



## Chapter 9 Exercises

### Review Questions

1. Need for \_\_\_\_\_ refers to maintaining positive relationships with others.
  - a. achievement
  - b. affiliation
  - c. intimacy
  - d. power
2. \_\_\_\_\_ proposed the hierarchy of needs.
  - a. William James
  - b. David McClelland
  - c. Abraham Maslow
  - d. Albert Bandura
3. \_\_\_\_\_ is an individual's belief in their capability to complete some task.
  - a. Physiological need
  - b. Self-esteem
  - c. Self-actualization
  - d. Self-efficacy
4. Carl mows the yard of his elderly neighbor each week for \$20. What type of motivation is this?
  - a. extrinsic
  - b. intrinsic
  - c. drive
  - d. biological
5. According to your reading, nearly \_\_\_\_\_ of the population in the United States can be classified as obese.
  - a. one half
  - b. one third
  - c. one fourth
  - d. one fifth
6. \_\_\_\_\_ is a chemical messenger secreted by fat cells that acts as an appetite suppressant.
  - a. Orexin
  - b. Angiotensin
  - c. Leptin
  - d. Ghrelin
7. \_\_\_\_\_ is characterized by episodes of binge eating followed by attempts to compensate for the excessive amount of food that was consumed.
  - a. Prader-Willi syndrome
  - b. Morbid obesity
  - c. Anorexia nervosa
  - d. Bulimia nervosa
8. In order to be classified as morbidly obese, an adult must have a BMI of \_\_\_\_\_.
  - a. less than 25
  - b. 25 to 29.9
  - c. 30 to 39.9
  - d. 40 or more
9. Individuals suffering from posttraumatic stress disorder have been shown to have reduced volumes of the \_\_\_\_\_.
  - a. amygdala
  - b. hippocampus
  - c. hypothalamus
  - d. thalamus
10. According to the \_\_\_\_\_ theory of emotion, emotional experiences arise from physiological arousal.
  - a. James-Lange
  - b. Cannon-Bard
  - c. Schachter-Singer two-factor
  - d. Darwinia

11. Which of the following is *not* one of the seven universal emotions described in this chapter?
  - a. contempt
  - b. disgust
  - c. melancholy
  - d. anger
12. Which of the following theories of emotion would suggest that polygraphs should be quite accurate at differentiating one emotion from another?
  - a. Cannon-Bard theory
  - b. James-Lange theory
  - c. Schachter-Singer two-factor theory
  - d. Darwinian theory

## Critical Thinking Questions

13. How might someone espousing an arousal theory of motivation explain visiting an amusement park?
14. Schools often use concrete rewards to increase adaptive behaviors. How might this be a disadvantage for students intrinsically motivated to learn? What are educational implications of the potential for concrete rewards to diminish intrinsic motivation for a given task?
15. The index that is often used to classify people as being underweight, normal weight, overweight, obese, or morbidly obese is called BMI. Given that BMI is calculated solely on weight and height, how could it be misleading?
16. As indicated in this chapter, White women from industrialized, Western cultures tend to be at the highest risk for eating disorders like anorexia and bulimia nervosa. Why might this be?
17. Imagine you find a venomous snake crawling up your leg just after taking a drug that prevented sympathetic nervous system activation. What would the James-Lange theory predict about your experience?
18. Why can we not make causal claims regarding the relationship between the volume of the hippocampus and PTSD?