

Chapter 1:

Approaches to Understanding Emotions

1. According to Darwin (1872) an emotional expression that uses the **blood vessels** expresses which one of the following emotions?

- a. anger
- b. shame
- c. pleasure
- d. resignation

Source: Page 6, Table 1.1

2. According to Charles Darwin (1872) **fear** is expressed by way of changes in which of the following bodily systems?

- a. the sweat glands.
- b. the dermal apparatus.
- c. the somatic muscles.
- d. both b & c.

Source: Page 6, Table 1.1

3. Charles Darwin asked two broad questions that still guide emotion researchers today. These questions included:

- a. How are emotions expressed in humans and other animals?
- b. What would happen if we did not have emotions?
- c. How can we cultivate emotions in our relationships, and through the life course?
- d. How are emotions different in different cultures?

Source: Page 6

4. The **physiological approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James
- d. René Descartes

Source: Page 8

5. According to William James, the **core of an emotion** is:

- a. the pattern of bodily responses associated with an experience.
- b. the changes within one's autonomic nervous system
- c. the changes in how one's muscles and joints move.
- d. all of the above.

Source: Page 9

6. The **psychotherapeutic approach** assumes which of the following to be true?

- a. The emotional life of adulthood derives from relationships we had in childhood with parents or other caregivers.
- b. We are responsible for our emotions because we are responsible for our beliefs.
- c. Emotions have useful functions; they help us navigate our social interactions.
- d. All of the above are consistent with the psychotherapeutic approach.

Source: Page 10

7. According to Aristotle, **tragic drama** impacts people in important ways. Notably, when people are at the theater they:

- a. sympathize with the main character.
- b. learn to distance themselves from the emotions of the main character.
- c. come out of the theater feeling more confident about their own lives.
- d. experience a purgation or purification of emotions.

Source: Page 11

8. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Epicureans** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

Source: Page 12

9. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Stoics** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

Source: Page 13

10. The **philosophical approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James
- d. René Descartes

Source: Page 14

11. Which fundamental emotions occur in the **soul** according to René Descartes?

- a. fear, anger, sadness, resignation, and guilt
- b. wonder, desire, joy, love, hatred, and sadness
- c. happiness, surprise, and love
- d. disgust, curiosity, love, hatred, and shame

Source: Page 14

12. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Placidity** was thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

Source: Page 15

13. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Hope and vigor** were thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

Source: Page 15

14. According to George Eliot, **literary art** is important to the emotions because novels encourage readers to:

- a. extend "sympathies" to people outside of their usual circle of friends and acquaintances.
- b. more frequently express their emotions to others.
- c. develop a more effective set of coping skills.
- d. experience *katharsis* of their emotions.

Source: Page 16

15. Tania Singer and her collaborators (2004) assessed brain activity while volunteers experienced a painful electric shock and compared it to that elicited when they observed a signal indicating that their loved one – present in the same room – was receiving a similar shock. Singer et al. found that when a participant felt pain _____ whereas when a participant was signaled that their loved one experienced pain _____.

- a. parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- b. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- c. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; parts of their anterior cingulate cortex were activated.
- d. parts of their anterior cingulate cortex were activated; their somato-sensory cortex and parts of their anterior cingulate cortex were activated.

Source: Page 19

16. The **opposite of empathy** is:

- a. *schadenfreude*
- b. contempt
- c. condemnation
- d. remorse

Source: Page 21 (Special Section re. Novels and Films: Avatar)

17. In the 1970s and 1980s Alice Isen studied how happiness influences people's perception of the world. Based on findings from numerous studies, Isen concluded that **happiness impacts cognition** in which one of the following ways?

- a. Happiness makes people more error-prone on simple tasks.
- b. **Feeling happy encourages people to be less critical about consumer goods.**
- c. Happiness encourages rapid decision-making.
- d. Happiness makes people more cautious about loss when risks are low.

Source: Page 23, Table 1.2

18. For understanding emotions, sociologist Erving Goffman's most instructive work is perhaps the essay "Fun in games". In this essay Goffman contends that happiness emerges when people:

- a. interact recreationally with others.
- b. act in accordance with the expectations of others.
- c. act in accordance with their own personal values.
- d. **are fully engaged in what they are doing.**

Source: Page 24

19. Sociologist Arlie Hochschild observed how "feeling rules" were instructed to Delta Airlines cabin staff as part of their training regimen. The "feeling rules" associated with this occupation:

- a. aimed to produce staff who could play a particular emotional role.
- b. aimed to encourage a particular emotional tone in passengers.
- c. were ingrained by asking staff to practice particular expressions and recall memories to aid performances.
- d. **all of the above are true of Delta Airlines training observed by Hochschild.**

Source: Page 24

20. The term _____ refers to a state that typically lasts for hours, days, or weeks, sometimes as a low-intensity background.

- a. personality trait
- b. emotional disorder
- c. **mood**
- d. emotional episode

Source: Page 28

Chapter 2:

Evolution of Emotions

1. Charles Darwin described evolution in terms of **all but which one** of the following processes?

- a. superabundance
- b. variation
- c. adaptation
- d. selection

Source: Page 32

2. According to Charles Darwin, **selection** refers to the fact that:

- a. offspring are somewhat different from others and differences are passed on by heredity.
- b. organisms choose to cooperate more often than they choose to compete.
- c. organisms are more likely to consume low-energy foods associated with a low level of risk compared to high-energy foods associated with a high level of risk.
- d. characteristics that allow better adaptation to the environment are selected because they enable survival, and hence are passed on.

Source: Page 32

3. Many systems such as our **preferences for sweet foods and aversion to bitter foods** developed in response to:

- a. selection pressures.
- b. social demands.
- c. environmental load.
- d. intersexual competition.

Source: Page 32

4. Stags lock horns and engage in battles that are at times violent to find who is dominant and who therefore has access to mates. This is an example of:

- a. dominance
- b. implicit aggression
- c. intrasexual competition
- d. intersexual competition

Source: Page 32

5. Which one of the following is an adaptation that has evolved to help humans find a **fertile mate**?

- a. The perception that facial symmetry is beautiful.
- b. A preference for males with status and resources.
- c. A preference for a mate with a youthful appearance.
- d. Both b & c.

Source: Page 33

6. Which one of the following is an adaptation that has evolved to help humans find a **healthy mate**?

- a. The perception that facial symmetry is beautiful.
- b. A preference for males with status and resources.
- c. A preference for a mate with a youthful appearance.
- d. Both b & c.

Source: Page 33

7. Which one of the following behaviors illustrates an **exaptation**?

- a. A dog that avoids consuming bitter foods.
- b. A brief raising of the eyebrows, lasting a fraction of a second, when people approach one another during greeting.
- c. An adult human who laughs and feels happy when observing a baby who is cooing and laughing.
- d. All of the above.

Source: Page 35

8. Working from the assumption that genes need the body of a plant or animal to contain them and enable them to reproduce, **emotions** play what role in animals?

- a. Emotions help to ensure that genes will be protected and reproduced.
- b. Emotions make us selfish and discourage altruistic actions that could compromise our genes.
- c. Genes program our emotions so that all our actions are reflex-driven and none of our actions derive from attractions and urges that our culture can modify.
- d. All of the above.

Source: Page 37

9. **Attachment** is:

- a. a human form of imprinting.
- b. a social motivation.
- c. an adaptation that has been selected for during evolution.
- d. all of the above.

Source: Page 38

10. **Assertion** is:

- a. an antisocial motivation.
- b. likely to inspire behaviors such as differential smiling and exploration away from the mother as a secure base in human infants.
- c. associated with the social emotion of shame when one's social status is diminished.
- d. both a & c.

Source: Page 40

11. **Affiliation** is:

- a. what encourages mothers to protect their offspring.
- b. what inspires warmth and affection in human relationships.
- c. more associated with the system of smell than the system of touch.
- d. all of the above.

Source: Page 41

12. Which of the following is true about **pair-bonding**?

- a. Pair-bonding is common amongst all primates.
- b. A pair-bonded male and female maintain a lasting sexual interest in each other.
- c. Pair-bonding is observed more often in urban as opposed to rural human communities.
- d. Pair-bonding is observed between romantic partners and between platonic friends.

Source: Page 41

13. The loss or absence of an **attachment figure** inspires:

- a. anxiety
- b. sadness
- c. anger
- d. surprise

Source: Page 42 Figure 2.2

14. According to the textbook's authors, our **biggest handicap as a social species** is the fact that:

- a. we tend to compete with others.
- b. we tend to territorial.
- d. we tend to be highly emotional.
- d. we feel emotions like contempt and social disgust.

Source: Page 44

15. **High-status** male chimpanzees:

- a. maintain their status by monopolizing food.
- b. are the largest animals within their group.
- c. spend a good part of their time breaking up the conflicts of lower-status chimps.
- d. avoid reconciliation following conflict with others in their group.

Source: Pages 46 & 47

16. The making of tools, the making of fire to prepare food, the use of language, and the making of art are human universals (Brown, 1991) that are similar because they:

- a. are innovations that distinguish humans from other living primates.
- b. are social.
- c. have emotional aspects.
- d. all of the above.

Source: Page 50

17. Robin Dunbar argues that **conversational language** emerged in human beings because:

- a. Human groups became too large for grooming to be a practical way of maintaining social bonds; therefore, conversation developed as a necessary replacement for grooming.
- b. Human beings naturally imitated noises in their environment, and these noises became words.
- c. Humans developed tongue movements to mimic manual gestures, something that helped with the acquisition of increasingly sophisticated manual habits.
- d. Humans needed words to help mediate conflicts within the group.

Source: Page 52

18. The **varying environments of evolutionary adaptedness** were primarily defined by their:

- a. climate
- b. terrain
- c. social characteristics
- d. all of the above

Source: Page 54

19. **Feeling interested and surprised** when we find ourselves **exploring a novel environment** is linked with which of the following motivations?

- a. attachment
- b. affiliation
- c. assertion
- d. non-social goals

Source: Page 55

20. **Feeling jealous** when we find ourselves **threatened by an interloper** is linked with which of the following motivations?

- a. attachment
- b. affiliation
- c. assertion
- d. non-social goals

Source: Page 55