Discovering Psychology 4th edition Cacioppo Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01 - The Science of Mind (The Discipline of Psychology)

1. Psychology developed from which two disciplines?
   a. philosophy and neuroscience
   b. philosophy and natural sciences
   c. biology and neuroscience
   d. philosophy and behaviorism

ANSWER: b

2. What is another way to say that you are observing your own thoughts, feelings, and behaviors?
   a. psychological report
   b. introspection
   c. mental inventory
   d. objective psychology

ANSWER: b

3. Which of the following techniques would an 18th century philosopher use to study memory?
   a. by measuring reaction times of subjects who were asked to recall past events
   b. by reporting on his own subjective experiences while remembering events
   c. by using mathematical models
   d. by collecting reports of dreams from many individuals

ANSWER: b

4. Psychology is the scientific study of behavior, mental processes, and
   a. introspection.
   b. beliefs.
   c. emotion.
   d. brain functions.

ANSWER: d

5. Which factor of the mind was a shared belief that was emphasized amongst ancient Greek philosophers and British empiricists?
   a. cultural memory
   b. dreams
   c. experience
   d. genetics

ANSWER: c

6. An empiricist philosopher who believed the mind was a "blank slate" would most likely believe what about mental illnesses?
   a. that they were the result of negative experiences during childhood
   b. that they were due to genetics
   c. that they could be cured by psychotherapy
   d. that they were the result of both genetics and experience

ANSWER: a

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7. Helmholtz studied how quickly people can feel touches on different parts of their body; Fechner studied the limits of human hearing. What is the critical distinction between these studies?

a. Fechner's study focused on mental, not just physical, processes.
b. Fechner's study was introspective, Helmholtz's was not.
c. Helmholtz's study was introspective, Fechner's was not.
d. Helmholtz's study was more objective than Fechner's.

ANSWER: a

8. After conducting an experiment on reaction time, Helmholtz argued that it took longer for participants to feel sensation on their toes because the toes are further from the brain than the thighs are. This conclusion supports which principle of psychology?

a. that the brain is the seat of the mind
b. that nerve conduction speed is linear
c. that the nervous system is not limited to the brain
d. that introspection is a subjective method for psychological study

ANSWER: a

9. Which of the following BEST describes the critical difference between introspection and measurements of reaction time in psychological study?

a. Introspection is a less objective measure than reaction times.
b. Introspection is commonly used by empiricists, and reaction times are more commonly used by physiologists.
c. Introspection is a newer technique than measures of reaction time.
d. Measures of reaction time are more prone to bias than is introspection.

ANSWER: a

10. Herman von Helmhotz's studies of reaction time are important to the field of psychology. Which of the following BEST describes why they are important?

a. They demonstrated that mental processes can be studied scientifically.
b. They demonstrated the benefits of introspection to psychological study.
c. They proved the necessity of reaction times in cognition.
d. They demonstrated the link between brain and mind.

ANSWER: a

11. Wundt and Titchener viewed the mind as a hierarchy, with overall perception arising out of the combination of many other sensations. This view is known as

a. philosophical psychology.
b. physiological psychology.
c. Gestalt psychology.
d. structuralism.

ANSWER: d

12. Which of the following approaches to psychology emphasizes the idea that one whole experience is different from the breakdown of that experience?

a. philosophical psychology
b. Gestalt psychology

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c. structuralism
d. functionalism

ANSWER: b

13. You conduct a study on taste perception. Which of the following results would present a challenge to a structuralism approach to psychology?
a. A food tastes the same no matter what context it is eaten in.
b. A food tastes sweeter after eating salty food, and saltier after eating sweet food.
c. Taste perception is shown to have an evolutionary role.
d. Taste perception is shown to result from the combination of many individual taste sensations.

ANSWER: b

14. How would a psychologist using the structuralism approach MOST likely study memory?
a. by identifying the survival benefits of memory
b. by testing whether memory for some stimulus was the same in different situations
c. by trying to identify the smaller mental processes that make up "remembering" a stimulus
d. by testing individuals with memory problems

ANSWER: c

15. If a psychologist believes that the "whole" of perception matters more than the parts, they are a
a. structuralist.
b. physiological psychologist.
c. Gestalt psychologist.
d. cognitive psychologist.

ANSWER: c

16. The approach to psychology that focuses on the purpose of behavior is known as
a. functionalism.
b. structuralism.
c. cognitive psychology.
d. Gestalt psychology.

ANSWER: a

17. You read about an early 20th-century psychologist who studied why visual illusions occur, and what purpose they serve in survival. This psychologist was most likely a
a. structuralist.
b. functionalist.
c. humanistic psychologist.
d. Gestalt psychologist.

ANSWER: b

18. Which of the following accurately describes the relationship between structuralism and functionalism approaches to psychology?
a. Structuralism focuses on the "how" of behavior, and functionalism focuses more on the "why" of behavior.

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b. Structuralism is focused on how the whole mind works in unison, whereas functionalism breaks down the mind into smaller components.
c. Structuralism largely replaced functionalism as psychology progressed as a science.
d. Functionalist approaches largely ignore evolutionary constraints, whereas structuralist approaches factor in evolution.

ANSWER: a

19. Functionalism is an important piece to understanding the history of psychology because
a. all contemporary psychologists are functionalists at heart.
b. opposition to functionalism led to the development of structuralism.
c. opposition to functionalism led to the development of Gestalt psychology
d. functionalism was the first school of psychology.

ANSWER: a

20. A researcher who believes differences in brain structure cause mental disorders is following which model of abnormal psychology?
a. supernatural model
b. medical model
c. psychological model
d. Gestalt model

ANSWER: b

21. What are the two dominant models by which modern psychologists view psychological disorders?
a. medical model and psychological model
b. psychological model and supernatural model
c. psychological model and structural model
d. structural model and functional model

ANSWER: a

22. How would a psychologist who follows the psychological model be most likely to explain the development of an anxiety disorder?
a. Anxiety disorders develop due to heredity.
b. Anxiety disorders develop due to differences in brain structure.
c. Anxiety disorders develop due to life experiences such as abuse.
d. Anxiety disorders develop secondary to other disorders.

ANSWER: c

23. Some psychological disorder has a heritability of 0.5. It is also more common in people who experience abuse or malnutrition as children. What do these two findings imply about the medical and psychological models of psychological disorder?
a. that neither model is entirely correct
b. that the medical model is correct, and the psychological model is incorrect
c. that in certain cases the psychological model is correct, but in other cases the medical model is correct
d. that the medical model is only valid in cases where heritability is high

ANSWER: a

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24. The psychological model and the medical model are two views of psychological disorders. What is the best description of how these models are used in current practice?
    a. Most modern psychologists consider both models, depending on the context.
    b. Most modern psychologists prefer the psychological model.
    c. Most modern psychologists prefer the medical model.
    d. Both models have been replaced

ANSWER: a

25. Which of the following is a common critique of Freud?
    a. He conducted faulty experiments to verify his theories.
    b. He did not treat mental disorders.
    c. He ignored the role of the unconscious mind.
    d. His methods were not scientific.

ANSWER: d

26. Freud's approach to psychology emphasizes
    a. the impact of early life experiences and the unconscious mind on behavior.
    b. the relative unimportance of the unconscious mind.
    c. the use of tests of reaction time.
    d. Gestalt psychology

ANSWER: a

27. The notion that "there are no bad people, only bad societies" is closely tied to which approach to psychology?
    a. Freudian psychology
    b. humanistic psychology
    c. client-centered psychology
    d. cognitive psychology

ANSWER: b

28. How would a humanistic psychologist explain why a person would commit a crime?
    a. that criminal behavior has a genetic/hereditary component
    b. that criminal behavior is due to differences in brain structure
    c. that criminal behavior is an innate aspect of humans
    d. the person was influenced by negative societal pressures

ANSWER: d

29. How would Freud have explained why a person commits a crime?
    a. that criminal behavior has a genetic/hereditary component
    b. that criminal behavior is due to differences in brain structure
    c. that criminal behavior is an innate aspect of humans which must be controlled by society
    d. the person was influenced by negative societal pressures

ANSWER: c

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30. Humanistic psychology is a school of thought in which
    a. people are viewed as inherently good.
    b. human behavior is seen on a continuum with animal behavior.
    c. Freud laid down the critical principles.
    d. structuralism is more important than functionalism.

ANSWER: a

31. Which of the following therapy approaches is classified as following humanistic psychology?
    a. client-centered therapy
    b. Freudian psychoanalysis
    c. cognitive therapy
    d. structuralist therapy

ANSWER: a

32. Your friend visits a therapist who encourages them to participate actively in their therapy sessions and focus on things that are going right in their lives. This therapist is most likely engaging in
    a. Freudian psychoanalysis.
    b. traditional Gestalt therapy.
    c. client-centered therapy.
    d. functionalist therapy.

ANSWER: c

33. Abraham Maslow was a humanistic psychologist who broke from Freud's approach by
    a. using longer psychoanalysis sessions.
    b. focusing on what is good, rather than what goes wrong in people's lives.
    c. taking a structuralist approach.
    d. taking a functionalist approach.

ANSWER: b

34. The defining feature of behaviorism in psychology is
    a. a focus on observable behavior, rather than internal mental states.
    b. tying behavior to brain function.
    c. using therapy to change behavior.
    d. Pavlovian conditioning.

ANSWER: a

35. Based on your understanding of behaviorism, how would a modern behaviorist be most likely to study memory?
    a. by studying a group of patients with memory disorders
    b. by asking participants to introspect during a memorization task
    c. by measuring brain activity during a memorization task
    d. by measuring accuracy and reaction time in a memorization task

ANSWER: d

36. Which of the following explains why behaviorists performed research on animals?

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a. Evolutionary theory suggests parallels between human and animal behavior.
b. It would be unethical to perform behavioral studies on humans.
c. Animal brain structures are mostly similar to human brain structures.
d. They believed uniquely human aspects of cognition could not be studied.

ANSWER: a

37. You read about an experimenter who studied the salivation response of dogs to items associated with food. Which approach to psychology does this experiment fall under?
a. behaviorism
b. functionalism
c. humanism
d. Gestalt psychology

ANSWER: a

38. Ivan Pavlov found that dogs would salivate when they heard a bell signaling that food would soon arrive. This was an example of
a. classical conditioning.
b. behaviorism.
c. structuralism.
d. Gestalt learning.

ANSWER: a

39. Which of the following is likely an example of classical conditioning?
a. You memorize your friend's phone number.
b. You go skydiving for the first time, and feel intense fear just before jumping.
c. Your dog salivates when you are pouring food in the bowl.
d. You feel hungry whenever you drive past your favorite restaurant.

ANSWER: d

40. Pavlov and Watson were behaviorists who followed different avenues of research. The common thread between them was
a. a basis in humanistic psychology.
b. a basis in cognitive psychology.
c. the link between environmental cues and behavior.
d. using the law of effect to explain behavior.

ANSWER: c

41. Thorndike studied how behaviors followed by positive outcomes become more common over time. He called this finding
a. the law of effect.
b. behaviorism.
c. structural learning.
d. learning by consequence.

ANSWER: a

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42. horndike studied how cats can become progressively faster escaping a locked box; Pavlov studied how dogs associate a bell sound with upcoming food. What is the crucial difference between these two avenues of research?
a. Thorndike focused on consequences of behavior, and Pavlov focused on environmental cues
b. Thorndike was a structuralist, and Pavlov was a behaviorist.
c. Thorndike was studying behavior not also seen in humans.
d. Thorndike was studying classical conditioning, and Pavlov was studying cognitive learning.

ANSWER: a

43. As a behaviorist, Skinner did not theorize about internal mental states because
a. he did not believe they existed.
b. he did not believe mental states could be objectively studied.
c. rats and pigeons do not have human-like internal mental states.
d. he did not believe that the technology of his time was precise enough to study internal mental states.

ANSWER: b

44. The textbook mentions that Skinner's work on behaviorism is used to help smokers quit. Given what you know about Skinner and behaviorism, which approach to quitting smoking best fits Skinner's model of behaviorism?
a. using pharmaceuticals like nicotine gum
b. using psychotherapy
c. introducing rewards to encourage different behavior.
d. using introspective techniques to change behavior

ANSWER: c

45. The field of psychology that studies internal mental processes like thinking, remembering, and problem-solving is
a. behavioral psychology.
b. cognitive psychology.
c. Freudian psychology.
d. intelligence studies.

ANSWER: b

46. How do behaviorism and cognitive psychology differ?
a. Behaviorism studies internal mental states; cognitive psychology does not.
b. Cognitive psychology studies and theorizes on internal mental states; behaviorism does not.
c. Cognitive psychology focuses on brain structures; behaviorism does not.
d. Behaviorism focuses on brain structures; cognitive psychology does not.

ANSWER: b

47. How do cognitive psychology and cognitive neuroscience differ?
a. Cognitive neuroscience focuses more on brain structures and function than cognitive psychology.
b. They do not differ; cognitive neuroscience is just a more modern term for cognitive psychology.
c. Cognitive neuroscience is based on behaviorism.
d. Cognitive neuroscience depends on Freudian principles.

ANSWER: a

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48. The field of psychology that seeks to identify the brain structures and functions involved in information processing is called
    a. functionalism.
    b. behavioral neuroscience.
    c. cognitive neuroscience.
    d. behaviorism.

ANSWER: c

49. You meet a researcher who says they are studying how the hippocampus, a part of the brain in the temporal lobe, is involved in memory for events. This researcher is most likely a
    a. cognitive neuroscientist.
    b. behaviorist
    c. functionalist.
    d. psychoanalyst.

ANSWER: a

50. How were computers critical to the cognitive revolution in psychology?
    a. They allowed psychologists to develop and test models of mental processes.
    b. They were used in early animal studies.
    c. Computer models were able to replicate Skinner's results.
    d. They were ignored by behaviorists.

ANSWER: a

51. Which of the following is a way that a cognitive psychologist's approach to studying short-term memory would differ from a behaviorist's approach?
    a. The cognitive psychologist would measure outward behaviors, and the behaviorist would measure brain activity.
    b. The cognitive psychologist would measure reaction times in humans, and the behaviorist would measure only animal behavior.
    c. The cognitive psychologist would use humanistic psychology to generate theories, and the behaviorist would not.
    d. The cognitive psychologist would be interested in the mental processes involved, and the behaviorist would study on outward behavior.

ANSWER: d

52. Cognitive psychology emphasizes which of the following ideas?
    a. Internal mental states and mental processing can be studied scientifically.
    b. The computer is a metaphor for the mind.
    c. Behavior is a more viable avenue of study that internal mental states.
    d. That humanistic psychology is essentially correct

ANSWER: a

53. The psychology perspective focusing on the physical mechanisms underlying behavior is
    a. biological psychology.
    b. cognitive psychology.

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c. social psychology.
d. Freudian psychology.

ANSWER: a

54. You meet a researcher who says they are studying how nerve cells in different parts of the brain interact when recalling a memory. This researcher is likely a
a. social psychologist.
b. anatomical psychologist.
c. biological psychologist.
d. behaviorist.

ANSWER: c

55. How is evolutionary psychology related to James's concept of functionalism?
a. Both focus on the evolutionary function of certain behaviors.
b. Both were rejected by Freudian psychologists.
c. Most evolutionary psychologists reject functionalism.
d. Evolutionary psychology grew as a response to weaknesses in functionalism.

ANSWER: a

56. How would an evolutionary and a biological psychologist differ in explaining findings from research?
a. The evolutionary psychologist would focus on the evolutionary benefits of the behavior; the biological psychologist would focus on the brain mechanisms involved.
b. The evolutionary psychologist would explain the brain mechanisms involved as a function of evolution; the biological psychologist would take a functionalist approach.
c. The evolutionary psychologist would explain the behavior as a response to evolutionary pressures; the biological psychologist would focus on the behavior's goal.
d. The evolutionary psychologist would focus on natural selection pressures that produce the behavior; the biological psychologist would likely ignore the behavior as it is unrelated to brain mechanisms.

ANSWER: a

57. Which of the following is a biological psychologist most likely to study?
a. brain activity during reading
b. the effects of different medications on the effectiveness of therapy
c. how people respond to social pressure
d. how quickly lab rats can learn to run a maze

ANSWER: a

58. Which of the following is a cognitive psychologist most likely to study?
a. how brain damage affects memory
b. how quickly people can learn a sequence of numbers and respond to them
c. how people respond to social pressure
d. the evolutionary purpose of problem-solving

ANSWER: b

59. A psychologist who studies how people process information when solving a puzzle is likely a

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a. biological psychologist.
b. behavioral neuroscientist.
c. evolutionary psychologist.
d. cognitive psychologist.

ANSWER: d

60. The field of psychology focused on changes across the lifespan is
a. life psychology.
b. developmental psychology.
c. cognitive psychology.
d. aging psychology.

ANSWER: b

61. The field of psychology that would emphasize how people respond to pressure from their social environment would be best described as
a. clinical psychology.
b. cognitive psychology.
c. social psychology.
d. cultural diversity.

ANSWER: c

62. Which of the following research topics would a developmental psychologist most likely be interested in?
a. how people respond to a memory task when in a group versus as an individual
b. how infants and young adults perform on a memory task
c. how personality differences influence puzzle solving ability
d. how animals can learn to solve mazes

ANSWER: b

63. What is the relevance of cultural diversity to the study of psychology?
a. Different cultures may have different values and practices that influence individual psychology.
b. It is a confounding variable in the study of psychology, which is concerned with universal human abilities.
c. It is only relevant to social psychologists.
d. It is only relevant for clinical psychologists doing treatment or therapy of psychological disorders.

ANSWER: a

64. An individual's characteristic way of thinking, feeling, and behaving is their
a. personality.
b. individual difference.
c. developmental span.
d. behavioral profile.

ANSWER: a

65. The field that is focused on explaining and treating mental disorders is
a. Freudian psychology.

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b. biological psychology.
c. clinical psychology.
d. therapeutic psychology.

ANSWER: c

66. A psychologist who utilizes research on schizophrenia to develop a treatment plan is a(n)
a. clinical psychologist.
b. social psychologist.
c. individual differences psychologist.
d. behavioral neuroscientist.

ANSWER: a

67. A recent broadening of the clinical psychology perspective has been a focus on
a. personality.
b. psychoanalysis.
c. stress.
d. general health and well-being.

ANSWER: d

68. Rather than describe the behavior of an "average" person, some psychologists focus on how behavior can vary from person to person; this is a concept known as
a. behavioral sets.
b. personality.
c. individual differences.
d. diversity.

ANSWER: c

69. The perspective on psychology focused on the physical mechanisms associated with behavior is known as
a. biological psychology.
b. cognitive psychology.
c. behaviorism.
d. clinical psychology.

ANSWER: a

70. A cognitive psychologist is studying how short-term memory works. How might a biological psychologist be able to contribute to this research project?
a. by describing how the brain processes information in short-term memory
b. by developing a theory based on individual differences
c. by integrating information based on memory disorders
d. by integrating evolutionary constraints on behavior

ANSWER: a

71. You meet a researcher who is studying how individual neurons in the brain are active during a memory task. This researcher is likely a

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a. clinical neuroscientist.
b. social psychologist.
c. cognitive psychologist
d. behavioral neuroscientist.

ANSWER: d

72. A psychologist who focuses on environmental factors is likely to have trouble explaining why some children who are maltreated engage in antisocial behavior while others do not, because
a. genetics are a critical factor in antisocial behavior
b. environmental factors play no role in antisocial behavior and maltreatment.
c. antisocial behavior is not a clinical issue.
d. maltreatment should be studied by a social psychologist.

ANSWER: a

73. Cognitive neuroscientists study brain and behavior, combining which two perspectives on psychology?
a. cognitive and biological
b. cognitive and social
c. biological and neuroscientific
d. social and biological

ANSWER: a

74. Which of the following is the best example of a researcher combining different psychological perspectives?
a. A clinical psychologist uses client-centered therapy to treat an anxious patient.
b. A cognitive psychologist tests memory for pictures based on a theory proposed by James.
c. A social psychologist develops a theory of how peer pressure operates using behavioral and genetic data.
d. An evolutionary psychologist develops a theory of how attention works based on principles of natural selection.

ANSWER: c

75. The book describes the five major perspectives on psychology. What is the most accurate way to describe how modern psychologists approach these perspectives?
a. Many psychologists make an effort to "zoom out" and integrate the perspectives.
b. New perspectives are being added as new technology is developed.
c. The different perspectives are defined by the different methods used in studying them.
d. Psychologists largely ignore the perspectives.

ANSWER: a

76. Most psychologists with graduate degrees are employed
a. in clinical and higher-education settings.
b. in elementary and high schools.
c. in research institutes.
d. in colleges.

ANSWER: a

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77. A researcher investigating ways to reduce criminal behavior is likely a
a. criminal justice psychologist.
b. forensic psychologist.
c. therapist.
d. cognitive psychologist.
ANSWER: b

78. You meet a psychologist at a party, and they tell you that they help high school students develop career plans. This person is most likely a
a. forensic psychologist.
b. counseling psychologist.
c. school psychologist.
d. personality psychologist.
ANSWER: c

79. A friend mentions that they would like to become a therapist. What educational path would you recommend they follow?
a. They must get a graduate-level education.
b. They will need to attend medical school after completing an undergraduate degree in psychology.
c. They should focus on cognitive psychology.
d. They should focus on personality psychology for their bachelor's degree.
ANSWER: a

80. How does a clinical or counseling track of graduate psychology school differ from non-clinical areas in psychology?
a. Clinical tracks generally take less time.
b. Clinicians must also get a medical degree.
c. Clinicians get a doctorate degree; other areas get master's degrees.
d. Clinicians must go through an internship and supervised training process.
ANSWER: d

81. Which of the following explains the difference between psychiatrists and clinical psychologists?
a. Psychiatrists can prescribe medication and clinical psychologists cannot.
b. Psychiatrists treat patients surgically.
c. Only clinical psychologists can prescribe medication.
d. Only psychiatrists practice psychoanalysis.
ANSWER: a

82. If an individual graduates with a master’s degree in psychology, they can teach at which of the following levels of higher education?
a. community colleges
b. 4-year universities
c. vocational schools
d. doctorate programs
ANSWER: a

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83. Your friend is feeling depressed and their doctor refers them to both a clinical psychologist and a psychiatrist. Why would the doctor most likely have referred your friend to both of these specialists?

a. Because depression cannot be treated with therapy alone.
b. He believes your friend's depression is caused by both behavioral and brain issues.
c. He believes your friend may benefit from both medication and therapy.
d. He believes your friend would benefit from both psychotherapy and clinical therapy.

ANSWER: c

84. A friend is starting graduate school in psychology, and mentions that she will have to do an internship with supervised training. What field is she likely specializing in?

a. cognitive neuroscience
b. clinical or counseling psychology
c. social psychology
d. biological psychology

ANSWER: b

85. When you tell someone you are a psychologist, a common joke is for them to ask if you're "diagnosing" them. What mistake are they making in this joke?

a. Clinical psychology is only one part of psychology, and many psychologists are not clinical psychologists.
b. Only psychiatrists, and not psychologists, can perform diagnoses.
c. Only therapists, and not psychologists, can perform diagnoses.
d. Only counseling psychologists, and not other psychologists, may perform diagnoses.

ANSWER: a

86. Obtaining a master's degree in psychology allows one to

a. teach at community colleges and obtain licensing as a therapist in most states.
b. do psychology research at the university level.
c. become a clinical psychologist after a supervised internship.
d. become a cognitive psychologist.

ANSWER: a

87. Your friend is entering a doctoral program in psychology. One of her first steps will likely be to

a. identify one of the five psychological perspectives to focus on.
b. do an internship.
c. write a thesis.
d. run a research study.

ANSWER: a

88. What is one way that graduate-level work in psychology is changing recently?

a. Clinical work no longer requires supervised internships.
b. Doctoral programs are shorter.
c. Training is more often integrating across the major perspectives.
d. Internships are becoming more common for non-clinical paths.

ANSWER: c

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89. A friend mentions that they would like to teach psychology to college students at 4-year universities and conduct research. What educational path would you recommend they follow?

a. They will need to do an internship after completing a graduate education.

b. They should get a doctorate in psychology.

c. They should do graduate work in school psychology.

d. They will need to be a psychology major for the undergraduate degree.

ANSWER: b

90. Your teenage daughter has been accused of being a cyberbully. The best thing you should tell your daughter is

a. she should stop because the school does not approve.

b. she will be sent to a different school if she does not stop

c. it is an aggressive act that could cause another person to feel depressed or even harm themselves.

d. you will take away all her electronic devices if she does not stop.

ANSWER: c

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