Chapter 1
ADJUSTING TO MODERN LIFE

MULTIPLE CHOICE QUESTIONS

1. In spite of countless time-saving devices—automobiles, telephones, photocopiers, fax machines, and so on—most of us complain about a relative lack of
   a. time.
   b. money.
   c. information.
   d. work.

2. Many theorists believe that the basic challenge of modern life has become the search for
   a. cultural significance.
   b. a healthy leisure activity.
   c. meaning or a sense of direction.
   d. a significant other to share one's life.

3. Which of the following is the best definition of psychology?
   a. the study of consciousness
   b. the study of behavior and the profession that applies knowledge from these studies to solving practical problems
   c. the study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
   d. the study of motivation, emotion, and memory

6. Some psychologists prefer to study animals rather than humans mainly because
   a. animal subjects tend to be more cooperative than humans.
   b. it's easier to control the factors influencing animals' behavior.
   c. researchers don't have to worry about causing discomfort to animals.
   d. most animals are unable to figure out the hypotheses for a particular study.

7. The term __________ refers to the psychological processes through which people manage or cope with the demands and challenges of everyday life.
   a. adaptation
   b. adjustment
   c. personality
   d. mental health
9. There are a number of methods of drawing conclusions about behavior; correlation studies, case studies, natural observation, logic-best guess, and the scientific approach. In comparison to the other methods, the major advantages of the scientific approach are
   a. its emphasis on empiricism and subjectivity.
   b. its lack of bias and the ability to generalize the findings.
   c. its clarity, precision, and improved control over error.
   d. it gives the freedom to make value judgments and uses statistics.

13. An experiment is a research method in which the investigator manipulates the ______ variable and observes whether any changes occur in a(n) ______ variable as a result.
   a. control; experimental
   b. experimental; control
   c. independent; dependent
   d. dependent; independent

A health psychologist wants to test the hypothesis that a yellow hospital room will decrease the recovery time for surgical patients when compared to recovery times of patients in the standard white hospital rooms. Half of the patients are randomly assigned to yellow rooms, the other half to white rooms. The number of days until recovery is recorded for each patient. In this experiment:

14. The independent variable is:
   a. the patient
   b. the color of the room
   d. the recovery time
   e. the type of treatment the patient received in the hospital

15. The dependent variable is:
   a. the patient
   b. the color of the room
   d. the recovery time
   e. the type of treatment the patient received in the hospital

16. A researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is
   a. the children.
   b. the type of diet.
   c. the age of the children.
   d. a measure of learning.

17. An experimental group consists of subjects who
   a. are unaware of the purpose of the study.
   b. merely act as if they are unaware of the purpose.
   c. receive some special treatment in regard to the dependent variable.
   d. receive some special treatment in regard to the independent variable.
18. A control group consists of subjects who
   a. are controlled by the experimenter.
   b. are allowed to control the manipulation of the variables.
   c. do not receive the special treatment given to the experimental group.
   d. receive some special treatment in regard to the independent variable.

19. Suppose a researcher wants to know whether a high protein diet causes children to learn better in school. Half of the children in the study eat a high protein diet while the other half eats their normal diet. The control group consists of the
   a. male children.
   b. older children.
   c. children who eat their normal diet.
   d. children who eat the high protein diet.

21. A correlation exists when
   a. two variables are related to each other.
   b. two variables have the same underlying cause.
   c. two variables are affected by a third variable.
   d. a cause-and-effect relationship exists between two variables.

22. A correlation coefficient indicates the __________ and the __________ of the relationship between two variables.
   a. cause; effect
   b. control; manipulation
   c. strength; direction
   d. positive; negative

23. A positive correlation coefficient indicates the two variables covary in the __________ and a negative coefficient indicates that the variables __________ covary.
   a. same direction; inversely
   b. opposite direction; directly
   c. same direction; directly
   d. opposite direction; inversely

24. A correlation coefficient of -.80 indicates a
   a. mild, inverse correlation.
   b. strong, inverse correlation.
   c. strong, direct correlation.
   d. nonexistent correlation.

25. Suppose a researcher gave you a form to fill out about your attitudes on abortion, school prayer, and drug legalization. This researcher is using which of the following research methods?
   a. experiment
   b. case study
   c. survey
   d. naturalistic observation