



## 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?



## Chapter 2 Exercises

### Review Questions

1. A(n) \_\_\_\_\_ is a sudden, permanent change in a sequence of DNA.
  - a. allele
  - b. chromosome
  - c. epigenetic
  - d. mutation
2. \_\_\_\_\_ refers to a person's genetic makeup, while \_\_\_\_\_ refers to a person's physical characteristics.
  - a. Phenotype; genotype
  - b. Genotype; phenotype
  - c. DNA; gene
  - d. Gene; DNA
3. \_\_\_\_\_ is the field of study that focuses on genes and their expression.
  - a. Social psychology
  - b. Evolutionary psychology
  - c. Epigenetics
  - d. Behavioral neuroscience
4. Humans have \_\_\_\_\_ pairs of chromosomes.
  - a. 15
  - b. 23
  - c. 46
  - d. 78
5. The \_\_\_\_\_ receive(s) incoming signals from other neurons.
  - a. soma
  - b. terminal buttons
  - c. myelin sheath
  - d. dendrites
6. A(n) \_\_\_\_\_ facilitates or mimics the activity of a given neurotransmitter system.
  - a. axon
  - b. SSRI
  - c. agonist
  - d. antagonist
7. Multiple sclerosis involves a breakdown of the \_\_\_\_\_.
  - a. soma
  - b. myelin sheath
  - c. synaptic vesicles
  - d. dendrites
8. An action potential involves  $\text{Na}^+$  moving \_\_\_\_\_ the cell and  $\text{K}^+$  moving \_\_\_\_\_ the cell.
  - a. inside; outside
  - b. outside; inside
  - c. inside; inside
  - d. outside; outside
9. Our ability to make our legs move as we walk across the room is controlled by the \_\_\_\_\_ nervous system.
  - a. autonomic
  - b. somatic
  - c. sympathetic
  - d. parasympathetic
10. If your \_\_\_\_\_ is activated, you will feel relatively at ease.
  - a. somatic nervous system
  - b. sympathetic nervous system
  - c. parasympathetic nervous system
  - d. spinal cord
11. The central nervous system is comprised of \_\_\_\_\_.
  - a. sympathetic and parasympathetic nervous systems
  - b. organs and glands
  - c. somatic and autonomic nervous systems
  - d. the brain and spinal cord

12. Sympathetic activation is associated with \_\_\_\_\_.
- pupil dilation
  - storage of glucose in the liver
  - increased heart rate
  - both a. and c. (pupil dilation and increased heart rate)
13. The \_\_\_\_\_ is a sensory relay station where all sensory information, except for smell, goes before being sent to other areas of the brain for further processing.
- amygdala
  - hippocampus
  - hypothalamus
  - thalamus
14. Damage to the \_\_\_\_\_ disrupts one's ability to comprehend language, but it leaves one's ability to produce words intact.
- amygdala
  - Broca's area
  - Wernicke's area
  - occipital lobe
15. A(n) \_\_\_\_\_ uses magnetic fields to create pictures of a given tissue.
- EEG
  - MRI
  - PET scan
  - CT scan
16. Which of the following is *not* a structure of the forebrain?
- thalamus
  - hippocampus
  - amygdala
  - substantia nigra
17. The two major hormones secreted from the pancreas are:
- estrogen and progesterone
  - norepinephrine and epinephrine
  - thyroxine and oxytocin
  - glucagon and insulin
18. The \_\_\_\_\_ secretes messenger hormones that direct the function of the rest of the endocrine glands.
- ovary
  - thyroid
  - pituitary
  - pancreas
19. The \_\_\_\_\_ gland secretes epinephrine.
- adrenal
  - thyroid
  - pituitary
  - master
20. The \_\_\_\_\_ secretes hormones that regulate the body's fluid levels.
- adrenal
  - pituitary
  - testes
  - thyroid

## Critical Thinking Questions

21. The theory of evolution by natural selection requires variability of a given trait. Why is variability necessary, and where does it come from?
22. Cocaine has two effects on synaptic transmission: It impairs reuptake of dopamine, and it causes more dopamine to be released into the synapse. Would cocaine be classified as an agonist or antagonist? Why?
23. Drugs such as lidocaine and novocaine act as  $\text{Na}^+$  channel blockers. In other words, they prevent sodium from moving across the neuronal membrane. Why would this particular effect make these drugs such effective local anesthetics?
24. What are the implications of compromised immune function as a result of exposure to chronic stress?
25. Examine Figure 2 in Lesson 2.3, illustrating the effects of sympathetic nervous system activation. How would all of these things play into the fight-or-flight response?
26. Before the advent of modern imaging techniques, scientists and clinicians relied on autopsies of people who suffered brain injury with resultant change in behavior to determine how different areas of the brain were affected. What are some of the limitations associated with this kind of approach?
27. Which of the techniques discussed would be viable options for you to determine how activity in the reticular formation is related to sleep and wakefulness? Why?
28. Hormone secretion is often regulated through a negative feedback mechanism, which means that once a hormone is secreted, it will cause the hypothalamus and pituitary to shut down the production of signals necessary to secrete the hormone in the first place. Most oral contraceptives are made of small doses of estrogen and/or progesterone. Why would this be an effective means of contraception?
29. Chemical messengers are used in both the nervous system and the endocrine system. What properties do these two systems share? What properties are different? Which one would be faster? Which one would result in long-lasting changes?



## Chapter 3 Exercises

### Review Questions

1. The body's biological clock is located in the \_\_\_\_\_.
  - a. hippocampus
  - b. thalamus
  - c. hypothalamus
  - d. pituitary gland
2. \_\_\_\_\_ occurs when there is a chronic deficiency in sleep.
  - a. Jet lag
  - b. Rotating shift work
  - c. Circadian rhythm
  - d. Sleep debt
3. \_\_\_\_\_ cycles occur roughly once every 24 hours.
  - a. Biological
  - b. Circadian
  - c. Rotating
  - d. Conscious
4. \_\_\_\_\_ is one way in which people can help reset their biological clocks.
  - a. Light-dark exposure
  - b. Coffee consumption
  - c. Alcohol consumption
  - d. Napping
5. Growth hormone is secreted by the \_\_\_\_\_ while we sleep.
  - a. pineal gland
  - b. thyroid
  - c. pituitary gland
  - d. pancreas
6. The \_\_\_\_\_ plays a role in controlling slow-wave sleep.
  - a. hypothalamus
  - b. thalamus
  - c. pons
  - d. both a. and b.
7. \_\_\_\_\_ is a hormone secreted by the pineal gland that plays a role in regulating biological rhythms and immune function.
  - a. Growth hormone
  - b. Melatonin
  - c. LH
  - d. FSH
8. \_\_\_\_\_ appears to be especially important for enhanced performance on recently learned tasks.
  - a. Melatonin
  - b. Slow-wave sleep
  - c. Sleep deprivation
  - d. Growth hormone
9. \_\_\_\_\_ is described as slow-wave sleep.
  - a. Stage 1
  - b. Stage 2
  - c. Stage 3
  - d. REM sleep
10. Sleep spindles and K-complexes are most often associated with \_\_\_\_\_ sleep.
  - a. stage 1
  - b. stage 2
  - c. stage 3
  - d. REM
11. Symptoms of \_\_\_\_\_ may be improved by REM deprivation.
  - a. schizophrenia
  - b. Parkinson's disease
  - c. depression
  - d. generalized anxiety disorder

12. The \_\_\_\_\_ content of a dream refers to the true meaning of the dream.
- latent
  - manifest
  - collective unconscious
  - important
13. \_\_\_\_\_ is loss of muscle tone or control that is often associated with narcolepsy.
- RBD
  - CPAP
  - Cataplexy
  - Insomnia
14. An individual may suffer from \_\_\_\_\_ if there is a disruption in the brain signals that are sent to the muscles that regulate breathing.
- central sleep apnea
  - obstructive sleep apnea
  - narcolepsy
  - SIDS
15. The most common treatment for \_\_\_\_\_ involves the use of amphetamine-like medications.
- sleep apnea
  - RBD
  - SIDS
  - narcolepsy
16. \_\_\_\_\_ is another word for sleepwalking.
- Insomnia
  - Somnambulism
  - Cataplexy
  - Narcolepsy
17. \_\_\_\_\_ occurs when a drug user requires more and more of a given drug in order to experience the same effects of the drug.
- Withdrawal
  - Psychological dependence
  - Tolerance
  - Reuptake
18. Cocaine blocks the reuptake of \_\_\_\_\_.
- GABA
  - glutamate
  - acetylcholine
  - dopamine
19. \_\_\_\_\_ refers to drug craving.
- Psychological dependence
  - Antagonism
  - Agonism
  - Physical dependence
20. LSD affects \_\_\_\_\_ neurotransmission.
- dopamine
  - serotonin
  - acetylcholine
  - norepinephrine
21. \_\_\_\_\_ is most effective in individuals that are very open to the power of suggestion.
- Hypnosis
  - Meditation
  - Mindful awareness
  - Cognitive therapy
22. \_\_\_\_\_ has its roots in religious practice.
- Hypnosis
  - Meditation
  - Cognitive therapy
  - Behavioral therapy
23. Meditation may be helpful in \_\_\_\_\_.
- pain management
  - stress control
  - treating the flu
  - both a. and b.

24. Research suggests that cognitive processes, such as learning, may be affected by \_\_\_\_\_.
- hypnosis
  - meditation
  - mindful awareness
  - progressive relaxation

## Critical Thinking Questions

25. Health care professionals often work rotating shifts. Why is this problematic? What can be done to deal with potential problems?
26. Generally, humans are considered diurnal, which means we are awake during the day and asleep during the night. Many rodents, on the other hand, are nocturnal. Why do you think different animals have such different sleep-wake cycles?
27. If theories that assert sleep is necessary for restoration and recovery from daily energetic demands are correct, what do you predict about the relationship that would exist between individuals' total sleep duration and their level of activity?
28. How could researchers determine if given areas of the brain are involved in the regulation of sleep?
29. Differentiate the evolutionary theories of sleep and make a case for the one with the most compelling evidence.
30. Freud believed that dreams provide important insight into the unconscious mind. He maintained that a dream's manifest content could provide clues into an individual's unconscious. What potential criticisms exist for this particular perspective?
31. Some people claim that sleepwalking and talking in your sleep involve individuals acting out their dreams. Why is this particular explanation unlikely?
32. One of the recommendations that therapists will make to people who suffer from insomnia is to spend less waking time in bed. Why do you think spending waking time in bed might interfere with the ability to fall asleep later?
33. How is narcolepsy with cataplexy similar to and different from REM sleep?
34. The negative health consequences of both alcohol and tobacco products are well-documented. A drug like marijuana, on the other hand, is generally considered to be as safe as, if not safer than, these legal drugs. Why do you think marijuana use continues to be illegal in some parts of the United States?
35. Why are programs designed to educate people about the dangers of using tobacco products just as important as developing tobacco cessation programs?
36. What advantages exist for researching the potential health benefits of hypnosis?
37. What types of studies would be most convincing regarding the effectiveness of meditation in the treatment for some type of physical or mental disorder?



## Chapter 4 Exercises

### Review Questions

1. \_\_\_\_\_ refers to the minimum amount of stimulus energy required to be detected 50% of the time.
  - a. Absolute threshold
  - b. Difference threshold
  - c. Just noticeable difference
  - d. Transduction
2. Decreased sensitivity to an unchanging stimulus is known as \_\_\_\_\_.
  - a. transduction
  - b. difference threshold
  - c. sensory adaptation
  - d. inattentional blindness
3. \_\_\_\_\_ involves the conversion of sensory stimulus energy into neural impulses.
  - a. Sensory adaptation
  - b. Inattentional blindness
  - c. Difference threshold
  - d. Transduction
4. \_\_\_\_\_ occurs when sensory information is organized, interpreted, and consciously experienced.
  - a. Sensation
  - b. Perception
  - c. Transduction
  - d. Sensory adaptation
5. Which of the following correctly matches the pattern in our perception of color as we move from short wavelengths to long wavelengths?
  - a. red to orange to yellow
  - b. yellow to orange to red
  - c. yellow to red to orange
  - d. orange to yellow to red
6. The visible spectrum includes light that ranges from about \_\_\_\_\_.
  - a. 400 to 700 nm
  - b. 200 to 900 nm
  - c. 20 to 20,000 Hz
  - d. 10 to 20 dB
7. The electromagnetic spectrum includes \_\_\_\_\_.
  - a. radio waves
  - b. X-rays
  - c. infrared light
  - d. all of the above
8. The audible range for humans is \_\_\_\_\_.
  - a. 380 to 740 Hz
  - b. 10 to 20 dB
  - c. less than 300 dB
  - d. 20 to 20,000 Hz
9. The quality of a sound that is affected by frequency, amplitude, and timing of the sound wave is known as \_\_\_\_\_.
  - a. pitch
  - b. tone
  - c. electromagnetic
  - d. timbre
10. The \_\_\_\_\_ is a small indentation of the retina that contains cones.
  - a. optic chiasm
  - b. optic nerve
  - c. fovea
  - d. iris
11. \_\_\_\_\_ operate best under bright light conditions.
  - a. Cones
  - b. Rods
  - c. Retinal ganglion cells
  - d. Striate cortexes

12. \_\_\_\_\_ depth cues require the use of both eyes.
- Monocular
  - Binocular
  - Linear perspective
  - Accommodating
13. If you were to stare at a green dot for a relatively long period of time and then shift your gaze to a blank white screen, you would see a \_\_\_\_\_ negative afterimage.
- blue
  - yellow
  - black
  - red
14. Hair cells located near the base of the basilar membrane respond best to \_\_\_\_\_ sounds.
- low-frequency
  - high-frequency
  - low-amplitude
  - high-amplitude
15. The three ossicles of the middle ear are known as the \_\_\_\_\_.
- malleus, incus, and stapes
  - hammer, anvil, and stirrup
  - pinna, cochlea, and utricle
  - both a. and b. (malleus, incus, and stapes & hammer, anvil, and stirrup)
16. Hearing aids might be effective for treating \_\_\_\_\_.
- Ménière's disease
  - sensorineural hearing loss
  - conductive hearing loss
  - interaural time differences
17. Cues that require two ears are referred to as \_\_\_\_\_ cues.
- monocular
  - monaural
  - binocular
  - binaural
18. Chemical messages often sent between two members of a species to communicate something about reproductive status are called \_\_\_\_\_.
- hormones
  - pheromones
  - Merkel's disks
  - Meissner's corpuscles
19. Which taste is associated with monosodium glutamate?
- sweet
  - bitter
  - umami
  - sour
20. \_\_\_\_\_ serve as sensory receptors for temperature and pain stimuli.
- Free nerve endings
  - Pacinian corpuscles
  - Ruffini corpuscles
  - Meissner's corpuscles
21. Which of the following is involved in maintaining balance and body posture?
- auditory nerve
  - nociceptors
  - olfactory bulb
  - vestibular system
22. According to the principle of \_\_\_\_\_, objects that occur close to one another tend to be grouped together.
- similarity
  - good continuation
  - proximity
  - closure
23. Our tendency to perceive things as complete objects rather than as a series of parts is known as the principle of \_\_\_\_\_.
- closure
  - good continuation
  - proximity
  - similarity

24. According to the law of \_\_\_\_\_, we are more likely to perceive smoothly flowing lines rather than choppy or jagged lines.
- closure
  - good continuation
  - proximity
  - similarity
25. The main point of focus in a visual display is known as the \_\_\_\_\_.
- closure
  - perceptual set
  - ground
  - figure

### Critical Thinking Questions

26. Not everything that is sensed is perceived. Do you think there could ever be a case where something could be perceived without being sensed?
27. Give an original example of how just noticeable difference can change as a function of stimulus intensity.
28. Why do you think other species have such different ranges of sensitivity for both visual and auditory stimuli compared to humans?
29. Why do you think humans are especially sensitive to sounds with frequencies that fall in the middle portion of the audible range?
30. Compare the two theories of color perception. Are they completely different?
31. Color is not a physical property of our environment. What function (if any) do you think color vision serves?
32. Given what you've read about sound localization, from an evolutionary perspective, how does sound localization facilitate survival?
33. How can temporal and place theories both be used to explain our ability to perceive the pitch of sound waves with frequencies up to 4,000 Hz?
34. Many people experience nausea while traveling in a car, plane, or boat. How might you explain this as a function of sensory interaction?
35. If you heard someone say that they would do anything not to feel the pain associated with significant injury, how would you respond given what you've just read?
36. Do you think women experience pain differently than men? Why or why not?
37. The central tenet of Gestalt psychology is that the whole is different from the sum of its parts. What does this mean in the context of perception?



## Chapter 5 Exercises

### Review Questions

- Which of the following is an example of a reflex that occurs at some point in the development of a human being?
  - child riding a bike
  - teen socializing
  - infant sucking on a nipple
  - toddler walking
- Learning is best defined as a relatively permanent change in behavior that \_\_\_\_\_.
  - is innate
  - occurs as a result of experience
  - is found only in humans
  - occurs by observing others
- Two forms of associative learning are \_\_\_\_\_ and \_\_\_\_\_.
  - classical conditioning; operant conditioning
  - classical conditioning; Pavlovian conditioning
  - operant conditioning; observational learning
  - operant conditioning; learning conditioning
- In \_\_\_\_\_, the stimulus or experience occurs before the behavior and then gets paired with the behavior.
  - associative learning
  - observational learning
  - operant conditioning
  - classical conditioning
- A stimulus that does *not* initially elicit a response in an organism is a(n) \_\_\_\_\_.
  - unconditioned stimulus
  - neutral stimulus
  - conditioned stimulus
  - unconditioned response
- In Watson and Rayner's experiments, Little Albert was conditioned to fear a white rat, and then he began to be afraid of other furry white objects. This demonstrates \_\_\_\_\_.
  - higher order conditioning
  - acquisition
  - stimulus discrimination
  - stimulus generalization
- Extinction occurs when \_\_\_\_\_.
  - the conditioned stimulus is presented repeatedly without being paired with an unconditioned stimulus
  - the unconditioned stimulus is presented repeatedly without being paired with a conditioned stimulus
  - the neutral stimulus is presented repeatedly without being paired with an unconditioned stimulus
  - the neutral stimulus is presented repeatedly without being paired with a conditioned stimulus
- In Pavlov's work with dogs, the secretions were \_\_\_\_\_.
  - unconditioned responses
  - conditioned responses
  - unconditioned stimuli
  - conditioned stimuli
- \_\_\_\_\_ is when you take away a pleasant stimulus to stop a behavior.
  - Positive reinforcement
  - Negative reinforcement
  - Positive punishment
  - Negative punishment
- Which of the following is *not* an example of a primary reinforcer?
  - food
  - money
  - water
  - sex

11. Rewarding successive approximations toward a target behavior is \_\_\_\_\_.
  - a. shaping
  - b. extinction
  - c. positive reinforcement
  - d. negative reinforcement
12. Slot machines reward gamblers with money according to which reinforcement schedule?
  - a. fixed ratio
  - b. variable ratio
  - c. fixed interval
  - d. variable interval
13. The person who performs a behavior that serves as an example is called a \_\_\_\_\_.
  - a. teacher
  - b. model
  - c. instructor
  - d. coach
14. In Bandura's Bobo doll study, when the children who watched the aggressive model were placed in a room with the doll and other toys, they \_\_\_\_\_.
  - a. ignored the doll
  - b. played nicely with the doll
  - c. played with tinker toys
  - d. kicked and threw the doll
15. Which is the correct order of steps in the modeling process?
  - a. attention, retention, reproduction, motivation
  - b. motivation, attention, reproduction, retention
  - c. attention, motivation, retention, reproduction
  - d. motivation, attention, retention, reproduction
16. Who proposed observational learning?
  - a. Ivan Pavlov
  - b. John B. Watson
  - c. Albert Bandura
  - d. B. F. Skinner

## Critical Thinking Questions

17. Compare and contrast classical and operant conditioning. How are they alike? How do they differ?
18. What is the difference between a reflex and a learned behavior?
19. If the sound of your toaster popping up toast causes your mouth to water, what are the UCS, CS, and CR?
20. Explain how the processes of stimulus generalization and stimulus discrimination are considered opposites.
21. How does a neutral stimulus become a conditioned stimulus?
22. What is a Skinner box, and what is its purpose?
23. What is the difference between negative reinforcement and punishment?
24. What is shaping, and how would you use shaping to teach a dog to roll over?
25. What is the effect of prosocial modeling and antisocial modeling?
26. Cara is 17 years old. Cara's mother and father both drink alcohol every night. They tell Cara that drinking is bad, and she shouldn't do it. Cara goes to a party where beer is being served. What do you think Cara will do? Why?



## Chapter 6 Exercises

### Review Questions

1. Cognitive psychology is the branch of psychology that focuses on the study of \_\_\_\_\_.
  - a. human development
  - b. human thinking
  - c. human behavior
  - d. human society
2. Which of the following is an example of a prototype for the concept of leadership on an athletic team?
  - a. the equipment manager
  - b. the scorekeeper
  - c. the team captain
  - d. the quietest member of the team
3. Which of the following is an example of an artificial concept?
  - a. mammals
  - b. a triangle's area
  - c. gemstones
  - d. teachers
4. An event schema is also known as a cognitive \_\_\_\_\_.
  - a. stereotype
  - b. concept
  - c. script
  - d. prototype
5. \_\_\_\_\_ provides general principles for organizing words into meaningful sentences.
  - a. Linguistic determinism
  - b. Lexicon
  - c. Semantics
  - d. Syntax
6. \_\_\_\_\_ are the smallest unit of language that carry meaning.
  - a. Lexicon
  - b. Phonemes
  - c. Morphemes
  - d. Syntax
7. The meaning of words and phrases is determined by applying the rules of \_\_\_\_\_.
  - a. lexicon
  - b. phonemes
  - c. overgeneralization
  - d. semantics
8. \_\_\_\_\_ is (are) the basic sound units of a spoken language.
  - a. Syntax
  - b. Phonemes
  - c. Morphemes
  - d. Grammar
9. A specific formula for solving a problem is called \_\_\_\_\_.
  - a. an algorithm
  - b. a heuristic
  - c. a mental set
  - d. trial and error
10. A mental shortcut in the form of a general problem-solving framework is called \_\_\_\_\_.
  - a. an algorithm
  - b. a heuristic
  - c. a mental set
  - d. trial and error
11. Which type of bias involves becoming fixated on a single trait of a problem?
  - a. anchoring bias
  - b. confirmation bias
  - c. representative bias
  - d. availability bias

12. Which type of bias involves relying on a false stereotype to make a decision?
- anchoring bias
  - confirmation bias
  - representative bias
  - availability bias
13. Fluid intelligence is characterized by \_\_\_\_\_.
- being able to recall information
  - being able to create new products
  - being able to understand and communicate with different cultures
  - being able to see complex relationships and solve problems
14. Which of the following is *not* one of Gardner's multiple intelligences?
- creative
  - spatial
  - linguistic
  - musical
15. Which theorist put forth the triarchic theory of intelligence?
- Goleman
  - Gardner
  - Sternberg
  - Steitz
16. When you are examining data to look for trends, which type of intelligence are you using most?
- practical
  - analytical
  - emotional
  - creative
17. In order for a test to be normed and standardized, it must be tested on \_\_\_\_\_.
- a group of same-age peers
  - a representative sample
  - children with mental disabilities
  - children of average intelligence
18. The mean score for a person with an average IQ is \_\_\_\_\_.
- 70
  - 130
  - 85
  - 100
19. Who developed the IQ test most widely used today?
- Sir Francis Galton
  - Alfred Binet
  - Louis Terman
  - David Wechsler
20. The DSM-5-TR now uses \_\_\_\_\_ as a diagnostic label for what was once referred to as "mental retardation."
- autism and developmental disabilities
  - lowered intelligence
  - intellectual developmental disorder
  - cognitive disruption
21. Where does high intelligence come from?
- genetics
  - environment
  - both a. and b.
  - neither a. nor b.
22. Arthur Jensen believed that \_\_\_\_\_.
- genetics was solely responsible for intelligence
  - environment was solely responsible for intelligence
  - intelligence level was determined by race
  - IQ tests do not take socioeconomic status into account
23. What is a learning disability?
- a developmental disorder
  - a neurological disorder
  - an emotional disorder
  - an intellectual disorder

24. Which of the following statements is true?
- a. Poverty always affects whether individuals are able to reach their full intellectual potential.
  - b. An individual's intelligence is determined solely by the intelligence levels of their siblings.
  - c. The environment in which an individual is raised is the strongest predictor of their future intelligence.
  - d. There are many factors working together to influence an individual's intelligence level.

### Critical Thinking Questions

25. Describe a social schema that you would notice at a sporting event.
26. Explain why event schemata have so much power over human behavior.
27. How do words not only represent our thoughts but also our values?
28. How could grammatical errors actually be indicative of language acquisition in children?
29. What is functional fixedness, and how can overcoming it help you solve problems?
30. How does an algorithm save you time and energy when solving a problem?
31. Describe a situation in which you would need to use practical intelligence.
32. Describe a situation in which cultural intelligence would help you communicate better.
33. Why do you think different theorists have defined intelligence in different ways?
34. Compare and contrast the benefits of the Stanford-Binet IQ test and Wechsler's IQ tests.
35. What evidence exists for a genetic component to an individual's IQ?
36. Describe the relationship between learning disabilities and intellectual disabilities to intelligence.



## Chapter 7 Exercises

### Review Questions

1. \_\_\_\_\_ is another name for short-term memory.
  - a. Sensory memory
  - b. Episodic memory
  - c. Working memory
  - d. Implicit memory
2. The storage capacity of long-term memory is \_\_\_\_\_.
  - a. one or two bits of information
  - b. seven bits, plus or minus two
  - c. limited
  - d. essentially limitless
3. The three functions of memory are \_\_\_\_\_.
  - a. automatic processing, effortful processing, and storage
  - b. encoding, processing, and storage
  - c. automatic processing, effortful processing, and retrieval
  - d. encoding, storage, and retrieval
4. The physical trace of memory is known as the \_\_\_\_\_.
  - a. engram
  - b. Lashley effect
  - c. Deese-Roediger-McDermott Paradigm
  - d. flashbulb memory effect
5. An exceptionally clear recollection of an important event is a(n) \_\_\_\_\_.
  - a. engram
  - b. arousal theory
  - c. flashbulb memory
  - d. equipotentiality hypothesis
6. \_\_\_\_\_ is when our recollections of the past are done in a self-enhancing manner.
  - a. Stereotypical bias
  - b. Egocentric bias
  - c. Hindsight bias
  - d. Enhancement bias
7. Tip-of-the-tongue phenomenon is also known as \_\_\_\_\_.
  - a. persistence
  - b. misattribution
  - c. transience
  - d. blocking
8. The formulation of new memories is sometimes called \_\_\_\_\_, and the process of bringing up old memories is called \_\_\_\_\_.
  - a. construction; reconstruction
  - b. reconstruction; construction
  - c. production; reproduction
  - d. reproduction; production
9. When you are learning how to play the piano, the statement “every good boy does fine” can help you remember the notes E, G, B, D, and F for the lines of the treble clef. This is an example of a(n) \_\_\_\_\_.
  - a. jingle
  - b. acronym
  - c. acrostic
  - d. acoustic
10. According to a study by Yogo and Fujihara (2008), if you want to improve your short-term memory, you should spend time writing about \_\_\_\_\_.
  - a. your best possible future self
  - b. a traumatic life experience
  - c. a trivial topic
  - d. your grocery list

11. The self-referencing effect refers to \_\_\_\_\_.
  - a. making the material you are trying to memorize personally meaningful to you
  - b. making a phrase of all the first letters of the words you are trying to memorize
  - c. making a word formed by the first letter of each of the words you are trying to memorize
  - d. saying words you want to remember out loud to yourself
12. Memory aids that help organize information for encoding are \_\_\_\_\_.
  - a. mnemonic devices
  - b. memory-enhancing strategies
  - c. elaborative rehearsal
  - d. effortful processing

### Critical Thinking Questions

13. Compare and contrast implicit and explicit memory.
14. According to the Atkinson-Shiffrin model, name and describe the three stages of memory.
15. Compare and contrast the two ways in which we encode information.
16. What might happen to your memory system if you sustained damage to your hippocampus?
17. Compare and contrast the two types of interference.
18. Compare and contrast the two types of amnesia.
19. What is the self-reference effect, and how can it help you study more effectively?
20. You and your roommate spent all of last night studying for your psychology test. You think you know the material; however, you suggest that you study again the next morning an hour prior to the test. Your roommate asks you to explain why you think this is a good idea. What do you tell them?



## Chapter 8 Exercises

### Review Questions

1. The view that development is a cumulative process, gradually adding to the same type of skills is known as \_\_\_\_\_.
  - a. nature
  - b. nurture
  - c. continuous development
  - d. discontinuous development
2. Developmental psychologists study human growth and development across three domains. Which of the following is *not* one of these domains?
  - a. cognitive
  - b. psychological
  - c. physical
  - d. psychosocial
3. How is lifespan development defined?
  - a. the study of how we grow and change from conception to death
  - b. the study of how we grow and change in infancy and childhood
  - c. the study of physical, cognitive, and psychosocial growth in children
  - d. the study of emotions, personality, and social relationships
4. The idea that even if something is out of sight, it still exists is called \_\_\_\_\_.
  - a. egocentrism
  - b. object permanence
  - c. conservation
  - d. reversibility
5. Which theorist proposed that moral thinking proceeds through a series of stages?
  - a. Sigmund Freud
  - b. Erik Erikson
  - c. John Watson
  - d. Lawrence Kohlberg
6. According to Erikson's theory of psychosocial development, what is the main task of the adolescent?
  - a. developing autonomy
  - b. feeling competent
  - c. forming an identity
  - d. forming intimate relationships
7. Which of the following is the correct order of prenatal development?
  - a. zygote, fetus, embryo
  - b. fetus, embryo, zygote
  - c. fetus, zygote, embryo
  - d. zygote, embryo, fetus
8. The time during fetal growth when specific parts or organs develop is known as \_\_\_\_\_.
  - a. the critical period
  - b. mitosis
  - c. conception
  - d. pregnancy
9. What begins as a single-celled structure that is created when a sperm and egg merge at conception?
  - a. embryo
  - b. fetus
  - c. zygote
  - d. infant
10. Using scissors to cut out paper shapes is an example of \_\_\_\_\_.
  - a. gross motor skills
  - b. fine motor skills
  - c. large motor skills
  - d. small motor skills

11. The child uses the parent as a base from which to explore their world in which attachment style?
  - a. secure
  - b. insecure avoidant
  - c. insecure ambivalent-resistant
  - d. disorganized
12. The frontal lobes become fully developed \_\_\_\_\_.
  - a. at birth
  - b. at the beginning of adolescence
  - c. at the end of adolescence
  - d. by 25 years old
13. Who created the very first modern hospice?
  - a. Elizabeth Kübler-Ross
  - b. Cicely Saunders
  - c. Florence Wald
  - d. Florence Nightingale
14. Although they can occur in any order, which of the following is the order of stages Elizabeth Kübler-Ross outlined in her five-stage model of grief?
  - a. denial, bargaining, anger, depression, acceptance
  - b. anger, depression, bargaining, acceptance, denial
  - c. denial, anger, bargaining, depression, acceptance
  - d. anger, acceptance, denial, depression, bargaining

### Critical Thinking Questions

15. Describe the nature versus nurture controversy, and give an example of a trait and how it might be influenced by each.
16. Compare and contrast continuous and discontinuous development.
17. Why should developmental milestones only be used as a general guideline for normal child development?
18. What is the difference between assimilation and accommodation? Provide examples of each.
19. Why was Carol Gilligan critical of Kohlberg's theory of moral development?
20. What is egocentrism? Provide an original example.
21. What are some known teratogens, and what kind of damage can they do to the developing fetus?
22. What is prenatal care, and why is it important?
23. Describe what happens in the embryonic stage of development. Describe what happens in the fetal stage of development.
24. What makes a personal quality part of someone's personality?
25. Describe some of the newborn reflexes. How might they promote survival?
26. Compare and contrast the four attachment styles and describe the kinds of childhood outcomes we can expect with each.
27. What is emerging adulthood, and what are some factors that have contributed to this new stage of development?
28. Describe the five stages of grief and provide examples of how a person might react in each stage.
29. What is the purpose of hospice care?



## 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?



## Chapter 10 Exercises

### Review Questions

1. During the \_\_\_\_\_ phase of the sexual response cycle, individuals experience rhythmic contractions of the pelvis that are accompanied by uterine contractions in women and ejaculation in men.
  - a. excitement
  - b. plateau
  - c. orgasm
  - d. resolution
2. Which of the following findings was *not* a result of the Kinsey study?
  - a. Sexual desire and sexual ability can be separate functions.
  - b. Females enjoy sex as much as males.
  - c. Homosexual behavior is fairly common.
  - d. Masturbation has no adverse consequences.
3. If someone is uncomfortable identifying with the gender normally associated with their biological sex, and it's causing extreme distress, they could be classified as experiencing \_\_\_\_\_.
  - a. homosexuality
  - b. bisexuality
  - c. heterosexuality
  - d. gender dysphoria
4. What is the difference between sex and gender?
  - a. Sex refers to sexual orientation, and gender refers to the physical or physiological differences between males and females.
  - b. Sex is the extent to which one identifies as being either masculine or feminine, and gender is biological characterization of anatomy.
  - c. Sex refers to whom a person is sexually attracted to, and gender refers to whom a person chooses to partner with.
  - d. Sex refers to the physical or physiological differences between males and females, and gender is a social classification based on a person's identity, presentation of self, behavior, and interaction with others.
5. True or false: A person's sex, as determined by their biology, does not always correspond with their gender.
  - a. true
  - b. false
6. The term *sexual orientation* can be defined as:
  - a. a term that refers to individuals who identify with the behaviors and characteristics that are opposite of their biological sex
  - b. a phase that a person outgrows before entering heterosexuality
  - c. a person's physical, mental, emotional, and sexual attraction or lack thereof
  - d. a person's biological sex
7. Lily was assigned male at birth, but she identifies as a woman. Based on this information, Lily is:
  - a. transgender
  - b. bisexual
  - c. cisgender
  - d. homophobic
8. The term *sexuality* is defined by the text as:
  - a. an individual's sense of being either masculine or feminine
  - b. the repressed sexual inclinations of society as a whole
  - c. an individual's biological gender
  - d. a person's capacity to experience sexual feelings and attraction

9. When Jeanette's parents found out her twin brother, Rex, is sexually active, they told him to use protection. When they found out Jeanette is sexually active, they grounded her for a month. This is an example of:
- a double standard
  - a misunderstanding
  - discrimination
  - gender identity
10. Gender dysphoria is:
- a form of discrimination
  - a form of sexual dysfunction and paraphilia
  - a condition where transgender people choose to alter their bodies
  - a diagnosis describing a discrepancy between an individual's gender identity and sex assigned at birth that brings the individual significant, clinical distress
11. When Wendy's sorority sisters learn that Wendy is a lesbian, they hold a secret meeting to decide if Wendy should still be allowed to pledge. A handful of the sisters vote no. This is likely an example of:
- gender
  - bisexuality
  - discrimination
  - double standard
12. Which of the following is *not* a product of gender stereotyping?
- Keisha's mom encouraging her to take home economics over shop class so she can please her future husband
  - a music store employee encouraging a young woman to study the piano or flute instead of the drums or guitar
  - a teacher discouraging a female student from enlisting in the military, suggesting nursing school instead
  - a father buying a basketball hoop for his daughter
13. In which country is sex education required in public schools?
- the United States
  - Sweden
  - England
  - Nigeria
14. What is the Kinsey scale?
- a six-point rating system that ranges from exclusively heterosexual to exclusively homosexual orientation
  - an in-depth guide to measure whether a loved one is homosexual or heterosexual
  - an instructional manual explaining acceptable homosexual, heterosexual, and bisexual behavior
  - a religious test that classifies a person's ability to live as a heterosexual

## Critical Thinking Questions

- While much research has been conducted on how an individual develops a given sexual orientation, many people question the validity of this research, citing that the participants used may not be representative. Why do you think this might be a legitimate concern?
- There is no reliable scientific evidence that gay conversion therapy actually works. What kinds of evidence would you need to see in order to be convinced by someone arguing that they had successfully converted their sexual orientation?
- Why do psychologists find it important to differentiate between sex and gender? What importance does the differentiation have in modern society?
- How is children's play influenced by gender roles? Think back to your childhood. How gendered were the toys and activities available to you? Do you remember gender expectations being conveyed through the approval or disapproval of your choices?
- In what way do parents treat their children differently based on gender? How do children typically respond to this treatment?
- Identify three examples of how U.S. society is heteronormative.



## Chapter 11 Exercises

### Review Questions

1. Personality is thought to be \_\_\_\_\_.
  - a. short term and easily changed
  - b. a pattern of short-term characteristics
  - c. unstable and short term
  - d. long term, stable, and not easily changed
2. The long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways are known as \_\_\_\_\_.
  - a. psychodynamic
  - b. temperament
  - c. humors
  - d. personality
3. \_\_\_\_\_ is credited with the first comprehensive theory of personality.
  - a. Hippocrates
  - b. Gall
  - c. Wundt
  - d. Freud
4. An early science that tried to correlate personality with measurements of parts of a person's skull is known as \_\_\_\_\_.
  - a. phrenology
  - b. psychology
  - c. physiology
  - d. personality psychology
5. The id operates on the \_\_\_\_\_ principle.
  - a. reality
  - b. pleasure
  - c. instant gratification
  - d. guilt
6. The ego defense mechanism in which a person who is confronted with anxiety returns to a more immature behavioral stage is called \_\_\_\_\_.
  - a. repression
  - b. regression
  - c. reaction formation
  - d. rationalization
7. The Oedipus complex occurs in the \_\_\_\_\_ stage of psychosexual development.
  - a. oral
  - b. anal
  - c. phallic
  - d. latency
8. The universal bank of ideas, images, and concepts that have been passed down through the generations from our ancestors refers to \_\_\_\_\_.
  - a. archetypes
  - b. intuition
  - c. collective unconscious
  - d. personality types
9. Self-regulation is also known as \_\_\_\_\_.
  - a. self-efficacy
  - b. will power
  - c. internal locus of control
  - d. external locus of control
10. Your level of confidence in your own abilities is known as \_\_\_\_\_.
  - a. self-efficacy
  - b. self-concept
  - c. self-control
  - d. self-esteem

11. Jane believes that she got a bad grade on her psychology paper because her professor doesn't like her. Jane most likely has an \_\_\_\_\_ locus of control.
- internal
  - external
  - intrinsic
  - extrinsic
12. Self-concept refers to \_\_\_\_\_.
- our level of confidence in our own abilities
  - all of our thoughts and feelings about ourselves
  - the belief that we control our own outcomes
  - the belief that our outcomes are outside of our control
13. The idea that people's ideas about themselves should match their actions is called \_\_\_\_\_.
- confluence
  - conscious
  - conscientiousness
  - congruence
14. The way a person reacts to the world, starting when they are very young, including the person's activity level is known as \_\_\_\_\_.
- traits
  - temperament
  - heritability
  - personality
15. Brianna is 18 months old. She cries frequently, is hard to soothe, and wakes frequently during the night. According to Thomas and Chess, she would be considered \_\_\_\_\_.
- an easy baby
  - a difficult baby
  - a slow to warm up baby
  - a colicky baby
16. According to the findings of the Minnesota Study of Twins Reared Apart, identical twins, whether raised together or apart have \_\_\_\_\_ personalities.
- slightly different
  - very different
  - slightly similar
  - very similar
17. Temperament refers to \_\_\_\_\_.
- inborn, genetically based personality differences
  - characteristic ways of behaving
  - conscientiousness, agreeableness, neuroticism, openness, and extroversion
  - degree of introversion-extroversion
18. According to the Eysencks' theory, people who score high on neuroticism tend to be \_\_\_\_\_.
- calm
  - stable
  - outgoing
  - anxious
19. The United States is considered a(n) \_\_\_\_\_ culture.
- collectivistic
  - individualist
  - traditional
  - nontraditional
20. The concept that people choose to move to places that are compatible with their personalities and needs is known as \_\_\_\_\_.
- selective migration
  - personally oriented personality
  - socially oriented personality
  - individualism

21. Which of the following is *not* a projective test?
  - a. Minnesota Multiphasic Personality Inventory (MMPI)
  - b. Rorschach Inkblot Test
  - c. Thematic Apperception Test (TAT)
  - d. Rotter Incomplete Sentence Blank (RISB)
22. A personality assessment in which a person responds to ambiguous stimuli, revealing unconscious feelings, impulses, and desires is a \_\_\_\_\_.
  - a. self-report inventory
  - b. projective test
  - c. Minnesota Multiphasic Personality Inventory (MMPI)
  - d. Myers-Briggs Type Indicator (MBTI)
23. Which personality assessment employs a series of true/false questions?
  - a. Minnesota Multiphasic Personality Inventory (MMPI)
  - b. Thematic Apperception Test (TAT)
  - c. Rotter Incomplete Sentence Blank (RISB)
  - d. Myers-Briggs Type Indicator (MBTI)

### Critical Thinking Questions

24. What makes a personal quality part of someone's personality?
25. Describe the personality of someone who is fixated at the anal stage.
26. Describe the difference between extroverts and introverts in terms of what is energizing to each.
27. Discuss Horney's perspective on Freud's concept of penis envy.
28. Compare the personalities of someone who has high self-efficacy to someone who has low self-efficacy.
29. Compare and contrast Skinner's perspective on personality development to Freud's.
30. How might a temperament mix between parent and child affect family life?
31. How stable are the Big Five traits over one's lifespan?
32. Compare the personality of someone who scores high on agreeableness to someone who scores low on agreeableness.
33. Why might it be important to consider cultural influences on personality?
34. Why might a prospective employer screen applicants using personality assessments?
35. Why would a clinician give someone a projective test?



## Chapter 12 Exercises

### Review Questions

1. As a field, social psychology focuses on \_\_\_\_\_ in predicting human behavior.
  - a. personality traits
  - b. genetic predispositions
  - c. biological forces
  - d. situational factors
2. Making internal attributions for your successes and making external attributions for your failures is an example of \_\_\_\_\_.
  - a. actor-observer bias
  - b. fundamental attribution error
  - c. self-serving bias
  - d. just-world hypothesis
3. Collectivistic cultures are to \_\_\_\_\_ as individualistic cultures are to \_\_\_\_\_.
  - a. dispositional; situational
  - b. situational; dispositional
  - c. autonomy; group harmony
  - d. just-world hypothesis; self-serving bias
4. According to the actor-observer bias, we have more information about \_\_\_\_\_.
  - a. situational influences on behavior
  - b. influences on our own behavior
  - c. influences on others' behavior
  - d. dispositional influences on behavior
5. A(n) \_\_\_\_\_ is a set of group expectations for appropriate thoughts and behaviors of its members.
  - a. social role
  - b. social norm
  - c. script
  - d. attribution
6. On his first day of soccer practice, Jose suits up in a t-shirt, shorts, and cleats and runs out to the field to join his teammates. Jose's behavior is reflective of \_\_\_\_\_.
  - a. a script
  - b. social influence
  - c. good athletic behavior
  - d. normative behavior
7. When it comes to buying clothes, teenagers often follow social norms; this is likely motivated by \_\_\_\_\_.
  - a. following parents' rules
  - b. saving money
  - c. fitting in
  - d. looking good
8. In the Stanford prison experiment, even the lead researcher succumbed to his role as a prison supervisor. This is an example of the power of \_\_\_\_\_ influencing behavior.
  - a. scripts
  - b. social norms
  - c. conformity
  - d. social roles
9. Attitudes describe our \_\_\_\_\_ of people, objects, and ideas.
  - a. treatment
  - b. evaluations
  - c. cognitions
  - d. knowledge
10. Cognitive dissonance causes discomfort because it disrupts our sense of \_\_\_\_\_.
  - a. dependency
  - b. unpredictability
  - c. consistency
  - d. power

11. In order for the central route to persuasion to be effective, the audience must be \_\_\_\_\_ and \_\_\_\_\_.
- analytical; motivated
  - attentive; happy
  - intelligent; unemotional
  - gullible; distracted
12. Examples of cues used in peripheral route persuasion include all of the following except \_\_\_\_\_.
- celebrity endorsement
  - positive emotions
  - attractive models
  - factual information
13. In the Asch experiment, participants conformed due to \_\_\_\_\_ social influence.
- informational
  - normative
  - inspirational
  - persuasive
14. Under what conditions will informational social influence be more likely?
- when individuals want to fit in
  - when the answer is unclear
  - when the group has expertise
  - both b. and c.
15. Social loafing occurs when \_\_\_\_\_.
- individual performance cannot be evaluated
  - the task is easy
  - both a. and b.
  - none of the above
16. If group members modify their opinions to align with a perceived group consensus, then \_\_\_\_\_ has occurred.
- group cohesion
  - social facilitation
  - groupthink
  - social loafing
17. Prejudice is to \_\_\_\_\_ as discrimination is to \_\_\_\_\_.
- feelings; behavior
  - thoughts; feelings
  - feelings; thoughts
  - behavior; feelings
18. Which of the following is *not* a type of prejudice?
- homophobia
  - racism
  - sexism
  - individualism
19. \_\_\_\_\_ occurs when the out-group is blamed for the in-group's frustration.
- Stereotyping
  - In-group bias
  - Scapegoating
  - Ageism
20. When we seek out information that supports our stereotypes we are engaged in \_\_\_\_\_.
- scapegoating
  - confirmation bias
  - self-fulfilling prophecy
  - in-group bias
21. Typically, bullying from boys intends to produce \_\_\_\_\_, and bullying from girls intends to produce \_\_\_\_\_.
- emotional harm; physical harm
  - physical harm; emotional harm
  - psychological harm; physical harm
  - social exclusion; verbal taunting
22. Which of the following adolescents is least likely to be targeted for bullying?
- a child with a physical disability
  - a transgender adolescent
  - an emotionally sensitive boy
  - the captain of the football team

23. The bystander effect likely occurs due to \_\_\_\_\_.
- desensitization to violence
  - people not noticing the emergency
  - diffusion of responsibility
  - emotional insensitivity
24. Altruism is a form of prosocial behavior that is motivated by \_\_\_\_\_.
- feeling good about oneself
  - selfless helping of others
  - earning a reward
  - showing bravery to bystanders
25. After moving to a new apartment building, research suggests that Sam will be most likely to become friends with \_\_\_\_\_.
- his next door neighbor
  - someone who lives three floors up in the apartment building
  - someone from across the street
  - his new postal delivery person
26. What trait do both men and women tend to look for in a romantic partner?
- sense of humor
  - social skills
  - leadership potential
  - physical attractiveness
27. According to the triangular theory of love, what type of love is defined by passion and intimacy but no commitment?
- consummate love
  - empty love
  - romantic love
  - liking
28. According to social exchange theory, humans want to maximize the \_\_\_\_\_ and minimize the \_\_\_\_\_ in relationships.
- intimacy; commitment
  - benefits; costs
  - costs; benefits
  - passion; intimacy

## Critical Thinking Questions

29. Compare and contrast situational influences and dispositional influences and give an example of each. Explain how situational influences and dispositional influences might explain inappropriate behavior.
30. Provide an example of how people from individualistic and collectivistic cultures would differ in explaining why they won an important sporting event.
31. Why didn't the "good" guards in the Stanford prison experiment object to other guards' abusive behavior? Were the student prisoners simply weak people? Why didn't they object to being abused?
32. Describe how social roles, social norms, and scripts were evident in the Stanford prison experiment. How can this experiment be applied to everyday life? Are there any more recent examples where people started fulfilling a role and became abusive?
33. Give an example (one not used in class or the text) of cognitive dissonance and how an individual might resolve this.
34. Imagine that you work for an advertising agency, and you've been tasked with developing an advertising campaign to increase sales of a brand of soda. How would you develop an advertisement for this product that uses a central route of persuasion? How would you develop an ad using a peripheral route of persuasion?
35. Describe how seeking outside opinions can prevent groupthink.
36. Compare and contrast social loafing and social facilitation.
37. Some people seem more willing to openly display prejudice regarding sexual orientation than prejudice regarding race and gender. Speculate on why this might be.

38. When people blame a scapegoat, how do you think they choose evidence to support the blame?
39. Compare and contrast hostile and instrumental aggression.
40. What evidence discussed in Lesson 12.6 suggests that cyberbullying is difficult to detect and prevent?
41. Describe what influences whether relationships will be formed.
42. The evolutionary theory argues that humans are motivated to perpetuate their genes and reproduce. Using an evolutionary perspective, describe traits in men and women that humans find attractive.



## Chapter 13 Exercises

### Review Questions

1. Who was the first psychologist to use psychology in advertising?
  - a. Hugo Münsterberg
  - b. Elton Mayo
  - c. Walter Dill Scott
  - d. Walter Bingham
2. Which test designed for the Army was used for recruits who were not fluent in English?
  - a. Army Personality
  - b. Army Alpha
  - c. Army Beta
  - d. Army Intelligence
3. Which area of I-O psychology measures job satisfaction?
  - a. industrial psychology
  - b. organizational psychology
  - c. human factors psychology
  - d. advertising psychology
4. Which statement best describes the Hawthorne effect?
  - a. Giving workers rest periods seems like it should decrease productivity, but it actually increases productivity.
  - b. Social relations among workers have a greater effect on productivity than physical environment.
  - c. Changes in light levels improve working conditions and, therefore, increase productivity.
  - d. The attention of researchers on subjects causes the effect the experimenter is looking for.
5. Which of the following questions is illegal to ask in a job interview in the United States?
  - a. Which university did you attend?
  - b. Which state were you born in?
  - c. Do you have a commercial driver's license?
  - d. What salary would you expect for this position?
6. Which of the following items is *not* a part of KSAs?
  - a. aspiration
  - b. knowledge
  - c. skill
  - d. other abilities
7. Who is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant?
  - a. Americans with Disabilities Act
  - b. Supreme Court of the United States
  - c. U.S. Equal Employment Opportunity Commission
  - d. Society for Industrial and Organizational Psychology
8. A \_\_\_\_\_ is an example of a tactical team.
  - a. surgical team
  - b. car design team
  - c. budget committee
  - d. sports team
9. Which practice is an example of Theory X management?
  - a. telecommuting
  - b. flextime
  - c. keystroke monitoring
  - d. team meetings

10. Which is one effect of the team halo effect?
  - a. Teams appear to work better than they do.
  - b. Teams never fail.
  - c. Teams lead to greater job satisfaction.
  - d. Teams boost productivity.
11. Which is *not* a job-related factor affecting job satisfaction?
  - a. financial rewards
  - b. personality
  - c. autonomy
  - d. work content
12. What is the name for what occurs when a supervisor offers a work-related reward in exchange for a sexual favor?
  - a. hiring bias
  - b. quid pro quo
  - c. hostile work environment
  - d. immutable characteristics
13. What aspect of an office workstation would a human factors psychologist be concerned about?
  - a. height of the chair
  - b. closeness to the supervisor
  - c. frequency of coworker visits
  - d. presence of an offensive sign
14. A human factors psychologist who studied how a worker interacted with a search engine would be researching in the area of \_\_\_\_\_.
  - a. attention
  - b. cognitive engineering
  - c. job satisfaction
  - d. management

## Critical Thinking Questions

15. What societal and management attitudes might have caused organizational psychology to develop later than industrial psychology?
16. Many of the examples of I-O psychology are applications to businesses. Name four different nonbusiness contexts that I-O psychology could impact.
17. Construct a good interview question for a position of your choosing. The question should relate to a specific skill requirement for the position, and you will need to include the criteria for rating the applicant's answer.
18. What might be useful mechanisms for avoiding bias during employment interviews?
19. If you designed an assessment of job satisfaction, what elements would it include?
20. Downsizing has commonly shown to result in a period of lowered productivity for the organizations experiencing it. What might be some of the reasons for this observation?
21. What role could a flight simulator play in the design of a new aircraft?



## Chapter 14 Exercises

### Review Questions

1. Negative effects of stress are most likely to be experienced when an event is perceived as \_\_\_\_\_.
  - a. negative, but it is likely to affect one's friends rather than oneself
  - b. challenging
  - c. confusing
  - d. threatening, and no clear options for dealing with it are apparent
2. Of the most common stressors impacting young adults today, which of the following is *not* considered a top stressor?
  - a. discrimination
  - b. nutrition
  - c. finances
  - d. family planning
3. At which stage of Selye's general adaptation syndrome is a person especially vulnerable to illness?
  - a. exhaustion
  - b. alarm reaction
  - c. fight-or-flight
  - d. resistance
4. During an encounter judged as stressful, cortisol is released by the \_\_\_\_\_.
  - a. sympathetic nervous system
  - b. hypothalamus
  - c. pituitary gland
  - d. adrenal glands
5. According to the Holmes and Rahe scale, which life event requires the greatest amount of readjustment?
  - a. marriage
  - b. personal illness
  - c. divorce
  - d. death of spouse
6. While waiting to pay for his weekly groceries at the supermarket, Paul had to wait about 20 minutes in a long line at the checkout because only one cashier was on duty. When he was finally ready to pay, his debit card was declined because he did not have enough money in his checking account. Because he left his credit cards at home, he had to place the groceries back into the cart and head home to retrieve a credit card. While driving back to his home, traffic was backed up 2 miles due to an accident. These events that Paul had to endure are best characterized as \_\_\_\_\_.
  - a. chronic stressors
  - b. acute stressors
  - c. daily hassles
  - d. readjustment occurrences
7. What is one of the major criticisms of the Social Readjustment Rating Scale?
  - a. It has too few items.
  - b. It was developed using only people from the New England region of the United States.
  - c. It does not take into consideration how a person appraises an event.
  - d. None of the items included are positive.
8. Which of the following is *not* a dimension of job burnout?
  - a. depersonalization
  - b. hostility
  - c. exhaustion
  - d. diminished personal accomplishment
9. The white blood cells that attack foreign invaders to the body are called \_\_\_\_\_.
  - a. antibodies
  - b. telomeres
  - c. lymphocytes
  - d. immune cells

10. The risk of heart disease is especially high among individuals with \_\_\_\_\_.
- depression
  - asthma
  - telomeres
  - lymphocytes
11. The most lethal dimension of Type A behavior pattern seems to be \_\_\_\_\_.
- hostility
  - impatience
  - time urgency
  - competitive drive
12. Which of the following statements pertaining to asthma is *false*?
- Parental and interpersonal conflicts have been tied to the development of asthma.
  - Asthma sufferers can experience asthma-like symptoms simply by believing that an inert substance they breathe will lead to airway obstruction.
  - Asthma has been shown to be linked to hostility.
  - Rates of asthma have decreased considerably since 2000.
13. Emotional-focused coping would likely be a better method than problem-focused coping for dealing with which of the following stressors?
- terminal cancer
  - poor grades in school
  - unemployment
  - divorce
14. Studies of British civil servants have found that those in the lowest status jobs are much more likely to develop heart disease than those who have high status jobs. These findings attest to the importance of \_\_\_\_\_ in dealing with stress.
- biofeedback
  - social support
  - perceived control
  - emotional-focused coping
15. Relative to those with low levels of social support, individuals with high levels of social support \_\_\_\_\_.
- are more likely to develop asthma
  - tend to have less perceived control
  - are more likely to develop cardiovascular disorders
  - tend to tolerate stress well
16. The concept of learned helplessness was formulated by Seligman to explain the \_\_\_\_\_.
- inability of dogs to attempt to escape avoidable shocks after having received inescapable shocks
  - failure of dogs to learn to from prior mistakes
  - ability of dogs to learn to help other dogs escape situations in which they are receiving uncontrollable shocks
  - inability of dogs to learn to help other dogs escape situations in which they are receiving uncontrollable electric shocks
17. Which of the following is *not* one of the presumed components of happiness?
- using our talents to help improve the lives of others
  - learning new skills
  - regular pleasurable experiences
  - identifying and using our talents to enrich our lives
18. Researchers have identified a number of factors that are related to happiness. Which of the following is *not* one of them?
- age
  - annual income up to \$75,000
  - physical attractiveness
  - marriage

19. How does positive affect differ from optimism?
- Optimism is more scientific than positive affect.
  - Positive affect is more scientific than optimism.
  - Positive affect involves feeling states, whereas optimism involves expectations.
  - Optimism involves feeling states, whereas positive affect involves expectations.
20. Carson enjoys writing mystery novels and has even managed to publish some of his work. When he's writing, Carson becomes extremely focused on his work; in fact, he becomes so absorbed that that he often loses track of time, staying up well past 3:00 a.m. Carson's experience best illustrates the concept of \_\_\_\_\_.
- happiness set point
  - adaptation
  - positive affect
  - flow

### Critical Thinking Questions

21. Provide an example (other than the one described earlier) of a situation or event that could be appraised as either threatening or challenging.
22. Provide an example of a stressful situation that may cause a person to become seriously ill. How would Selye's general adaptation syndrome explain this occurrence?
23. Review the items on the Social Readjustment Rating Scale. Select one of the items and discuss how it might bring about distress and eustress.
24. Job burnout tends to be high in people who work in human service jobs. Considering the three dimensions of job burnout, explain how various job aspects unique to being a police officer might lead to job burnout in that line of work.
25. Discuss the concept of Type A behavior pattern, its history, and what we now know concerning its role in heart disease.
26. Consider the study in which volunteers were given nasal drops containing the cold virus to examine the relationship between stress and immune function (Cohen et al., 1998). How might this finding explain how people seem to become sick during stressful times in their lives (e.g., final exam week)?
27. Although problem-focused coping seems to be a more effective strategy when dealing with stressors, do you think there are any kinds of stressful situations in which emotional-focused coping might be a better strategy?
28. Describe how social support can affect health both directly and indirectly.
29. In considering the three dimensions of happiness discussed in Lesson 14.5 (the pleasant life, the good life, and the meaningful life), what are some steps you could take to improve your level of happiness?
30. The day before the drawing of a \$300 million Powerball lottery, you notice that a line of people waiting to buy their Powerball tickets is stretched outside the door of a nearby convenience store. Based on what you've learned, provide some perspective on why these people are doing this and what would likely happen if one of these individuals happened to pick the right numbers.



## Chapter 15 Exercises

### Review Questions

1. In the harmful dysfunction definition of psychological disorders, dysfunction involves \_\_\_\_\_.
  - a. the inability of a psychological mechanism to perform its function
  - b. the breakdown of social order in one's community
  - c. communication problems in one's immediate family
  - d. all of the above
2. Patterns of inner experience and behavior are thought to reflect the presence of a psychological disorder if they \_\_\_\_\_.
  - a. are highly atypical
  - b. lead to significant distress and impairment in one's life
  - c. embarrass one's friends and/or family
  - d. violate the norms of one's culture
3. The letters in the abbreviation DSM-5 stand for \_\_\_\_\_.
  - a. Diseases and Statistics Manual of Medicine
  - b. Diagnosable Standards Manual of Mental Disorders
  - c. Diseases and Symptoms Manual of Mental Disorders
  - d. Diagnostic and Statistical Manual of Mental Disorders
4. A study based on over 9,000 U.S. residents found that the most prevalent disorder was \_\_\_\_\_.
  - a. major depressive disorder
  - b. social anxiety disorder
  - c. obsessive-compulsive disorder
  - d. specific phobia
5. The diathesis-stress model presumes that psychopathology results from \_\_\_\_\_.
  - a. vulnerability and adverse experiences
  - b. biochemical factors
  - c. chemical imbalances and structural abnormalities in the brain
  - d. adverse childhood experiences
6. Dr. Anastasia believes that major depressive disorder is caused by an over-secretion of cortisol. His view on the cause of major depressive disorder reflects a \_\_\_\_\_ perspective.
  - a. psychological
  - b. supernatural
  - c. biological
  - d. diathesis-stress
7. In which of the following anxiety disorders is the person in a continuous state of excessive, pointless worry and apprehension?
  - a. panic disorder
  - b. generalized anxiety disorder
  - c. agoraphobia
  - d. social anxiety disorder
8. Which of the following would constitute a safety behavior?
  - a. encountering a phobic stimulus in the company of other people
  - b. avoiding a field where snakes are likely to be present
  - c. avoiding eye contact
  - d. worrying as a distraction from painful memories

9. Which of the following best illustrates a compulsion?
- mentally counting backward from 1,000
  - persistent fear of germs
  - thoughts of harming a neighbor
  - falsely believing that a spouse has been cheating
10. Research indicates that the symptoms of OCD \_\_\_\_\_.
- are similar to the symptoms of panic disorder
  - are triggered by low levels of stress hormones
  - are related to hyperactivity in the orbitofrontal cortex
  - are reduced if people are asked to view photos of stimuli that trigger the symptoms
11. Symptoms of PTSD include all of the following *except* \_\_\_\_\_.
- intrusive thoughts or memories of a traumatic event
  - avoidance of things that remind one of a traumatic event
  - jumpiness
  - physical complaints that cannot be explained medically
12. Which of the following elevates the risk for developing PTSD?
- severity of the trauma
  - frequency of the trauma
  - high levels of intelligence
  - social support
13. Common symptoms of major depressive disorder include all of the following *except* \_\_\_\_\_.
- periods of extreme elation and euphoria
  - difficulty concentrating and making decisions
  - loss of interest or pleasure in usual activities
  - psychomotor agitation and retardation
14. Suicide rates are \_\_\_\_\_ among men than among women, and they are \_\_\_\_\_ during the winter holiday season than during the spring months.
- higher; higher
  - lower; lower
  - higher; lower
  - lower; higher
15. Clifford falsely believes that the police have planted secret cameras in his home to monitor his every movement. Clifford's belief is an example of \_\_\_\_\_.
- a delusion
  - a hallucination
  - tangentiality
  - a negative symptom
16. A study of adoptees whose biological mothers had schizophrenia found that the adoptees were most likely to develop schizophrenia \_\_\_\_\_.
- if their childhood friends later developed schizophrenia
  - if they abused drugs during adolescence
  - if they were raised in a disturbed adoptive home environment
  - regardless of whether they were raised in a healthy or disturbed home environment
17. Dissociative amnesia involves \_\_\_\_\_.
- memory loss following head trauma
  - memory loss following stress
  - feeling detached from the self
  - feeling detached from the world
18. Dissociative identity disorder mainly involves \_\_\_\_\_.
- depersonalization
  - derealization
  - schizophrenia
  - different personalities

19. People with borderline personality disorder often \_\_\_\_\_.
- try to be the center of attention
  - are shy and withdrawn
  - are impulsive and unpredictable
  - tend to accomplish goals through cruelty
20. Antisocial personality disorder is associated with \_\_\_\_\_.
- emotional deficits
  - memory deficits
  - parental overprotection
  - increased empathy
21. Which of the following is *not* a primary characteristic of ADHD?
- short attention span
  - difficulty concentrating and distractibility
  - restricted and fixated interest
  - excessive fidgeting and squirming
22. One of the primary characteristics of autism spectrum disorder is \_\_\_\_\_.
- bed-wetting
  - difficulty relating to others
  - short attention span
  - intense and inappropriate interest in others

## Critical Thinking Questions

23. Discuss why thoughts, feelings, or behaviors that are merely atypical or unusual would not necessarily signify the presence of a psychological disorder. Provide an example.
24. Describe the DSM-5. What is it, what kind of information does it contain, and why is it important to the study and treatment of psychological disorders?
25. *The International Classification of Diseases (ICD)* and the DSM differ in various ways. What are some of the differences in these two classification systems?
26. Why is the perspective one uses in explaining a psychological disorder important?
27. Describe how cognitive theories of the etiology of anxiety disorders differ from learning theories.
28. Discuss the common elements of obsessive-compulsive disorder, body dysmorphic disorder, and hoarding disorder.
29. List some of the risk factors associated with the development of PTSD following a traumatic event.
30. Describe several of the factors associated with suicide.
31. Why is research following individuals who show prodromal symptoms of schizophrenia so important?
32. The prevalence of most psychological disorders has increased since the 1980s. However, as discussed in Lesson 15.7, scientific publications regarding dissociative amnesia peaked in the mid-1990s but then declined steeply through 2003. In addition, no fictional or nonfictional description of individuals showing dissociative amnesia following a trauma exists prior to 1800. How would you explain this phenomenon?
33. Imagine that a child has a genetic vulnerability to antisocial personality disorder. How might this child's environment shape the likelihood of developing this personality disorder?
34. Compare the factors that are important in the development of ADHD with those that are important in the development of autism spectrum disorder.



## Chapter 16 Exercises

### Review Questions

1. Who of the following does *not* support the humane and improved treatment of mentally ill persons?
  - a. Philippe Pinel
  - b. Medieval priests
  - c. Dorothea Dix
  - d. all of the above
2. The process of closing large asylums and providing for people to stay in the community to be treated locally is known as \_\_\_\_\_.
  - a. deinstitutionalization
  - b. exorcism
  - c. deactivation
  - d. decentralization
3. Joey was convicted of domestic violence. As part of his sentence, the judge has ordered that he attend therapy for anger management. This is considered \_\_\_\_\_ treatment.
  - a. involuntary
  - b. voluntary
  - c. forced
  - d. mandatory
4. Today, most people with psychological problems are not hospitalized. Typically, they are only hospitalized if they \_\_\_\_\_.
  - a. have schizophrenia
  - b. have insurance
  - c. are an imminent threat to themselves or others
  - d. require therapy
5. The idea behind \_\_\_\_\_ is that how you think determines how you feel and act.
  - a. cognitive therapy
  - b. cognitive-behavioral therapy
  - c. behavior therapy
  - d. client-centered therapy
6. Mood stabilizers, such as lithium, are used to treat \_\_\_\_\_.
  - a. anxiety disorders
  - b. depression
  - c. bipolar disorder
  - d. ADHD
7. Clay is in a therapy session. The therapist asks him to relax and say whatever comes to his mind at the moment. This therapist is using \_\_\_\_\_, which is a technique of \_\_\_\_\_.
  - a. active listening; client-centered therapy
  - b. systematic desensitization; behavior therapy
  - c. transference; psychoanalysis
  - d. free association; psychoanalysis
8. A treatment modality in which five to 10 people with the same issue or concern meet together with a trained clinician is known as \_\_\_\_\_.
  - a. family therapy
  - b. couples therapy
  - c. group therapy
  - d. self-help group
9. What happens during an intake?
  - a. The therapist gathers specific information to address the client's immediate needs, such as the presenting problem, the client's support system, and insurance status. The therapist informs the client about confidentiality, fees, and what to expect in a therapy session.
  - b. The therapist guides what happens in the therapy session and designs a detailed approach to resolving each member's presenting problem.
  - c. The therapist meets with a couple to help them see how their individual backgrounds, beliefs, and actions are affecting their relationship.

- d. The therapist examines and discusses with the family the boundaries and structure of the family.
10. What is the minimum amount of time addicts should receive treatment if they are to achieve a desired outcome?
- 3 months
  - 6 months
  - 9 months
  - 12 months
11. When an individual has two or more diagnoses, which often include a substance-related diagnosis and another psychiatric diagnosis, this is known as \_\_\_\_\_.
- bipolar disorder
  - comorbid disorder
  - codependency
  - bi-morbid disorder
12. John was drug-free for almost 6 months. Then he started hanging out with his addict friends, and he has now started abusing drugs again. This is an example of \_\_\_\_\_.
- release
  - reversion
  - readdiction
  - relapse
13. The sociocultural perspective examines you, your behaviors, and your symptoms in the context of your \_\_\_\_\_.
- education
  - socioeconomic status
  - culture and background
  - age
14. Which of the following was *not* listed as a barrier to mental health treatment?
- fears about treatment
  - language
  - transportation
  - being a member of the ethnic majority

## Critical Thinking Questions

15. People with psychological disorders have been treated badly throughout history. Describe some efforts to improve treatment and include explanations for the success or lack thereof.
16. Describe the criteria that must be met in order for an individual to be hospitalized.
17. Imagine that you are a psychiatrist. Your patient, Pat, comes to you with anxiety and feelings of sadness. Which therapeutic approach would you recommend, and why?
18. Compare and contrast individual and group therapies.
19. You are conducting an intake assessment. Your client is a 45-year-old single, employed male with cocaine dependence. He failed a drug screening at work and has been mandated to treatment by his employer if he wants to keep his job. Your client admits that he needs help. Why would you recommend group therapy for him?
20. Deja is a 24-year-old Black American female. For years she has been struggling with bulimia. She knows she has a problem, but she is not willing to seek mental health services. What are some reasons why she may be hesitant to get help?