

Practice Questions

CHAPTER 1: EXPLORING PSYCHOLOGY

1. Behaviors can be:
 - a. Voluntary
 - b. Involuntary
 - c. Verbal
 - d. Non-verbal
 - e. All of the above

2. Aristotle concurred with Egyptians' belief that the brain is unrelated to the soul.
 - a. True
 - b. False

3. That knowledge comes from *experience* and *observation* is a view first proposed by:
 - a. Functionalists
 - b. Gestaltists
 - c. Empiricists
 - d. Structuralists
 - e. Psychoanalysts

4. Why did Akin kill the Batticals, according to the Freudian humanistic view?
 - a. His id overwhelmed his ego and superego
 - b. He was raised in a culture where the use of force was a normal way of solving problems
 - c. Akin's acts of aggression were rewarded in the past
 - d. Akin's anger was associated with his image of Batticals
 - e. The activity of his amygdala overpowered his frontal lobe
 - f. None of the above

5. The behavior that we want to measure is called the
 - a. Dependent variable
 - b. Independent variable
 - c. Confounding variable
 - d. Variable ad absolutum

6. The myth that young people are happier reflects what type of a correlation?
 - a. Younger
 - b. Older
 - c. Positive
 - d. Negative
 - e. Neutral

7. For establishing a baseline behavior, we use the control group's behavior.
 - a. True
 - b. False

8. What is the most effective way of reducing bias in a study?
 - a. A triple blind study
 - b. A double blind study
 - c. A single blind study
 - d. A quadruple blind study

CHAPTER 2: (PERSONALITY)

1. Which one is not a step in psychoanalysis?
 - a. To rebuild a conditioned response
 - b. To develop a subsidiary consciousness
 - c. To dethrone a persona complex
 - d. All of the above

2. Defense mechanisms resolve conflicts and remove them from the unconscious.
 - a. True
 - b. False

3. Homosexuality in females, according to Freud, is a characteristic of:
 - a. Anal retentive personality
 - b. Anal expulsive personality
 - c. Oral personality
 - d. Phallic personality

4. According to Jung, recognizing and accepting all archetypes, without denial, is the process of:
 - a. Transmutation
 - b. Consciousizing
 - c. Individuation
 - d. Collaboration

5. According to Horney, healthy individuals have a mild tendency toward the following:
 - a. Power over others
 - b. Perfection
 - c. Exploitation of others
 - d. All of the above
 - e. None of the above

6. Research shows that the needs that Maslow talked about do not exist in reality.
 - a. True
 - b. False

7. MMPI is used only on people with psychological disturbance.
 - a. True
 - b. False

8. The Rorschach test has been widely accepted as having high validity and high reliability.
 - a. True
 - b. False

CHAPTER 3: (BIOLOGICAL PSYCHOLOGY I)

1. Basal nuclei are globus pallidus, caudate, putamen, and the hippocampus.
 - a. True
 - b. False

2. All cranial nerves have a motor and sensory function.
 - a. True
 - b. False

3. Widening of the pupils is a function of which system?
 - a. Sympathetic
 - b. Parasympathetic
 - c. Endothelial
 - d. Entheric

4. The motor aspect of the peripheral nervous system is composed of the:
 - a. Somatic system
 - b. Autonomic system
 - c. Retrograde system
 - d. Anterograde system
 - e. Parasomatic system
 - f. A and B

5. What are the two states of muscular existence?
 - a. Contraction
 - b. Relaxation
 - c. Transduction
 - d. Transmutation
 - e. A and C
 - f. A and B

6. Which one is not a part of the neuron?
 - a. Nodes of Ranvier
 - b. Schwann cell
 - c. Axona
 - d. Dendrite

7. Spinal nerves are located on both sides of the:
 - a. Cranial trunk
 - b. Spinal cord
 - c. Cortex
 - d. Superior colliculus
 - e. None of the above

8. A sulcus is a protuberance on the cortex and a gyrus is an indentation.
 - a. True
 - b. False

CHAPTER 4: (BIOLOGICAL PSYCHOLOGY II)

1. The soma is a neuron's
 - a. Cell body
 - b. Dendrite
 - c. Axon
 - d. Axon terminal
 - e. Axon hillock

2. Cerebrospinal fluid is secreted by:
 - a. Ependymal cells
 - b. Radial glia
 - c. Astrocytes
 - d. Microglia
 - e. Schwann cells

3. A local signal is composed of
 - a. Neurotransmitters
 - b. Ions
 - c. Enzymes
 - d. Phospholipids in the membrane
 - e. Genetic triplets

4. Hyperpolarization happens during the
 - a. Relative refractory period

- b. Constant period
 - c. Period of small N values
 - d. Absolute zero period
5. A graded signal is decremental.
- a. True
 - b. False
6. An ion is a type of:
- a. atom
 - b. neurotransmitter
 - c. membrane
 - d. noi
 - e. Id
7. Depolarization is a switch from a negative voltage to a less negative voltage.
- a. True
 - b. False
8. What is an action potential made of?
- a. A flow of neurotransmitters
 - b. A flow of ions
 - c. A flow of membranes
 - d. A wave of astrocytes

CHAPTER 5: LEARNING

1. Your task is to classically condition your pet iguana, Sid Vicious, to blink when it sees **a** picture of Mickey Mouse. To accomplish this task, you administer an air puff in the eye of the iguana. You also have a picture of Mickey Mouse. What is the unconditioned response?
- a. Seeing the picture of Mickey Mouse
 - b. Blinking to the picture of Mickey Mouse
 - c. The picture of Mickey Mouse
 - d. Moving to the picture of Mickey Mouse
 - e. Blinking to the air puff
2. Your task is to classically condition your pet iguana, Sid Vicious, to blink when it sees **a** picture of Mickey Mouse. To accomplish this task, you administer an air puff in the eye of the iguana. You also have a picture of Mickey Mouse. What is the conditioned stimulus?
- a. The experimenter
 - b. The picture of Mickey Mouse
 - c. The voice of the experimenter

- d. Blinking to the picture of Mickey Mouse
 - e. Moving to the picture of Mickey Mouse
 - f. Air puff into the eye of the iguana
3. Positive punishment and negative reinforcement are different types of punishment.
- a. True
 - b. False
4. What is the difference between the instrumental conditioning and operant conditioning?
- a. Instrumental conditioning employs reinforcement and punishment, and operant conditioning relies on other concepts.
 - b. Instrumental conditioning relies on physical instruments (tools) and operant conditioning on behaviors.
 - c. There is no difference
 - d. Instrumental conditioning is a real concept, and operant s made up.
5. A rapid perception of how elements are related is called:
- a. Confabulation
 - b. Insight
 - c. Sudden bliss
 - d. Conglomerational variable
 - e. Independent variable
6. Why were habituation and sensitization investigated in Aplysia?
- a. It was a devastating disease that needed to be cured as soon as possible
 - b. She was Freud's daughter who had a mental illness, so Freud thought that not curing her would tarnish his theory
 - c. She was an actress who suffered from a stage-fright
 - d. It is a snail with large neurons easily observed
 - e. None of the above
7. When a weaker stimulus is being administered to a pre-synaptic neuron and influences an enhanced response in the post-synaptic neuron, this activity is called:
- a. Long term depression
 - b. Transduction
 - c. Short term potentiation
 - d. Dendritic arborization
 - e. Long term potentiation

8. Dopamine is released in the nucleus accumbens not only as a result of reinforcement, but also as a result of punishment.
- True
 - False

CHAPTER 6: MEMORY

- What is a usual duration of sensory memory?
 - 5 minutes
 - Up to 1 second
 - 30 minutes
 - An indefinite amount of time
- In the book I discussed an example of when I got lost in Las Vegas, when my wife rescued me. What was the lesson of the example?
 - I relied too much on non-working memory
 - Success of my short term memory
 - My long term memories were all mixed up
 - My procedural memory was blocked
- You call your new significant other by the name of your ex. This is an example of
 - A mnemonic
 - Acronym
 - Proactive interference
 - Negative reinforcement
 - Retroactive interference
- When people lie about what happened to them in the past, this is called a *false memory*.
 - True
 - False
- Out of 40 cases of prisoners who were later found innocent, it turned out that _____ of them were convicted on the basis of inaccurate eyewitness testimony.
 - 90%
 - 35%
 - 50%
 - 70%
 - 1-2 %

6. Research studies show that repressed memories are a myth.
 - a. True
 - b. False

7. Henry Molaison's working memory was spared (preserved) due to his intact
 - a. Hippocampus
 - b. Prefrontal cortex
 - c. Temporal cortex
 - d. Amygdala
 - e. None of the above

8. Which disorder is associated with tangles and plaques?
 - a. Alzheimer's disease
 - b. Parkinson's disease
 - c. Korsakoff's syndrome
 - d. Alcohol addiction

CHAPTER 7: (COGNITION)

1. Which is not a cognitive process?
 - a. Anger
 - b. Paying attention
 - c. Problem solving
 - d. Decision making
 - e. Perception

2. Monocular effects are all of the following except:
 - a. Linear perspective
 - b. Relative size
 - c. Light and shadow
 - d. Motion illusion

3. When we rely on a trial and error approach in solving problems, we rely on:
 - a. Full frontal processing of information
 - b. Lateral processing of information
 - c. Top-down processing of information

- d. Bottom-up processing of information
4. In a research study, those who were exposed to a _____ subliminal image perceived the woman in a more _____ light.
- Negative, positive.
 - Negative, negative
 - Positive, negative
 - Positive, positive
 - A and D
5. The stereotype threat:
- Decreases confidence
 - Undermines motivation
 - Heightens susceptibility to distractions
 - Reduces short term memory
 - All of the above
6. That geniuses are eccentric, problematic, maladjusted, or even insane is largely _____.
- True
 - A myth
 - Unknown
 - A secret
7. In divergent thinking there is a single solution to a problem.
- True
 - False
8. Divergent thinkers are less prone to which one of the following?
- Confirmation bias
 - Functional fixedness
 - Actor observer effect
 - Jonah's complex
 - A and B

CHAPTER 8: (CONSCIOUSNESS)

- Dreaming is an example of an altered state of consciousness.
 - True
 - False
- REM is the:

- a. Stage number 1 of sleep
 - b. Stage number 2 of sleep
 - c. Stage number 3 of sleep
 - d. Stage number 4 of sleep
 - e. Stage number 5 of sleep
3. Narcolepsy manifests as:
- a. Cataplexy
 - b. Sleep paralysis
 - c. Attack of sleep
 - d. All of the above
 - e. None of the above
4. Why is slow wave sleep important?
- a. It rests and rebuilds brain regions
 - b. It performs phagocytosis
 - c. It is associated with a reduction in metabolic activity
 - d. It seems to strengthen declarative memories
 - e. All except B
5. A hypnotic state of consciousness is basically sleep.
- a. True
 - b. False
6. When a meditator's goal is to become aware of everything in the present moment, the meditator performs:
- a. Pon pok meditation
 - b. Gratefulness meditation
 - c. Mindfulness meditation
 - d. Concentrative meditation
7. Endogenous opiates are:
- a. Receptors
 - b. Neurotransmitters
 - c. Ions
 - d. Drugs synthesized in a lab
8. How can THC lead to memory impairments?
- a. By binding to its receptors in the hippocampus and over-stimulating them.
 - b. By blocking substance P receptors

- c. By administering electro convulsive shocks too often
- d. By not administering enough electro convulsive shocks

CHAPTER 9: (DEVELOPMENTAL PSYCHOLOGY)

1. Reflexes and object permanence are, according to Piaget, crucial aspects of the:
 - a. Sensorimotor stage
 - b. Preoperational stage
 - c. Concrete operational stage
 - d. Formal operational stage

2. Vygotsky's zone of proximal development captures a:
 - a. Dominus – gladiator relationship
 - b. Slave owner – slave relationship
 - c. King – knight relationship
 - d. Apprentice – master relationship
 - e. None of the above

3. Children with a non-secure attachment pattern do not experience healthy lives as adults.
 - a. True
 - b. False

4. Newborns are born not preferring certain combinations of sounds.
 - a. True
 - b. False

5. According to Kohlberg, pre-conventional and conventional morality occurs:
 - a. During school age until adolescence
 - b. During kindergarten
 - c. During preschool
 - d. After adolescence

6. In females, testosterone influences the appearance of pubic and underarm hair.
 - a. True
 - b. False

7. Couples with adolescent children report more marital satisfaction than couples without children.
 - a. True
 - b. False

8. About _____ of children show a mixture of three patterns of temperament.
- 50%
 - 75%
 - 95%
 - 35%

CHAPTER 10 (ABNORMAL PSYCHOLOGY)

1. What disorder is characterized with the following behaviors: lack of empathy, lying, causing problems for others, impulsiveness, irritability, irresponsibility, and a lack of fear for engaging in a risky behavior.
 - Schizoaffective disorder
 - Panic
 - OCD
 - Antisocial personality disorder
 - Dissociative identity disorder
2. What are two forms of narcissistic personality disorder?
 - Grandiose and Vulnerable
 - Mediocre and Superior
 - Minuscule and Corpuscle
 - None of the above
3. All of the following can cause phobia except:
 - Learning
 - Evolutionary preparedness
 - Vicarious conditioning
 - Damage to mammillary bodies
4. In OCD, it seems that _____ neurotransmitter overstimulates cells, possibly by _____ receptors being **too** sensitive.
 - Dopamine, histamine
 - Oxytocin, vasopressin
 - Serotonin, serotonin
 - GABA, GABA
5. It would be a mistake to treat bipolar I disorder with:
 - Lithium
 - Anticonvulsant medications (when patients do not respond to lithium)
 - Antipsychotic medication (when patients have psychotic features)

- d. Antidepressants (without lithium)
 - e. ECT for manic episodes
6. Waxy flexibility and catatonia are sometimes apparent in:
- a. Antisocial personality disorder
 - b. Phobia
 - c. Schizophrenia
 - d. Schizoid disorder
 - e. OCD
7. What condition is characterized by the following: excessive emotionality, being theatrical, having an excessive need to immediately satisfy urges, and constantly seeking reassurance, approval or praise?
- a. Schizophrenia
 - b. PTSD
 - c. OCD
 - d. Bipolar II disorder
 - e. Histrionic personality disorder
8. To what extent do genetics influence the emergence of antisocial personality disorder?
- a. Minimally
 - b. A very high extent
 - c. Moderately
 - d. Not at all

CHAPTER 11 (SOCIAL PSYCHOLOGY)

1. _____ is when our thoughts do not match our actions, creating a discomfort in ourselves.
- a. Actor-observer effect
 - b. Confirmation bias
 - c. Cognitive dissonance
 - d. Dissociative fugue
2. Prejudice can be reduced if groups of individuals are encouraged to contact each other, given that the contact has aspects of cooperation and recognition of unequal status.
- a. True
 - b. False

3. _____ refers to changing one's behavior to match the behaviors of others due to real or imagined group pressure.
 - a. Obedience
 - b. Conformity
 - c. Cognitive assonance
 - d. Cognitive ascension
 - e. Persuasion

4. Milgram's hypothesis was that _____ of participants will obey the authority figure who demanded electric shocks for the learner/student.
 - a. 1%
 - b. 30%
 - c. The majority
 - d. 90%
 - e. 100%

5. Why does groupthink occur?
 - a. Illusion of invulnerability
 - b. Illusion of unanimous consensus
 - c. Pressure to conform
 - d. Bias towards out-group disagreeing members
 - e. All of the above

6. Aggression can be:
 - a. Violent
 - b. Non-violent
 - c. Instrumental
 - d. Hostile
 - e. All of the above
 - f. A and B

7. What does not usually influence attraction?
 - a. Proximity
 - b. Longevity
 - c. Similarity
 - d. Reciprocity of liking

8. An attitude consists of:
 - a. A feeling (or feelings)
 - b. Behavior

- c. Cognitions
- d. Thoughts
- e. Beliefs
- f. All of the above

ANSWERS: CHAPTER 1 (EXPLORING PSYCHOLOGY)

1E, 2A, 3C, 4F, 5A, 6D, 7A, 8B

ANSWERS: CHAPTER 2: (PERSONALITY)

1D, 2B, 3D, 4C, 5D, 6B, 7B, 8B

ANSWERS: CHAPTER 3: (BIOLOGICAL PSYCHOLOGY I)

1B, 2B, 3A, 4F, 5F, 6C, 7B, 8B

ANSWERS: CHAPTER 4: (BIOLOGICAL PSYCHOLOGY II)

1A, 2A, 3B, 4A, 5A, 6A, 7A, 8B

ANSWERS FOR CHAPTER 5: (LEARNING)

1E, 2B, 3B, 4C, 5B, 6D, 7E, 8A

ANSWERS FOR CHAPTER 6 (MEMORY)

1B, 2A, 3C, 4B, 5A, 6B, 7B, 8A

ANSWERS: CHAPTER 7: (COGNITION)

1A, 2D, 3D, 4E, 15E, 16B, 17B, 18E

ANSWERS: CHAPTER 8: (CONSCIOUSNESS)

1B, 2E, 3D, 4E, 5B, 6C, 7B, 8A

ANSWERS: CHAPTER 9: (DEVELOPMENTAL PSYCHOLOGY)

1A, 2D, 3B, 4B, 5A, 6B, 7A, 8D

ANSWERS: CHAPTER 10: (ABNORMAL PSYCHOLOGY)

1D, 2A, 3D, 4C, 5D, 6C, 7E, 8C

ANSWERS: CHAPTER 11 (SOCIAL PSYCHOLOGY)

1C, 2B, 3B, 4A, 5E, 6E, 7B, 8F

