



Chapter 1 Exercises

Review Questions

1. Which of the following was mentioned as a skill to which psychology students would be exposed?
 - a. critical thinking
 - b. use of the scientific method
 - c. critical evaluation of sources of information
 - d. all of the above
2. *Psyche* is a Greek word meaning _____.
 - a. essence
 - b. soul
 - c. behavior
 - d. love
3. Before psychology became a recognized academic discipline, matters of the mind were undertaken by those in _____.
 - a. biology
 - b. chemistry
 - c. philosophy
 - d. physics
4. In the scientific method, a hypothesis is a(n) _____.
 - a. observation
 - b. measurement
 - c. test
 - d. proposed explanation
5. Based on your reading, which theorist would have been most likely to agree with this statement?
Perceptual phenomena are best understood as a combination of their components.
 - a. William James
 - b. Max Wertheimer
 - c. Carl Rogers
 - d. Noam Chomsky
6. _____ is most well-known for proposing his hierarchy of needs.
 - a. Noam Chomsky
 - b. Carl Rogers
 - c. Abraham Maslow
 - d. Sigmund Freud
7. Rogers believed that providing genuineness, empathy, and _____ in the therapeutic environment for his clients was critical to their being able to deal with their problems.
 - a. structuralism
 - b. functionalism
 - c. Gestalt
 - d. unconditional positive regard
8. The operant conditioning chamber (also known as _____ box) is a device used to study the principles of operant conditioning.
 - a. Skinner
 - b. Watson
 - c. James
 - d. Koffka
9. A researcher interested in how changes in the cells of the hippocampus (a structure in the brain related to learning and memory) are related to memory formation would be most likely to identify as a _____ psychologist.
 - a. biological
 - b. health
 - c. clinical
 - d. social
10. An individual's consistent pattern of thought and behavior is known as a(n) _____.
 - a. psychosexual stage
 - b. object permanence
 - c. personality
 - d. perception

11. In Milgram's controversial study on obedience, nearly _____ of the participants were willing to administer what appeared to be lethal electrical shocks to another person because they were told to do so by an authority figure.
- 1/3
 - 2/3
 - 3/4
 - 4/5
12. A researcher interested in what factors make an employee best suited for a given job would most likely identify as a(n) _____ psychologist.
- personality
 - clinical
 - social
 - I-O
13. If someone wanted to become a psychology professor at a 4-year college, then they would probably need a _____ degree in psychology.
- bachelor of science
 - bachelor of art
 - master's
 - PhD
14. The _____ places less emphasis on research and more emphasis on application of therapeutic skills.
- PhD
 - PsyD
 - postdoctoral training program
 - dissertation
15. Which of the following degrees would be the minimum required to teach psychology courses in high school?
- PhD
 - PsyD
 - master's degree
 - bachelor's degree
16. One would need at least a(n) _____ degree to serve as a school psychologist.
- associate's
 - bachelor's
 - master's
 - doctoral
17. Scientific hypotheses are _____ and falsifiable.
- observable
 - original
 - provable
 - testable
18. _____ are defined as observable realities.
- Behaviors
 - Facts
 - Opinions
 - Theories
19. Scientific knowledge is _____.
- intuitive
 - empirical
 - permanent
 - subjective
20. A major criticism of Freud's early theories involves the fact that his theories _____.
- were too limited in scope
 - were too outrageous
 - were too broad
 - were not testable
21. Sigmund Freud developed his theory of human personality by conducting in-depth interviews over an extended period of time with a few clients. This type of research approach is known as a(n) _____.
- archival research
 - case study
 - naturalistic observation
 - survey

22. _____ involves observing behavior in individuals in their natural environments.
- Archival research
 - Case study
 - Naturalistic observation
 - Survey
23. The major limitation of case studies is _____.
- the superficial nature of the information collected in this approach
 - the lack of control that the researcher has in this approach
 - the inability to generalize the findings from this approach to the larger population
 - the absence of inter-rater reliability
24. The benefit of naturalistic observation studies is _____.
- the honesty of the data that is collected in a realistic setting
 - how quick and easy these studies are to perform
 - the researcher's capacity to make sure that data is collected as efficiently as possible
 - the ability to determine cause and effect in this particular approach
25. Using existing records to try to answer a research question is known as _____.
- naturalistic observation
 - survey research
 - longitudinal research
 - archival research
26. _____ involves following a group of research participants for an extended period of time.
- Archival research
 - Longitudinal research
 - Naturalistic observation
 - Cross-sectional research
27. A(n) _____ is a list of questions developed by a researcher that can be administered in paper form.
- archive
 - case study
 - naturalistic observation
 - survey
28. Longitudinal research is complicated by high rates of _____.
- deception
 - observation
 - attrition
 - generalization
29. Height and weight are positively correlated. This means that as height _____, weight _____.
- There is not relationship between height and weight.
 - increases; decreases
 - decreases; increases
 - increases; increases
30. Which of the following correlation coefficients indicates the strongest relationship between two variables?
- 0.90
 - 0.50
 - +0.80
 - +0.25
31. Which statement best illustrates a negative correlation between the number of hours spent watching TV the week before an exam and the grade on that exam?
- Watching too much television leads to poor exam performance.
 - Smart students watch less television.
 - Viewing television interferes with a student's ability to prepare for the upcoming exam.
 - Students who watch more television perform more poorly on their exams.

32. The correlation coefficient indicates the weakest relationship when _____.
- it is closest to 0
 - it is closest to -1
 - it is positive
 - it is negative
33. _____ means that everyone in the population has the same likelihood of being asked to participate in the study.
- Operationalizing
 - Placebo effect
 - Random assignment
 - Random sampling
34. The _____ is controlled by the experimenter, while the _____ represents the information collected and statistically analyzed by the experimenter.
- dependent variable; independent variable
 - independent variable; dependent variable
 - placebo effect; experimenter bias
 - experiment bias; placebo effect
35. Researchers must _____ important concepts in their studies so others will have a clear understanding of exactly how those concepts were defined.
- randomly assign
 - randomly select
 - operationalize
 - generalize
36. Sometimes, researchers will administer a(n) _____ to participants in the control group to control for the effects that participant expectation might have on the experiment.
- dependent variable
 - independent variable
 - statistical analysis
 - placebo
37. _____ is to animal research as _____ is to human research.
- Informed consent; deception
 - IACUC; IRB
 - IRB; IACUC
 - Deception; debriefing
38. Researchers might use _____ when providing participants with the full details of the experiment to prevent skewing their responses.
- informed consent
 - deception
 - ethics
 - debriefing
39. A person's participation in a research project must be _____.
- confidential
 - rewarded
 - voluntary
 - public
40. Before participating in an experiment, individuals should read and sign the _____ form.
- informed consent
 - debriefing
 - IRB
 - ethics

Critical Thinking Questions

41. Why do you think psychology courses like this one are often requirements of so many different programs of study?
42. Why do you think many people might be skeptical about psychology being a science?
43. How did the object of study in psychology change over the history of the field since the 19th century?
44. In part, what aspect of psychology was the behaviorist approach to psychology a reaction to?

45. Given the incredible diversity among the various areas of psychology that were described in this chapter, how do they all fit together?
46. What are the potential ethical concerns associated with Milgram's research on obedience?
47. Why is an undergraduate education in psychology so helpful in a number of different lines of work?
48. Other than a potentially greater salary, what would be the reasons an individual would continue on to get a graduate degree in psychology?
49. The scientific method is often described as self-correcting and cyclical. Briefly describe your understanding of the scientific method with regard to these concepts.
50. In this chapter, conjoined twins, Krista and Tatiana, were described as being potential participants in a case study. In what other circumstances would you think that this particular research approach would be especially helpful, and why?
51. Presumably, reality television programs aim to provide a realistic portrayal of the behavior displayed by the characters featured in such programs. This chapter pointed out why this is not really the case. What changes could be made in the way that these programs are produced that would result in more honest portrayals of realistic behavior?
52. Aside from biomedical research, what other areas of research could greatly benefit by both longitudinal and archival research?
53. Earlier in this chapter, we learned about research suggesting that there is a correlation between eating cereal and weight. Cereal companies that present this information in their advertisements could lead someone to believe that eating more cereal causes healthy weight. Why would they make such a claim, and what arguments could you make to counter this cause-and-effect claim?
54. A study was published in the journal, *Nutrition and Cancer*, which established a negative correlation between coffee consumption and breast cancer. Specifically, it was found that women consuming more than five cups of coffee a day were less likely to develop breast cancer than women who never consumed coffee (Lowcock et al., 2013). Imagine you see a newspaper story about this research that says, "Coffee Protects Against Cancer." Why is this headline misleading, and why would a more accurate headline draw less interest?
55. Sometimes, true random sampling can be very difficult to obtain. Many researchers make use of convenience samples as an alternative. For example, one popular convenience sample would involve students enrolled in Introduction to Psychology courses. What are the implications of using this sampling technique?
56. Peer review is an important part of publishing research findings in many scientific disciplines. This process is normally conducted anonymously; in other words, the author of the article being reviewed does not know who is reviewing the article, and the reviewers are unaware of the author's identity. Why would this be an important part of this process?
57. Some argue that animal research is inherently flawed in terms of being ethical because, unlike human participants, animals do not consent to be involved in research. Do you agree with this perspective? Given that animals do not consent to be involved in research projects, what sorts of extra precautions should be taken to ensure that they receive the most humane treatment possible?
58. At the end of the last lesson, you were asked to design a basic experiment to answer some question of interest. What ethical considerations should be made with the study you proposed to ensure that your experiment would conform to the scientific community's expectations of ethical research?