

Name:

Cognition

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. You are daydreaming in the middle of a lecture. Are you actually thinking?
- Yes.
 - No.
 - No, but daydreaming is an example of cognition.
 - Yes, you are thinking and daydreaming is an example of cognition.
- ☐ 2. Computer programs capable of doing things that require intelligence when done by people are associated with
- artificial intelligence.
 - proxemics.
 - cerebronics.
 - computerized creativity.
- ☐ 3. _____ is the study of the meaning of words and language.
- Linguistics
 - Encoding
 - Semantics
 - Syntax
- ☐ 4. Representations used in thinking include
- mnemonic devices.
 - kinesthesia.
 - concepts.
 - primarily figments of the imagination.
- ☐ 5. Basic speech sounds are called
- morphemes.
 - syllables.
 - phonemes.
 - syntax.
- ☐ 6. A solution that correctly states the requirements for success in solving a problem but not in sufficient detail for further action is called a(n) _____ solution.
- heuristic
 - general
 - functional
 - specific
- ☐ 7. Fluency, flexibility, and originality would be most characteristic of which type of thought?
- convergent thinking
 - mechanical problem-solving
 - rote problem-solving
 - brainstorming

- ☐ 8. What type of concept is "uncle"?
- a. conjunctive
 - b. relational
 - c. relative
 - d. disjunctive
- ☐ 9. The inability to see new uses for familiar objects is termed
- a. non-flexible thinking.
 - b. functional fixedness.
 - c. proactive inhibition.
 - d. interference.
- ☐ 10. A person who is concerned about health, but who continues to smoke cigarettes, is making an error in judgment called
- a. functional fixedness.
 - b. ignoring the base rate.
 - c. representativeness.
 - d. framing.
- ☐ 11. Language is termed productive if it
- a. allows for communication of thoughts and ideas.
 - b. is capable of generating new ideas and possibilities.
 - c. increases one's adaptation to a changing environment.
 - d. provides a set of rules for making sounds into words and words into sentences.
- ☐ 12. Which of the following is usually associated with creativity?
- a. convergent thinking
 - b. divergent thinking
 - c. modeling
 - d. syntax
- ☐ 13. A truck gets stuck under a bridge. Several tow-trucks are unable to pull it out. At last a little boy walks up and asks the red-faced adults trying to free the truck why they haven't let the air out of the truck's tires. Their oversight was due to
- a. divergent thinking.
 - b. cognitive style.
 - c. synesthesia.
 - d. fixation.
- ☐ 14. Heuristics are problem solving strategies which
- a. use a trial and error approach.
 - b. use random search strategies.
 - c. guarantee success in solving a problem.
 - d. reduce the number of alternatives.
- ☐ 15. Characteristics of creativity include
- a. convergence.
 - b. flexibility.
 - c. gender differences.
 - d. rigid personality factors.
- ☐ 16. A perceptual set that causes one to become hung up on wrong solutions or remain blind to

alternatives is called

- a. inhibition.
- b. fixation.
- c. conditional thinking.
- d. incubation.

☐ 17. If 98 out of 100 people respond "Golden Retriever" when asked to name what dog best represents the concept "dog," then a golden retriever would be called a

- a. denotative concept.
- b. prototype.
- c. relational concept.
- d. feature.

☐ 18. The rules for ordering words in sentences are called

- a. grammar.
- b. syntax.
- c. semantic differential.
- d. heuristics.

☐ 19. The solution to arithmetic problems requires

- a. mechanical solutions.
- b. convergent thinking.
- c. insight.
- d. brainstorming.

☐ 20. A person would have the LEAST difficulty in classifying _____ as a tree or shrub.

- a. a cactus
- b. a fern
- c. an oak
- d. a palm

☐ 21. A student who takes a multiple-choice test by reading the stem of each item, generating the correct response before looking at the choices, and then choosing the response closest to the answer is using

- a. a heuristic.
- b. an "ideal" solution.
- c. vicarious problem solving.
- d. an algorithmic search strategy.

☐ 22. In baseball, an "out" is a

- a. conjunctive concept.
- b. relational concept.
- c. disjunctive concept.
- d. prototype.

☐ 23. The stage of creative thought during which problem solving proceeds at a subconscious level is the _____ stage.

- a. incubation
- b. orientation
- c. preparation
- d. illumination

☐ 24. A person is asked to decide on a major in school; another is asked to decide on a career. We may say that the different answers they give to broad and specific questions are because of

- a. differences in representativeness.
- b. base rate differences.
- c. differences in framing.
- d. differences associated with irrational personalities.

- ☐ 25. The correlation between IQ and creativity is
- a. very high.
 - b. very low.
 - c. zero.
 - d. more positively correlated the higher the IQ.
- ☐ 26. Oversimplified concepts of groups of people are referred to as
- a. group thinking.
 - b. social stereotypes.
 - c. relational stereotypes.
 - d. disjunctive stereotypes.
- ☐ 27. Thought that is intuitive, haphazard, or personal is termed
- a. inductive thought.
 - b. deductive thought.
 - c. logical thought.
 - d. illogical thought.
- ☐ 28. _____ are the smallest meaningful units of speech.
- a. Morphemes
 - b. Phonemes
 - c. Pheromones
 - d. Concepts
- ☐ 29. The ability to speak two languages is referred to as
- a. bi-languagism.
 - b. fluency.
 - c. bilingualism.
 - d. none of these.
- ☐ 30. The two most basic units of speech are
- a. words and rules of grammar.
 - b. ideas and concepts.
 - c. morphemes and phonemes.
 - d. connotative and denotative meaning.
- ☐ 31. Words or ideas representing a class of objects are called
- a. abstractions.
 - b. attributes.
 - c. thoughts.
 - d. concepts.
- ☐ 32. Psychologist Wolfgang Köhler believed that the solution of a multiple-stick problem in chimpanzees revealed
- a. how reinforcement strongly guided their behavior.
 - b. an ability for versatile and appropriate behavior to changing circumstances.
 - c. a capacity for insight.
 - d. the same problem solving abilities in chimps as in gorillas.

- ☐ 33. "Anti" is an example of
- a phoneme.
 - syntax.
 - surface structure.
 - a morpheme.
- ☐ 34. Normal problem solving is likely to use
- mental images.
 - olfactory sensations.
 - synesthesia.
 - semantic repression.
- ☐ 35. A detailed, practical, and workable solution to a problem is called a(n) _____ solution.
- heuristic
 - general
 - functional
 - specific
- ☐ 36. The fact that "Dog bites man" has a very different meaning from "Man bites dog" demonstrates the importance of
- connotation.
 - syntax.
 - conditional relationships.
 - linguistic determinism.
- ☐ 37. If you wanted to enhance creativity, you would want to
- isolate yourself.
 - make a rash decision.
 - dig deeper into a problem with logic.
 - look for analogies.
- ☐ 38. Drawing conclusions on the basis of formal principles of reasoning is termed
- inductive thought.
 - deductive thought.
 - logical thought.
 - illogical thought.
- ☐ 39. Thought that involves going from general principles to specific situations is called _____ reasoning.
- deductive
 - inductive
 - divergent
 - intuitive
- ☐ 40. A rigid mental set can be a barrier to problem solving. Which of the following refers to a similar barrier to problem solving?
- oversimplification
 - invalid reasoning
 - functional fixedness
 - divergent problem solving
- ☐ 41. American Sign Language is
- a true language with a syntax and grammar.
 - a pseudo-language with no syntax or grammar.

- c. a code system.
- d. an easily understood pantomime.

- ☐ 42. The term "cognition" includes
- a. thinking, problem solving, reasoning, and dreaming.
 - b. classical and instrumental conditioning.
 - c. the use of memory systems.
 - d. an active process by which sensory input is selected, organized, and integrated.
- ☐ 43. A tendency to select wrong answers because they seem to match pre-existing mental categories is called
- a. intuition.
 - b. representativeness heuristic.
 - c. base rate.
 - d. framing.
- ☐ 44. A set of rules for structuring sentences is called
- a. linguistic determinants.
 - b. grammar.
 - c. semantics.
 - d. morphemes.
- ☐ 45. The study of the meaning of words is important because
- a. it reveals the connection between language and thought.
 - b. people speak different languages and translation becomes important.
 - c. it is necessary to follow the development of phonemes by a growing child.
 - d. it measures the emotional content of language.
- ☐ 46. Which of the following is TRUE about animal communication?
- a. Animals exhibit varied cries, gestures, and mating calls, but even these communications are often not understood by other animals of the same species.
 - b. Although animal communication is limited, they can learn to use human language with ease and eventually attain the communication skills of the average high school sophomore.
 - c. Animal communication can truly be called a language because it consists of symbols, grammar, and, most importantly, it is productive.
 - d. While psychologists don't doubt that animals communicate, there is disagreement as to whether or not animals can actually be taught a language.
- ☐ 47. A concept referring to an object having at least one of a number of features is a _____ concept.
- a. relational
 - b. conjunctive
 - c. disjunctive
 - d. categorical
- ☐ 48. Going from general principles to specific situations is called
- a. logical thought.
 - b. deductive thought.
 - c. illogical thought.

d. inductive thought.

- ☐ 49. Fluency, flexibility, and originality are characteristic of which type of thought?
- divergent thinking
 - mechanical problem-solving
 - logic
 - deductive reasoning
- ☐ 50. The way a question is stated before problem solving begins is known as
- representativeness.
 - framing.
 - incubation.
 - defining the base rate.
- ☐ 51. Concept formation refers to
- the organization of phonemes and morphemes into meaningful thoughts.
 - the application of transformation rules to basic sentences.
 - inductive as opposed to deductive thinking.
 - organizing experiences into meaningful categories.
- ☐ 52. _____ thinking goes from specific facts to general principles.
- Deductive
 - Inductive
 - Divergent
 - Convergent
- ☐ 53. If you translated "Pepsi is for the younger generation" into Spanish and the translation reads "Pepsi reverses aging," you have a problem with
- morphemes.
 - phonemes.
 - semantics.
 - grammar.
- ☐ 54. The rules that determine how words in a language can be put together to make sentences are called
- structural semantics.
 - allophonetics.
 - syntax.
 - phonemes.
- ☐ 55. Classifying things as absolutely right or wrong typifies
- good-bad or all or nothing thinking.
 - multidimensional thinking.
 - complex thinking.
 - conceptual-categorical thinking.
- ☐ 56. According to Chomsky, we are able to express ideas in a variety of ways by applying _____ rules.
- functional
 - generative
 - disjunctive
 - transformation

Name:

Memory

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. The tendency for prior learning to inhibit recall of later learning is called
- encoding failure.
 - repression.
 - retroactive interference.
 - proactive interference.
- ☐ 2. Things that are heard are held as a brief _____ in the sensory register.
- echo.
 - icon.
 - image.
 - engram.
- ☐ 3. Twenty years after graduating, a subject is able to correctly identify photographs of students she attended high school with from a larger group of strangers. To do so she has used
- recall.
 - recognition.
 - eidetic imagery.
 - reminiscence.
- ☐ 4. Memories outside of conscious awareness are called
- proactive memories.
 - reactive memories.
 - explicit memories.
 - implicit memories.
- ☐ 5. The image that persists for about one-half second after being seen is a(n)
- sensation.
 - echo.
 - icon.
 - illusion.
- ☐ 6. Cue-dependent (or context dependent) theories of memory suggest that you would do best on your chemistry test if you could be tested
- in the room where you studied.
 - in a chemistry laboratory.
 - with a large group of chemistry majors.
 - with students who share your interests.
- ☐ 7. The part of the brain that functions as a "switching station" between the STM and LTM is the
- hippocampus.
 - cerebral cortex.
 - RS.
 - engram switching center.

- ☐ 8. The fact that a bodily state that exists during learning can be a strong cue for later memory is known as
- eidetic imagery.
 - redintegration.
 - state-dependent learning.
 - the tip-of-the-tongue phenomenon.
- ☐ 9. _____ concentrates on the meaning of information you want to remember.
- Dual memory
 - Elaborative rehearsal
 - Long-term memory
 - Maintenance rehearsal
- ☐ 10. Criticism of recovered memories has centered on the fact that
- it is reasonable to suspect hidden abuse when a person is depressed, has low self-esteem, or sexual problems.
 - most victims of sexual abuse rarely remember having been molested.
 - a patient guided by an incompetent therapist might confuse dreams with memories.
 - personally important or traumatic memories cannot be created through suggestion.
- ☐ 11. Transforming incoming information into a usable form is the stage of memory called
- retrieval.
 - encoding.
 - storage.
 - organization.
- ☐ 12. Helen has a six-month "gap" in her memories of grade school. Her "gap" corresponds to the period immediately after her father's death. Helen's memory loss is most likely accounted for by
- cue-dependent forgetting.
 - repression.
 - retroactive inhibition.
 - decay of memory traces.
- ☐ 13. Memories of historical facts are to _____ memory, as memories of your breakfast this morning are to _____ memory.
- episodic; procedural
 - procedural; semantic
 - semantic; episodic
 - long-term; short-term
- ☐ 14. The storage capacity of long-term memory is best described as
- a single item.
 - about seven items.
 - about seven volumes.
 - limitless.
- ☐ 15. The definition of memory is that it is an active system that receives, organizes, and
- stores information.
 - decays information.
 - filters all incoming information.

d. discards old information.

- ☐ 16. Psychologists have concluded that long-term memories fall into the following two categories:
- fact memory and mnemonic memory.
 - procedural memory and fact memory.
 - semantic memory and fact memory.
 - semantic memory and redintegration memory.
- ☐ 17. Decay theories of memory loss seem to be most appropriate for
- memory based on visual images.
 - long-term memory.
 - short-term memory and sensory memory.
 - muscular memory.
- ☐ 18. Essay questions tend to be more difficult than multiple choice because with an essay question,
- there are more cues to stimulate memory.
 - recall is required rather than recognition.
 - there is more proactive inhibition.
 - there is more interference possible.
- ☐ 19. The first step in placing information into memory storage is
- mnemonic memory.
 - short-term memory.
 - sensory memory.
 - rehearsal.
- ☐ 20. An intelligence test for adults frequently has a general knowledge section which tests for
- episodic memory.
 - echoic memory.
 - procedural memory.
 - semantic memory.
- ☐ 21. The process of holding information in memory is referred to as
- retrieval.
 - encoding.
 - storage.
 - organization.
- ☐ 22. Recoding, chunking, and rehearsal are especially important for the improvement of
- short-term memory efficiency.
 - eidetic imagery.
 - sensory memory.
 - long-term memory traces.
- ☐ 23. The improvement of memory to truly exceptional levels involves
- learning techniques for organizing or "chunking" information.
 - replacing memory based on meaning with memory that utilizes images.
 - improvements in short-term memory.
 - improvements in the neural substrates of memory through drugs and nutrition.
- ☐ 24. Working memory is associated with which of the following?
- sensory memory
 - short-term memory

- c. long-term memory
- d. integrated memory

- ☐ 25. _____ determines what information moves from sensory memory to short-term memory.
- a. Encoding failure
 - b. Selective attention
 - c. Repression
 - d. Eidetic encoding
- ☐ 26. Students often assume that because they can answer all the study questions once, they have sufficiently prepared for a test. This mistaken attitude overlooks the importance of _____ for improving memory.
- a. overlearning
 - b. spaced practice
 - c. recitation
 - d. organization
- ☐ 27. _____ refers to the fading of memory traces from short-term memory.
- a. Encoding failure
 - b. Decay
 - c. Disuse
 - d. Decoding failure
- ☐ 28. The major problem with using hypnosis in police work is
- a. vicarious inhibition.
 - b. that there is little evidence that information gathered by hypnosis has ever helped solve a police case.
 - c. the occurrence of false memories.
 - d. a person's ability to be hypnotized.
- ☐ 29. Eidetic imagery is found more often in
- a. children than in adults.
 - b. adults than in children.
 - c. men than in women.
 - d. women than in men.
- ☐ 30. A mail clerk has to rearrange mailboxes in a student dormitory and for a few days has difficulty sorting the mail. This illustrates
- a. retroactive interference.
 - b. proactive interference.
 - c. relearning.
 - d. memory decay.
- ☐ 31. _____ primarily keeps memories active in short-term memory.
- a. Dual memory
 - b. Elaborative rehearsal
 - c. Long-term memory
 - d. Maintenance rehearsal
- ☐ 32. Which of the following determines what information moves from sensory memory to short-term memory?
- a. consolidation
 - b. an engram
 - c. working memory

d. selective attention

- ☐ 33. When students who go to graduate school have to brush up on a foreign language they learned before, they find it easier the second time around. This illustrates
- a. rehearsal.
 - b. recall.
 - c. redintegration.
 - d. relearning.
- ☐ 34. Organizing information into larger units as a way of improving the efficiency of short-term memory is called
- a. chunking.
 - b. categorization.
 - c. verbal labeling.
 - d. symbolization.
- ☐ 35. Which of the following is true of short-term memory?
- a. It has an unlimited storage capacity.
 - b. It deals with information for longer periods of time, usually for at least 30 minutes.
 - c. It is seriously affected by any interruption or interference.
 - d. Once information is placed in STM, it is permanently stored.
- ☐ 36. Information is remembered without explicit cues or stimuli, often verbatim in
- a. recall.
 - b. recognition.
 - c. relearning.
 - d. redintegration.
- ☐ 37. State dependent learning is a term which refers to the fact that
- a. bodily states can be a strong cue for later memory.
 - b. learning and memory can be increased with the use of drugs.
 - c. happy people have better memories.
 - d. adults lose any eidetic memory as they grow older.
- ☐ 38. Remembering the first and last items of a list better than items in the middle is due to
- a. the tip-of-the-tongue phenomenon.
 - b. redintegration.
 - c. the serial position effect.
 - d. the pseudo-memory effect.
- ☐ 39. Which of the following can help to create false memories?
- a. hypnosis
 - b. age regression
 - c. suggestion
 - d. all of the above
- ☐ 40. Consolidation refers to the
- a. time taken for short-term memory to be complete.
 - b. ability to see relationships between objects or events.
 - c. process whereby memory storage is speeded by the use of electroconvulsive shock treatment.
 - d. forming of a long-term memory.

- ☐ 41. Procedural memory would be affected by damage to the
- cerebrum.
 - cerebellum.
 - motor cortex.
 - limbic system.
- ☐ 42. Which of the following would be an example of short-term memory?
- remembering the letters of the alphabet
 - looking up a phone number and remembering it while you dial
 - remembering your name
 - remembering how to ride a bicycle
- ☐ 43. According to the interference theory of forgetting,
- memory capacity is limited so that when new information is brought in, older memories must be removed.
 - new learning can inhibit the retrieval of stored memory, and vice-versa.
 - forgetting is directly related to the complexity and meaningfulness of the incoming information.
 - cues present at the time of learning interfere with memory retrieval.
- ☐ 44. Which of the following is true of rehearsal of information?
- Rehearsal is an aid to maintaining information in sensory memory.
 - After 45 seconds without rehearsal, information is gone from STM.
 - Rehearsal interferes with chunking and recoding of information in STM.
 - Rehearsal aids the transfer of information from STM to LTM.
- ☐ 45. The "magic number" _____ represents the average number of "bits" of information that short-term memory can usually handle.
- three
 - six
 - seven
 - nine
- ☐ 46. _____ memory is that part of long-term memory containing factual information.
- Episodic
 - Semantic
 - Declarative
 - Procedural
- ☐ 47. Evolutionary explanations for the efficiency of memory argue
- it is important to retrieve all past memories.
 - total recall would paralyze us mentally.
 - past episodic memories are highly accurate and detailed.
 - environmental experiences are recalled with the highest degree of accuracy.
- ☐ 48. The kind of memory that lasts for only a second or two is
- long-term memory.
 - short-term memory.
 - eidetic memory.
 - sensory memory.
- ☐ 49. When new learning disrupts the ability to recall past, stored information, _____ has been said to occur.
- proactive interference

- b. disinhibition
- c. retrograde amnesia
- d. retroactive interference

- ☐ 50. _____ is known for memorizing nonsense syllables and plotting a curve of forgetting.
- a. Luria
 - b. Mnemonic
 - c. Ebbinghaus
 - d. Loftus
- ☐ 51. Which term refers to the observation that we alter memories by filling in gaps or by adding new information?
- a. redintegration
 - b. constructive processing
 - c. logical inference
 - d. information processing
- ☐ 52. When a person fills in gaps in memory with logic the process is called
- a. remembering.
 - b. constructive processing.
 - c. reconstruction.
 - d. imagination.
- ☐ 53. "Flashbulb" memories, which are vivid, lasting images of events associated with personal tragedy, may be produced in part by
- a. increased secretion of the hormone ACTH.
 - b. decreased serotonin levels
 - c. disinhibition.
 - d. positive transfer.
- ☐ 54. As new memories are formed, older memories are often _____.
- a. updated
 - b. unchanged
 - c. decayed
 - d. deconstructed
- ☐ 55. The correct order for the three stages of memory is
- a. short-term memory, long-term memory, retrieval.
 - b. working memory, sensory memory, long-term memory.
 - c. sensory memory, short-term memory, long-term memory.
 - d. short-term memory, sensory memory, long-term memory.
- ☐ 56. Let's say you have a friend, Harriet, who is having trouble memorizing information for an anatomy class. The simplest and most helpful thing you could do would be to explain _____ to her.
- a. mnemonics
 - b. the tip-of-the-tongue phenomenon
 - c. consolidation
 - d. repression.
- ☐ 57. An area of the brain of particular importance for memory storage is the
- a. hippocampus.
 - b. parietal lobe.

- c. thalamus.
- d. medulla.

- ☐ 58. The memory system used for relatively permanent storage of meaningful information is called _____ memory.
- a. sensory
 - b. short-term
 - c. long-term
 - d. tactile
- ☐ 59. Often, memories appear to be available but not accessible, as in
- a. the tip-of-the-tongue phenomenon.
 - b. sensory memory failure.
 - c. engram decay.
 - d. interference.
- ☐ 60. The fact that many people don't know which way Lincoln is facing on the penny is probably due to
- a. displacement.
 - b. cue-dependent forgetting.
 - c. interference.
 - d. encoding failure.
- ☐ 61. Joan repeats a list of vocabulary words for the Spanish test to move them from her short-term to long-term memory. This repetition is called
- a. redundancy.
 - b. chunking.
 - c. encoding.
 - d. rehearsal.
- ☐ 62. Using a variety of _____ can open a pathway to memory.
- a. cues
 - b. recall
 - c. hints
 - d. recognition
- ☐ 63. An expert typist who cannot describe the exact location of letters on a typewriter keyboard is demonstrating the importance of
- a. implicit memories.
 - b. redintegrative memories.
 - c. explicit memories.
 - d. recognition memories.
- ☐ 64. The Ebbinghaus curve of forgetting shows that forgetting is most rapid
- a. immediately after learning.
 - b. one hour after learning.
 - c. after one week.
 - d. a few months after learning.
- ☐ 65. The inability to recall events preceding an accident involving injuries to the head is called
- a. retrograde amnesia.
 - b. prograde amnesia.
 - c. motivated forgetting.
 - d. cognitive blockage.

- ☐ 66. Pseudo-memories are
- those memories recalled after amnesia.
 - false memories resulting from constructive processing.
 - delusions associated with mental illness.
 - short-term memories.
- ☐ 67. Which of the following would be considered an episodic memory?
- $4 \times 7 = 28$
 - the sixteenth president
 - the accident you saw three weeks ago
 - number of CDs owned
- ☐ 68. Rehearsal works best when
- the information to be remembered is repeated over and over.
 - it is used to link new information with existing memories and knowledge.
 - memories are updated or reorganized on the basis of logic, reasoning, or the addition of new information.
 - part of a memory is used to reconstruct an entire complex memory.
- ☐ 69. A memory that a person is aware of having, or a memory that is consciously retrieved, is called
- explicit memory.
 - implicit memory.
 - priming.
 - eidetic imagery.
- ☐ 70. Activating implicit memories by providing partial information that is linked with them is called
- priming.
 - repression.
 - redintegration.
 - forgetting.
- ☐ 71. As shown by the curve of forgetting, memory loss occurs
- as learning is still going on.
 - very rapidly at first and then levels off to a slow decline.
 - not until three to four hours after the learning trial is over.
 - slowly at first but is essentially complete within one hour.
- ☐ 72. Which of the following would be considered a semantic memory?
- your first car
 - the sixteenth president
 - your third job
 - the accident you saw three weeks ago
- ☐ 73. The word used to describe how information gets into the memory system is
- retrieval.
 - displacement.
 - encoding.
 - recall.
- ☐ 74. In order for a memory to be useful, it must be
- filed.
 - episodic.
 - decoded as an image.

d. retrieved.

- ☐ 75. Your recollections about your last birthday are stored in your _____ memory.
- episodic
 - semantic
 - retroactive
 - short-term
- ☐ 76. If you witnessed a crime and were asked to pick out the criminal from a lineup, you would be doing what kind of memory task?
- eidetic imagery
 - relearning
 - recall
 - recognition
- ☐ 77. Information in long-term memory can be retained up to
- 30 seconds.
 - 1 hour.
 - many years.
 - 2 seconds.
- ☐ 78. _____ memory is that part of long-term memory made up of conditioned responses and learned skills.
- Episodic
 - Semantic
 - Fact
 - Skill
- ☐ 79. Consciously forcing painful or anxiety-producing thoughts from memory is called
- proactive inhibition.
 - repression.
 - suppression.
 - continued avoidance.
- ☐ 80. Eidetic memorizers' long-term memory has proven to be
- far better than average.
 - slightly better than average.
 - average.
 - no better than average.
- ☐ 81. A brain-injured patient who can still execute a perfect golf swing or a high dive but is unable to recall or relearn even the broad outlines of American history is superior in
- procedural memory.
 - semantic memory.
 - episodic memory.
 - fact memory.
- ☐ 82. Interference theories of forgetting suggest that retention will be best when study is followed by
- sleep.
 - light reading or watching TV.
 - studying similar subject matter.
 - studying different subject matter.
- ☐ 83. A multiple choice question (like this one) makes greatest use of which type of memory?

- a. recall
- b. recognition
- c. relearning
- d. redintegration

**Check Your Work****Reset****Help**

Name:

Motivation and Emotion

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. Gorging on food and then vomiting or taking laxatives to avoid gaining weight is called
- behavioral dieting.
 - fad dieting.
 - purging.
 - bulimia nervosa.
- ☐ 2. You and a friend play three hours of racquetball. Afterwards, you are most likely to prefer
- plain water.
 - a slightly salty liquid.
 - a beverage containing some alcohol.
 - milk.
- ☐ 3. Buford complains that he can play his tuba beautifully at home, but each time he tries to play at the local talent show he sounds like a bull elk in rutting season. His problem is explained by
- the Yerkes-Dodson Law.
 - the effects of homeostasis.
 - habituation.
 - biorhythms.
- ☐ 4. Which is a cause of anorexia?
- sibling rivalry
 - an overly realistic view of normal size
 - food allergies
 - perfectionism
- ☐ 5. At the highest levels of arousal,
- the individual becomes emotional, frenzied, and disorganized.
 - only biological needs can be met.
 - performance on the most complex tasks improves.
 - intellectual products exhibit great creativity.
- ☐ 6. According to the Cannon-Bard theory,
- the thalamus plays a central role in producing emotions.
 - the cerebellum must give the go-ahead for emotion.
 - activity in the occipital and parietal lobes happens simultaneously to produce emotion.
 - the sympathetic and parasympathetic nervous systems work in concert.
- ☐ 7. People from different cultures can recognize which facial expressions?
- fear
 - anger
 - disgust
 - all of these

- ☐ 8. You are feeling a lot of fear, the brain site most likely involved is
- the midbrain.
 - the left hemisphere.
 - the right hemisphere.
 - the amygdala.
- ☐ 9. If the lateral hypothalamus is destroyed, a rat will
- drink more water than biologically needed.
 - refuse to drink until forced to do so.
 - eat until it becomes obese.
 - refuse to eat until force fed.
- ☐ 10. Cutting sensory nerves from the stomach, or removing it entirely, causes
- a total loss of appetite.
 - eating based on recognized need, not internal feelings of hunger.
 - some changes in eating, but hunger still occurs.
 - the need for patients to be "trained" to eat; otherwise, they would inadvertently starve to death.
- ☐ 11. Which is TRUE regarding the influence of cultural values on eating behaviors?
- They are the primary cause of innate taste aversion.
 - They greatly affect the incentive value of various foods.
 - They determine a person's set point for various foods.
 - They have a homeostatic influence on amount of food consumed.
- ☐ 12. Kinesics refers to the study of
- body language.
 - emotional expression.
 - ANS arousal during emotional states.
 - emotional expression in animals and humans.
- ☐ 13. Stimulus motives are
- needs that are learned, such as the needs for power or for achievement.
 - innate but not necessary for survival.
 - not innate but necessary for survival.
 - innate and necessary for survival.
- ☐ 14. The polygraph or "lie detector" primarily measures which component of emotion?
- attribution
 - emotional expression
 - physiological arousal
 - vocal modulation
- ☐ 15. If the ventromedial hypothalamus is destroyed, a rat will
- eat until it becomes obese.
 - refuse to eat until forced to do so.
 - drink excessively.
 - refuse to drink until forced to do so.
- ☐ 16. The chief antidote for test anxiety is
- overpreparation.
 - thought suppression.
 - regression.

d. discussing the problem with your professor.

- ☐ 17. Taste aversions are a type of classical conditioning, and if there is a long delay between the CS and US, conditioning is usually prevented. The fact that people and animals can develop taste aversions even though sickness occurs long after eating indicates that
- taste aversions are really more like operant conditioning.
 - taste aversions can be unlearned as well.
 - there is a biological tendency to associate sickness with any food eaten earlier.
 - there is less aversion associated with the actual sickness than with whatever caused the sickness in the first place.
- ☐ 18. The most universally recognized facial expression is
- pursed lips.
 - smiling.
 - sticking out your tongue.
 - raising your eyebrows.
- ☐ 19. Intrinsic motivation occurs when
- obligations or approval are factors.
 - there is no obvious external reward for one's behavior.
 - there are obvious external factors controlling behavior.
 - extrinsic motivation is also high.
- ☐ 20. A competitive diver approaches the end of the board with rapidly beating heart and a dry mouth, a result of increased
- adrenaline.
 - amines.
 - cortisone.
 - endorphins.
- ☐ 21. If a food causes sickness, or simply precedes sickness caused by something else, a learned _____ may result.
- psychosomatic illness
 - taste aversion
 - anorexia
 - specific hunger
- ☐ 22. The hypothalamus has _____ hunger center(s).
- no control over
 - total control over
 - the most direct control over
 - one
- ☐ 23. When a polygraph operator asks a subject, "Have you ever lied to your parents?" he or she is using
- a control question.
 - a critical question.
 - deception.
 - an irrelevant question.
- ☐ 24. A person got very sick after eating a cheese danish. It is likely that the person will
- eventually eat another cheese danish.
 - eat another kind of danish.

- c. never eat another cheese danish.
- d. only eat cheese danishes from now on.

- ☐ 25. Which of the following is the correct sequence for the motivational process?
- a. reinforcement - need - behavioral response
 - b. need - drive - behavioral response
 - c. drive - behavioral response - need
 - d. behavioral response - drive - need
- ☐ 26. Push is to pull as _____ is to _____.
- a. goal; need
 - b. response; need
 - c. episodic; cyclic
 - d. need; goal
- ☐ 27. The most critical physiological factor controlling hunger is the
- a. level of blood sugar.
 - b. presence of stomach contractions.
 - c. taste of food.
 - d. presence of weakness or fatigue.
- ☐ 28. Researchers are certain that facial expressions of _____ are recognized by people of all cultures, but they are not so certain that facial expressions of _____ are universal.
- a. fear; interest
 - b. sadness; surprise
 - c. anger; contempt
 - d. disgust; horror
- ☐ 29. The maintenance of steady states of temperature and blood pressure are examples of
- a. thermostasis.
 - b. homeostasis.
 - c. intrinsic motivation.
 - d. biological rhythm.
- ☐ 30. The employees at a factory were excellent workers until a week before Christmas when a rumor spread that economic conditions would force the plant to close in four days. The quality and quantity of work took a down turn as the workers spent time discussing among themselves the plausibility of the rumor and what they would do if it were true. Maslow would say that these workers were motivated by
- a. meta-needs.
 - b. intrinsic motivation.
 - c. esteem and self-esteem.
 - d. safety and security.
- ☐ 31. Unlearned biological motives necessary for survival are termed
- a. primary motives.
 - b. secondary motives.
 - c. drives.
 - d. stimulus motives.
- ☐ 32. Which theory of emotion holds the view that bodily changes PRECEDE emotion and that we experience an emotion AFTER our body reacts?
- a. the common sense theory
 - b. the Cannon-Bard theory

- c. attribution theory
- d. the James-Lange theory

- ☐ 33. Sensory distortions and disturbed thinking reported by people who have undergone sensory deprivation support the _____ theory of motivation.
- a. drive reduction
 - b. arousal
 - c. episodic
 - d. opponent-process
- ☐ 34. In hunger, a set point is
- a. similar to a body's thermostat for blood sugar.
 - b. the weight you maintain when you attempt to diet.
 - c. related to the proportion of body fat your body normally maintains.
 - d. determined by adult eating habits.
- ☐ 35. The polygraph's most common error is to
- a. fail to detect persons who can lie without anxiety.
 - b. fail to detect persons who are guilty.
 - c. identify as guilty persons who are innocent.
 - d. identify as innocent persons who are easily aroused.
- ☐ 36. Which of the following is a secondary motive?
- a. curiosity
 - b. the desire for money
 - c. physical contact
 - d. thirst
- ☐ 37. What is the correct order of needs in Maslow's hierarchy?
- a. physiological; esteem; safety; self-actualization; love and belonging
 - b. self-actualization; physiological; safety; love and belonging; esteem
 - c. physiological; safety; love and belonging; esteem; self-actualization
 - d. self-actualization; safety; love and belonging; esteem; physiological
- ☐ 38. Stimulus motives differ from primary motives in that they
- a. are unlearned and necessary for survival.
 - b. appear to be innate, but are not necessary for survival.
 - c. are acquired through various forms of conditioning and learning.
 - d. include needs for security, status, approval, and achievement.
- ☐ 39. Motivation is the process of initiating, _____, and directing activities of the organism
- a. supplying
 - b. sustaining
 - c. surveying
 - d. suspending
- ☐ 40. According to Maslow's theory, the basic needs include
- a. physiological needs, safety, and security.
 - b. safety, love, and belonging.
 - c. physiological needs and belonging.
 - d. security and esteem.
- ☐ 41. In both males and females, pupil size is related to
- a. attractiveness to others.

- b. perceived intelligence.
- c. perceived locus of control.
- d. desirability as a leader.

- ☐ 42. The question, "Is your address (person's address)?" asked during the administration of a lie detector test, is a(n) _____ question.
- a. control
 - b. critical
 - c. relevant
 - d. irrelevant
- ☐ 43. Which theory holds that we are afraid because we run or are angry because we strike?
- a. attribution
 - b. James-Lange
 - c. Cannon-Bard
 - d. cognitive
- ☐ 44. People who have had their stomachs surgically removed
- a. report they still have hunger pangs.
 - b. may fail to eat regularly.
 - c. must be force fed.
 - d. still experience hunger.
- ☐ 45. At the top of Maslow's hierarchy of motives are
- a. love and belonging.
 - b. esteem and self-esteem.
 - c. self-actualization.
 - d. safety and security.
- ☐ 46. If you saw George with his pupils dilated (enlarged), you would most likely assume that he was
- a. angry.
 - b. disgusted.
 - c. happy.
 - d. scared.
- ☐ 47. If an overweight adult was overfed as a child, as an adult he or she will have _____ fat cells.
- a. larger
 - b. more and larger
 - c. more
 - d. the same number of
- ☐ 48. Which of the following statements about the sex drive is TRUE?
- a. The sex drive is greatly affected by hormone levels in humans.
 - b. The sex drive is necessary for individual survival.
 - c. The sex drive is homeostatic.
 - d. The influence of hormones decreases as we ascend the biological scale.
- ☐ 49. Moods
- a. are the most extreme forms of various emotions.
 - b. are subtle emotional undercurrents.
 - c. reflect base physiological changes.
 - d. reflect only positive emotions.

- ☐ 50. After an animal is allowed to copulate until it has no further interest, it will resume sexual activity when a new partner is provided. This is called
- a stimulus need.
 - a curiosity drive.
 - the Coolidge effect.
 - an episodic drive.
- ☐ 51. You are feeling happy and sad at the same time. Research into brain activity would indicate that processing is primarily occurring in
- the midbrain.
 - the left hemisphere.
 - the right hemisphere.
 - both hemispheres.
- ☐ 52. Which theory claims that emotions are organized in the brain and that emotional feelings and bodily expressions occur simultaneously?
- the common sense theory
 - the Cannon-Bard theory
 - attribution theory
 - the James-Lange theory
- ☐ 53. In an early experiment by Cannon and Washburn, Washburn swallowed a balloon so that they could measure hunger. Their conclusion was that
- the balloon prevented hunger by filling up the stomach.
 - the balloon recorded hunger pangs or contractions.
 - the balloon stopped digestion, and so nothing could be said of normal hunger.
 - hunger had nothing to do with stomach contractions.
- ☐ 54. The satiety system is to the feeding system as the _____ hypothalamus is to the _____ hypothalamus.
- ventromedial; lateral
 - lateral; ventromedial
 - nonhomeostatic; homeostatic
 - cyclic; episodic
- ☐ 55. If your body is dehydrated, but you are not thirsty, we would say that you have
- a drive but not a need.
 - a need but not a drive.
 - both a drive and a need.
 - neither a need nor a drive.
- ☐ 56. Which of the following can alter the body's set point?
- over feeding in childhood
 - external eating cues
 - severe dieting
 - low self-esteem
- ☐ 57. A part of the nervous system that prepares the body for emergencies is the _____ division.
- parasympathetic
 - sympathetic
 - somatic

d. adaptive

- ☐ 58. A circadian rhythm refers to a cycle
- of sexual receptivity caused by hormone cycles.
 - of bodily activity approximately 24 hours in length.
 - of emotional arousal.
 - during which various bodily systems are in phase.
- ☐ 59. Unlike other drives, pain is characterized by
- avoidance rather than positive goal-seeking.
 - cyclical occurrences.
 - freedom from the influence of learning.
 - a strong link to estrogen levels in the body.
- ☐ 60. Which of the following is a characteristic of bulimia nervosa?
- Vomiting, laxatives, or diuretics are used to lose weight.
 - There are repeated attempts to lose weight by severe dieting.
 - It occurs equally in males and females.
 - It is an adolescent growth phase that a few women go through and later disappears.
- ☐ 61. The _____ describes the relationship between arousal level, task difficulty, and efficiency of performance.
- arousal theory
 - drive reduction theory
 - Yerkes-Dodson Law
 - inverted-U function
- ☐ 62. Which of the following is an assumption of arousal theory?
- Zero level of arousal is the most desirable.
 - High levels of arousal are the most desirable.
 - Optimal levels of arousal exist for each person.
 - Optimal levels of arousal exist for various activities.
- ☐ 63. Secondary motives are
- needs that are learned, such as the needs for power or for achievement.
 - innate but not necessary for survival.
 - not innate but necessary for survival.
 - innate and necessary for survival.
- ☐ 64. Which of the following is a primary motive?
- curiosity
 - the desire for money
 - physical contact
 - thirst
- ☐ 65. Electrically stimulating the lateral hypothalamus will cause a rat to
- start eating.
 - stop eating.
 - start drinking.
 - stop drinking.
- ☐ 66. The part of the autonomic nervous system responsible for restoring the body and conserving energy is the

- a. somatic nervous system.
- b. limbic system.
- c. parasympathetic division.
- d. sympathetic division.

☐ 67. The inverted-U function describes the relationship between

- a. deprivation and sex drive.
- b. stimulation and curiosity.
- c. arousal and performance.
- d. sex drive and satisfiers.

☐ 68. The body structure most closely associated with thirst is the

- a. pancreas.
- b. pituitary gland.
- c. hypothalamus.
- d. limbic system.

☐ 69. The most appropriate name for the polygraph is

- a. lie detector.
- b. arousal recorder.
- c. mind reader.
- d. guilt meter.

☐ 70. Extrinsic motivation stems from

- a. obvious external factors.
- b. intrinsic motivation.
- c. primary drives.
- d. self-actualization.

☐ 71. Which of the following statements about the sex drive is TRUE?

- a. The sex drive in females is closely tied to the menstrual cycle.
- b. The sex drive in humans is completely liberated from the influence of hormones.
- c. The sex drive in humans can be aroused at virtually any time by almost anything.
- d. Recent sexual activity prevents sexual desire from occurring again after a certain amount of time.

☐ 72. People with weight problems are more likely to eat when experiencing the emotion of

- a. anxiety.
- b. anger.
- c. sadness.
- d. any of these

☐ 73. The need for achievement

- a. is greatest for behaviors leading to financial and material success.
- b. does not occur in primitive cultures.
- c. is defined as the desire to meet internalized standards of excellence.
- d. is greater in women than in men.

☐ 74. Life-threatening weight loss due to self-inflicted starvation is called

- a. fasting.
- b. malnutrition.
- c. anorexia nervosa.

d. hypoglycemia.

☐ 75. The question, "Did you rob the liquor store?" asked during the administration of a lie detector test, is a(n) _____ question.

- a. control
- b. deceptive
- c. relevant
- d. irrelevant

☐ 76. Which of the following statements about the sex drive is TRUE?

- a. Most psychologists believe that sex is a primary motive because it is necessary for individual survival.
- b. Normal male animals are always ready to mate.
- c. Normal female animals are always ready to mate.
- d. The sex drive is considered a primary motive because it is primarily homeostatic in nature.

 **Check Your Work**

 **Reset**

 **Help**

Name:

Developmental Psychology

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. According to Erikson, a major conflict in the first year of life is that between
- trust versus mistrust.
 - initiative versus guilt.
 - autonomy versus shame and doubt.
 - relatedness versus isolation.
- ☐ 2. ADHD in children is most often treated with the drug
- Haldol.
 - Thorazine.
 - Ritalin.
 - Valium.
- ☐ 3. For children with ADHD, the ability to learn is severely limited because they
- are mildly retarded.
 - act on impulse and cannot concentrate.
 - must take stimulants which shorten attention span.
 - are given sedatives which make them listless.
- ☐ 4. Lack of bowel control in children is known as
- enuresis.
 - analism.
 - encopresis.
 - anorexia nervosa.
- ☐ 5. In passive euthanasia
- a person's body is frozen upon death.
 - drugs are administered to hasten death.
 - body temperature is lowered to delay death.
 - death is allowed but not caused.
- ☐ 6. According to Erikson, failure to resolve the tasks of middle adulthood leads to a sense of _____ involving a concern for one's own needs and comforts only.
- apathy
 - self-absorption
 - despair
 - stagnation
- ☐ 7. A common mistake made by many concerned parents is likely to be
- deliberately creating high levels of stress for their child.
 - unintentionally creating high levels of stress for their child.
 - attempting to protect their children from all stress.
 - unintentionally rewarding their children for creating stress.

- ☐ 8. According to _____, we face a specific psychosocial dilemma at each stage of life.
- James Coleman
 - Lawrence Kohlberg
 - Erik Erikson
 - Sigmund Freud
- ☐ 9. A driver's license or a wedding ring are what Elkind calls
- status symbols.
 - social markers.
 - tokens.
 - identity signs.
- ☐ 10. From the perspective of the life-span psychologist, life stages are important because
- they represent the outcome of major biological changes.
 - they present a set of developmental tasks to be mastered.
 - they provide insight into the values and aspirations of particular cultures.
 - their beginning and end are perfectly correlated with chronological age.
- ☐ 11. Lawrence Kohlberg is known for his research in the area of _____ development.
- cognitive
 - physical
 - moral
 - motor
- ☐ 12. Identification with peer groups
- decreases during adolescence.
 - gives an adolescent a measure of security and a sense of identity.
 - reduces self-esteem and self-worth.
 - seems to always lead to incredibly destructive behaviors.
- ☐ 13. Stuttering is considered a
- side effect of authoritarian parenting.
 - result of fixation caused by conflicts during toilet training.
 - psychological consequence of permissive parenting.
 - problem with a physical origin.
- ☐ 14. A failure to develop a consistent identity results in
- isolation.
 - inferiority.
 - role confusion.
 - stagnation.
- ☐ 15. According to Kübler-Ross, the most common order of emotional reactions in preparing for death is
- anger, depression, bargaining, denial, acceptance.
 - denial, anger, bargaining, depression, acceptance.
 - anger, depression, denial, bargaining, acceptance.
 - depression, anger, denial, bargaining, acceptance.
- ☐ 16. One recommended way for parents to handle problems of occasional bed wetting in children is to
- limit the amount of water they drink in the evening.
 - punish them for "wet" nights.
 - wake them up during the night to use the toilet.

d. consider medication or psychotherapy.

- ☐ 17. Grief refers to
- a. the period of emotional adjustment that follows the death of a loved one.
 - b. the intense emotional state that follows the death of a lover, friend, or relative.
 - c. the period during which a person seems dazed or numb and shows little emotion.
 - d. demoralization and discouragement.

- ☐ 18. Initiative and independence are fostered by
- a. restricting a child's freedom to play, to use imagination, and to choose activities.
 - b. identity versus role confusion.
 - c. encouragement from parents when a child plans and carries out a task.
 - d. mastering psychomotor skills.

- ☐ 19. Generativity refers to
- a. concern for welfare of others and society as a whole.
 - b. the desire to have children and thereby ensure survival of the species.
 - c. the ability to establish adequate social and financial security.
 - d. active acceptance of aging and the social changes it brings.

- ☐ 20. Vocabulary and stored knowledge
- a. reach their peak a few years after high school or college.
 - b. are examples of fossilized intelligence.
 - c. are examples of fluid intelligence.
 - d. are examples of crystallized intelligence.

- ☐ 21. Teachers, peers, and adults outside the home become important in shaping attitudes toward oneself in Erikson's stage of
- a. trust versus mistrust.
 - b. initiative versus guilt.
 - c. industry versus inferiority.
 - d. integrity versus despair.

- ☐ 22. Which of the following is one of the common life stages?
- a. infancy
 - b. late adolescence
 - c. later adulthood
 - d. old adulthood

- ☐ 23. The menopause and climacteric are to aging as
- a. integrity is to autonomy.
 - b. birth is to death.
 - c. activity is to ageism.
 - d. puberty is to adolescence.

- ☐ 24. Mutism, self-destructive behavior, and echolalia are symptoms of
- a. childhood autism.
 - b. anorexia nervosa.
 - c. ADHD.
 - d. dyslexia.

- ☐ 25. Conforming to the expectations of others or to socially accepted rules and values describes a person at the _____ level of morality.
- obedience
 - concrete
 - postconventional
 - conventional
- ☐ 26. Lack of bladder control is called
- colitis.
 - anorexia.
 - enuresis.
 - encopresis.
- ☐ 27. In the _____ level of moral development, moral choices are determined by the direct consequences of actions.
- preconventional
 - conventional
 - concrete
 - postconventional
- ☐ 28. Puberty
- is the same as adolescence.
 - occurs earlier for boys than for girls.
 - is the period of growth and hormonal changes that lead to sexual maturity.
 - involves a growth spurt of 1-2 years during which boys are taller than girls.
- ☐ 29. With aging there is a decline of _____ intelligence, but not of _____ intelligence.
- fluid; fixed
 - fixed; fluid
 - fluid; crystallized
 - crystallized; fluid
- ☐ 30. Which of the following is not characteristic of childhood autism?
- violent temper tantrums and repetitive actions
 - sensory blocking and echolalia
 - language and learning deficiencies
 - encopresis and overeating
- ☐ 31. If her parents encourage little Tanya to ask questions, to use her imagination, and give her the freedom to choose some activities, according to Erikson, they are encouraging
- industry.
 - identity.
 - generativity.
 - initiative.
- ☐ 32. The first emotional reaction to impending death is usually
- anger.
 - denial.
 - bargaining.
 - depression.
- ☐ 33. According to Gould, a "crisis of urgency" and the "attainment of stability" are characteristic of
- late adolescence.
 - young adulthood.

- c. middle adulthood.
- d. the disengagement period.

- ☐ 34. Kohlberg identified the three levels of moral development as the
- a. preconventional, conventional, and postconventional.
 - b. conditional, unconditional, and postconditional.
 - c. self-interested, social, and personal.
 - d. premoral, conventional, and postethical.
- ☐ 35. Girls who mature early are more likely
- a. to engage in earlier sexual relations.
 - b. to be socially ostracized in middle and high school.
 - c. to withdraw and become socially isolated.
 - d. to become tall and thin.
- ☐ 36. Hyperactivity is a serious childhood problem because
- a. of its association with severe brain damage and retardation.
 - b. it cannot be treated.
 - c. it interferes with success in school and learning in general.
 - d. hyperactive children tend to be self-destructive and withdrawn.
- ☐ 37. A child who is just starting school, trying to learn good habits and to do well, is in Erikson's stage of development called
- a. initiative versus guilt.
 - b. industry versus inferiority.
 - c. generativity versus stagnation.
 - d. integrity versus despair.
- ☐ 38. The fastest growing group in American society is represented by
- a. infants.
 - b. elementary school-aged children.
 - c. adolescents.
 - d. the aged (those over age 65).
- ☐ 39. From the perspective of Erik Erikson, life stages are important because
- a. each involves a crisis or dilemma.
 - b. each signals a new stage of cognitive development.
 - c. each is an expression of biological programming.
 - d. their failure to appear is evidence of psychopathology.
- ☐ 40. According to Gould, a "crisis of questions, " where an individual ponders the meaning of life, occurs during
- a. adolescence.
 - b. early adulthood.
 - c. middle adulthood.
 - d. old age.
- ☐ 41. As children begin their elementary school years, they enter Erikson's stage of
- a. initiative versus independence.
 - b. industry versus inferiority.
 - c. education versus indolence.
 - d. autonomy versus conformity.
- ☐ 42. The single most important thing you might do for a dying person is to

- a. avoid disturbing that person by not mentioning death.
- b. allow that person to talk about death with you.
- c. tell that person about the stages of dying.
- d. keep your visits short and infrequent in order to avoid tiring that person.

- ☐ 43. Which pairings of stages from Erikson, Gould, and Levinson are comparable?
- a. identity - escape from dominance - age 30 transition
 - b. generativity - leaving the family - age 50 transition
 - c. generativity - crisis of urgency - midlife transition
 - d. intimacy - crisis of questions - midlife transition
- ☐ 44. The onset of puberty for boys is between _____ years; for girls it is between _____ years of age.
- a. 9-13; 10-12
 - b. 13-16; 11-14
 - c. 8-11; 9-13
 - d. 11-14; 13-16
- ☐ 45. Some children go through a period of intense appetite when they eat or chew on all sorts of inedible substances. This is called
- a. pica.
 - b. enuresis.
 - c. encopresis.
 - d. anorexia.
- ☐ 46. Elizabeth Kübler-Ross is known for her research in the area of
- a. eating disorders.
 - b. adolescent behavior.
 - c. coping with stress.
 - d. death and dying.
- ☐ 47. Using a story such as *The Porcupine and the Moles*, Gilligan was able to demonstrate that
- a. Kohlberg's system is concerned mainly with the ethics of justice.
 - b. boys tend to use an ethic involving care and responsibility.
 - c. girls tend to choose a solution based on justice.
 - d. Kohlberg's morality system is true for both boys and girls.
- ☐ 48. Discrimination or prejudice on the basis of age is called
- a. gerontism.
 - b. autism.
 - c. ageism.
 - d. senilism.
- ☐ 49. Which of the following is an example of ageism?
- a. being considered unqualified for a job
 - b. being considered too experienced for a job
 - c. voluntary retirement
 - d. in Japan the status and respect the elderly enjoy
- ☐ 50. Conformity to peer values often
- a. peaks in late adolescence.
 - b. inhibits personal growth.
 - c. assures an individual of acceptance.
 - d. inhibits a member-of-society perspective.

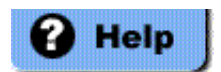
- ☐ 51. Kohlberg studied moral development by
- having subjects keep a daily journal of their actions.
 - evaluating criminal and delinquent person's court records.
 - posing moral dilemmas to children of different ages.
 - having subjects perform various legal or illegal behaviors.
- ☐ 52. A successful alternative to drug treatment for hyperactivity is
- psychotherapy.
 - behavior modification or behavior management.
 - punishment.
 - progressive inhibition.
- ☐ 53. A toddler learning to use the toilet who sometimes feels bad when he or she "messes up" is at Erikson's stage called
- identity versus role confusion.
 - initiative versus guilt.
 - autonomy versus shame and doubt.
 - intimacy versus isolation.
- ☐ 54. Bereavement refers to
- the period of emotional adjustment that follows the death of a loved one.
 - the intense emotional state that follows the death of a lover, friend, or relative.
 - the period during which a person seems dazed or numb and shows little emotion.
 - demoralization and discouragement.
- ☐ 55. If you are a young adult, you are interested in developing
- intimacy.
 - generativity.
 - integrity.
 - initiative.
- ☐ 56. A mother who complains that her son clings to her constantly and cries and complains when she is gone should be advised that
- this is normal behavior at certain stages of development.
 - this is an unfortunate consequence of an undesirable parenting style.
 - attachment behavior is clearly a function of delayed cognitive development.
 - such behavior should be quickly discouraged because it leads to dependency as an adult.
- ☐ 57. Which of the following is the longest stage of grieving for most people?
- shock
 - anger
 - depression
 - agitation
- ☐ 58. Overeating in children
- sometimes is encouraged by a parent who is anorexic.
 - may be discouraged because the parent considers a fat baby unhealthy or undesirable.
 - leads to the development of eating habits and conflicts that have life-long

consequences.

d. promotes the development of a healthy diet.

- ☐ 59. Initiative and independence are fostered by
- giving a child freedom to play, to use imagination, and to choose activities.
 - a child's experience with toilet training.
 - acquiring personal autonomy.
 - learning a sense of industry.
- ☐ 60. According to Erikson, a child entering adolescence can expect major developmental task demands to center around the need to
- develop trust in others.
 - achieve intimacy with another.
 - acquire personal autonomy.
 - develop a sense of one's self.
- ☐ 61. The stated purpose of cryonic suspension is to
- speed death for the terminally and irreversibly ill.
 - allow death to occur with a minimum of suffering.
 - place the terminally ill in suspended animation until a cure can be found.
 - preserve the body after death in hopes that future revival will become possible.
- ☐ 62. A frequently used treatment for ADHD is
- use of severe punishment.
 - administration of stimulant drugs.
 - administration of tranquilizers to slow the child down.
 - a high protein diet.
- ☐ 63. I am in my late forties. If I do not reach out to others, especially to young people, Erikson says I will experience
- shame.
 - isolation.
 - stagnation.
 - guilt.
- ☐ 64. Behavior directed by self-accepted moral principles represents the _____ level of moral development.
- preconventional
 - postconventional
 - unconventional
 - conventional
- ☐ 65. Which of the following is a myth about aging?
- Most older individuals are the best drivers on the road.
 - Most of the elderly show signs of senility and mental decay.
 - The elderly who live alone are typically "social butterflies."
 - Older individuals are just as sexually active as when they were 30.
- ☐ 66. A specialist in death and dying, or one who studies death, is referred to as a
- bereavement counselor.
 - thanatologist.
 - funerologist.

d. terminologist.



Name:

Personality

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. Id is to "Just do it" as superego is to
- "Wait till later."
 - "Do your own thing."
 - "Don't do it."
 - "Oh, sit on it."
- ☐ 2. The unconscious contains
- material that can easily be brought to awareness.
 - everything we are aware of at a given moment.
 - repressed memories and emotions.
 - thoughts, perceptions, and memories.
- ☐ 3. Behavioral theories of personality are often criticized for their
- inability to test or verify concepts.
 - limited recognition of temperament, emotion, and subjective factors.
 - ability to explain behavior after the fact only.
 - emphasis on the conditions under which behaviors occur.
- ☐ 4. The concept of traits is used to account for personal characteristics that are
- biologically determined.
 - relatively permanent and enduring.
 - situation specific.
 - shared by a group.
- ☐ 5. The five-factor model of personality includes
- social interactionism.
 - neuroticism.
 - agreeableness.
 - sense of humor.
- ☐ 6. A personality theory is a(n)
- category used to describe personality.
 - interrelated system of concepts used to explain personality.
 - relatively permanent set of behavior patterns.
 - subjective evaluation of a person.
- ☐ 7. Which of the following is an unconscious personality structure made up of biological urges seeking fulfillment?
- ego
 - id
 - superego
 - subconscious

- ☐ 8. Criticisms of Freud's developmental theory have centered on
- the over-emphasis on sexuality in personality development.
 - Freud's treatment of father-daughter relationship.
 - the need for a stern or threatening mother in the development of conscience.
 - the unimportance of the first years of life in the formation of personality.
- ☐ 9. One problem psychologists have with personality types is they
- are hypothetical constructs.
 - oversimplify personality.
 - describe character, not personality.
 - are not observable or measurable.
- ☐ 10. Freud believed that personality was typified by
- a delicate balance of power among the three personality structures.
 - a lack of struggle among the three personality structures in the healthy individual.
 - a lack of struggle among the three personality structures in the unhealthy individual.
 - a state of struggle among the three personality structures in which the id gets caught in the middle.
- ☐ 11. To understand personality, trait theorists attempt to
- create traits that fit people.
 - increase the number of basic traits that have been identified.
 - classify traits and discover how they are related to behavior.
 - reduce the common traits to measures of temperament.
- ☐ 12. According to Freud, the energy from life instincts that drives personality is called the
- ego.
 - libido.
 - life force.
 - eros.
- ☐ 13. According to Freud, the id is governed by the
- pleasure principle.
 - reality principle.
 - ego ideal.
 - creature comfort principle.
- ☐ 14. Learning theorists
- have removed the "person" from personality.
 - emphasize situational determinants of behavior.
 - stress the role of the unconscious.
 - would view a trait as stable in all situations.
- ☐ 15. In the Freudian view of personality, which system is totally unconscious and dominated by biological instincts?
- id
 - ego
 - superego
 - libido
- ☐ 16. _____ theory maximized and _____ theory minimized the role of the unconscious.

- a. Trait; humanistic
- b. Psychoanalytic; behaviorist
- c. Psychoanalytic; humanistic
- d. Trait; behaviorist

- ☐ 17. According to Freud, the ego is governed by the
- a. pleasure principle.
 - b. reality principle.
 - c. ego ideal.
 - d. partial ego principle.
- ☐ 18. The five-factor model of personality includes
- a. social interactionism.
 - b. conscientiousness.
 - c. sense of humor.
 - d. neuroticism.
- ☐ 19. According to Jung, art, religion, myths, and drama are important to individual functioning because they
- a. facilitate conscious development.
 - b. are symbols that appeal to basic archetypes.
 - c. provide the means for achieving control over a hostile environment.
 - d. transmit specific information for solving developmental tasks.
- ☐ 20. One of Freud's major contributions was his
- a. belief that the first years of life help to shape personality.
 - b. belief in the concept of libido, sexual desires, and biological instincts.
 - c. discovery of complexes during the genital stage.
 - d. elaboration of the humanistic approach to personality development.
- ☐ 21. What do psychologists mean by the term *trait-situation interaction*?
- a. Situations change traits.
 - b. Situations create new traits.
 - c. Traits determine situations.
 - d. Situations affect how traits are exhibited.
- ☐ 22. An adjective checklist would most likely be used by a
- a. psychodynamic therapist.
 - b. behaviorist.
 - c. humanistic therapist.
 - d. trait theorist.
- ☐ 23. The "amazing similarities" of identical twins may be a result of
- a. the fallacy of positive instances.
 - b. deliberate deceit by the twins.
 - c. deliberate deceit by the researchers.
 - d. the Barnum effect.
- ☐ 24. Psychologists who believe that people grow and develop throughout their lives and that people are inherently good are
- a. psychoanalysts.
 - b. radical behaviorists.
 - c. social learning theorists.
 - d. humanists.

- ☐ 25. Connie and Sue are identical twins reared apart and recently reunited. Carl and Fred are unrelated students at a major university. Which of the following statements is TRUE of these pairings?
- a. Connie and Sue will probably show a long list of amazing similarities, while Carl and Fred will only share a couple of similarities.
 - b. Connie and Sue will probably share many similarities; Carl and Fred may share many similarities but are probably not motivated enough to discover them.
 - c. Connie and Sue will not share as many similarities as will Carl and Fred.
 - d. Connie and Sue will have more differences than will Carl and Fred.
- ☐ 26. According to the humanists, _____ occurs when people are free from dependence on external authority or on other people.
- a. autonomy
 - b. spontaneity
 - c. peak experience
 - d. task centering
- ☐ 27. A psychiatrist who explains pathological behavior as a conflict between underlying psychological forces is using the _____ model.
- a. psychoanalytic
 - b. behavioral
 - c. medical
 - d. humanistic
- ☐ 28. According to behaviorists,
- a. hostile, generous, or destructive impulses arise in the unconscious.
 - b. personality is acquired through conditioning and observational learning.
 - c. personality is strongly influenced by one's self-image.
 - d. personality develops from initial feelings of inferiority.
- ☐ 29. The part of the mind that is beyond awareness is called the
- a. unconscious.
 - b. conscious.
 - c. postconscious.
 - d. preconscious.
- ☐ 30. The _____ contains material of which you may be unaware but that can easily be brought to awareness.
- a. subconscious
 - b. preconscious
 - c. unconscious
 - d. conscious
- ☐ 31. According to Freud, the key to mental health is
- a. an overpowering superego.
 - b. an unrestrained id.
 - c. dominance of the pleasure principle.
 - d. balance among mental processes.
- ☐ 32. If you know the personality of an identical twin, you can expect the personality of the other twin to be

- a. unrelated.
- b. similar.
- c. identical.
- d. conflicting.

- ☐ 33. The _____ begins with puberty and ends with a mature capacity for love and the realization of full adult sexuality.
- a. latency period
 - b. Oedipal and Electra conflicts
 - c. genital stage
 - d. phallic stage
- ☐ 34. Which is included as one of the traits Maslow theorized were possessed by self-actualizers?
- a. egocentrism
 - b. extraversion
 - c. superior intelligence
 - d. capacity to laugh at oneself
- ☐ 35. We each have a perception of our own personality traits. This perception strongly influences our behavior. Psychologists call this perception
- a. self-evaluation.
 - b. inner concept.
 - c. self-concept.
 - d. self-esteem.
- ☐ 36. A key element of Carl Rogers' personality theory is the concept of
- a. meta-needs.
 - b. the self or self-image.
 - c. self-reinforcement.
 - d. the pleasure principle.
- ☐ 37. According to Freud, the Oedipal and Electra conflicts end when a child takes on the values and behaviors of the same sex parent in a process called
- a. fixation.
 - b. imitation.
 - c. observation.
 - d. identification.
- ☐ 38. Between the ages of 1 and 3 years, the child is said to go through the _____ stage.
- a. phallic
 - b. latency
 - c. anal
 - d. genital
- ☐ 39. The position that personality is composed of learned patterns is held by
- a. neo-Freudians.
 - b. humanists.
 - c. behaviorists or behavioral personality theorists.
 - d. psychoanalytic theorists.
- ☐ 40. Which theory of personality was developed by Sigmund Freud?
- a. psychoanalytic
 - b. behavioristic
 - c. humanistic

d. psychosocial

- ☐ 41. Freud became interested in the study of personality when he realized that
- a. his patients lacked physical causes for their problems.
 - b. the treatment of psychological disorders was more advanced than those for physical disorders.
 - c. many of his patients were faking symptoms.
 - d. no comprehensive theories of the mind were widely accepted.
- ☐ 42. Jung believed that there are basic universal concepts in all people regardless of culture called
- a. persona.
 - b. collective consciousness.
 - c. archetypes.
 - d. mandalas.
- ☐ 43. The description of a person's character implies
- a. the use of rating scales.
 - b. the use of multiple observers.
 - c. the use of situational testing.
 - d. judgment about the desirability of traits.
- ☐ 44. The main criticism of humanistic theory is that
- a. it emphasizes the negative dimensions of personality.
 - b. it is research rather than experience oriented.
 - c. its concepts are imprecise and difficult to study objectively.
 - d. its approach is more empirical than philosophical.
- ☐ 45. If self-esteem is too high, the person may be
- a. boring.
 - b. ineffective.
 - c. dull.
 - d. arrogant.
- ☐ 46. Behaviorists are to the external environment as humanists are to
- a. stress.
 - b. personal growth.
 - c. humankind.
 - d. internal conflicts.
- ☐ 47. Freud believed that at each psychosexual stage a different part of the body becomes
- a. id-fixated.
 - b. archetypical.
 - c. an erogenous zone.
 - d. a source for modeling.
- ☐ 48. Self-actualization refers to
- a. a tendency that causes human personality problems.
 - b. what it is that makes certain men and women famous.
 - c. anyone who is making full use of his or her potentials.
 - d. the requirements necessary for becoming famous, academically distinguished, or rich.
- ☐ 49. The term *personality* refers to
- a. the hereditary aspects of one's emotional nature.

- b. unique and enduring behavior patterns.
- c. favorable and unfavorable personal characteristics.
- d. charisma, character, or temperament.

- ☐ 50. _____ theories stress private, subjective experience and personal growth.
- a. Trait
 - b. Humanistic
 - c. Behavioristic
 - d. Psychodynamic
- ☐ 51. During the first year of life, the child is said to go through the _____ stage.
- a. oral
 - b. anal
 - c. genital
 - d. phallic
- ☐ 52. Critics of psychoanalytic personality theory note its failure to
- a. be able to predict future behavior.
 - b. provide a role for biological instincts in personality development.
 - c. explain psychological events after they have occurred.
 - d. emphasize the importance of human sexuality.
- ☐ 53. Learning sex-appropriate behavior is greatly influenced by
- a. self-reinforcement and resolution of unconscious conflicts.
 - b. identification and imitation.
 - c. toilet training and early feeding contacts.
 - d. valuing and self-regard.
- ☐ 54. Which of the following is POOR advice for a person who wishes to promote self-actualization?
- a. Seek peak experiences.
 - b. Take responsibility.
 - c. Be willing to change.
 - d. Try to live up to what others think you should be.
- ☐ 55. If you were asked to describe the personality of your best friend, and you said she was optimistic, reserved, and friendly, you would be using the _____ approach.
- a. psychodynamic
 - b. analytical
 - c. humanistic
 - d. trait
- ☐ 56. The halo effect refers to
- a. the technique in which the frequency of various behaviors is recorded.
 - b. the use of ambiguous or unstructured stimuli.
 - c. the process of admitting experience into consciousness.
 - d. the tendency to generalize a favorable or unfavorable first impression to unrelated details of personality.
- ☐ 57. According to Rogers, the _____ self represents a very idealized self-image.
- a. phenomenal
 - b. incongruent
 - c. archetypal
 - d. ideal

- ☐ 58. In Freudian theory, the _____ is the "executive" structure that is directed by the reality principle.
- id
 - ego
 - superego
 - libido
- ☐ 59. According to Freud, the Oedipus and Electra conflicts occur during the
- anal stage.
 - oral stage.
 - phallic stage.
 - genital stage.
- ☐ 60. Characteristics that are shared by most members of a culture are termed
- cardinal traits.
 - ethnic traits.
 - general traits.
 - common traits.
- ☐ 61. The role "possible selves" play in our lives is to
- provide a basis for comparing self-image and true self.
 - give us models for identification.
 - direct our behavior toward an imagined future.
 - remind us that all things are always possible.
- ☐ 62. In Adler's view, the main striving of personality is for
- dominance.
 - sophistication.
 - instincts.
 - superiority.
- ☐ 63. An overly strict or harsh superego will cause
- increasing levels of primary process thinking.
 - an antisocial personality.
 - inhibition, rigidity, or intolerable guilt.
 - a breakdown of the libido.
- ☐ 64. Concerning pure extroversion and pure introversion, it is most accurate to say
- a person is either one or the other.
 - most people fall somewhere between these extremes.
 - these terms were coined by the famous Swiss psychologist, Gordon Allport.
 - they represent basic physical traits.
- ☐ 65. Classifying people as having either a Type A or Type B personality has been used to predict
- competency as a parent.
 - chances of suffering a heart attack.
 - success in education.
 - chances of developing a serious mental illness.
- ☐ 66. Rogers calls the image of the person you would like to be the
- ego ideal.
 - self archetype.
 - ideal self.

d. reinforced self.

- ☐ 67. Which personality theories attempt to explain behavior by focusing on the inner workings of the personality including internal conflicts?
- a. trait
 - b. behavioristic
 - c. psychodynamic
 - d. humanistic
- ☐ 68. Delaying action until it is appropriate describes the ego's use of the
- a. pleasure principle.
 - b. morality principle.
 - c. ego ideal.
 - d. reality principle.
- ☐ 69. The psychological situation, expectancy, and reinforcement value are important concepts in
- a. social learning theory.
 - b. Gestalt theories.
 - c. radical behaviorism.
 - d. instrumental conditioning.
- ☐ 70. _____ theorists believe humans have free will.
- a. Humanistic
 - b. Behavioristic
 - c. Psychoanalytic
 - d. Trait
- ☐ 71. In psychoanalytic theory, conscious control is experienced by the
- a. pleasure principle.
 - b. id.
 - c. ego.
 - d. libido.
- ☐ 72. Temperament refers to
- a. charisma or character.
 - b. unique and enduring behavior patterns.
 - c. learned traits of emotional response.
 - d. hereditary emotional traits.
- ☐ 73. Abraham Maslow developed the concept of self-actualization by initially studying
- a. the maze-learning abilities of rats with sub-cortical lesions.
 - b. his own patients.
 - c. how children reacted to viewing aggressive role models on television.
 - d. people who lived unusually effective lives.
- ☐ 74. Freud called an unresolved conflict caused by over-indulgence or frustration a(n)
- a. fixation.
 - b. retentiveness.
 - c. incongruency.
 - d. expressiveness.
- ☐ 75. The messy and disorderly person is described by Freud as being
- a. orally retentive.
 - b. anally retentive.

- c. a phallic personality.
- d. anally expulsive.


- ☐ 76. _____ traits are personality traits that comprise a person's unique individual qualities.
- a. Central
 - b. Secondary
 - c. Cardinal
 - d. Individual
- ☐ 77. Which personality theorist strongly rejected Sigmund Freud's claim that males are dominant or superior to females?
- a. Alfred Adler
 - b. Karen Horney
 - c. Carl Jung
 - d. Erich Fromm
- ☐ 78. For Freud, the time during which psychosexual development is interrupted is called the
- a. phallic stage.
 - b. latency period.
 - c. Oedipal period.
 - d. genital stage.
- ☐ 79. At what age does personality become quite stable?
- a. 20
 - b. 30
 - c. 40
 - d. 50
- ☐ 80. Suppose the ego were a hungry person in a crowded cafeteria. The ego would most likely
- a. do nothing.
 - b. wait in line.
 - c. push to the head of the line.
 - d. feel guilty about being so hungry.
- ☐ 81. Which of the following is the correct ordering of Freud's psychosexual stages?
- a. anal, phallic, oral, genital
 - b. oral, anal, phallic, genital
 - c. genital, phallic, oral, anal
 - d. anal, oral, phallic, genital
- ☐ 82. The popularity of politicians who are physically attractive may be a consequence of the
- a. androgyny effect.
 - b. Hawthorne effect.
 - c. halo effect.
 - d. ordinal effect.
- ☐ 83. Which of the following could account for a major personality change in middle adulthood?
- a. moving to a new city
 - b. changing your looks
 - c. making new friends
 - d. a personal tragedy
- ☐ 84. According to Jung, a mental storehouse for unconscious ideas and images shared by all humans is

- a. the persona.
- b. the personal unconscious.
- c. the collective unconscious.
- d. the anima.

- ☐ 85. A defining characteristic of traits is that they are
- a. fixed.
 - b. observed.
 - c. evaluative.
 - d. enduring.

 **Check Your Work**

 **Reset**

 **Help**

Name:

Intelligence

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. If Jane's intelligence quotient is 100, we know that she has a
- perfect score on a set of age-related tests.
 - test performance superior to 90% of other children the same age who took the test.
 - mental age typical of children who have the same chronological age.
 - mental age below those of children with the same chronological age.
- ☐ 2. _____ involve(s) an ability to manage your own thinking and problem solving.
- Metacognitive skills
 - Experiential intelligence
 - Speed of processing
 - Frames of mind
- ☐ 3. The intelligence test scores of identical twins are
- lower when they are raised together than when they are raised apart.
 - greater than that for fraternal twins raised together.
 - lower than that for any other blood relatives.
 - the same whether they are reared together or apart.
- ☐ 4. _____ intelligence tests assess a wide variety of mental abilities.
- IQ
 - Special
 - Multiple
 - General
- ☐ 5. Which is the most closely related to poverty?
- metabolic disorders
 - familial retardation
 - birth injuries
 - fetal damage
- ☐ 6. Having 47 chromosomes in each cell instead of 46 is a characteristic of
- Down syndrome.
 - cretinism.
 - hydrocephaly.
 - microcephaly.
- ☐ 7. Which of the following is part of Wechsler's definition of intelligence?
- naturalistic intelligence
 - iconic memory and eidetic imagery
 - ability to deal effectively with the environment
 - spatial and kinesthetic abilities

- ☐ 8. In Binet's test of intelligence, items included at each age level were those which
- could be answered by an average child of that age.
 - measured rote learning and memory.
 - revealed a child's grade level in school.
 - required creative as well as correct answers.
- ☐ 9. Which of the following is an approach to measuring reliability?
- negative correlation
 - double-blind
 - content
 - test-retest
- ☐ 10. Which of the following statements concerning the relationship between inspection time and IQ is true?
- The longer the inspection time, the greater the intelligence.
 - The longer the inspection time, the lower the intelligence.
 - The shorter the inspection time, the lower the intelligence.
 - Inspection time and intelligence are not related.
- ☐ 11. Terman showed that mentally gifted children
- have a greater susceptibility to mental illness in adulthood.
 - score in the average IQ range as adults.
 - are successful during their youth but fail to reach their potential in adulthood.
 - are generally successful in their chosen occupations as adults.
- ☐ 12. Which of the following is one of Gardner's types of intelligence?
- executive skills
 - ethics
 - music
 - creativity
- ☐ 13. Who would be the best norm group for the ACT or SAT college-entrance tests?
- lawyers
 - high school seniors
 - college graduates
 - college sophomores
- ☐ 14. _____ is the capacity for learning certain and specific abilities.
- Achievement
 - Intelligence
 - Aptitude
 - Scholastics
- ☐ 15. Mental retardation caused by birth injuries or fetal damage is called _____ retardation.
- organic
 - familial
 - incidental
 - medical
- ☐ 16. Selective breeding for desirable characteristics is called
- cretinism.
 - adaptive behavior.
 - microcephaly.

d. eugenics.

- ☐ 17. It can be argued that standardized testing (such as the SAT) is beneficial because
- it can help label people as genius and gifted.
 - there is a perfect correlation between standardized tests and academic performance.
 - they predict future occupational success.
 - they are fairer and more objective than admission officers' judgments.
- ☐ 18. The fact that fraternal twins are more similar in intelligence than ordinary siblings suggests the importance of
- common hereditary factors.
 - common environmental factors.
 - genetic effects.
 - effects of intrauterine environment.
- ☐ 19. A school curriculum built on Howard Gardner's theory of intelligence would provide
- neuromuscular training because such skills underlie general intelligence.
 - training in logic, rhetoric, philosophy and math to strengthen the general factor in intelligence.
 - emphasis on creative, artistic abilities rather than the traditional emphasis on cognitive abilities.
 - a diverse curriculum with education in skills not traditionally associated with IQ.
- ☐ 20. Standardization includes formalizing testing procedures and establishing
- goals.
 - plans.
 - norms.
 - forms.
- ☐ 21. Which of the following is a factor that influences success for the gifted?
- extrinsic motivation
 - level of adjustment
 - persistence
 - sibling rivalry
- ☐ 22. The person responsible for the development and design of the first useful individual test of intelligence is
- Freud.
 - Terman.
 - Binet.
 - Wechsler.
- ☐ 23. The items actually selected for an intelligence test provide a(n) _____ definition of intelligence.
- functional
 - valid
 - reliable
 - operational
- ☐ 24. Speed of processing has been measured by which of the following techniques?
- the number of mistakes a person makes
 - the amount of time a person needs to clap their hands when instructed

- c. the brain activity that follows exposure to a stimulus
- d. how quickly a person can blink their eyes after being told to do so

- ☐ 25. The distribution of IQ scores
- a. is approximately normal or bell-shaped.
 - b. shows that most people score between 80 and 100.
 - c. reveals a difference in the average for men and women.
 - d. falls off abruptly above 100.
- ☐ 26. When the same procedures are used in giving a test to all people, the test has been
- a. validated.
 - b. normalized.
 - c. operationalized.
 - d. standardized.
- ☐ 27. The term "g-factor," written about by Neisser, refers to
- a. generation factors.
 - b. general abilities.
 - c. Gardner factors.
 - d. group factors.
- ☐ 28. The best summary statement regarding the role of heredity on human intelligence is that
- a. heredity may impose upper limits on intelligence.
 - b. heredity may impose lower limits on intelligence.
 - c. intelligence is almost completely related to genetic inheritance.
 - d. the similarity in IQ scores among maternal relatives is greater than that among paternal relatives.
- ☐ 29. A psychologist administers an intelligence test to 100 fourth graders. One month later the psychologist returns and readministers the test. The psychologist is probably interested in
- a. the validity of the test.
 - b. an operational definition of "intelligence."
 - c. the creation of a "culture fair" test.
 - d. the reliability of the test.
- ☐ 30. Howard Gardner has theorized all of the following types of intelligence EXCEPT
- a. language.
 - b. creativity.
 - c. interpersonal skills.
 - d. intrapersonal skills.
- ☐ 31. The Stanford-Binet Intelligence Scale
- a. was specifically designed to test adult intelligence.
 - b. provides separate scores for performance intelligence and verbal intelligence.
 - c. is completely culturally fair, in that children of different cultures do just as well as children in this culture.
 - d. assumes that intellectual ability in childhood improves as age increases.
- ☐ 32. Which form of retardation can be controlled by a special diet?
- a. microcephaly
 - b. hydrocephaly
 - c. PKU
 - d. Down syndrome

- ☐ 33. Sandra is below normal intelligence but she is able to tell you the exact day of the week of September 13, 1957. She has _____ syndrome.
- genius
 - savant
 - giftedness
 - calendar assessment
- ☐ 34. If one psychologist administers a test simultaneously to several people, it must be a _____ test.
- reliable
 - individual
 - performance
 - group
- ☐ 35. When a person of limited intelligence shows exceptional abilities in art, music, mental arithmetic, or calendar calculations, it is called
- genius.
 - giftedness.
 - discalcula.
 - savant syndrome.
- ☐ 36. IQ may be defined as
- $MA/CA \times 100$.
 - $CA/MA \times 100$.
 - $MA/100 \times CA$.
 - $MA \times CA \times 100$.
- ☐ 37. A genetically-induced lack of an enzyme that is a cause of a type of mental retardation describes
- microcephaly.
 - cretinism.
 - hydrocephaly.
 - phenylketonuria.
- ☐ 38. The average twelve-year-old child has a mental age equal to
- 100.
 - 120.
 - 10.
 - 12.
- ☐ 39. Billy has a mental age of 8 and a chronological age of 10. Billy's IQ is
- 108.
 - 125.
 - 80.
 - 92.
- ☐ 40. Howard Gardner theorizes that there are _____ different kinds of intelligence.
- 2
 - 3
 - 8
 - 120

- ☐ 41. Cross-cultural studies during the last thirty years show
- virtually no changes in measured intelligence.
 - IQ gains of about 5 points.
 - evidence of genetic drift.
 - IQ gains that are typically 15 points.
- ☐ 42. A large number of people were asked to answer only the odd-numbered questions on a test. Later, they are asked to answer only the even-numbered questions. By comparing each person's two scores, a determination of the test's _____ reliability could be made.
- split-half
 - equivalent form
 - test-retest
 - alternative form
- ☐ 43. A test is said to be reliable if it
- measures the skill it claims to test.
 - is unaffected by external factors such as the time of administration.
 - gives about the same score to a person when given on different occasions.
 - allows one to correctly predict who will be successful when placed in a real-life situation.
- ☐ 44. Helena took a(n) _____ test which indicated that she could excel in teaching English as a second language.
- intelligence
 - special aptitude
 - multiple aptitude
 - achievement
- ☐ 45. Which of the following is another word for reliability?
- dependence
 - consistency
 - relevance
 - validity
- ☐ 46. The correlation of intelligence test scores between identical twins is
- higher when they are raised together than when they are raised apart.
 - lower than that for fraternal twins raised together.
 - the same as that for any other blood relatives.
 - the same whether they are reared together or apart.



Name:

Psychological Disorders

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. The chief distinguishing feature of psychotic disorders is
- confusion of fantasy and reality.
 - antisocial conduct.
 - overwhelming anxiety.
 - obsessive behavior.
- ☐ 2. A common form of mental disorder afflicting 10-20% of the population is
- schizophrenia.
 - senile dementia.
 - depression.
 - delusional disorder.
- ☐ 3. Bob has never met Madonna but he is convinced that she is deeply in love with him. Bob is suffering from
- grandiose delusions.
 - jealous delusions.
 - obsessive-compulsive disorder.
 - erotomanic delusions.
- ☐ 4. If you met an individual who appeared to be very charming at first, but later you discovered that he or she manipulated people, caused others hurt without a second thought, and could not be depended upon, you might suspect him of being
- dependent.
 - narcissistic.
 - paranoid.
 - antisocial.
- ☐ 5. A much-feared outcome of Alzheimer's disease is
- functional psychosis.
 - paranoia.
 - general paresis.
 - senile dementia.
- ☐ 6. Multiple personality or dissociative identity disorder often begins
- as a result of combat exhaustion.
 - in adulthood as a response to unremitting phobias.
 - as a consequence of post-traumatic stress disorders.
 - in childhood as a result of unbearable experiences.
- ☐ 7. A person who has an extreme lack of self-confidence and who allows others to run his or her life is said to have a(n) _____ personality.
- dependent
 - narcissistic

- c. paranoid
- d. antisocial

- ☐ 8. In south and east Asia, a man may experience Koro, which is
- a. schizophrenia.
 - b. insanity.
 - c. anxiety about his penis receding into his body.
 - d. depression.
- ☐ 9. Because there is considerable overlap among the types of schizophrenia, and because patterns of behavior shift over time, many patients are simply classified as suffering from _____ schizophrenia.
- a. borderline
 - b. atypical
 - c. mixed
 - d. undifferentiated
- ☐ 10. Retreat from reality by hallucinations and delusions and by social withdrawal typically characterizes
- a. somatoform disorders.
 - b. anxiety disorders.
 - c. psychotic disorders.
 - d. personality disorders.
- ☐ 11. Persons who suffer from paraphilias are categorized as having
- a. somatoform disorders.
 - b. generalized anxiety.
 - c. sexual disorders.
 - d. personality disorders.
- ☐ 12. Which of the following is related to recent attempts to find biochemical explanations for schizophrenia?
- a. schizotaxin
 - b. psychotropin
 - c. dopamine
 - d. diazepam
- ☐ 13. Which of the following is one reason given that more women than men are treated for psychological problems?
- a. Women are subject to greater stress than men.
 - b. As a result of cultural norms, women may be more willing to admit distress.
 - c. Some forms of mental disorders are sex-linked recessive.
 - d. Developmental tasks required of women are far more difficult than those required of men.
- ☐ 14. The Freudian explanation of anxiety disorders emphasizes
- a. the avoidance paradox.
 - b. learned habits of self-defeating behavior.
 - c. forbidden impulses that threaten a loss of control.
 - d. the development of a faulty or inaccurate self-image and distorted self-perceptions.
- ☐ 15. Statistical approaches to abnormality define as "abnormal" those who

- a. show evidence of loss of contact with reality.
- b. are unhappy, withdrawn, and depressed.
- c. deviate from typical or average patterns of behavior.
- d. are disabled by anxiety.

☐ 16. A rare condition in which separate personalities exist in the same person is called

- a. dissociative identity disorder.
- b. split personality.
- c. schizophrenia.
- d. amnesia.

☐ 17. A PET scan involves the injection of

- a. radioactive sugar.
- b. iodine.
- c. metal particles.
- d. xenon gas.

☐ 18. If a person suffering from schizophrenia has an identical twin, that twin

- a. will have a 46 percent chance of becoming schizophrenic.
- b. will be no more likely than anyone else to become schizophrenic.
- c. is almost sure to become schizophrenic.
- d. is also likely to have more than one personality.

☐ 19. The most severe psychological disorder is a(n)

- a. personality disorder.
- b. psychosomatic illness.
- c. anxiety disorder.
- d. psychosis.

☐ 20. Persons who are excessively narcissistic, dependent, or antisocial are characterized as having

- a. somatoform disorders.
- b. generalized anxiety.
- c. conversion reactions.
- d. personality disorders.

☐ 21. Mood disorders are those in which the person may

- a. experience severe depression and threaten suicide.
- b. exhibit symptoms suggesting physical disease or injury but for which there is no identifiable cause.
- c. exhibit behavior that is the result of an organic brain pathology.
- d. experience delusions and hallucinations.

☐ 22. Schizophrenia is most commonly found in

- a. adolescents.
- b. young adults.
- c. the middle aged.
- d. the elderly.

☐ 23. The famous ruling that led to the present day plea of "not guilty by reason of insanity" is the

- a. common law defense.
- b. Harrison decision.
- c. M'Naghten rule.
- d. Twinkie defense.



_____ schizophrenics shift from one pattern of schizophrenic behavior to another.

- a. Catatonic
- b. Disorganized
- c. Paranoid
- d. Undifferentiated



25. DSM stands for

- a. diagnostic schedule of medicine.
- b. diagnostic and statistical manual.
- c. depressive scale modalities.
- d. doctor of surgical medicine.



26. Conversion disorder and hypochondriasis are classified as

- a. physio-mental disorders.
- b. somatoform disorders.
- c. psychosomatic disorders.
- d. somatization disorders.



27. In most anxiety disorders, the person's distress is

- a. focused on a specific situation.
- b. related to ordinary life stresses.
- c. greatly out of proportion to the situation.
- d. based on a physical cause.



28. An unusual state called "waxy flexibility" is sometimes observed in _____ schizophrenia.

- a. borderline
- b. disorganized
- c. catatonic
- d. paranoid



29. Roger has been extremely anxious for much of the past year, but can't explain why. There is a good chance that he is experiencing

- a. a generalized anxiety disorder.
- b. sociopathy.
- c. psychosis.
- d. a nervous breakdown.



30. Irrational and very specific fears that persist even when there is no real danger to a person are called

- a. anxieties.
- b. dissociation's.
- c. phobias.
- d. obsessions.



31. In some countries, it is normal to defecate or urinate in public. This makes it clear that judgments of the normality of behavior are

- a. culturally relative.
- b. statistical.
- c. a matter of subjective discomfort.
- d. related to conformity.



32. Three year old Shawn ate lead paint which was chipping off the walls in an older home. Consequently, he developed a psychosis based on brain damage due to lead poisoning. Shawn's

psychosis would be called a(n)

- a. functional psychosis.
- b. organic psychosis.
- c. neural psychosis.
- d. neo-cortical psychosis.

- ☐ 33. False beliefs that are held even when the facts contradict them are called
- a. fantasies.
 - b. hallucinations.
 - c. illusions.
 - d. delusions.
- ☐ 34. Jim is in a constant state of anxiety and also has brief, sudden periods of panic. He also believes these periods of panic will occur when he's in a public location; therefore, Jim is afraid to leave his house. Jim's diagnosis is
- a. agoraphobia.
 - b. panic disorder.
 - c. panic disorder with agoraphobia.
 - d. panic disorder without agoraphobia.
- ☐ 35. Mary believes that she is the Queen of England. She is having
- a. depressive delusions.
 - b. delusions of grandeur.
 - c. delusions of reference.
 - d. delusions of persecution.
- ☐ 36. True paranoids are rarely treated or admitted to hospitals because
- a. they are potentially harmful and dangerous to others.
 - b. they resist the attempts of others to offer help.
 - c. their severe hallucinations make reasoning with them impossible.
 - d. psychiatric hospitals are primarily for psychotics.
- ☐ 37. The most widely used system of psychological classification today is
- a. the Freudian Psychoanalytic System (FPS).
 - b. found in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).
 - c. the system designed by Emil Kraepelin and Eugen Bleuler.
 - d. to be found in the Federal Uniform Code of Psychopathology (UCP).
- ☐ 38. The insanity defense dates back to the English courts, where it was originally held that to be responsible for an act, the defendant must
- a. understand the wrongfulness of the act.
 - b. be in a state of diminished capacity.
 - c. have acted on an irresistible impulse.
 - d. be able to recall the criminal act.
- ☐ 39. Behaviorists would say that self-defeating behaviors are maintained by immediate reinforcement in the form of
- a. relief from anxiety.
 - b. defending the ego.
 - c. protecting one's self-image.
 - d. avoiding existential anxiety.

☐ 40. When a person's sexual identity does not match his or her physical gender, the diagnosis is

40. a. paraphilia.
b. sexual dysfunction.
c. gender identity disorder.
d. androgyny.

- ☐ 41. It has been discovered that all major anti-psychotic drugs
a. block the action of dopamine.
b. facilitate the action of dopamine.
c. increase levels of dopamine.
d. decrease levels of dopamine.

- ☐ 42. An inability to behave in ways that foster the well-being of the individual and ultimately of society defines
a. insanity.
b. psychopathology.
c. self-destructiveness.
d. social nonconformity.

- ☐ 43. Discomfort in social situations, fear of evaluation, and timidity are characteristic of what personality disorder?
a. histrionic
b. obsessive-compulsive
c. schizoid
d. avoidant

- ☐ 44. The term *schizophrenia* can be interpreted to mean
a. a split between thought and emotion.
b. having more than one personality.
c. the same thing as a dissociative reaction.
d. that a person is insane.

- ☐ 45. Carson recently lost his job and has a great debt accumulated from gambling. He also has been feeling extreme pressure about not being able to take care of his eight children. After having too much to drink, Carson ran over a child crossing the street. Immediately following this episode, Carson could not remember who he was. This example illustrates
a. dissociative amnesia.
b. dissociative fugue.
c. dissociative identity disorder.
d. multiple personality disorder.

- ☐ 46. A person who experiences a long series of imagined physical complaints suffers from
a. a conversion reaction.
b. somatization disorder.
c. a traumatic disorder.
d. an obsession.

- ☐ 47. When Sara returned from combat in the Gulf War, she began experiencing high anxiety that has persisted without any improvement. This example illustrates which anxiety related disorder?
a. panic
b. post-traumatic stress
c. phobia
d. obsessive-compulsive

- ☐ 48. Gregory has been homeless for the past 3 years. The stress of being homeless seems to have contributed to the onset of psychosis. This example illustrates what risk factor for mental disorders?
- social
 - family
 - psychological
 - biological
- ☐ 49. A researcher seeking an organic basis for schizophrenia would be well-advised to investigate the role of
- amphetamines and amphetamine receptors.
 - adrenaline and noradrenaline.
 - histamine and antihistamine.
 - dopamine and dopamine receptors.
- ☐ 50. Which of the following is characteristic of a dissociative disorder?
- phobic disorder
 - amnesia
 - paranoia
 - depression
- ☐ 51. _____ schizophrenia usually involves delusions of persecution and grandeur.
- Catatonic
 - Disorganized
 - Paranoid
 - Undifferentiated
- ☐ 52. A psychosis arising from an advanced stage of syphilis, in which the disease attacks brain cells, is called
- Korsakoff's syndrome.
 - delirium tremens.
 - schizotypal psychosis.
 - general paresis.
- ☐ 53. A disorder characterized by continuous tension and occasional anxiety attacks in which persons think they are going insane or are about to die is called a
- panic disorder.
 - phobia.
 - depressive psychosis.
 - hysterical reaction.
- ☐ 54. The extreme reaction known as *fugue* refers to
- physical flight to escape conflict.
 - severe depression.
 - hallucinations.
 - obsessive behavior.
- ☐ 55. Disorganized schizophrenia is characterized by
- attacks of fear or panic.
 - silliness, laughter, and bizarre behavior.
 - delusions of persecution.
 - severe depression.

- ☐ 56. In the United States and Latin America, Latinos use the term _____ to refer to chronic psychosis.
- mania
 - hispania
 - locura
 - agua
- ☐ 57. The term "nervous breakdown"
- refers to very severe psychotic behavior episodes.
 - is a legal, not a psychological, term.
 - has no formal psychological meaning.
 - refers to a severe, but transient, depression.
- ☐ 58. Psychological dependence on mood- or behavior-altering drugs is known as
- drug psychosis.
 - a substance related disorder.
 - an orthopsychosis.
 - a psychotropic disorder.
- ☐ 59. Grace's actions resemble movie stereotypes of "crazy" behavior. Her personality disintegration is extreme. She engages in silly laughter, bizarre mannerisms, and obscene behavior. Her diagnosis is probably
- paranoid schizophrenia.
 - borderline schizophrenia.
 - catatonic schizophrenia.
 - disorganized schizophrenia.
- ☐ 60. Which of the following is classified as a mood disorder?
- bipolar disorder
 - multiple personality disorder
 - delusional disorder
 - dissociative disorder
- ☐ 61. Current research suggests the cause of Alzheimer's disease is
- brain pathology.
 - a traumatic childhood.
 - inconsistent and ineffective parenting.
 - persistent delusional thoughts.
- ☐ 62. Dysthymic disorder and cyclothymic disorder are two varieties of
- mood disorder.
 - conversion disorder.
 - schizophrenia.
 - somatoform disorder.
- ☐ 63. Which of the following is a dissociative disorder?
- depression
 - phobic disorder
 - multiple personality
 - paranoia
- ☐ 64. The antisocial personality
- avoids other people as much as possible.
 - is relatively easy to treat effectively by psychotherapy.

- c. tends to be selfish and lacking remorse.
- d. usually gives a bad first impression.

- ☐ 65. Belief that one's body is "rotting" and ravaged by disease would be classified as
- a. somatic delusions.
 - b. delusions of grandeur.
 - c. delusions of influence.
 - d. delusions of persecution.
- ☐ 66. The distinction between obsessions and compulsions is the distinction between
- a. engaging in behaviors that are merely inconvenient and those that are severely disruptive.
 - b. having positive and negative feelings toward an object or event.
 - c. thoughts that are evidence of neurosis or those that are evidence of psychosis.
 - d. having repetitious thoughts or engaging in repetitious actions.
- ☐ 67. Hearing voices that are not really there would be called a(n)
- a. hallucination.
 - b. delusion.
 - c. auditory regression.
 - d. depressive psychosis.
- ☐ 68. Behavioral problems in which the person exhibits symptoms suggesting physical disease or injury, but for which there is no identifiable cause, are called
- a. mood disorders.
 - b. schizophrenia.
 - c. organic brain pathologies.
 - d. somatoform disorders.
- ☐ 69. Mutism, stupor, and a marked decrease in responsiveness to the environment are often seen in
- a. catatonic episodes.
 - b. paranoid schizophrenia.
 - c. manic episodes.
 - d. borderline schizophrenia.
- ☐ 70. Obsessive-compulsive behavior, panic, and phobias are formally classified as _____ disorders.
- a. psychotic
 - b. manic
 - c. anxiety
 - d. mood
- ☐ 71. Robert was found wandering naked in the campus parking lot, proclaiming himself to be "Father Time." He shows evidence of a(n) _____ disorder.
- a. anxiety
 - b. psychotic
 - c. personality
 - d. affective
- ☐ 72. A person who mistrusts others and is hypersensitive and guarded may be classified as a(n) _____ personality.
- a. dependent

- b. antisocial
- c. narcissistic
- d. paranoid

- ☐ 73. Delusional thinking is characteristic of
- a. psychosis.
 - b. obsessive-compulsive disorder.
 - c. conversion disorder.
 - d. fugue.
- ☐ 74. "I believe Amanda's anxiety and defensiveness are the result of an unrealistic self-image and an inability to take responsibility for her feelings." This statement would most likely have been made by a
- a. psychodynamic theorist.
 - b. Freudian therapist.
 - c. humanistic psychologist.
 - d. behavioristic theorist.
- ☐ 75. A person who is preoccupied with fears of having a serious disease suffers from
- a. a conversion reaction.
 - b. hypochondriasis.
 - c. a traumatic disorder.
 - d. an obsession.
- ☐ 76. Sensory experiences that occur in the absence of a stimulus are called
- a. illusions.
 - b. hallucinations.
 - c. delusions.
 - d. affect episodes.
- ☐ 77. In general, schizophrenia is characterized by
- a. rapid and unpredictable changes in emotion.
 - b. delusions of persecution and somatic complaints.
 - c. blunted or inappropriate emotions and withdrawal.
 - d. high levels of anxiety coupled with a lack of conscience.
- ☐ 78. One who is quite concerned with orderliness, perfectionism, and a rigid routine might be classified as a(n) _____ personality.
- a. histrionic
 - b. obsessive-compulsive
 - c. schizoid
 - d. avoidant
- ☐ 79. Irrational acts a person feels driven to repeat are called _____. They help control anxiety caused by _____.
- a. obsessions; compulsions
 - b. compulsions; obsessions
 - c. compulsions; defense mechanisms
 - d. defense mechanisms; obsessions
- ☐ 80. Sudden temporary amnesia or instances of multiple personality are _____ disorders.
- a. dissociative
 - b. anxiety
 - c. psychotic

d. schizophrenic

- ☐ 81. John has a lack of interest in friends or lovers and experiences very little emotion. He can be described as having which of the following personality disorders?
- a. avoidant
 - b. schizoid
 - c. borderline
 - d. paranoid
- ☐ 82. Amnesia, fugue, and multiple personality are all classified as which behavior disorder?
- a. obsessive-compulsive disorder
 - b. organic brain syndrome
 - c. affective disorder
 - d. dissociative disorder
- ☐ 83. Obsessive-compulsive disorders involve
- a. loss of contact with reality.
 - b. unresolved anger.
 - c. unresolved Oedipal conflict.
 - d. high levels of anxiety.
- ☐ 84. When sadness and despondency are exaggerated or prolonged and an extremely negative self-image prevails, we would suspect a(n)
- a. dissociative reaction.
 - b. mood disorder.
 - c. somatoform disorder.
 - d. anxiety disorder.
- ☐ 85. The dopamine-psychosis link is based on the observation that
- a. low dopamine levels of activity in the brain seem to produce psychotic symptoms.
 - b. there are high levels of dopamine activity in the brains of psychotic people.
 - c. there are high levels of amphetamine in the brains of schizophrenics.
 - d. dopamine interacts with serotonin creating psychosis.
- ☐ 86. The antisocial personality is one who
- a. is irresponsible and seems to lack remorse.
 - b. is frequently dangerous and out of contact with reality.
 - c. is always a delinquent or criminal.
 - d. benefits greatly from humanistic and psychoanalytic therapies.
- ☐ 87. Behavioral problems caused by senility, drug damage, brain injury or disease, and the toxic effects of poisons are classified as _____ disorders.
- a. organic
 - b. psychotic
 - c. somatic
 - d. substance use
- ☐ 88. Which of the following personality disorders describes a person who has an extremely unstable self image, is moody, and does not develop stable relationships?
- a. borderline
 - b. histrionic
 - c. narcissistic

d. schizoid

- ☐ 89. Phobias differ from ordinary fears in that they frequently involve
- a. specific objects or situations.
 - b. bugs and crawling things.
 - c. intense reactions like vomiting or fainting.
 - d. heights and unfamiliar places.
- ☐ 90. Julie can't stop thinking about germs and dirt. She spends all day cleaning her house. She is suffering from
- a. phobic disorder.
 - b. paranoia.
 - c. delusional disorder.
 - d. obsessive-compulsive disorder.
- ☐ 91. Which of the following personality disorders describes a person who has an exaggerated sense of self-importance and who needs constant admiration?
- a. dependent
 - b. histrionic
 - c. narcissistic
 - d. schizoid
- ☐ 92. CT scans of the brains of some young schizophrenics show _____ than normal.
- a. wider ventricles
 - b. smaller fissures
 - c. smaller ventricles
 - d. fewer fissures
- ☐ 93. A core feature of all abnormal behavior is that it is
- a. culturally absolute.
 - b. learned.
 - c. maladaptive.
 - d. dependent on age.
- ☐ 94. The most effective method of predicting that a mental patient will commit an act of violence is by
- a. psychological tests.
 - b. psychiatric interviews.
 - c. psychological interviews.
 - d. There is no effective method.
- ☐ 95. Failure of hospital staff to detect fake patients in David Rosenhan's studies can be attributed to the
- a. acting ability of the pseudo-patients.
 - b. generally low quality of training of hospital staff members.
 - c. effects of labeling and context.
 - d. fact that pseudo-patients were so heavily drugged.



Check Your Work



Reset



Help

Name:

Therapies

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ☐ 1. Freud's theory was based on the belief that neuroses were caused by
- repressed memories, motives, and conflicts.
 - learned maladaptive behaviors.
 - negative self-regard.
 - destructive interpersonal relationships.
- ☐ 2. In an institution for delinquent adolescents, a behavioral system has been implemented in which the adolescents earn points for target behaviors like getting up on time, making beds, attending class, etc. They are allowed to exchange their earned points for privileges, activities, etc. This system is called _____ and is based on _____.
- systematic desensitization; gradual exposure.
 - time out; extinction.
 - a token economy; reinforcement.
 - primary reinforcement; non-reward
- ☐ 3. Freud considered the distinction between manifest content and latent content essential for
- free association.
 - dream analysis.
 - resistance.
 - transference.
- ☐ 4. In psychoanalysis, patients avoid talking about certain subjects. This is called
- avoidance.
 - transference.
 - analysis.
 - resistance.
- ☐ 5. In psychoanalysis, an emotional attachment to the therapist that symbolically represents other important relationships is called
- resistance.
 - transference.
 - identification.
 - empathy.
- ☐ 6. A form of therapy that encourages one to become aware of emotions in the "here and now" and to rebuild thinking, feeling, and acting into connected wholes is
- existential therapy.
 - Gestalt therapy.
 - transactional analysis.
 - non-directive therapy.
- ☐ 7. According to Aaron Beck, negative, _____ underlie depression.
- unconscious motives

- b. unrealistic goals
- c. irrational fears
- d. self-defeating thoughts

- ☐ 8. _____ is any technique involving surgical alteration of the brain.
- a. Ablation lesioning
 - b. Psychosurgery
 - c. Deep ECT
 - d. Psychic surgery
- ☐ 9. A psychoanalyst who believes in the theories of Freud would see psychopathology as caused by
- a. birth trauma.
 - b. repressed sexuality and aggression.
 - c. bizarre dreams.
 - d. immature personal relationships.
- ☐ 10. A parent who copes with quarreling among young children by placing them in separate rooms is using
- a. punishment.
 - b. reinforcement.
 - c. time out.
 - d. shaping.
- ☐ 11. If ignoring causes a child's temper-tantrums to cease, a psychologist would call this effect
- a. shaping.
 - b. punishment.
 - c. time out.
 - d. extinction.
- ☐ 12. When electric shock is used to make the sight and smell of alcohol conditioned stimuli for an aversion response, the electric shock serves as the
- a. conditioned response.
 - b. unconditioned stimulus.
 - c. unconditioned response.
 - d. conditioned hierarchy.
- ☐ 13. Role reversal and the mirror technique are associated with
- a. Gestalt therapy.
 - b. psychodrama.
 - c. logotherapy.
 - d. psychoanalysis.
- ☐ 14. The prefrontal lobotomy has been replaced by
- a. electroconvulsive shock.
 - b. deep-lesioning techniques.
 - c. PET scans.
 - d. X-ray therapy.
- ☐ 15. Virtual reality exposure refers to
- a. a sexual disorder involving flashing in order to shock and get attention
 - b. having a person vividly imagine distressing images
 - c. presentation of feared stimuli in a three-dimensional, computer generated world

d. another form of role playing



16. Exorcism often involved

- a. religious catharsis.
- b. boring a hole in the jaw.
- c. the use of physical torture.
- d. hypnotism.



17. In rational-emotive therapy,

- a. clients are encouraged to take responsibility for their own choices.
- b. clients learn to challenge irrational beliefs.
- c. the therapist seeks to have the client discover rational insights on his or her own.
- d. irrational elements of the unconscious are made to conform to reality.



18. The most appropriate use of electroconvulsive therapy is as a

- a. preferred means of treatment for all cases of depression.
- b. preferred means of treatment for organic psychoses in which brain pathology exists.
- c. preferred means of treatment for antisocial disorders.
- d. last resort after other methods have failed and the likelihood of self-destructive behavior is great.



19. Harriet, a student nurse, was at first extremely uncomfortable at the sight of blood. After a month of experience working in the emergency room, she is no longer upset when confronted with serious injuries. Harriet has undergone

- a. time out.
- b. shaping.
- c. desensitization.
- d. trial-and-error learning.



20. A problem with aversion therapy is

- a. constructing a realistic hierarchy.
- b. transfer of learning to the real world.
- c. identifying and removing rewards.
- d. the overuse of habituation.



21. Which is a myth regarding psychotherapy?

- a. Psychotherapy provides a complete transformation of the psyche.
- b. Chances for improvement are good with phobias, some sexual problems, and marital conflicts.
- c. Psychotherapy does not bring about dramatic changes in behavior.
- d. Psychotherapy's major benefit is that it provides the person comfort and support.



22. When a therapist attempts to see the world through the client's eyes and to feel some part of what he or she is feeling, the therapist is using

- a. authenticity.
- b. empathy.
- c. reflection.
- d. ego-centering.



23. Trepanning, one of the more primitive practices involving boring a hole into the skull, was used to

- a. release "evil spirits."
- b. shock patients into a remission of symptoms.
- c. coerce and control disruptive patients.
- d. punish those who had committed crimes.

- ☐ 24. The key aspect of existential therapy is
- a. resolving unconscious conflicts.
 - b. eliminating symptoms.
 - c. believing you are capable of making choices about who you want to be.
 - d. a holistic analysis.
- ☐ 25. The owner of a chicken ranch ends a pet dog's habit of stealing and eating eggs by allowing the dog to "find" and eat several eggs laced with Tabasco sauce. The ranch owner's approach is similar to
- a. covert sensitization.
 - b. aversion therapy.
 - c. implosive therapy.
 - d. desensitization techniques.
- ☐ 26. Freud called which of the following the "royal road to the unconscious"?
- a. analysis of transference.
 - b. analysis of resistance.
 - c. dream analysis.
 - d. free association.
- ☐ 27. Psychoanalysis, desensitization, reality therapy, behavior therapy, and client-centered therapy are all forms of
- a. somatotherapy.
 - b. psychic therapy.
 - c. group therapy.
 - d. psychotherapy.
- ☐ 28. Which of the following statements regarding the use of drugs for treating schizophrenia is TRUE?
- a. The best new drugs are cure-alls.
 - b. A combination of medication and psychotherapy almost always works best.
 - c. Drugs work for all people.
 - d. Medication works effectively for 90% of the cases.
- ☐ 29. Which of the following is the MOST likely outcome for psychotherapy?
- a. a complete personal transformation
 - b. a renewal of intellectual and creative abilities
 - c. overcoming the effects of early psychologically damaging experiences
 - d. learning skills to better cope with stress
- ☐ 30. The first true psychotherapy was developed by _____ around the turn of the century to treat cases of _____.
- a. Freud; hysteria
 - b. Pinel; psychosis
 - c. Eysenck; neurosis
 - d. Bicêtre; hysteria
- ☐ 31. Traditional psychoanalysis can be objectively criticized as

- a. requiring large amounts of time and money.
- b. effective only in treating psychosis.
- c. no better than no treatment at all.
- d. placing too much responsibility on the client.

☐ 32. Which of the following is identified with client-centered therapy?

- a. providing advice, setting goals, and giving interpretations
- b. dream analysis, transference, and analysis of resistance
- c. unconditional positive regard, empathy, authenticity, and reflection
- d. goal-setting, desensitization, modeling, and recentering

☐ 33. Major tranquilizers are also known as

- a. stimulants.
- b. energizers.
- c. psychoactives.
- d. antipsychotics.

☐ 34. The practice of drilling a hole in a person's head to let the evil spirits out is called

- a. ECT.
- b. envaraging.
- c. subdural relief.
- d. trepanning.

☐ 35. Freud called his form of psychotherapy

- a. hysteria therapy.
- b. somatotherapy.
- c. psychoanalysis.
- d. transference therapy.

☐ 36. Unconditional positive regard is part of what therapy?

- a. logotherapy
- b. psychoanalysis
- c. client-centered therapy
- d. Gestalt therapy

☐ 37. Humane treatment of the emotionally disturbed was spearheaded by _____, who personally unchained inmates at the Bicêtre Asylum.

- a. Freud
- b. Pinel
- c. Rogers
- d. Frankl

☐ 38. Psychoanalysis is to insight as behavior therapy is to

- a. motivation.
- b. action.
- c. medical.
- d. understanding.

☐ 39. Dr. Hochman is a therapist who tries to lend support to clients who are having an emotional crisis and want to solve daily life problems. He most likely practices _____ therapy.

- a. insight
- b. action
- c. directive
- d. supportive

- ☐ 40. Which of the following promotes mental health?
- a. identity confusion
 - b. personal autonomy
 - c. lack of self-control
 - d. Type A personality
- ☐ 41. The behavioral technique that has been most effective in treating depression is
- a. aversion therapy.
 - b. a token economy.
 - c. cognitive therapy.
 - d. covert sensitization.
- ☐ 42. Which form of therapy places responsibility for the course of therapy on the client?
- a. insight therapy
 - b. action therapy
 - c. directive therapy
 - d. non-directive therapy
- ☐ 43. Tardive dyskinesia is a neurological disorder that may be caused by
- a. taking major tranquilizers for extended periods.
 - b. an undersecretion of the body's natural dopamine's.
 - c. a lack of dopamine receptors in the limbic system in the brain.
 - d. abuse of amphetamines.
- ☐ 44. Which of the following is the most likely consequence of punishment?
- a. elimination of the punished response
 - b. increase in the frequency of the response
 - c. suppression of the punished response
 - d. no change in the immediate or long-term frequency of the response
- ☐ 45. In aversion therapy a person _____ to associate a strong aversion with an undesirable habit.
- a. knows
 - b. learns
 - c. wants
 - d. hopes
- ☐ 46. Saying whatever comes to mind, even if it seems senseless, painful, or embarrassing, is part of the Freudian technique known as
- a. unconditional regard.
 - b. non-directive therapy.
 - c. free association.
 - d. transactional analysis.
- ☐ 47. The use of classical conditioning to alleviate human problems is called
- a. radical therapy.
 - b. behavior modification.
 - c. aversion therapy.
 - d. reciprocal inhibition.
- ☐ 48. Ergotism refers to
- a. a primitive form of drug therapy.
 - b. a form of possession or madness.

- c. reactions to chemicals found in a fungus.
- d. a treatment designed to expand sensory experience.

- ☐ 49. The disappearance of symptoms due to the mere passage of time is termed
- a. spontaneous remission.
 - b. catharsis.
 - c. active remediation.
 - d. reversal.
- ☐ 50. Behavior modification might be considered optimistic because it views mental disorders as
- a. biochemical imbalances that can be balanced.
 - b. learned responses that can be unlearned.
 - c. an expression of repressed impulses that can be freed.
 - d. the result of only temporary blockages to a natural tendency for growth.
- ☐ 51. Those who decide that no one will ever love them again because they have been rejected by a "significant other" and are, therefore, unlovable are illustrating
- a. all-or-nothing thinking.
 - b. overgeneralization.
 - c. selective perception.
 - d. minimizing the importance of an undesirable event.
- ☐ 52. Carena has a bad habit of biting her fingernails and pulling at her cuticles until her fingers bleed and have sores. Her therapist is teaching her how to not bite and pick at her fingernails using various learning principles. Her therapist is using
- a. behavior therapy.
 - b. humanistic therapy.
 - c. psychoanalysis.
 - d. logotherapy.
- ☐ 53. The basic assumption of behavior therapy is that
- a. deep understanding of one's problems leads to behavior change.
 - b. past experiences and emotional trauma must be probed before behavior can be changed.
 - c. learned response causes problems, therefore, behavior can be changed by relearning.
 - d. phobias can be created and dismantled.
- ☐ 54. Carl Rogers is responsible for
- a. client-centered therapy.
 - b. psychoanalysis.
 - c. directive therapy.
 - d. existential therapy.
- ☐ 55. Behavior modification involves
- a. applying non-directive techniques such as unconditional positive regard to clients.
 - b. psychoanalytic approaches to specific behavior disturbances.
 - c. the use of learning principles to change behavior.
 - d. the use of insight therapy to change upsetting thoughts and beliefs.
- ☐ 56. The obvious and visible aspects of a dream comprise its
- a. manifest content.

- b. lucid content.
- c. conscious core.
- d. latent content.

- ☐ 57. Cognitive therapists are interested in
- a. only maladaptive actions.
 - b. unconscious thoughts of sex and aggression.
 - c. what people think, believe, and feel.
 - d. only visible behaviors.
- ☐ 58. According to _____, perception (awareness) becomes disjointed and incomplete in a maladjusted person.
- a. logotherapists
 - b. existentialists
 - c. Gestalt therapists
 - d. Rogerians
- ☐ 59. Which of the following psychotherapeutic techniques is most likely to be used by a client-centered therapist?
- a. reflection of feelings
 - b. interpretation of unconscious resistance
 - c. challenging the client to make courageous life choices
 - d. probing experiences of early childhood
- ☐ 60. Freud's method of psychotherapy stressed
- a. bringing an end to irrational and self-defeating internal dialogue.
 - b. unconditional positive regard and empathy.
 - c. free association, dream analysis, and transference.
 - d. pharmacology.
- ☐ 61. Desensitization is primarily used to
- a. alleviate phobias and anxieties.
 - b. overcome destructive habits.
 - c. symbolically reward positive behavior.
 - d. decrease free-floating anxiety.
- ☐ 62. Free association is a basic technique in
- a. psychoanalysis.
 - b. action therapy.
 - c. logotherapy.
 - d. directive therapy.
- ☐ 63. Your friend Kiki comes to you with a personal problem. The first thing you should do to counsel her is to
- a. give her advice on what she should do.
 - b. ask closed questions to get her talking.
 - c. tell her what you would do in her situation.
 - d. actively listen to try to clarify the problem.
- ☐ 64. The risk-benefit ratio in treating schizophrenia refers to
- a. the advantages and disadvantages of hospitalization.
 - b. the benefits of medication in alleviating psychotic symptoms versus the adverse effects.
 - c. both the advantages and disadvantages of hospitalization and the benefits

versus the adverse effects of medication.

- d. neither the advantages and disadvantages of hospitalization nor benefits of medication versus the adverse effects.

- ☐ 65. A verbal interaction between a trained mental health professional and several clients is called
- psychoanalysis.
 - individual therapy.
 - insight therapy.
 - group therapy.
- ☐ 66. Electroconvulsive therapy (ECT) is most likely to be used, as a last resort, with which type of problem?
- hyperactivity and agitation
 - conversion reactions
 - paranoia
 - severe depression that does not respond to any other treatment
- ☐ 67. A child who has an intense fear of a dog as a result of some traumatic experience in the dog's presence would be a candidate for
- aversive conditioning.
 - punishment training.
 - desensitization.
 - stimulus control.
- ☐ 68. The drugs used to control hallucinations and other psychotic symptoms are called
- anti-depressants.
 - energizers.
 - minor tranquilizers.
 - antipsychotics.
- ☐ 69. According to _____, each person creates his or her private world by making choices in order to confront and overcome feelings of meaninglessness and isolation.
- existential therapists
 - Gestalt therapists
 - psychoanalysts
 - Carl Rogers
- ☐ 70. A therapist guides a client by giving instructions, interpretations, or solutions, and by making decisions. The therapist's approach can be described as _____ therapy.
- directive
 - action
 - non-directive
 - individual
- ☐ 71. Humanistic therapies generally emphasize
- making full use of one's potential.
 - an in-depth analysis of unconscious forces within the personality.
 - alteration of long-established habits.
 - the value of spontaneous remissions.
- ☐ 72. Freud's theory of dream analysis is based on the assumption that the true meaning of dreams is found in their
- latent content.
 - manifest content.

- c. neurotic content.
- d. conscious core.

- ☐ 73. Regarding rational-emotive therapy, it can be said that
- a. critics suggest that it is really a type of psychoanalysis.
 - b. having irrational beliefs is related to feelings of unhappiness.
 - c. surrendering one's irrational beliefs is best achieved by operant shaping.
 - d. most irrational beliefs occur at the unconscious level and can't be stopped.
- ☐ 74. Frank considers himself to be a total failure and a worthless person because he failed one class. Frank's behavior exemplifies the distortion of thinking behavioral therapists call
- a. all-or-nothing thinking.
 - b. magnification.
 - c. overgeneralization.
 - d. selective perception.
- ☐ 75. A cognitive therapist is concerned primarily with helping clients change their
- a. thinking patterns.
 - b. behaviors.
 - c. life-styles.
 - d. habits.
- ☐ 76. The therapeutic technique of associating a discomfort with a bad habit is based on which type of conditioning?
- a. instrumental
 - b. classical
 - c. operant
 - d. token
- ☐ 77. Symbolic rewards used to encourage positive changes in behavior are called
- a. operants.
 - b. tokens.
 - c. chips.
 - d. strokes.
- ☐ 78. If you get praised by your parents for making A's in your college courses, the grades are
- a. an example of stimulus control.
 - b. an example of time out.
 - c. positive reinforcers.
 - d. situationally controlled.
- ☐ 79. A therapeutic technique for psychological disorders that produces seizures, decreased emotional responses, and even stupor as side effects is
- a. lobotomy.
 - b. chemotherapy.
 - c. hospitalization.
 - d. immunotherapy.
- ☐ 80. In client-centered therapy, the troubled individual is
- a. asked to free associate to bring hidden conflicts into awareness.
 - b. stripped of ego-defenses and unrealistic beliefs.
 - c. engaged in awareness training through use of the "hot seat," "empty chair," and related techniques.

- d. encouraged to explore conscious thoughts and feelings.

