Psych 1 Test 2 SP2013

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. A rare health condition caused damage to the amygdala on both sides of Nina’s brain. She is now more likely than most people to ____.
   a. be fearful of strangers
   b. eat excessively
   c. have problems sleeping
   d. try skydiving

2. Consciousness requires complex interactions between the cerebral cortex and the ____.
   a. amygdala
   b. thalamus
   c. midbrain
   d. hippocampus

Ecstasy
Dr. Goddard is studying the behavioral effects of MDMA (Ecstasy) using a rat model.

3. Dr. Goddard observes a change in rat behavior that he likens to ____.
   a. bond formation
   b. addiction
   c. aggression
   d. calmness

4. Why does the moon appear to be much larger when it is just above the hills on the horizon than when it is straight overhead?
   a. This is primarily due to the curve of the earth.
   b. This is primarily due to the change in brightness.
   c. This is primarily due to comparisons with the sizes of familiar objects.
   d. This is primarily due to the refractory index.

Flying Jellyfish
Tao wakes up his roommate Don so that he doesn’t miss his morning classes again. Don tells Tao, “I wish you hadn’t woken me up, I was about to land on Mars after winning a fierce battle against flying jellyfish.”

5. Don was most likely in ____.
   a. Stage 1 N-REM
   b. Stage 2 N-REM
   c. Stage 3 or 4 N-REM
   d. REM sleep

6. While attempting to overcome writer’s block, Devin stares at her yellow, green, and white striped journal. When she finally returns to her blank computer screen, she sees a blue, red, and black striped afterimage. Which theory best explains the afterimage that Devin sees?
   a. negative illusion theory
   b. excitation emission theory
   c. trichromacy theory
   d. opponent process theory

7. Constructed by Albert Ames, the Ames room illustrates vulnerabilities in our perception of ____.
   a. color
   b. depth
   c. contrast
   d. motion
8. What evidence supports the idea that we dream to develop future survival strategies by integrating sensory experience with stored memories when in an “off-line” mode during REM sleep?
   a. Most people report having dreams in which they defeat their rivals.
   b. We typically repeat a single behavior over and over again in a dream.
   c. The majority of our dreams involve negative circumstances.
   d. We tend to feel more rested when we wake from problem-solving dreams.

9. One theory of color vision is based on the existence of different types of receptors for the detection of short, medium, and long wavelengths. What is this theory?
   a. The tricolor detection scheme
   b. The primary paradigm
   c. The trichromacy theory
   d. The tiered wavelength model

10. Carl’s wife Juanita is unhappy that her husband’s new shift as a security guard is from 11:00 p.m. to 8:00 a.m. She complains to her husband that since he started his new job, he seems sluggish, depressed, and irritable. What condition might Carl have?
    a. circadian abnormality disorder
    b. dysfunctional cycle condition
    c. altered graveyard state
    d. shift maladaptation syndrome

11. An important gateway to perception is the process of ____, defined as a narrow focus of consciousness.
    a. interpretation
    b. cognition
    c. adaptation
    d. attention

12. What evidence best illustrates that the perception of pain is influenced by experience?
    a. When men think that other men are watching them, they report feeling less pain in response to an injury.
    b. Surgery patients whose family members were allowed to be by their side shortly after surgery reported less pain during recovery.
    c. Women who participated in childbirth classes reported less pain during the birthing process.
    d. Women reported less pain after receiving an electrical shock if they were allowed to look at pictures of their families.

13. How do rods differ from cones in the retina?
    a. Rods are less sensitive to light than cones.
    b. In contrast to cones, rods are optimally activated by light entering the center of the eye.
    c. Unlike cones, rods cannot detect color.
    d. Rods provide the ability to see sharper images than cones.

14. According to the Müller-Lyer illusion, we tend to see lines with outward-pointing arrowheads as ____.
    a. the focal point of an image
    b. the secondary object of an image
    c. being farther away from us
    d. being closer to us

15. Kira and Yvonne are gearing up for a rave that is being held at a local warehouse. Their roommate Clara prefers to stay home and cannot understand why they would want to attend such a crowded, noisy venue. According to the text, what are the primary goals of many ravers?
    a. unity and positive emotion
    b. unity and self-awareness
    c. hallucinations and positive emotion
    d. hallucinations and self-awareness
16. Hal meets some friends at a local sports bar. After drinking several beers, Hal picks a fight with someone that he thinks is giving him “dirty” looks. Normally very mellow and calm, the alcohol has interfered with Hal’s judgment, causing him to lose control. Which theory best explains Hal’s behavior?
   a. Dawson’s theory that people use alcohol as an excuse to act in ways they truly desire
   b. Jackson’s theory that the nervous system is organized as a hierarchy
   c. Anderson’s theory that our behavior is linked more to physiological cues than environmental cues
   d. Friedrich’s theory that the brain behaves differently when people are in groups versus isolation

17. The Muslim sect of Sufis use extended periods of whirling as a means to ____.
   a. see the light of Allah
   b. feel oneness with the earth
   c. see into the future
   d. relive the past

18. The primary colors of light are ____.
   a. red, green, and blue
   b. red, yellow, and blue
   c. red, yellow, and green
   d. yellow, green, and blue

19. Thad returns home from class on a hot summer’s evening, turns on the air conditioner full blast, and sits down to watch TV. His roommate Sean returns home an hour later and wonders how Thad can hear the TV above the loud noise of the air conditioner. Thad remarks that he doesn’t even notice the sound. Which process causes the air conditioner to seem louder to Sean than to Thad?
   a. transduction
   b. perception
   c. sensory adaptation
   d. sensation

20. What is the evidence that meditation may slow some aspects of aging?
   a. It negatively correlates with rates of arthritis in older individuals.
   b. It negatively correlates with cholesterol levels in older individuals.
   c. It positively correlates with antioxidant levels in the brain of older individuals.
   d. It positively correlates with increased cortical thickness in older individuals.

21. Which disorder is correlated with individuals spending a greater portion of their sleeping time in REM?
   a. generalized anxiety disorder
   b. depression
   c. obsessive compulsive disorder
   d. autism spectrum disorder

22. Tasha runs a daycare center. She places birthday hats on a group of children to celebrate one-year-old Chantal’s birthday. Tasha notices that when Chantal passes by a mirror she grabs for the hat by reaching for the mirror instead of reaching for her own head. Tasha picks up the baby and helps her find her hat. What aspect of consciousness has Chantal not yet reached?
   a. awareness of sensation
   b. reflective awareness
   c. self-awareness
   d. awareness of perception

23. Dan, startled by the sound of a loud thump in the middle of the night, catches a glimpse of his roommate Yi wandering around their dorm room. The next morning Dan asks about the loud thump and Yi replies, “I think I was asleep the entire night ... but I have been known to sleepwalk from time-to-time.” What stage of sleep was Yi likely experiencing while sleepwalking?
   a. Stage 1 N-REM
   b. Stage 2 N-REM
   c. Stage 3 or 4 N-REM
   d. REM sleep
I'm Awake!
Patti finds her husband Derek asleep in his recliner. She gently touches his shoulder and says, “Derek, wake-up; the dog needs to go out.” Derek abruptly responds, “Patti, I am awake!”.

24. What type of brain waveforms did Derek display right before being awakened?
   a. delta waves
   b. theta waves
   c. beta waves
   d. theta waves with sleep spindles and K-complexes

25. Derek was most likely in ____.
   a. Stage 1 N-REM
   b. Stage 2 N-REM
   c. Stage 3 or 4 N-REM
   d. REM sleep

26. Chemical messengers used in neuronal communication are referred to as ____.
   a. neuroregulators
   b. neuromolecules
   c. neuromodulators
   d. neurotransmitters

27. Cocaine and amphetamine boost the activity of which neurotransmitter?
   a. dopamine
   b. serotonin
   c. norepinephrine
   d. acetylcholine

28. How may hypnosis facilitate pain mitigation?
   a. By decreasing self-awareness
   b. By stimulating the nucleus accumbens
   c. By increasing the release of opiates in the brain
   d. By promoting sensory dissociation

29. What would be a consequence of destroying the corpus callosum?
   a. The left and right cerebral hemispheres would not be able to effectively communicate.
   b. A person would have difficulty breathing.
   c. A severe movement disorder would eventually emerge.
   d. A person would lose the ability to experience fear.

30. What is the role of the amygdala in processing visual information?
   a. It decodes the color of the stimulus.
   b. It makes quick emotional judgments about visual stimuli.
   c. It perceives the intensity of the stimulus.
   d. It interprets the contours of an object.

31. What is true of opiates?
   a. Opiate use is associated with feelings of both euphoria and anxiety.
   b. Opiates work as muscle relaxers by acting on the neurotransmitter GABA.
   c. At high doses, opiates can lead to death by causing cardiac arrest.
   d. Opiates have legitimate medical purposes, such as the control of diarrhea.

32. A sleep disorder in which the person stops breathing while asleep is referred to as sleep ____.
   a. apnea
   b. dystonia
   c. ataxia
   d. dyspepsia
33. Which statement is most consistent with the Gestalt psychology point of view?
   a. The whole is more than the sum of its parts.
   b. The world is best understood by breaking it down into individual elements.
   c. We perceive our environment through separate but equal senses.
   d. Where one sense is lost, another is gained.

34. Jordan typically has at least three cups of coffee throughout the day. She decides to cut her coffee habit “cold turkey,” but experiences severe lethargy despite having a good night’s sleep. Jordan is experiencing ______:
   a. desensitization c. recoil
   b. withdrawal d. sensitization

35. Individual differences in emotional intelligence are most predictive of ______.
   a. self-confidence c. the success of relationships
   b. emotional stability d. cognitive capabilities

36. Vanessa crams for her anatomy and physiology final by staying up the entire night before the exam. What is a likely consequence of Vanessa’s actions?
   a. Vanessa will experience a brief surge of energy during the test followed by a prolonged “crash” phase.
   b. Vanessa will need to rest her eyes periodically during the exam or risk temporary vision impairment.
   c. Vanessa will likely perform below her fullest potential because she decreased her capacity to remember the material.
   d. Vanessa will need to have at least two nights of normal sleep before experiencing normal mental functioning.

37. Over the ages, hallucinogens have played an important role in ______.
   a. producing religious visions c. creating social structures
   b. influencing political idealisms d. formulating medicinal philosophies

38. When experienced practitioners are asked to describe the subjective experience produced by meditation, they describe ______.
   a. an unconscious state with discrete visions, accompanied by a blissful emotional state
   b. a conscious state without thought, accompanied by a blissful emotional state
   c. an unconscious state with discrete visions, accompanied by a numb emotional state
   d. a conscious state without thought, accompanied by a numb emotional state

39. When Gregg first started drinking alcohol, he needed only one or two beers to feel “buzzed”; now he needs at least four or five beers before he feels anything. What process describes Gregg’s need for more alcohol before feeling its effects?
   a. drug resistance c. sensitization
   b. desensitization d. tolerance

40. In contrast to hallucinogens, why have stimulants been embraced by Western cultures?
   a. Stimulants boost higher-order reasoning; hallucinogens decrease cognitive abilities.
   b. The probability of becoming dependent on stimulants is low.
   c. The ability to work long and hard is valued and rewarded.
   d. Stimulant use is associated with reduced health problems in middle-age.
41. Sensations of body position, touch, skin temperature, and pain are referred to as ____.
   a. sympathetic sensation  
   b. autonosensation  
   c. somatosensation  
   d. parietal sensation

42. A major advantage provided by emotion is ____.
   a. that it creates the desire for affiliation  
   b. in its ability to produce arousal  
   c. that it promotes self-actualization and empathy  
   d. in its ability to produce an internal drive for survival

43. Which nervous system structure participates in the general arousal associated with emotional states?
   a. cranial nervous system  
   b. somatic nervous system  
   c. autonomic nervous system  
   d. encephalic nervous system

44. According to research (Cacioppo, Berntson, Norris, & Gollan, 2011), why do humans place a general priority on negative emotions over positive emotions?
   a. Negative emotions require less energy to maintain.  
   b. Negative emotions weed out potential enemies.  
   c. Negative emotions establish dominance in social hierarchies.  
   d. Negative emotions signal more serious threats to survival.

45. The emotional quality of pain likely results from information processing at which level of the brain?
   a. basal ganglia  
   b. amygdala  
   c. cingulate cortex  
   d. insula

46. Which model or theory of emotion proposes that physical sensations lead to subjective feelings?
   a. James-Lange theory  
   b. catharsis theory  
   c. Somatovisceral Afference Model of Emotion  
   d. Cannon-Bard theory

47. Which model or theory of emotion proposes that there is a simultaneous and independent occurrence of physical sensations and subjective feelings during an emotional experience?
   a. catharsis theory  
   b. Schachter-Singer two-factor theory  
   c. Somatovisceral Afference Model of Emotion  
   d. Cannon-Bard theory

48. Which model or theory of emotion proposes that general arousal leads to assessment, which in turn leads to subjective feelings?
   a. James-Lange theory  
   b. Schachter-Singer two-factor theory  
   c. Somatovisceral Afference Model of Emotion  
   d. Cannon-Bard theory

49. Which model or theory of emotion proposes that a range of physical sensations, from precise to general, requires varying degrees of cognitive processing prior to subjective feelings?
   a. James-Lange theory  
   b. Schachter-Singer two-factor theory  
   c. Somatovisceral Afference Model of Emotion  
   d. Cannon-Bard theory
50. Consider the Capilano Canyon experiment (Dutton & Aron, 1974). What is the explanation for why the men crossing the more frightening suspension bridge included much more sexual content in their interviews?
   a. In the presence of an attractive woman, the men attempted to repress their fear.
   b. Fear-provoking situations exaggerate risk-taking in all areas, including finding a mate.
   c. During times of heightened fear, people often try to distract themselves.
   d. The men misinterpreted physiological signals of fear as sexual arousal.

51. Consider a classical case study of a woman named Christina who suffered inflammatory damage to her somatosensory nerves. What were the consequences of this damage?
   a. She lost the ability to recognize faces and no longer had self-confidence.
   b. She lost the ability to sense the placement of her body and no longer had a sense of self.
   c. She lost the ability to empathize with others and became narcissistic.
   d. She lost the ability to communicate with others and suffered from major depression.

52. While writing a story for her student paper, Our Voice, about the dangers of alcohol, Liz is surprised to find out that moderate alcohol consumption is both detrimental and beneficial. What does Liz include in her story?
   a. Moderate alcohol consumption increases the risk for heart disease, but decreases the risk for developing certain cancers.
   b. Moderate alcohol consumption decreases the risk for heart disease, but increases the risk for developing certain cancers.
   c. Moderate alcohol consumption increases the risk for early onset Alzheimer’s disease, but decreases the risk for developing type 2 diabetes.
   d. Moderate alcohol consumption decreases the risk for early onset Alzheimer’s disease, but increases the risk for developing type 2 diabetes.

53. Morphine, heroin, and codeine are effective because they imitate the action of our natural _____.
   a. excitatory neurotransmitters
   b. tryptamines
   c. endorphins
   d. catecholamines

54. In experienced meditators, EEG recordings of the frontal lobes of the brain during meditation feature increased levels of which type of brain waves?
   a. alpha waves
   b. beta waves
   c. delta waves
   d. theta waves


A 15.  

B 7.  A 32.
D 50.

B 51.

B 52.

C 53.

D 54.