most likely benefit from _____ therapy.
- a. family
 - b. group
 - c. behavior
 - d. cognitive

ANS: A DIF: Easy

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

4. Heather would like to learn to change her behavior and resolve problems with her husband. Heather would most likely benefit from
- a. dream analysis.
 - b. free association.
 - c. psychotherapy.
 - d. active listening.

ANS: C DIF: Easy

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

5. Eleanor has been diagnosed with depression and is receiving psychotherapy as her only type of treatment. During psychotherapy, Eleanor may experience all of the following EXCEPT
- a. transcranial magnetic stimulation.
 - b. active listening.
 - c. cognitive restructuring.
 - d. operant conditioning.

ANS: A DIF: Easy

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

6. Ron is just starting a career as a psychotherapist. What is most important for him to focus on if he wants to make sure he can help his clients?
- the relationship between himself and his client
 - the amount of training and expertise he has
 - creating a comfortable clinical setting
 - treating clients the same age as himself

ANS: A DIF: Moderate

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

7. The textbook discusses two basic, general approaches that can be used to treat clients with mental health disorders. These approaches are
- psychoanalysis and behavior modification.
 - cognitive therapy and group therapy.
 - dream analysis and electroconvulsive therapy.
 - psychotherapy and biological therapy.

ANS: D DIF: Moderate

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

8. Young Benny tells Lisa, "It is not that I am a bad person. It is just that I like to hit people with my toy gun." Lisa replies, "I hear you saying that you feel like your desire to use your toy gun does not make you a bad person." Lisa is using _____ with Benny.
- empathy
 - unconditional positive regard
 - active listening
 - modeling

ANS: C DIF: Difficult

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a | 15.1c NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

9. Michael has borderline personality disorder. He wants to pursue treatment using psychodynamic therapy because it
- works reasonably well for people with borderline personality disorder.
 - is faster and less expensive than other effective therapies.
 - is based on "talk therapy," which has little effect on psychological functioning.
 - relies more on medication than on the client-therapist relationship.

ANS: A DIF: Difficult

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

10. Olga knows her therapist is using client-centered therapy when she
- interprets Olga's dreams to understand her unconscious conflicts.
 - uses direct suggestions for how Olga could behave in more adaptive ways.
 - gets Olga to understand the perspective of others so she can be more empathetic.
 - helps Olga understand herself better by listening to and clarifying Olga's feelings.

ANS: D DIF: Moderate

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

11. You have gone to the university's counseling center. There, you encounter a therapist who does not pass judgment on your behavior. Rather, he encourages you to talk about your experiences, and he often repeats back to you what you have just said. This therapist is most likely using
- behavioral modification.
 - cognitive-behavioral therapy.
 - psychoanalysis.
 - humanistic therapy.

ANS: D DIF: Moderate

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

12. Jenny is receiving psychotherapy for an eating disorder. Her therapist is warm and empathetic and can easily take her perspective. He encourages Jenny to express her thoughts and feelings about her eating issues and does not judge or criticize anything she says. This therapist is most likely using a _____ therapeutic approach.
- a. cognitive-behavioral
 - b. rational-emotive
 - c. client-centered
 - d. psychoanalytic

ANS: C DIF: Moderate

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

13. Deepa is very shy in public and finds it almost impossible to talk to people she does not know. Others think she is standoffish, but actually, she is afraid that people will criticize her, so she avoids interacting with them. If Deepa chooses to go to psychotherapy to overcome this problem, the therapist who would seem LEAST threatening to her is most likely a
- a. client-centered therapist.
 - b. rational-emotive therapist.
 - c. psychoanalyst.
 - d. cognitive-behavioral therapist.

ANS: A DIF: Difficult

REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

14. Dr. Sampson is a clinical psychologist who knows that cognitive-behavioral therapy works best to help clients with
- a. personality disorders.
 - b. schizophrenia.
 - c. anxiety and mood disorders.
 - d. autism.

ANS: C DIF: Moderate

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

15. In his practice, Dr. Howard uses the idea that because actions are learned, they can also be unlearned through classical and operant conditioning. Dr. Howard is most likely a _____ therapist.
- a. cognitive
 - b. humanistic
 - c. behavior
 - d. psychodynamic

ANS: C DIF: Moderate

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

16. Dallas believes that he will never be successful or likable enough. His friends tell him that he is too hard on himself, but he persists in the belief that he will never live up to his own high standards. Because he needs to exchange his negative and unrealistic beliefs about himself for more realistic ones, Dallas would most likely benefit from treatment that includes
- a. a systems approach.
 - b. cognitive restructuring.
 - c. psychoanalysis.
 - d. unconditional positive regard.

ANS: B DIF: Difficult

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

17. Dr. Macallan is a behavioral therapist. When treating a person with schizophrenia, Dr. Macallan takes his client out to dinner in order to show what behaviors are appropriate when dining in public. Dr. Macallan is using _____ to help his client.
- a. a token economy
 - b. unconditional positive regard
 - c. cognitive restructuring
 - d. modeling

ANS: D DIF: Moderate

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

18. Assiyah, a therapy client, believes she is an unattractive person and thus stays home alone all the time. Her therapist told her, “Go to three social gatherings in the next two weeks. At each event, ask one person out on a date.” Assiyah does this, and each time the person agrees to go on a date with her. She now goes to more social events and believes that she is attractive. Her therapist has successfully used _____ with Assiyah.
- cognitive-behavioral therapy
 - rational-emotive therapy
 - psychoanalysis
 - client-centered therapy

ANS: A DIF: Moderate

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

19. Rand gets very anxious when he is in an enclosed space. Every time he gets in an elevator, he thinks, “I will never get out of here alive.” His therapist helps Rand by having him think instead, “The doors of the elevator closed correctly and they will open correctly in just a minute.” His therapist is using
- systematic desensitization.
 - active listening.
 - modeling.
 - cognitive restructuring.

ANS: D DIF: Moderate

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

20. Dr. Ellway uses therapy to explain how his client’s thoughts are flawed and then demonstrates how the client could have more positive thoughts. Dr. Ellway is most likely a _____ therapist using _____.
- cognitive; active listening
 - humanistic; active listening
 - cognitive; rational-emotive therapy
 - humanistic; rational-emotive therapy

ANS: C DIF: Difficult

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

21. Brendon believes that he is worthless, other people do not like him, and he will never have satisfying interpersonal relationships. To counteract this belief, Brendon’s therapist says to him, “Brendon, I like and appreciate you. I enjoy interacting with you. What do you think of that?” Soon, Brendon starts to think differently about himself. The therapist is using
- behavioral modification.
 - cognitive restructuring.
 - free association.
 - active listening.

ANS: B DIF: Difficult

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2a | 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

22. A cognitive-behavior therapist is LEAST likely to be successful in helping which of the following clients?
- Jan, who believes she is being followed by people from another planet
 - Jordan, who is anxious about his family being safe in their home and repeatedly checks the locks
 - Jouma, who is afraid that people will think badly of her and consequently avoids going to social events
 - Jenkins, who is depressed because he believes he is worthless and who sleeps up to 15 hours every day

ANS: A DIF: Difficult

REF: 15.2 Behavioral and Cognitive Treatments Aim to Change Behavior, Emotion, and/or Thought Directly OBJ: 15.2b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

23. Jeremy has very high levels of anxiety. He needs treatment in a structured therapy setting and wants social support, but he does not have a lot of money. The best treatment choice for Jeremy would be
- psychoanalysis.
 - client-centered therapy.
 - cognitive therapy.
 - group therapy.

ANS: D DIF: Moderate REF: 15.3 The Context of Therapy Matters

OBJ: 15.3a | 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

24. Constanza just entered therapy for an eating disorder. She is starting to recognize how her role in the family affects her family members' treatment of her. She has started to change some of her behaviors; for example, she now stands up for herself when someone criticizes her. Accordingly, her parents are starting to treat her with more respect. The positive changes in the family's interactions makes sense if you look at the problem based on a(n)
- systems approach.
 - rational-emotive perspective.
 - unconditional positive regard approach.
 - group perspective.

ANS: A DIF: Difficult REF: 15.3 The Context of Therapy Matters

OBJ: 15.3a | 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

25. The underlying theme of the systems approach is that
- if the client knows the system of treatment, the chances of a good outcome of treatment are low.
 - the individual is in therapy because he or she is no longer part of a larger context, and isolation has resulted in disordered thinking.
 - an individual is part of a larger context and any change in individual behavior will affect the whole system.
 - the only way to achieve lasting results in therapy is to follow a specific set of systems of treatment.

ANS: C DIF: Moderate REF: 15.3 The Context of Therapy Matters

OBJ: 15.3a | 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

26. In addition to individual therapy, two other types of therapy are
- group and family.
 - systems and behavioral.
 - cognitive and humanistic.
 - behavioral and group.

ANS: A DIF: Easy REF: 15.3 The Context of Therapy Matters

OBJ: 15.3a | 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

27. Which of the following is an advantage of group therapy, aside from low cost?
- Participants can learn from each other.
 - It deals exclusively with physical problems.
 - Low cost is the only advantage of group therapy.
 - It ignores cultural differences between participants.

ANS: A DIF: Moderate REF: 15.3 The Context of Therapy Matters

OBJ: 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

28. According to some therapists who lead group therapy sessions, the ideal number of clients in a group is
- two.
 - around eight.
 - 10–12.
 - four.

ANS: B DIF: Easy REF: 15.3 The Context of Therapy Matters

OBJ: 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

29. Whether a group in group therapy is highly structured or more loosely organized depends on the _____ and the _____.
- type of disorder being treated; amount of time available each session
 - personality of the clients; therapist's experience with groups
 - therapist's preferred treatment approach; time available each session
 - type of disorder being treated; therapist's preferred treatment approach

ANS: D DIF: Moderate REF: 15.3 The Context of Therapy Matters

OBJ: 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

30. Rajesh is experiencing symptoms of depression. However, if he seeks treatment at all, Rajesh is likely to describe his feelings as
- anxiety and fear.
 - tension and strain.
 - bipolar disorder.
 - mental illness.

ANS: B

DIF: Easy

REF: 15.3 The Context of Therapy Matters

OBJ: 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

31. Dr. Eliseo is a modern psychologist. Sometimes he has clients with psychological disorders who do not respond to therapy or typical psychotropic medications. In these extreme cases, he uses alternative treatments, which are likely to include all of the following EXCEPT
- transcranial magnetic stimulation.
 - lobotomy.
 - deep brain stimulation.
 - electroconvulsive therapy.

ANS: B

DIF: Moderate

REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

32. In addition to therapy, Norah often uses psychotropic medications to help her clients with their symptoms of psychopathology. Norah might use any of the following categories of treatments EXCEPT
- antidepressants.
 - mood stabilizers.
 - stimulants.
 - transcranial magnetic stimulation.

ANS: D

DIF: Moderate

REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4a | 15.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

33. Geneva has been trying to find a medication to help her with her social phobia. So far, no anti-anxiety medications have been helping with her symptoms. Because her doctor is concerned that another mental disorder is occurring in addition to Geneva's phobia, he may also try to treat her with
- antidepressants.
 - analgesics.
 - stimulants.
 - anticonvulsants.

ANS: A

DIF: Difficult

REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

34. Ramon has been diagnosed with panic attacks and has been prescribed an anti-anxiety drug to help relieve his symptoms. He has most likely been prescribed _____, and he may experience _____ as a side effect.
- Valium (a benzodiazepine); drowsiness
 - Prozac (an SSRI); nausea
 - lithium (a mood stabilizer); addiction
 - Xanax (a benzodiazepine); seizures

ANS: A

DIF: Difficult

REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

35. Shoshanna is hyperactive at school, often having trouble with instructions, sitting still in her seat, and focusing on her schoolwork. Shoshanna is most likely to be treated with a _____, such as _____.
- stimulant; Xanax
 - mood stabilizer; Prozac
 - stimulant; Ritalin
 - mood stabilizer; Adderall

ANS: C

DIF: Difficult

REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

36. Research has shown that the original D.A.R.E. program, which was widely used and very popular,

- a. did not reduce drug and alcohol use.
- b. was very successful in reducing drug use.
- c. reduced drug use but not alcohol use.
- d. only worked for older children.

ANS: A DIF: Easy

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

37. Like all psychological theories, psychological treatments need to be validated by using
- a. trial and error.
 - b. empirical research.
 - c. “fringe” therapies.
 - d. faith and tradition.

ANS: B DIF: Easy

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

38. Jeremy and Julius met when they were clients of the same therapist, Dr. Miller. Jeremy, who had a diagnosis of depression, was surprised to hear that Julius, whose diagnosis was for panic disorder, was getting the very same treatment as he was from Dr. Miller. According to Barlow (2004), why might this be a problem?
- a. Treatments require randomized clinical trials to be effective.
 - b. Clients should not discuss their treatments with each other.
 - c. Treatments should vary according to the particular disorder and the client’s symptoms.
 - d. Psychotropic drugs should always be a part of any therapeutic intervention.

ANS: C DIF: Easy

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

39. The best way to determine if a psychological treatment is safe and effective is to
- a. rely on the testimonials of practitioners who use the treatment.
 - b. try it on animals first.
 - c. Treatments should vary according to the particular disorder and the client’s symptoms.
 - d. subject the treatment to randomized clinical trials.

ANS: D DIF: Easy

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

40. Stephanie, who is shy and insecure, was having trouble forming lasting relationships. She tried self-help books, attended seminars, and joined dating websites. While watching a talk show on TV she heard about rebirthing therapy and decided to give it a try. What is the problem with Stephanie’s approach?
- a. Therapies that aren’t evidence based can prevent people like Stephanie from getting effective treatment and can be dangerous.
 - b. Stephanie is probably too old to really benefit from rebirthing therapy, so it could be dangerous for her.
 - c. Stephanie should try Reiki therapy first, since it is less intrusive than rebirthing.
 - d. There is nothing wrong with what Stephanie is planning to do. If she thinks it will work, it will.

ANS: A DIF: Difficult

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

41. Researchers use randomized clinical trials to determine the effectiveness and safety of therapeutic treatments. Which of these is the key element in this kind of research?
- a. include the treatment in a group of randomly chosen treatments and apply all of them to participants
 - b. compare the treatment one group gets with a control group condition to see if there is any difference

- c. perform the treatment trials in a clinical setting
- d. Researchers experience the treatment before actual clients or patients to ensure safety.

ANS: B DIF: Easy

REF: 15.5 Scientific Evidence Indicates Which Treatments Are Safe and Effective

OBJ: 15.5b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

42. Juanita is seeing a psychiatrist. Her psychiatrist is a mental health professional who can prescribe drugs because she
- a. has an advanced degree in psychology.
 - b. has a medical degree.
 - c. uses only the psychodynamic approach to therapy.
 - d. can set up a private practice.

ANS: B DIF: Easy

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

43. Fabricio has a PhD in clinical psychology. Which of the following actions can he NOT perform in most states?
- a. own a private practice
 - b. conduct research on his therapy techniques
 - c. prescribe drugs for mental health problems
 - d. work in a hospital setting

ANS: C DIF: Moderate

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

44. Counseling psychologists typically differ from clinical psychologists in that they
- a. cannot prescribe drugs.
 - b. are less likely to work with someone who has a serious psychological disorder.
 - c. have an advanced degree in clinical psychology.
 - d. provide psychotherapy treatment to clients.

ANS: B DIF: Moderate

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

45. You meet a new person at a party who tells you that she is a counseling psychologist. You correctly believe that she
- a. is a therapist for people with a diagnosed mental disorder.
 - b. provides psychotropic treatment to mentally ill people in the hospital.
 - c. counsels people with adjustment and life stress problems.
 - d. works under the supervision of a clinical psychologist to help people who have life stress problems.

ANS: C DIF: Moderate

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

46. Thad needs to seek mental health care because he is experiencing intense anxiety. Which of the following providers is LEAST qualified to provide direct treatment to Thad?
- a. psychiatric social worker
 - b. counseling psychologist
 - c. psychiatrist
 - d. clinical psychologist

ANS: A DIF: Easy

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

47. Tulisa is a college sophomore who seeks mental health services on her university's campus to help her cope with the stress of her upcoming exams. She should most likely be treated by a
- psychiatric social worker.
 - paraprofessional.
 - psychiatrist.
 - counseling psychologist.

ANS: D DIF: Moderate

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

48. Client A has schizophrenia believed to be caused by brain dysfunction, and he is being seen by a psychiatrist. Client B has a mild eating disorder believed to be caused in part by inaccurate beliefs, and he is being seen by a clinical psychologist. Client A will likely receive _____, and Client B will likely receive _____.
- deep brain stimulation treatment; behavioral therapy
 - humanistic therapy; an antipsychotic drug
 - deep brain stimulation treatment; a stimulant
 - an antipsychotic drug; cognitive therapy

ANS: D DIF: Moderate

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

49. Which of the following people is Roman, a paraprofessional, best able to help?
- Thomas, who is experiencing a schizophrenic episode with hallucinations and delusions
 - Akash, a student who is struggling to adapt to life at college
 - Roberto, a former drug addict who is now sober and needs help finding a job
 - Nikesh, who is hospitalized for depression and needs to find an outpatient clinic

ANS: C DIF: Difficult

REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

50. Simone is a practitioner who teaches clients to relax as they are progressively exposed to a feared stimuli or situation without being able to act in any way to reduce their fears. Simone is using _____, a technique used in _____ therapy.
- exposure and response prevention; cognitive-behavioral
 - exposure and response prevention; cognitive
 - exposure; cognitive-behavioral
 - exposure; cognitive

ANS: A DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

51. Josie treats many clients with anxiety disorders and obsessive-compulsive disorder. All of the following have proven to be effective for treating her clients EXCEPT
- cognitive-behavioral therapy.
 - phototherapy.
 - deep brain stimulation.
 - cognitive restructuring.

ANS: B DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

52. When treating anxiety disorders, including panic disorder, anti-anxiety drugs
- are effective and the treatment of choice for many therapists.
 - work in the short term, but symptoms return when the drugs are no longer taken.
 - have more negative side effects than other classes of psychotropic medication.
 - are not effective because anxiety disorders are more cognitive than biological.

ANS: B DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC:

Remembering

53. When you go to your therapist in an attempt to overcome your fear of heights, she asks you to lie on a couch and relax while you imagine slowly climbing up the steps of a ladder. By having you progressively relax while imagining a stressful stimulus, she is using
- flooding.
 - modeling.
 - cognitive restructuring.
 - systematic desensitization.

ANS: D DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

54. A friend reports that he will be using a fear hierarchy in his next therapy session. He is most likely
- making a list of fearful situations in ascending order.
 - intentionally exposing himself to his greatest fears all at once.
 - learning how to relax gradually when exposed to a fearful stimulus.
 - encouraging others to face their biggest fears.

ANS: A DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

55. Eric is terrified of cows. In his first session with a therapist, Eric is instructed in some deep-breathing exercises to create a calm state. Then, the therapist prompts Eric to visualize a mildly fear-provoking situation involving driving past a field of cows. Eric's therapist is using
- exposure.
 - exposure and response prevention.
 - systematic desensitization.
 - modeling.

ANS: C DIF: Easy

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

56. Janice wants to overcome her fear of snakes. One therapist says she should get over it all at once, and he suggests visiting a pet store and holding a live snake until she no longer feels anxious. A second therapist suggests that she visualize a variety of increasingly scary snakes while trying to remain relaxed. To treat Janice's phobia, the first therapist is suggesting _____, whereas the second therapist is proposing _____.
- exposure; systematic desensitization
 - systematic desensitization; exposure
 - modeling; exposure and response prevention
 - exposure and response prevention; modeling

ANS: A DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

57. Jerome is afraid of the ocean. In order to help him overcome his fear, Jerome's therapist suggests that they immediately go swim in the ocean for 30 minutes. Jerome's therapist is using the _____ technique.
- systematic desensitization
 - placebo
 - exposure
 - simulation

ANS: C DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

58. Dr. Carmine has a client with obsessive-compulsive disorder. He knows that if he can show his client that nothing bad will happen to her when she encounters a fear-inducing trigger, the conditioned association between her anxiety and the stimulus will be broken. To do this, he shows her a fearful stimulus and will not allow her to engage in compulsions. Dr. Carmine is using _____ to treat his client.
- exposure and response prevention
 - exposure
 - systematic desensitization
 - a placebo

ANS: A DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

59. Hans has severe obsessive-compulsive disorder, and neither therapy nor drug treatment has effectively improved his symptoms. Hans is beginning to explore alternative methods to help his disease. Hans is most likely to discuss _____ with his doctor as an alternative treatment.

a. electroconvulsive therapy c. deep brain stimulation
b. transcranial magnetic stimulation d. antipsychotics

ANS: C DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7a | 15.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

60. When using systematic desensitization, many practitioners now believe that the most important component of alleviating an anxious or fearful response is

a. exposure to the feared stimulus. c. the client-therapist relationship.
b. the relaxation techniques. d. the type of anxiety being treated.

ANS: A DIF: Difficult

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

61. When comparing cognitive-behavioral therapy (CBT) and drug treatments for treating anxiety disorders, research has shown that

a. drugs are more effective. c. CBT is more cost-effective.
b. relapse is less likely with drugs. d. CBT has longer-lasting effects.

ANS: D DIF: Easy

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

62. Dr. Aruna has diagnosed several clients with social anxiety disorder, and he is interested in finding a treatment plan that will be effective in the long term and have the fewest side effects. Dr. Aruna should try

a. cognitive-behavioral therapy only.
b. cognitive-behavioral therapy and an antidepressant.
c. humanistic therapy and a stimulant.
d. an anti-anxiety drug only.

ANS: A DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

63. Because people with obsessive-compulsive disorder (OCD) have recurring intrusive thoughts and feel compelled to perform anxiety-reducing actions, the most effective treatment for OCD is

a. cognitive therapy. c. exposure.
b. cognitive-behavioral therapy. d. psychotropic medication.

ANS: B DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

64. Arnold is working with a client who has obsessive-compulsive disorder. Although he will be treating the client with cognitive-behavioral therapy, Arnold would also like to prescribe a psychotropic medication to help relieve some of the client's symptoms. Arnold should most likely try a(n)

a. anti-anxiety drug. c. stimulant.
b. antipsychotic. d. antidepressant.

ANS: D DIF: Difficult

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal

5, Professional Development MSC: Remembering

65. Don has a cleanliness obsession that revolves around a fear of dirt and germs. His compulsion involves handwashing. In treatment for his disorder, Don is asked to touch all the dirty doorknobs in his therapist's office building and is told he cannot wash his hands. He and the therapist then sit together while Don tries to relax and overcome his feelings of extreme discomfort. This treatment
- is better suited for generalized anxiety disorder.
 - has been shown to be ineffective and may even make symptoms worse.
 - is an appropriate therapy based on extinguishing a conditioned response.
 - is less effective than drugs in treating obsessive-compulsive disorder.

ANS: C DIF: Difficult

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7c
NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

66. Rebecca notices that as winter approaches and the days get shorter, colder, and less sunny, she feels increasingly sad and down. Rebecca's friend suggests that she try a treatment in which she sits by a high-intensity light source for a short period of time each day. Rebecca's friend is suggesting that she try
- phototherapy.
 - cognitive-behavioral therapy.
 - behavioral therapy.
 - a mood stabilizer.

ANS: A DIF: Easy

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

67. The treatment for depression that works by creating a seizure in the brain using an electrical current is called
- deep brain stimulation.
 - electroconvulsive therapy.
 - transcranial magnetic stimulation.
 - phototherapy.

ANS: B DIF: Easy

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

68. Electroconvulsive therapy may be a better treatment option than drugs for clients who
- are pregnant.
 - are mildly depressed.
 - also have an anxiety disorder.
 - are over age 60.

ANS: A DIF: Easy

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

69. In terms of alternative therapies for depression, some clients with mild to moderate depression respond well to _____, whereas clients with severe and difficult-to-treat depression may respond better to _____.
- regular aerobic exercise; phototherapy
 - changes in their diets; electroconvulsive therapy
 - regular aerobic exercise; electroconvulsive therapy
 - changes in their diets; phototherapy

ANS: C DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Remembering

70. Giving a client diagnosed with depression a placebo instead of an active drug
- has no impact on a client's depressive symptoms.
 - alleviates symptoms in approximately 30 percent of clients.
 - causes clients to say they feel better even when they do not.
 - aggravates some depressive symptoms by affecting brain functioning.

ANS: B DIF: Difficult

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC:

Remembering

71. Disorders of emotion can sometimes be treated by a medication that works by increasing the levels of serotonin and other neurotransmitters in the brain. Such drugs are called
- antidepressants.
 - antipsychotics.
 - mood stabilizers.
 - stimulants.

ANS: A DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Understanding

72. LaToya, who experiences severe depression, was recruited for a research study in which she will receive either an antidepressant or an active placebo. LaToya receives the active placebo. Compared with people receiving the active drug, LaToya will
- be equally likely to experience symptom relief.
 - tend to expect symptom relief and therefore will experience it.
 - be more likely to experience worse symptoms, including extreme mania.
 - experience less symptom relief.

ANS: D DIF: Difficult

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

73. When comparing treatments of depression, Dr. Crowning believes that cognitive-behavioral therapy
- is less effective than drugs.
 - is just as effective as drugs.
 - does not have an effect above and beyond that of drugs.
 - is better suited for other types of psychological disorders.

ANS: B DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

74. Theresa is experiencing a depressive episode and undergoes cognitive therapy to treat her symptoms. If she were in therapy with Aaron Beck, she would most likely be asked to challenge her negative thoughts about
- herself and her unconscious needs and motives.
 - her upbringing and her past relationships.
 - herself, her situation, and the future.
 - her skills and how to fulfill her potential for growth.

ANS: C DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

75. Johnny's therapist has asked him to write down every instance of a negative thought and to challenge each of these thoughts so they become less automatic. For example, Johnny can attempt to gather evidence for his negative beliefs (which he probably will not find), or he can try to view the same situation from a neutral or positive point of view. The therapist who is treating Johnny is most like
- Aaron Beck.
 - Carl Rogers.
 - Sigmund Freud.
 - Marsha Linehan.

ANS: A DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

76. Jered is suicidal. He has been seriously depressed for about a year and is saying that he wants to "end it all." He has not responded to typical therapies. His psychiatrist believes it is critical to try something that will work as effectively and as quickly as possible. His psychiatrist will probably recommend
- electroconvulsive therapy.
 - lithium.
 - a combination of selective serotonin reuptake inhibitors and lithium.
 - antidepressants and antipsychotics.

ANS: A DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

77. Priya has been depressed for the last year and has been hospitalized for the past three months because she is suicidal. Many of the “first-line” or typical treatments for depression have not been effective for Priya, including cognitive therapy and drug therapy. Which of the following forms of treatment would a psychiatrist be most likely to recommend for Priya?
- phototherapy
 - transcranial magnetic stimulation
 - a frontal lobotomy
 - an atypical antipsychotic

ANS: B DIF: Moderate

REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

78. Bipolar disorder is characterized by mood disturbances that may range from major depression to mania. However, the treatment for bipolar focuses on _____ rather than _____.
- depressive symptoms; manic symptoms
 - behavior modification; treatment with medications
 - manic symptoms; depressive symptoms
 - anxiety symptoms; behavior modification

ANS: C DIF: Easy

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

79. Unlike most psychological disorders, there is an optimal treatment for
- schizophrenia.
 - autism spectrum disorder.
 - PTSD.
 - bipolar disorder.

ANS: D DIF: Easy

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

80. Because bipolar disorder can include unusual thoughts that seem out of touch with reality, medications that are used to treat _____ may be effective for people with bipolar disorder.
- schizophrenia
 - autism spectrum disorder
 - PTSD
 - anxiety

ANS: A DIF: Easy

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

81. Although research has shown that CBT is generally not as effective as psychotropic medications for treating bipolar disorder, CBT can be used to
- prevent derealization as a result of mania.
 - help clients stay on their medication.
 - diagnose bipolar disorder and rule out other disorders.
 - educate the family of a person with bipolar disorder.

ANS: B DIF: Moderate

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

82. Dr. Ross assessed Ranita’s depression very carefully over several weeks before deciding to prescribe a selective serotonin reuptake inhibitor (SSRI). What was Dr. Ross concerned about in prescribing this drug?
- SSRI drugs are far more expensive than other treatment options.

- b. Antidepressant drugs are not effective in treating bipolar disorder.
- c. Antidepressant drugs can trigger manic episodes.
- d. There are more side effects with SSRI drugs than with other antidepressants.

ANS: C DIF: Moderate

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

83. When treating bipolar disorders, the drug lithium
- a. has side effects that intensify over time.
 - b. is more effective than cognitive-behavioral therapy.
 - c. should not be combined with other psychotropic medications.
 - d. is less effective than cognitive-behavioral therapy.

ANS: B DIF: Moderate

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Remembering

84. Sarabi has symptoms of bipolar disorder. Her doctor decides that the best course of treatment to alleviate all of Sarabi's symptoms is
- a. cognitive-behavioral therapy.
 - b. lithium.
 - c. Prozac.
 - d. a selective serotonin reuptake inhibitor and lithium and quetiapine.

ANS: D DIF: Moderate

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

85. On which of the following clients would lithium alone have the most clear and beneficial effect?
- a. Larry, who has extreme periods of mania and mild depression
 - b. Lauren, who has extreme periods of depression and mild mania
 - c. Leighton, who has mild periods of depression and mania
 - d. Layla, who has extreme periods of depression and mania

ANS: A DIF: Difficult

REF: 15.9 Psychotropic Medications Are Most Effective for Bipolar Disorder

OBJ: 15.9b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Applying

86. Nathan is experiencing both positive and negative symptoms of schizophrenia, both of which need to be treated. His psychiatrist is most likely to treat him with
- a. lithium.
 - b. tardive dyskinesia.
 - c. atypical antipsychotics.
 - d. conventional antipsychotics.

ANS: C DIF: Moderate

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

87. James has schizophrenia, and his major symptoms are hallucinations and disordered speech. James may be treated with all of the following EXCEPT
- a. conventional antipsychotics.
 - b. cognitive restructuring.
 - c. behavioral therapy.
 - d. atypical antipsychotics.

ANS: B DIF: Moderate

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

88. Garrett's family is worried about his behavior. He no longer displays affection toward family members, refuses to bathe, and thinks that his neighbor's dog is sending him coded messages in his cereal. Garrett's family takes him to a mental health practitioner, who is most likely to treat him with
- a. cognitive therapy.
 - b. antipsychotic medication.
 - c. lithium.
 - d. phototherapy.

ANS: B DIF: Moderate

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10a | 15.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

89. Of the following people, who would have the best prognosis of recovering from schizophrenia?
- a. Reinhard, a male who lives in Germany and who developed the disorder as a child
 - b. Jalisa, who is from the United States and developed the disorder as a child
 - c. Safia, who lives in the Republic of Georgia and developed the disorder later in life
 - d. Raymond, who lives in Canada and developed the disorder later in life

ANS: C DIF: Difficult

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10a | 15.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

90. John is being treated with a biological therapy for a disorder. The side effects of this therapy are irreversible and include twitching muscles in his neck and face and uncontrollable salivation. John probably has _____ and is being treated with _____.
- a. depression; a selective serotonin reuptake inhibitor
 - b. depression; transcranial magnetic stimulation
 - c. schizophrenia; a conventional antipsychotic
 - d. schizophrenia; an atypical antipsychotic

ANS: C DIF: Difficult

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10a | 15.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

91. Abraham is receiving therapy that helps him to evaluate the emotional expressions of others, effectively use verbal and nonverbal communication, and express affection to family and friends. It is most likely that Abraham has
- a. attention-deficit/hyperactivity disorder.
 - b. bipolar I disorder.
 - c. dissociative identity disorder.
 - d. schizophrenia.

ANS: D DIF: Moderate

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

92. Kathleen has been diagnosed with borderline personality disorder and is seeing a therapist who is focused on reducing her radical behaviors, discussing her past traumatic experiences, and helping her to develop a sense of independence and self-respect. Kathleen's therapist is most likely using
- a. dialectical behavior therapy.
 - b. operant procedures.
 - c. psychotropic therapy.
 - d. phototherapy.

ANS: A DIF: Easy

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

93. Malcolm is a mental health practitioner who sees clients with personality disorders. These clients should be _____ for Malcolm to treat because they _____.
- a. easy; respond well to psychotropic medications
 - b. difficult; see the environment and not their own behavior as the cause of their problems
 - c. easy; think positively about themselves and their future opportunities
 - d. difficult; have a poor sense of self

ANS: B DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

94. Madeline is in treatment for a mental health disorder. In the first step of the process, she learns that every time she feels like cutting herself, she should instead listen to jazz music, which soothes her. By substituting a harmful behavior with a more adaptive one, Madeline is learning coping skills that will help her in the next step of therapy as she reflects on the abuse she experienced in childhood. Madeline is being treated with _____ therapy.
- a. cognitive
 - b. behavioral
 - c. rational-emotive
 - d. dialectical behavior

ANS: D DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11a | 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

95. Currently, the most effective treatment of borderline personality disorder includes
- a. therapy that combines cognitive and behavioral techniques with a mindfulness approach.
 - b. behavioral modification through the use of modeling appropriate relationships.
 - c. prescription of antipsychotic medications.
 - d. controlled operant procedures that help by rewarding adaptive behaviors.

ANS: A DIF: Easy

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

96. Mary has recently been treated with antidepressants and is engaging in intensive, long-term therapy in an inpatient setting. The therapy emphasizes reducing self-harming behaviors, improving coping skills, exploring past traumatic experiences, and developing self-respect. This combination is the best form of therapy available for her disorder. Mary most likely has
- a. severe depression.
 - b. antisocial personality disorder.
 - c. borderline personality disorder.
 - d. obsessive-compulsive disorder.

ANS: C DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

97. The last stage of dialectical behavior therapy is _____, and this stage is important because _____.
- a. identifying the traumatic experiences; these experiences caused the emotional problems
 - b. helping the client develop as an independent, self-respecting person; it reduces the client's problematic dependence on others
 - c. replacing dysfunctional behaviors with adaptive ones; the underlying cause of the disorder is classical and operant conditioning
 - d. dealing with the self-harming behaviors; it increases the client's self-esteem

ANS: B DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

98. Alvira is being treated for borderline personality disorder in an inpatient treatment center. What will the second stage of treatment generally involve?
- a. brief and intensive group therapy with other clients who have borderline personality disorder to discuss Alvira's suicidal thoughts
 - b. meeting with a cognitive therapist at least twice a week to learn self-respect and problem-solving skills
 - c. discussing the loss of her parents at age five and how this relates to Alvira's current emotional problems
 - d. working to replace her most extreme and dysfunctional behaviors with more adaptive and effective ways of coping

ANS: C DIF: Difficult

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

99. Dr. Kennedy is treating a client for borderline personality disorder using dialectic behavior therapy (DBT). In their most recent session, Dr. Kennedy was helping his client to recall and explore past traumatic experiences that might account for the emotional problems his client had been experiencing. In DBT, this exploration would occur in which phase of the treatment?
- phase 1
 - phase 2
 - phase 3
 - Exploring past trauma is not part of DBT.

ANS: B DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

100. In the 1980s, Marsha Linehan developed an effective method for the treatment of borderline personality disorder that involves changing the way the person thinks using logic and reasoning. The treatment combines elements of several therapeutic approaches. The treatment is called _____ therapy.
- psychodynamic
 - cognitive-behavioral
 - dialectical behavior
 - mindfulness behavioral

ANS: C DIF: Easy

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

101. Although medications have been shown to have limited success in treating borderline personality disorder, if the disorder has comorbid _____, then _____ may be prescribed along with dialectical behavior therapy.
- schizophrenia; a mood stabilizer
 - anxiety; lithium
 - bipolar disorder; a benzodiazepine
 - depression; an SSRI antidepressant

ANS: D DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Remembering

102. Parker, a clinical psychologist, will have the most difficult time treating which of the following clients?
- Cheyenne, who feels very sad and cannot get out of bed most mornings
 - Effie, who is afraid of car accidents, so she cannot start her car without kissing her keys exactly four times
 - Dante, who is good at lying and cheating other people for his own benefit without regard for their feelings
 - George, who is so terrified of social events that he cannot attend his children's birthday parties

ANS: C DIF: Difficult

REF: 15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

OBJ: 15.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 5, Professional Development MSC: Applying

103. Alberto has antisocial personality disorder, and in addition to therapeutic sessions, his doctor would like to prescribe a psychotropic medication to treat his symptoms. The doctor may have some small success with all of the following EXCEPT
- atypical antipsychotics.
 - stimulants.
 - anti-anxiety drugs.
 - lithium.

ANS: A DIF: Difficult

REF: 15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

OBJ: 15.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

104. Sean is receiving treatment for antisocial personality disorder. His therapist knows that treating Sean will be _____ because Sean _____.
- easy; has low self-esteem, which is quickly fixed with cognitive therapy
 - moderately difficult; may not respond to mood-stabilizing drugs
 - very difficult; has difficulty developing a therapeutic relationship
 - impossible; views his problems as too overwhelming to treat

ANS: C DIF: Easy

REF: 15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

OBJ: 15.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

105. Dr. Johnson asks Sam, "How have you gotten your way in the past?" Sam says, "By intimidating and bullying people." Dr. Johnson continues, "And what consequences have resulted from your behavior?" Sam says, "I have been in jail for 12 of the past 13 years." Dr. Johnson asks, "What did you actually accomplish by bullying others?" Sam responds, "I got jail time." Sam will have the best prognosis for his personality disorder if he is treated with _____ therapy.
- psychodynamic
 - behavior
 - dialectical behavior
 - cognitive

ANS: B DIF: Difficult

REF: 15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

OBJ: 15.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

106. Dr. Acacia plans to open a clinic to provide better mental health services to children and adolescents. Dr. Acacia wants to convince others that these services are needed. He is likely to use all of the following arguments to help his case EXCEPT that
- an estimated 12 to 20 percent of children and adolescents experience psychological disorders.
 - early experiences are crucial in developing psychological health in adulthood.
 - parents are more likely to pay money for psychological care for their children than for themselves.
 - negative thoughts and behaviors are more easily changed during this period of time; therefore, treatment can be more beneficial than it would be in adulthood.

ANS: C DIF: Moderate

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

107. Psychotherapy treatments for adolescent depression are
- ineffective.
 - quite effective on their own, but they are time-consuming.
 - about three times more effective as a treatment than drugs alone.
 - seldom effective unless used in combination with drugs.

ANS: B DIF: Easy

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Remembering

108. Dr. Ramos, a psychiatrist, treats many adolescent clients who have been diagnosed with depression. She often treats these clients with selective serotonin reuptake inhibitors, such as Prozac. If Dr. Ramos would like to add another type of treatment that has been shown to improve the prognosis for adolescents, she should recommend both Prozac and
- dialectical behavior therapy.
 - exposure and response prevention.
 - client-centered group therapy.
 - cognitive-behavioral therapy.

ANS: D DIF: Easy

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

109. More antidepressants have been prescribed to adolescents in recent decades, and the adolescent suicide rate has gone down. This fact provides evidence that

- a. there is a correlation between prescriptions for antidepressants and suicide rates.
- b. antidepressants directly reduce suicide risk.
- c. antidepressants are the treatment of choice for adolescent depression.
- d. other forms of therapy are not as effective as antidepressants, at least for adolescents.

ANS: A DIF: Difficult

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking MSC: Understanding

110. Marcus is a 16-year-old who has been feeling down for a long time and never leaves his room, where he just plays on his computer. A therapist treating Marcus will most likely be successful if he or she uses
- a. transcranial magnetic stimulation.
 - b. cognitive-behavioral therapy.
 - c. psychodynamic therapy.
 - d. psychotropic medications.

ANS: B DIF: Moderate

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

111. A drug representative has to explain to doctors how Prozac affects adolescent depression. What is the most accurate statement the drug representative could make?
- a. Prozac increases suicidal thinking and may increase risk of suicide, but so do other treatments.
 - b. Prozac may increase suicidal thinking, but suicide rates have actually decreased since selective serotonin reuptake inhibitors, such as Prozac, have been introduced.
 - c. Prozac does not increase suicidal thinking or suicide risk, although there are a number of other side effects that are specific to adolescents.
 - d. Prozac does not increase suicidal thinking or suicide risk, and it can be recommended as the most effective treatment available for adolescent depression.

ANS: B DIF: Moderate

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

112. Brandon, a six-year-old, was diagnosed with autism at age two. Since then, he has been receiving a treatment called applied behavioral analysis. After four years of receiving applied behavioral analysis, which of the following outcomes is most likely for Brandon?
- a. He will have a higher IQ than before he started.
 - b. He will have excellent social relationships with family and friends.
 - c. He required intensive treatment at first, but after one year, his time in therapy will be reduced.
 - d. He required behavioral treatment as well as a supplemental therapy, such as group therapy, to increase his social skills.

ANS: A DIF: Moderate

REF: 15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

OBJ: 15.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

113. Malik, a child in intensive applied behavior analysis treatment for autism, has improved in a number of ways after four years with this treatment. All of the following factors influenced Malik's relatively positive prognosis EXCEPT
- a. starting with severe cognitive deficiencies.
 - b. starting treatment before his second birthday.
 - c. having good language skills when beginning treatment.
 - d. being diagnosed with autism by his first birthday.

ANS: A DIF: Easy

REF: 15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

OBJ: 15.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Understanding

114. Liliya is a young girl with autism. Her parents recently began training in applied behavior analysis. Upon beginning treatment, which of the following complaints might Liliya's parents have?
- a. Liliya's social skills have not improved at all, even though her sensory abilities have increased.

- b. Liliya still scores very low on IQ tests despite the intensive treatment, and she will still be in special classes at school.
- c. There is a large amount of time required from the parents to implement the treatment.
- d. Liliya's attentional capacity will still be so limited that her parents will need to continue training her until she is much older.

ANS: C DIF: Easy

REF: 15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

OBJ: 15.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

115. Troy, a six-year-old boy with autism, has received applied behavior analysis treatment for the past four years. Which of the following statements about Troy's current situation is most accurate?
- a. Troy's treatment is relatively easy to implement, but his parents are thinking of dropping out because the treatment is so expensive.
 - b. Troy's cognitive skills have significantly improved, but he dislikes his treatment, so he has become defiant and difficult.
 - c. Troy is satisfied with his treatment and is a happier child, but his IQ is still low and he cannot be taught in normal classrooms at school.
 - d. Troy's treatment is very time-consuming and intense, but his IQ is now 20 points higher than when he started treatment.

ANS: D DIF: Moderate

REF: 15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

OBJ: 15.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 5, Professional Development

MSC: Applying

116. Zac is a 12-year-old boy who receives behavior therapy to reduce his hyperactive behavior and increase his ability to pay attention. His therapist explains that during treatment he will modify Zac's behavior by
- a. eliciting his undesirable behavior to understand his thought processes.
 - b. getting him to model correct behavior.
 - c. reinforcing his desirable behavior.
 - d. helping him to recognize and understand the motives for his bad behavior.

ANS: C DIF: Moderate

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Understanding

117. Denise is a teenager taking a psychotropic medication that reduces negative behaviors such as interrupting. Denise has most likely been prescribed a(n)
- a. antipsychotic.
 - b. stimulant.
 - c. antidepressant.
 - d. anti-anxiety drug.

ANS: B DIF: Easy

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology

MSC: Applying

118. Your child is being treated with a psychotropic medication for a mental health disorder. She is eating less and experiencing sleep problems, slowed growth, and body twitches. Your child most likely is being treated with _____ for _____.
- a. Ritalin; attention-deficit/hyperactivity disorder
 - b. Ritalin; depression
 - c. selective serotonin reuptake inhibitors; attention-deficit/hyperactivity disorder
 - d. selective serotonin reuptake inhibitors; depression

ANS: A DIF: Moderate

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

119. Based on the evidence provided in your textbook regarding the behavioral effects of Ritalin therapy, which of the following outcomes is most likely in a group of 12-year-old boys taking the drug for attention-deficit/hyperactivity disorder?
- a. Some boys will experience very serious side effects, such as depression.

- b. Many boys will perform better academically and socially.
- c. Most boys will show an increase in negative behaviors and no change in positive behaviors.
- d. Most boys will show an increase in attentive and productive behaviors, but they will remain somewhat loud and disruptive.

ANS: B DIF: Moderate

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World MSC: Applying

120. Which of the following students is LEAST likely to show improvements in his or her attention-deficit/hyperactivity disorder symptoms after six months of treatment?

- a. Navid, who has been attending cognitive therapy sessions
- b. Colbert, who has been prescribed Ritalin
- c. Imogen, who has been prescribed a stimulant
- d. Lucia, who has been attending behavior therapy sessions

ANS: A DIF: Moderate

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 5, Professional Development MSC: Applying

SHORT ANSWER

1. Stewart has been diagnosed with major depressive disorder.
- A) Describe two major approaches to treating Stewart's disorder.
 - B) Provide an example of each technique that may be effective for Stewart's specific diagnosis.

ANS:

Suggested answer:

- A) (1) Psychotherapy—treatment involving a therapist working with a client to help him or her understand his or her problems and work toward adaptive solutions
- (2) Biological (psychotropic medications)—treatment that involves medical approaches to illness and disease, often using drugs that affect mental processes; as part of biological treatment, alternative approaches (extreme forms of treatment that alter brain function) or eclectic approaches (a variety of approaches that provide a best fit for the client)
- B) Specific examples include psychotherapy—cognitive (cognitive restructuring/rational-emotive therapy) and cognitive-behavioral therapy; biological—an antidepressant (selective serotonin reuptake inhibitors, including Prozac, Paxil, Zoloft); eclectic—treating with both an antidepressant and psychotherapy; alternative—electroconvulsive therapy (electrical current to the brain to produce a seizure), transcranial magnetic stimulation (magnetic field that interrupts brain functioning in a specific region), or deep brain stimulation (electricity passes through electrodes in the client's brain to stimulate activity at a certain frequency and intensity).

DIF: Difficult REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC: Applying

2. Your friend Timothy is seeking help for emotional problems. His therapist uses techniques developed by Sigmund Freud.
- A) Name and describe the type of therapy Timothy is most likely receiving.
 - B) Describe two techniques that Timothy's therapist might use when treating him.
 - C) Discuss one reason why this kind of therapy is considered controversial today.

ANS:

Suggested answer:

- A) Psychodynamic therapy (or psychoanalysis)—type of treatment of psychological disorders that includes a therapist working with a client through extensive conversations, with the goal of helping the client become aware of how his or her unconscious processes may be causing conflict and impairing his or her daily functioning
- B) Free association—client responds with first thing that comes to mind and therapist looks for signs of unconscious conflicts; dream analysis—therapist interprets hidden meaning of client's dreams
- C) Traditional psychodynamic therapy is expensive and highly time-consuming. There is little evidence that it is effective in treating most disorders (although some evidence suggests it may be helpful for borderline personality disorder).

DIF: Moderate REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1a | 15.1b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC:

Understanding

3. During a counseling session, Lucy says, “My mother is such a jerk. She is always telling me what to do and will not let me do anything I want to do.” Her counselor responds with, “So you feel frustrated because your mother treats you like a child instead of an adult.” Lucy feels understood and is able to discuss other problems she has been having.
- A) With what type of therapy is Lucy being treated?
 - B) Explain what technique Lucy’s therapist is using in this situation.
 - C) What is the most important component of this therapy (in other words, what is the therapist trying to establish by using these techniques)?

ANS:

Suggested answer:

- A) Humanistic (or client-centered) therapy
- B) Lucy’s therapist is using active listening (listening attentively and then repeating the client’s concerns to help clarify her feelings).
- C) This treatment involves a therapist working with a client to help him or her develop his or her full potential for personal growth through greater self-understanding. The therapist is attempting to provide a safe and comfortable environment where he or she does not pass judgment or provide advice and allows the client to access his or her true feelings.

DIF: Difficult REF: 15.1 Some Types of Psychotherapy Focus on Providing Insight

OBJ: 15.1c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

4. Inka, a 15-year-old, is in family therapy.
- A) Describe this type of treatment, including a description of its major therapeutic goal.
 - B) How does the systems approach relate to this treatment?

ANS:

Suggested answer:

- A) Family therapy—inclusion of all members of a client’s family in the therapeutic process in order to heal familial relationships
- B) The systems approach informs this treatment by providing the underlying context of placing an individual within a larger context. Each person within the family unit plays a specific role and has a specific effect on each member of the family (as well as the family as a whole). Through changing patterns of interaction, family dynamics can change greatly.

DIF: Moderate REF: 15.3 The Context of Therapy Matters

OBJ: 15.3b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

5. Dr. Andrez is a psychiatrist who believes in a biological approach to treatment, and he sees many clients with depressive disorders.
- A) Describe two types of biological treatment that Dr. Andrez may use to treat his clients.
 - B) Describe an example of each treatment that would be effective for Dr. Andrez’s clients.

ANS:

Suggested answer:

- A) Psychotropic medications—drugs that affect mental processes to induce more adaptive thoughts, emotions, and behaviors; alternative treatments—treatments that alter brain functioning
- B) Psychotropic medications—antidepressants (Prozac, Paxil, Zoloft); alternative treatments—electroconvulsive therapy (electrical current to the brain to produce a seizure), transcranial magnetic stimulation (magnetic field that interrupts brain functioning in a specific region), or deep brain stimulation (electricity passes through electrodes in the client’s brain to stimulate activity at a certain frequency and intensity)

DIF: Easy REF: 15.4 Biological Therapies Are Effective for Certain Disorders

OBJ: 15.4a | 15.4b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

6. Vivian has been diagnosed with schizophrenia and hears voices that tell her to stay in her apartment because the mailman is trying to control her thoughts. Denton is terrified of heights, a specific phobia, which causes him extreme difficulty because he works on the twelfth floor of an office building. Martina is in her last year of college and is experiencing great stress as she searches for her first job.

Given the description of their symptoms, select a mental health practitioner that would be best suited to treat Vivian, Denton, and Martina. Be specific in providing an explanation for each choice.

ANS:

Suggested answer:

Vivian—psychiatrist (people with schizophrenia often need antipsychotic drugs to treat their positive symptoms and only a psychiatrist may prescribe medication); Denton—clinical psychologist (because he has a diagnosable mental health disorder, he is likely to be seen by a clinical, instead of counseling, psychologist); Martina—counseling psychologist (in a university setting, struggling with somewhat normal life problems, Martina is likely to be seen by a counseling psychologist because she does not have a psychological disorder)

DIF: Difficult REF: 15.6 Various Providers Assist in Treatment for Psychological Disorders

OBJ: 15.6b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC: Analyzing

7. Gervase has been diagnosed with agoraphobia with panic attacks.

- A) What type of psychotherapy has been proven to be most effective for treating Gervase's disorder?
- B) Explain one therapeutic technique that is effective for treating Gervase's fear of situations that he cannot escape (his agoraphobia).
- C) Explain one (different) therapeutic technique that is effective for treating Gervase's overwhelming terror (his panic attacks).

ANS:

Suggested answer:

- A) Cognitive-behavioral therapy is most effective for treating anxiety disorders (Gervase has agoraphobia with panic attacks).
- B) To treat Gervase's agoraphobia (fear/phobia response), you could use either systematic desensitization (exposure to the anxiety-producing stimulus while having Gervase relax at the same time) or exposure (repeated exposure to the anxiety-producing stimulus).
- C) To treat Gervase's panic attacks, cognitive restructuring (identifying negative, maladaptive thought patterns and replacing them with thoughts that are more realistic) is particularly effective.

DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

8. Roxanne has been in treatment for obsessive-compulsive disorder (OCD) for several months. However, she does not feel that her treatment is effective.

- A) What type of psychotherapy has shown to be most effective for Roxanne's disorder?
- B) Explain one behavioral therapeutic technique that may be used to treat Roxanne or people with other anxiety disorders.
- C) Describe a type of biological treatment that Roxanne could try to improve her symptoms of OCD.

ANS:

Suggested answer:

- A) Cognitive-behavioral therapy (CBT) is most common and effective for treatment of OCD.
- B) Exposure and response prevention—technique that teaches the use of relaxation techniques in response to an anxiety-provoking trigger stimulus followed by the therapist preventing the client from being able to perform the compulsive behavior. Other acceptable answers include systematic desensitization (technique involving exposure to increasingly anxiety-producing stimuli or situations while having the client relax at the same time) and exposure (technique involving repeated exposure to an anxiety-producing stimuli or situation with the goal of reducing fear).
- C) Roxanne could try antidepressants (moderately effective when combined with CBT) or deep brain stimulation, which may be effective for clients with OCD who have not found relief with CBT or medication.

DIF: Moderate

REF: 15.7 Anxiety and Obsessive-Compulsive Disorders Are Best Treated with Cognitive-Behavioral Therapy OBJ: 15.7c

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC: Applying

9. Lately, Caesar has been feeling quite down, is unable to find pleasure in activities that he used to enjoy, and has stopped hanging out with friends. He has decided to see Dr. Cochrane, a therapist. Dr. Cochrane asks Caesar to keep a journal of his thoughts. When looking over the journal, Dr. Cochrane says, "Caesar, I see your journal says, 'The librarian yelled at me because I am ugly and no one likes me.' That seems pretty negative. Can you think of another explanation for the librarian's behavior?" Caesar responds with, "Well, I guess he could have been having a bad day and was frustrated by something else."

- A) What specific therapeutic technique is Dr. Cochrane using with Caesar?
- B) Dr. Cochrane notices that Caesar is particularly sad during the winter. Based on this new information, describe an alternative therapeutic approach Dr. Cochrane could try to make Caesar feel better.

ANS:

Suggested answer:

- A) Cognitive restructuring—recognizing maladaptive thought patterns and replacing them with ways of viewing the world that are more in tune with reality
- B) Phototherapy—exposure to high-intensity light for a period of time each day

DIF: Moderate REF: 15.8 Many Effective Treatments Are Available for Depressive Disorders

OBJ: 15.8b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Applying

10. Sharon is a 45-year-old woman living in the United States who recently was diagnosed with schizophrenia. Sharon believes that she is Abraham Lincoln. When asked by her mother if she believes that she has any special powers or abilities that other people do not have, Sharon responds by saying, "I don't know. I don't eat cows." Confused, her mother tries to have Sharon explain what she means, to which Sharon replies, "If you were in outer space, would you play catch with a piano?"

A) Describe one biological treatment and one therapeutic technique that you would recommend to treat Sharon.

B) Knowing that Sharon is a middle-aged woman in the United States, discuss her prognosis. (Hint: How do these characteristics affect her possible outcomes?)

ANS:

Suggested answer:

A) Biological methods—antipsychotics (since Sharon is displaying positive symptoms of schizophrenia, she could be treated with either conventional or atypical antipsychotics, with atypical being preferred for its reduced risk of tardive dyskinesia); behavior therapy methods—social skills training (modeling appropriate behaviors, rewarding emotion regulation, proper emotional expression)

B) Three factors that we know about Sharon influence her prognosis: (1) her age, which may provide for a better prognosis because later onset leads to a more favorable prognosis, and most people with schizophrenia experience a reduction of symptoms as they age; (2) her gender—women have a better prognosis than men; and (3) her culture—living in the United States, her prognosis may be less favorable than if she lived in a developing country because she may have a less extensive social support network.

DIF: Difficult

REF: 15.10 Atypical Antipsychotic Medications Are the Best Treatment for Schizophrenia

OBJ: 15.10b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | MSC: Applying

11. For the past year, Howard has been engaged in dialectical behavior therapy (DBT) because he was diagnosed with borderline personality disorder.

A) In general, what obstacles to treatment do people with personality disorders present?

B) Explain the phases of DBT. (Hint: What is the goal? What happens at each step?)

ANS:

Suggested answer:

A) People with personality disorders are difficult to treat because they see the environment, not their own behavior, as the cause of their problems. Thus, they rarely seek therapy, and it is difficult for them to establish a positive client-therapist relationship.

B) Phase 1—targeting extreme and dysfunctional behaviors and replacing them with less destructive ones; client learns problem-solving techniques and coping strategies. Phase 2—client engages in in-depth conversations with therapist to explore past traumatic experiences that may be at the root of his or her emotional and behavioral problems. Phase 3—teaching the client to develop feelings of independence and self-respect; this serves to reduce the likelihood of the client to depend on others for support and validation

DIF: Moderate

REF: 15.11 Dialectical Behavior Therapy Is the Best Treatment for Borderline Personality Disorder

OBJ: 15.11b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 4, Communication | APA Goal 5, Professional Development

MSC: Understanding

12. Ahmad, a 40-year-old, has been diagnosed with antisocial personality disorder and is receiving treatment for his problems.

A) Explain why psychotherapy might be challenging for Ahmad and his therapist.

B) Describe two factors of a treatment plan that would provide the best chance for Ahmad to make progress with his disorder.

C) Discuss Ahmad's prognosis if he decides not to receive treatment.

ANS:

Suggested answer:

A) People with antisocial personality disorder care little for others' feelings; do not care about the consequences of their actions; and have difficulty developing a relationship with the therapist, which prevents the therapist from being able to motivate the client to change.

B) A treatment plan that uses operant procedures (reinforcing desirable behaviors) in an inpatient setting, where the client is part of a group, may produce the largest gains. Stimulants, anti-anxiety drugs, and lithium may show moderate effects, at least in the short term.

C) Given Ahmad's age, even if he does not receive treatment, he is likely to experience a reduction in symptoms. This is because after age 40, people with antisocial personality disorder improve with or without treatment, perhaps because of a reduction of biological drives or by gaining insight into self-defeating behaviors.

DIF: Difficult

REF: 15.12 Antisocial Personality Disorder Is Extremely Difficult to Treat

OBJ: 15.12b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC:
Applying

13. Yolanda is a 12-year-old who is severely depressed and is being treated with only a selective serotonin reuptake inhibitor (SSRI).
A) Describe some potential drawbacks to Yolanda's current treatment plan.
B) Provide some recommendations that would improve her prognosis.

ANS:

Suggested answer:

- A) SSRIs may cause a client to feel restless, impulsive, and suicidal. Specifically, for clients taking an SSRI, the number of those who report suicidal thoughts is about twice that of those taking a placebo.
B) SSRIs alone are effective at treating depression. However, combining drugs with psychotherapy (specifically, cognitive-behavioral therapy) provides the best results for treating adolescent depression.

DIF: Moderate

REF: 15.13 Using Medication to Treat Depressive Disorders in Adolescents Is Controversial

OBJ: 15.13b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC:
Applying

14. Ariel, who loves the color red and playing with blocks, was diagnosed with autism at four years of age. She has large deficits in social interactions and frequently exhibits rocking behavior.
A) Discuss at least two factors that will make Ariel difficult to treat.
B) Describe the method of treatment you would recommend for Ariel. What is the major complaint associated with this treatment?

ANS:

Suggested answer:

- A) In general, children with autism are difficult to treat because of their impaired communication, lack of social skills, and restricted interests. Similarly, Ariel's older age at diagnosis is not beneficial. Her extreme behavior (rocking) will need to be reduced or eliminated before progress in other areas can be made.
B) Applied behavioral analysis—intensive behavior therapy for autism based on operant conditioning (reinforced behaviors should increase in frequency; behaviors that are not reinforced should diminish). The largest complaint is that it requires an extremely intensive time commitment on behalf of the child's parents or caretakers (at least 40 hours of treatment per week).

DIF: Moderate

REF: 15.14 Children with Autism Spectrum Disorder Benefit from Structured Behavior Therapy

OBJ: 15.14b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC:
Applying

15. Gwen is a fourth grader who has trouble sitting still, listening to her teacher, and playing calmly with friends. She has been taking medication for these problems and is experiencing some side effects. In particular, she has sleep problems, does not feel like eating very often, and has uncontrollable muscle twitching in her arms.
A) What type of medication is Gwen taking? What positive benefits does it have?
B) Explain the major reason why it is desirable to add behavioral therapy to biological treatment for children with this disorder.

ANS:

Suggested answer:

- A) Gwen is most likely receiving a stimulant such as Ritalin or Adderall, which decreases activity and distractibility and increases attention skills.
B) Treating children with medication alone may suggest to them that they do not have responsibility for their behaviors because their problems are beyond their control. Once medication is stopped, their problematic behaviors are more likely to reoccur. With the addition of behavioral therapy, you are also teaching them positive behaviors to replace their problematic ones.

DIF: Difficult

REF: 15.15 Children with ADHD Can Benefit from Various Approaches

OBJ: 15.15b

NAT: APA Goal 1, Knowledge Base in Psychology | APA Goal 2, Scientific Inquiry and Critical Thinking | APA Goal 3, Ethical and Social Responsibility in a Diverse World | APA Goal 4, Communication | APA Goal 5, Professional Development MSC:
Applying