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Name:_____ Class:_____ Date:_____

Chapter 01 - The Evolution of Psychology

1. The term psychology comes from two Greek words, psyche, and logos, which in translation mean
   a. brain, and writing.
   b. brain, and the study of a subject.
   c. the soul and writing.
   d. the soul, and the study of a subject.

ANSWER: d

2. Psychology's intellectual parents are philosophy and what other discipline?
   a. Phlebotomy
   b. Philanthropy
   c. Physiology
   d. Phrenology

ANSWER: c

3. Who is credited for establishing the first laboratory and conducting research in the field of psychology in Leipzig, Germany in 1879?
   a. Edward Tichener
   b. Wilhelm Wundt
   c. Sigmund Freud
   d. John B. Watson

ANSWER: b

4. Which psychological school of thought emphasizes breaking down and analyzing one's conscious experiences?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: b

5. Wundt asked participants in his research to systematically and carefully observe, analyze, and describe their own sensations, mental images and emotional reactions. This is called
   a. introspection.
   b. meditation.
   c. mediation.
   d. impression.

ANSWER: a

6. Which psychological school of thought rejected the study of conscious experience and began to focus on its function?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: a

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7. William James, a functionalist, argued that consciousness consists of a conscious flow of thoughts which he called the
   a. flow of deduction.
   b. spring of induction.
   c. flow of reason.
   d. stream of consciousness.

ANSWER: d

8. What psychological theory attempts to explain personality, motivation, and mental disorders by focusing on unconscious determinants of behavior?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: d

9. Freud concluded that psychological disturbances are largely caused by personal conflicts existing
   a. in the environment.
   b. at a structural level.
   c. at a conscious level.
   d. at an unconscious level.

ANSWER: d

10. Amaya believes that people are not always fully aware of the forces affecting their behavior and supports the argument that behavior is governed by unconscious forces. Amaya's beliefs are in line with which of psychology's pioneers?
   a. Edward Tichener
   b. Wilhelm Wundt
   c. Sigmund Freud
   d. John B. Watson

ANSWER: c

11. Which theoretical orientation is based on the premise that scientific psychology should study only observable behavior?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: c

12. Any overt (observable) response or activity by an organism is a
   a. function.
   b. structure.
   c. behavior.
   d. malfunction.

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ANSWER: c

13. In research studies, psychologists rely heavily upon:
    a. empirical evidence.
    b. opinions from other researchers.
    c. individual case descriptions.
    d. their own personal experiences.

ANSWER: a

14. Part of the increased debate surrounding Freud's theory in the 1950s was, in part, due to Freud's insistence that
    a. human behavior is shaped by the environment.
    b. free will in individuals should be emphasized.
    c. the unconscious governed behavior.
    d. behavior is largely influenced by biology.

ANSWER: c

15. According to B.F. Skinner, we are not controlled by ourselves, but by our
    a. unconscious urges.
    b. stream of consciousness.
    c. environment.
    d. superego.

ANSWER: c

16. Although very popular by the 1950s, why did many psychologists find behaviorism and psychoanalytic theory unappealing?
    a. They found these disciplines to be dehumanizing.
    b. They found the disciplines to be overly simplistic.
    c. They found the disciplines to be too complex.
    d. They believed both disciplines to be invalid.

ANSWER: a

17. Which theoretical orientation emphasizes the unique qualities of humans, especially their potential for personal growth?
    a. Behaviorism
    b. Existentialism
    c. Psychoanalysis
    d. Humanism

ANSWER: d

18. Which theoretical orientation states that because humans are different from other animals, research on animals has little relevance to the understanding of human behavior?
    a. Behaviorism
    b. Existentialism
    c. Psychoanalysis

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d. Humanism

ANSWER: d

19. Rogers and Maslow maintained that to fully understand people's behavior, psychologists must consider the human drive toward

a. personal growth.
b. monetary success.
c. instant gratification.
d. power.

ANSWER: a

20. What is the branch of psychology that focuses on the diagnosis and treatment of mental health issues through interviews and psychological testing?

a. Personality psychology
b. Educational psychology
c. Social psychology
d. Clinical psychology

ANSWER: d

21. Zadok is working on his degree in psychology. He states that he would like to work diagnosing and treating psychological problems and disorders. In which branch of psychology would Zadok be working?

a. Personality psychology
b. Educational psychology
c. Social psychology
d. Clinical psychology

ANSWER: d

22. The perspective which maintains that much of human and animal behavior can be explained in terms of brain structures and biochemical processes is known as

a. the cognitive perspective.
b. the humanist perspective.
c. the biological perspective.
d. the functionalist perspective.

ANSWER: c

23. Which theoretical perspective examines behavioral processes in terms of their adaptive value for members of a species over the course of many generations?

a. Revolutionary psychology
b. Evolutionary psychology
c. Personality psychology
d. Social psychology

ANSWER: b

24. Which theoretical perspective uses theory and research to better understand the positive adaptive, creative, and fulfilling aspects of human existence?

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a. Existentialism
b. Social psychology
c. Personality psychology
d. Positive psychology

ANSWER: d

25. Which of the following is true about psychology?
a. Psychology is not a science.
b. Psychology ignores behavior and the physiological and cognitive processes that underlie behavior.
c. Since its inception, psychology has been a constantly evolving field.
d. Psychology applies superstitious thinking to practical problems.

ANSWER: c

26. How popular is the psychology undergraduate major in the United States?
a. Psychology is the 2nd most popular undergraduate major in the United States.
b. Psychology is the 10th most popular undergraduate major in the United States.
c. Psychology ranks #1 as the most popular undergraduate major in the United States.
d. Psychology has fallen to the 20th most popular undergraduate major in the United States.

ANSWER: a

27. While once found almost exclusively in academia, what percentage of psychologists work in colleges or universities today?
a. One-half
b. One-third
c. One-fourth
d. Less than one-tenth

ANSWER: c

28. Jo's area of research focuses on how social forces govern people's behavior. She is currently conducting a research study on the conformity of students on college campuses. It is likely that Jo works in what area?
a. Social psychology
b. Health psychology
c. Cognitive psychology
d. Developmental psychology

ANSWER: a

29. Ahad is a psychological researcher who has been working to design a new test to assess personality. Ahad is likely involved in which area of research?
a. Cognitive psychology
b. Developmental psychology
c. Psychometrics
d. Clinical psychology

ANSWER: c

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30. Which specialty in psychology is the most widely practiced?
    a. Cognitive psychology
    b. Clinical psychology
    c. Educational psychology
    d. Social psychology

ANSWER: b

31. Ahmet is a psychologist working with a large corporation to help improve staff morale, attitudes, and job satisfaction. He has offered guidance to the corporation, which he believes may also improve employee performance. In what area is Ahmet likely employed?
    a. Cognitive psychology
    b. Counseling psychology
    c. Industrial and organizational psychology
    d. Social psychology

ANSWER: c

32. The premise that knowledge should be acquired through observation is known as
    a. cognition.
    b. structuralism.
    c. functionalism.
    d. empiricism.

ANSWER: d

33. A system of interrelated ideas used to explain a set of observations is
    a. an explanation.
    b. a theory.
    c. a fact.
    d. common sense.

ANSWER: b

34. Which of the following is true about psychology's evolution?
    a. Societal values haveinfluenced psychology's evolution.
    b. World War II caused the growth of psychology as a profession to slow down.
    c. Most of psychology's evolution has come from social changes.
    d. Societal trends and issues have not influenced psychology's evolution.

ANSWER: c

35. The text's unifying theme that "heredity and environment jointly influence behavior" is often referred to as describing the _____ issue.
    a. nature versus nurture
    b. objective versus subjective
    c. biological versus psychological
    d. historical versus social

ANSWER: a

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36. Single-cause explanations for behavior are sometimes accurate, but they are usually
    a. incomplete.
    b. incoherent.
    c. explicit.
    d. implicit.

ANSWER: a

37. If we expect to understand behavior, we usually have to consider
    a. genetics.
    b. environment.
    c. a single-cause.
    d. multiple determinants.

ANSWER: d

38. The widely shared customs, beliefs, values, norms, institutions, and other products of a community that are transmitted across generations are referred to as
    a. culture.
    b. cognition.
    c. genetics.
    d. inheritance.

ANSWER: a

39. Many of our assumptions, ideals, attitudes, and unspoken rules are a result of our
    a. culture.
    b. cognition.
    c. genetics.
    d. self-concept.

ANSWER: a

40. Individuals' intelligence, temperament, personality and susceptibility to many psychological disorders are largely influenced by
    a. heredity alone.
    b. only the environment.
    c. self-identity.
    d. heredity and environment.

ANSWER: d

41. Katarina and Hope just saw the same movie. Katarina liked the plot-line of the movie but did not enjoy the special effects. She found them loud and overwhelming. Hope enjoyed the special effects and thought that they enhanced the plot-line and made the movie enjoyable. While they experienced the same movie, Katarina and Hope differ on their movie review as their experience with the movie is
    a. objective.
    b. subjective.
    c. unbiased.
    d. irrelevant.

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ANSWER: b

42. Each person's personal experience of the world is unique. By using a scientific approach to their work, psychologists strive to make their observations as
a. objective as possible.
b. subjective as possible.
c. biased as possible.
d. simple as possible.

ANSWER: a

43. In a large-scale study, which of the following was found to be as influential in determining student success in college as admission tests?
a. Interesting instructors
b. Taking only easy courses
c. Student study habits
d. Number of extracurricular activities a student is involved in

ANSWER: c

44. Which of the following study habits has been shown to be most effective in determining student success?
a. Setting up a schedule for studying
b. Never taking study breaks
c. Randomly working on different assignments during each study session
d. Cramming for exams

ANSWER: a

45. Research suggests that students study most effectively with
a. a television playing in the background while they study.
b. their favorite music playing in headphones/ear buds while they study.
c. few distractions in a quiet place.
d. a group of friends, having fun.

ANSWER: c

46. Of the following, which is associated with increased knowledge and better academic performance in college?
a. Skimming instead of reading sections
b. Sporadic class attendance
c. Active listening and note-taking
d. Using a recording device and not taking notes

ANSWER: c

47. The purposeful, reasoned, goal-directed thinking that involves solving problems, formulating inferences, working with probabilities, and making carefully thought-out decisions is known as
a. common sense.
b. critical thinking.
c. inductive reasoning.

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d. deductive reasoning.

ANSWER: b

48. Which of the following is a characteristic of a critical thinker?
a. Rigidity in thinking
b. The inability to make mistakes and make corrections
c. Analyzing new information in an unbiased way
d. A lack of persistence

ANSWER: c

49. Which is an effect of cramming for a test?
a. Better retention of the material
b. Enhancing one's memorization capabilities
c. Preserving one's energy level
d. Increased test anxiety

ANSWER: d

50. Rewarding yourself for good study habits involves the principles of behavior introduced by whom?
a. Edward Tichener
b. Sigmund Freud
c. Carl Rogers
d. B.F. Skinner

ANSWER: d

51. Critical thinking includes all of the following EXCEPT
a. believing that the stated position on a topic is incorrect.
b. generating multiple solutions to problems.
c. using principles of likelihood when dealing with probabilistic events.
d. working systematically toward a desired goal.

ANSWER: a

52. Your roommate has been studying for her final exam in history. Knowing that you are taking a psychology class, she asks for your advice. Based on what you have learned in class, you tell her to
a. get plenty of sleep the night before the exam.
b. stay up late and study as much as she can the night before the exam.
c. not worry about studying since she took good notes in class.
d. study for her history exam in the common room with her classmates.

ANSWER: a

53. Andi believes that just as we have broken down matter into its most basic elements, we should be doing the same with the mind, and investigate how those elements are related. Which school of thought do they most likely relate to in their beliefs?
a. Functionalism
b. Structuralism

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c. Behaviorism
d. Psychoanalysis

ANSWER: b

54. Which school of thought emerged through the leadership of Edward Tichener?
a. Functionalism
b. Structuralism
c. Behaviorism
d. Psychoanalysis

ANSWER: b

55. Which school of thought emerged through the leadership of William James?
a. Functionalism
b. Structuralism
c. Behaviorism
d. Psychoanalysis

ANSWER: a

56. Which of the following statements regarding women in psychology is accurate?
a. Women have made very few contributions to the development of psychology.
b. Women have often been overlooked in histories of psychology.
c. Initially, women received more Ph.Ds. in psychology than men.
d. Currently, women make up about one-fourth of all psychologists.

ANSWER: b

57. One of the most controversial intellectual figures of the 20th century was
a. Alfred Adler.
b. G. Stanley Hall.
c. Sigmund Freud.
d. John B. Watson.

ANSWER: c

58. Diedre believes that most behaviors are guided by the unconscious, which is well beneath the surface of conscious awareness. Her beliefs strongly resemble those of which famous psychologist?
a. Alfred Adler
b. G. Stanley Hall
c. Sigmund Freud
d. John B. Watson

ANSWER: c

59. Chloe wanted to show Alice her new outfit for a party they were to attend. Alice initially told Chloe that her look was shameless but, seeing Alice's shocked expression, she immediately covered her mouth and explained that she meant to say that her look was seamless, not shameless. Alice apologized for misspeaking. What would Freud say about Alice's "slip of the tongue?"
a. It was a simple mistake; after all, the words do sound a bit alike.

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b. This was Alice's way of making Chloe not want to attend the party.
c. Alice may not have consciously wanted to insult her friend, but her slip of the tongue revealed her true feelings.
d. Alice consciously meant what she said. The outfit was hideous.

ANSWER: c

60. It is not uncommon for psychology to be confusing to many people, because there is the possibility of multiple valid explanations for the same behavior. One reason for this is that psychology has
a. subjective theories.
b. empiricism.
c. historical context.
d. theoretical diversity.

ANSWER: d

61. In the early 1900s, who proposed that psychologists abandon the study of consciousness altogether and focus exclusively on behaviors they could observe directly?
a. Alfred Adler
b. G. Stanley Hall
c. Sigmund Freud
d. John B. Watson

ANSWER: d

62. Which of the following accurately represents what Watson believed about heredity?
a. An individual's likes and dislikes are largely influenced by heredity.
b. Most of an individual's behaviors are a result of inherited traits.
c. Behavior is governed entirely by the environment rather than heredity.
d. Heredity and the environment are equally influential in determining an individual's behavior.

ANSWER: c

63. While sitting on the beach watching the ocean, Khamani writes down and considers the feelings, thoughts, and sensations he is experiencing. According to structuralism, Khamani is practicing
a. individuation.
b. impressionism.
c. introspection.
d. enrichment.

ANSWER: c

64. Lisa taught her son to buckle his seat belt in the car by only allowing him to play the radio after he was buckled up. Lisa taught him by applying the principles of
a. cognitive psychology.
b. biological psychology.
c. humanism.
d. behaviorism.

ANSWER: d

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65. People who generate many different and reasonable explanations about a topic before selecting the most likely outcome are
    a. using critical thinking skills.
    b. over-thinking the situation.
    c. using introspection techniques.
    d. rigid in their thinking.

ANSWER: a

66. Dalani believes that most of the time people are unaware that seemingly overt behaviors are actually guided by unconscious motivation. Dalani's beliefs are most in line with which psychologist?
    a. Wilhelm Wundt
    b. B.F. Skinner
    c. Sigmund Freud
    d. Carol Rogers

ANSWER: c

67. Who was the first woman to serve as President of the American Psychological Association?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: b

68. Who was the first woman to receive a Ph.D. in psychology?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: a

69. In the early 20th century, which female psychologist dispelled many falsely held theories about women?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: c

70. Although denied a Ph.D. in psychology, which female psychologist studied under William James, and later founded one of the first psychology laboratories in America?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Leta Stetter Hollingsworth
    d. Anna Freud

ANSWER: b

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71. Which school of thought insisted on verifiability of observation in research?
    a. Structuralism
    b. Functionalism
    c. Behaviorism
    d. Psychoanalysis

ANSWER: c

72. Behaviorism suggests that researchers should only focus on and study that which can be
    a. examined in a qualitative manner.
    b. objectively observed.
    c. gained through association.
    d. subjectively supported.

ANSWER: b

73. Which psychologist coined the term "stream of consciousness"?
    a. Wilhelm Wundt
    b. William James
    c. Sigmund Freud
    d. Edward Tichener

ANSWER: b

74. Research on academic performance has shown that while scores on admission tests (the SAT and ACT) are important, there are also other equally important factors. What is one of the other factors that students should consider?
    a. Living situations
    b. Study skills and habits
    c. Professors' teaching styles
    d. Intelligence

ANSWER: b

75. Wendy's daughter Elliana is a wonderful singer. Wendy believes that Elliana's talent is inherited as her family includes multiple musicians. Taking a strict behaviorist approach, you argue that Elliana's talent stems from
    a. her unconscious motives only. Her love of music and talent are guided by her unconscious.
    b. her use of introspection when she hears music.
    c. her subjective experience with music.
    d. her environment. The family musicians and her mother have taught her to love music.

ANSWER: d

76. Stella discloses to you that she has had a lot of stress with her job, and she has not been sleeping well at night. She adds that when she does sleep, she has disturbing dreams that she is being chased, or that she is falling. Using psychoanalytic thought, you determine that
    a. Stella's stressors at work are at an unconscious level, which is being manifested in her dreams.
    b. Stella needs to implement new behavioral strategies at work to reduce her stress.
    c. Stella needs to explore whether she needs a sleep-aid.
    d. Stella would like her job better if she would reward herself for her good performance.

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ANSWER: a

77. Alison believes that individuals learn to be either aggressive or nonaggressive as a result of the experiences they have. Alison's views are MOST consistent with the _____ view of psychology.

a. behaviorist
b. structuralist
c. functionalist
d. psychoanalytic

ANSWER: a

78. Which psychologists would be most likely to conduct psychological research using animals, such as rats?

a. Structuralists
b. Functionalists
c. Psychoanalysts
d. Behaviorists

ANSWER: d

79. Skinner concluded that free will is

a. a basic right.
b. what motivates humans.
c. something to achieve.
d. an illusion.

ANSWER: d

80. Umar is a psychological researcher who is currently teaching two pigeons to play table tennis. It is likely that Umar is a

a. structuralist.
b. functionalist.
c. psychoanalyst.
d. behaviorist.

ANSWER: d

81. Zion is teaching his son to pick up his toys. He lets him watch one of his favorite videos after he has successfully put all of his toys away. You infer that Zion is using

a. the principles of structuralism.
b. the functionalist perspective.
c. a psychoanalytical approach.
d. a behaviorist approach.

ANSWER: d

82. Isaiah is training his new puppy to sit on command. He often rewards the puppy when it follows his commands with a treat. Isaiah is using the principles of which school of thought?

a. Structuralism
b. Functionalism
c. Behaviorism

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d. Psychoanalysis

ANSWER: c

83. Which school of thought takes the most optimistic view of human nature?

a. Gestalt
b. Humanism
c. Behaviorism
d. Psychoanalysis

ANSWER: b

84. Which school of thought rejected animal research, citing that, because humans are fundamentally different from animals, research on animals has little relevance to the understanding of human behavior?

a. Gestalt
b. Humanism
c. Behaviorism
d. Psychoanalysis

ANSWER: b

85. Which psychological perspective believed that people have a basic need and desire to fulfill their potentials?

a. Psychoanalytic
b. Behavioral
c. Humanistic
d. Functionalism

ANSWER: c

86. Ricardo, a psychologist, believes that his clients have an innate drive toward personal growth and fulfilling their potentials. It is likely that Ricardo is what type of psychologist?

a. A humanist
b. A psychoanalyst
c. A structuralist
d. A behaviorist

ANSWER: a

87. Who earned a Nobel Prize (1981) for the research that indicated that the right and left hemispheres of the brain specialize on different mental tasks?

a. Herbert Simon
b. Roger Sperry
c. Joseph Spear
d. Albert Bandura

ANSWER: b

88. Which field of psychology has an interest in the areas of subjective experiences such as happiness, love, gratitude, contentment, and hope??

a. Positive psychology
b. Cognitive psychology

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c. Evolutionary psychology
d. Psychoanalytic

ANSWER: a

89. Which branch of psychology maintains that behavioral patterns have evolved to solve adaptive problems, and that natural selection favors behaviors that enhance reproductive success?
a. Gestalt
b. Evolutionary
c. Cognitive
d. Behavioral

ANSWER: b

90. Which branch of psychology maintains that unconscious motives and experiences in early childhood govern personality and mental disorders?
a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Cognitive

ANSWER: c

91. This perspective maintains that humans are free, rational beings with potential for personal growth, and that they are fundamentally different from animals.
a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: a

92. Which perspective maintains that an organism's functioning can be explained in terms of the brain structures and biochemical processes that underlie behavior?
a. Evolutionary
b. Biological
c. Humanism
d. Functionalism

ANSWER: b

93. Which branch of psychology studies the effects of environment on the overt behavior of humans and animals?
a. Structuralism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: b

94. Which psychological perspective would be most closely associated with Carl Rogers and Abraham Maslow?
a. Evolutionary

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b. Biological
c. Humanism
d. Functionalism

ANSWER: c

95. Adrian discloses to you that she has decided to change her major from business to psychology. She states that, although she has enjoyed the business courses, she feels a strong pull toward helping others overcome obstacles. She adds that she feels that she can grow as a person in psychology, and will feel fulfilled knowing that she is a benefit to others. Using a humanist approach, you infer that Adrian's decision is based on

a. unconscious motives of which Adrian is not fully aware.
b. some environmental influence.
c. Adrian's desire for personal growth and to fulfill her potential.
d. Adrian's dislike of the business world.

ANSWER: c

96. Graham's research includes training rats to follow a maze to the end to receive a reward. His friend, Orlando, does not believe that research on rats will be relevant to human behavior, as humans and animals are fundamentally different. Orlando's beliefs are most in line with which perspective?

a. Humanism
b. Behaviorism
c. Psychoanalysis
d. Functionalism

ANSWER: a

97. The humanistic movement and Carl Rodgers argued that people's behavior is governed by their

a. unconscious drives.
b. lack of free will.
c. self-concepts.
d. biological makeup.

ANSWER: c

98. Which of the following psychologists would be most likely to suggest that an individual's problems are likely caused by unconscious motives and experiences in childhood?

a. Abraham Maslow
b. Sigmund Freud
c. William James
d. Alfred Adler

ANSWER: b

99. Your roommate suggests that humans lack free will and that their environment guides their behaviors. Which psychologist is MOST likely to agree with your roommate?

a. Albert Bandura
b. B.F. Skinner
c. William James
d. Carl Rogers

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ANSWER: b

100. Critical thinking involves the ability to
a. look for flaws or weaknesses in other people.
b. use evidence to make objective judgements.
c. detect emotional cues hidden in research agendas.
d. use one's own intuition and opinions to assess claims made by research.

ANSWER: b

101. Which involves the use of cognitive skills and strategies that increase the likelihood of the desired outcome?
a. Critical thinking
b. Concentration
c. Listening
d. Reading ahead

ANSWER: a

102. Marissa wants to study people's emotional reactions to increases in temperature. Her classmate, Bernard, tells her that she should focus on observable responses, rather than internal states, in her study. Bernard's views are MOST similar to those found in the _____ perspective
a. psychodynamic
b. evolutionary
c. behavioral
d. biological

ANSWER: c

103. Your friend Adijan wants to conduct a research study on motivation in humans. He plans to train young rats to run a maze in order to receive a reward at the end. You take a humanist approach and explain to Adijan that
a. research using animals is always unethical and he should not conduct the study.
b. animal research will not yield data that applies to humans, as humans are very diverse.
c. rats have been utilized far too often in research. He should use another animal.
d. older rats are easier to train than younger. He should use older rats.

ANSWER: b

104. A group of psychologists is conducting research to determine whether people eat more when they are in the presence of environmental stimuli that increase anxiety, such as loud noises or flashing lights. These scientists MOST likely follow the _____ perspective.
a. behavioral
b. psychodynamic
c. humanistic
d. functionalist

ANSWER: a

105. Which of the following statements about Freud's psychoanalytic theory is MOST accurate?
a. Freud's views have been largely abandoned and they exert relatively little, if any, influence on current mainstream psychology.

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b. Freud's views exert a tremendous influence on other disciplines, but not on psychology.
c. Freud's views exert a tremendous influence on developmental and abnormal psychology, but not on other areas of mainstream psychology.
d. Many psychoanalytic concepts have filtered into the mainstream of psychology.

ANSWER: d

106. Which area of psychology saw tremendous growth due to World War II?
a. Cognitive psychology
b. Educational psychology
c. Biometrics
d. Clinical psychology

ANSWER: d

107. Mildred is struggling with high anxiety and mild depressive symptoms. Which type of psychologist is she most likely to see?
a. One who specializes in biometrics
b. A developmental psychologist
c. A clinical psychologist
d. An educational psychologist

ANSWER: c

108. Keisha is conducting research on the different ways people process information and solve problems. She is MOST likely conducting research on
a. biological perspective.
b. evolutionary perspective.
c. cognition perspective.
d. consciousness perspective.

ANSWER: c

109. Michael is having problems relating to other people because he is exhibiting delusions (false beliefs) and hallucinations. Michael would MOST likely seek help from a(n) _____ psychologist.
a. clinical
b. developmental
c. experimental
d. physiological

ANSWER: a

110. Analyzing, problem-solving, memory, and language are likely to be studied by which type of psychologist?
a. A clinical psychologist
b. A cognitive psychologist
c. A developmental psychologist
d. A behaviorist

ANSWER: b

111. Among the following, which has likely contributed to the growth in cultural diversity in psychology?

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a. A renewed interest in cognitive science
b. Better and more advanced psychological testing
c. The growing population of North America
d. Growing global interdependence

ANSWER: d

112. With which of the following statements would a behaviorist agree?
a. Conscious experiences can be studied in an objective, precise way.
b. In order to understand behavior, one must understand the motives behind the behavior.
c. Behavior can only be explained in terms of phenomenology, that is, an individual's interpretation of experience.
d. Psychology should be the science of behavior that can be observed by others.

ANSWER: d

113. Which of the following is MOST likely to be studied by a cognitive psychologist?
a. Strategies used by college students to solve a particular problem
b. Play behavior in preschool children
c. Whether or not a job incentive program is effective
d. Factors that determine group cohesiveness

ANSWER: a

114. Kavi disagrees with her family that children who play violent video games are prone to violent behavior. Her psychology instructor encourages her to search for data that refutes these claims. Which critical thinking skills would she be using?
a. Understanding the rules of logic and evaluating the source
b. Evaluating the source and quality of the evidence
c. Examining alternative explanations and contradictory evidence
d. Examining the quality of evidence and alternative explanations

ANSWER: c

115. Which psychologist is credited with the emergence of positive psychology?
a. Alfred Adler
b. Herbert Simon
c. Martin Seligman
d. B.F. Skinner

ANSWER: c

116. Among the following, which would a developmental psychologist likely be interested in?
a. An experiment on a new medication to help prevent high cholesterol
b. A report on a new type of personality test
c. A newly released study on a new approach to repairing damages in the nervous system
d. A study on changes in life satisfaction among aging populations

ANSWER: d

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117. Charles is researching the hormonal and behavioral changes in women following menopause. Which of the following best represents Charles's area of research?

a. Physiological psychology
b. Evolutionary psychology
c. Cognitive psychology
d. Behaviorism

ANSWER: a

118. Marcus explains that he would like to earn his Ph.D. in psychology. However, his family questions this as he already has a good job and is not looking to change careers. Marcus states that achieving his Ph.D. has always been both a personal and professional goal for him, and he feels that he will grow more as a practitioner. His family believes that it is a waste of time and money. Taking a humanist approach, you explain to Marcus's family that

a. he may make even more money if he earns a higher degree, so it will pay off in the end.
b. you wholeheartedly agree with them. Marcus seems happy with his job, so there is no need to further his education.
c. Marcus's wish to pursue a more advanced degree is not about money or job status, but about his level of personal growth and feeling fulfilled.
d. he is obviously driven by some unconscious need, and he really needs to determine what this is before he makes any significant decisions.

ANSWER: c

119. The area of psychological research that is MOST relevant to the causation, prevention, and treatment of illness is

a. health psychology.
b. physiological psychology.
c. social psychology.
d. psychiatry.

ANSWER: a

120. If you were having problems with severe depression, the type of psychologist that would be the greatest help to you would be a(n) _____ psychologist.

a. developmental
b. social
c. clinical
d. experimental

ANSWER: c

121. A newspaper article reported a study by a psychologist in which the attitudes of men and women toward traditional sex roles were studied. MOST likely, the researcher was a _____ psychologist.

a. cognitive
b. counseling
c. developmental
d. social

ANSWER: d

122. Elizabeth is interested in the best way to study achievement among middle-school children, and she is also interested

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in the factors that underlie student motivation. Elizabeth would MOST likely describe her research interests as

a. cognitive psychology.
b. psychometrics.
c. educational psychology.
d. developmental psychology.

ANSWER: c

123. Ezra works in a clinic that specializes in serving persons who have HIV. He often meets with clients to discuss their feelings and concerns, and often assists them with therapy and support. We can assume that Ezra works in which specialty?

a. Clinical psychology
b. Physiological psychology
c. Behavioral psychology
d. Health psychology

ANSWER: d

124. Janet trained her dog to sit on command by following this behavior with a reward of a dog biscuit and praise. Janet used the principles of

a. behaviorism.
b. humanism.
c. psychoanalysis.
d. functionalism.

ANSWER: a

125. The principal at Pineview Elementary School has implemented an educational kinesthetic program that uses a certain series of physical activities twice daily to help children's brains be better prepared for learning. You want to test the efficacy of this program, and suggest that the school consult with which research specialty in psychology?

a. Educational
b. Psychometric
c. Clinical
d. Developmental

ANSWER: a

126. Your boss informs you that the company you work for is in trouble. The executives explain that the company appears to have significant issues that are affecting all employees. One of the bigger issues they are focusing on is employee morale and job satisfaction. You suggest that the company consult with a/an

a. psychologist specializing in psychometrics.
b. cognitive psychologist.
c. educational psychologist.
d. industrial and organizational psychologist.

ANSWER: d

127. Rashmi has been experiencing periods of irritability, aggressiveness, and has become combative with anyone trying to intervene. Rashmi has diabetes and recently learned that her moods change when she experiences a significant increase in her glucose levels. Which type of psychologist would be the MOST helpful in explaining why this happens to Rashmi?

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a. A developmental psychologist
b. A clinical psychologist
c. A physiological psychologist
d. A behaviorist

ANSWER: c

128. Which of the following professionals receive general training in medicine and receive an M.D. (medical doctor) degree?
a. Psychiatrists only
b. Clinical psychologists only
c. Counseling psychologists only
d. Both psychiatrists and clinical psychologists

ANSWER: a

129. Dr. Emerson would like to discover why the numbers of criminal justice majors are declining. He suspects that society's changing attitudes toward law enforcement has influenced these numbers. If Dr. Emerson wishes to test his theory, which field of psychology would Dr. Emerson work in?
a. Experimental Psychology
b. Cognitive Psychology
c. Social Psychology
d. Clinical Psychology

ANSWER: c

130. Drs. Fett and Winters are both addiction specialists. Dr. Fett specializes in neurological and chemical changes that result from addiction, and Dr. Winters provides eclectic therapy to individuals who have addictions. Respectively, what type of psychologists are Fett and Winters?
a. Cognitive; clinical
b. Physiological; clinical
c. Physiological; cognitive
d. Cognitive; social

ANSWER: b

131. Which of the following assertions regarding eating patterns would an evolutionary psychologist likely agree with?
a. Our cravings for rich and fatty foods are innate and have existed for thousands of years since a time when humans worked hard to find food sources, in a feast-or-famine scenario.
b. Certain hormonal imbalances and endocrine disorders are correlated with weight-gain in affected individuals.
c. Humans crave fatty foods when there is an increase in stress levels.
d. The reward-center of the brain is what causes cravings for rich and fatty foods.

ANSWER: a

132. Mel is interested in conducting a study of differences in male and female perceptions on the reliability of online dating services. You suggest that Mel consult with a psychologist in which research area?
a. Social
b. Cognitive
c. Developmental

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d. Personality

ANSWER: a

133. Dr. Lopez is a psychologist who evaluates, diagnoses, and treats people with everyday problems of moderate severity. What type of psychologist is Dr. Lopez?

a. An educational psychologist
b. A counseling psychologist
c. A school psychologist
d. An industrial psychologist

ANSWER: b

134. Tamar believes that his clients' primary obstacles usually relate to them being unfulfilled, or not living up to their potential. Tamar's belief is similar to which psychologist's beliefs?

a. Carl Rogers
b. Herber Simon
c. Alfred Adler
d. B.F. Skinner

ANSWER: a

135. Your friend Abraham used to want to be doctor. He has an interest in the mind and body, and always saw himself helping people manage their health and recover from illness. He still wants to help people but no longer sees himself in medical school. You suggest that he may want to consider

a. an exploration of health psychology. He would still be helping people, and he would be practicing in his area of interest.
b. continuing with medical school anyway. He will make a lot of money, and he is definitely helping people.
c. a meeting with a career coach. He will likely need to consider different options.
d. taking a few elective courses to see if something else peaks his interest.

ANSWER: a

136. A clinical psychologist would probably be MOST interested in

a. determining how small groups make decisions.
b. studying facial expressions of emotion.
c. figuring out the most effective ways of treating anxiety.
d. studying the nature of optical illusions.

ANSWER: c

137. Which of the following statements is MOST likely to be said by a critical thinker?

a. "There is lots of support for this claim, so it must be true."
b. "As long as it is on the news, it must be true."
c. "That is my opinion and nothing is going to change it!"
d. "Can I trust the information from this study found on my social media feed?"

ANSWER: d

138. Which specialty in psychology works with individuals experiencing everyday problems, such as career or marriage issues?

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a. Clinical
b. Cognitive
c. Counseling
d. Behavioral

ANSWER: c

139. As a human resource director, you are concerned about staff productivity and morale. You have noticed that your staff often complains about things that you consider to be relatively small, there is more discord among staff, and productivity numbers have gone down. Which type of psychologist may be able to assess staff issues and suggest resolutions?

a. An industrial and organizational psychologist
b. A counseling psychologist
c. A behaviorist
d. A cognitive psychologist

ANSWER: a

140. Which of the following most accurately represents an empirical resource for study?

a. Common sense
b. Speculation
c. Observation
d. Traditional beliefs

ANSWER: c

141. If Dr. Maple is a behaviorist, he would MOST likely believe that the cause of a child's disruptive behavior in school is the result of

a. a learning disability.
b. his genetic inheritance.
c. his prior experiences.
d. a combination of his genetic inheritance and his prior experiences.

ANSWER: c

142. Oliver is studying motivation in chimpanzees. His roommate doesn't think that Oliver's animal research will produce much useful information about human motivation. Oliver's roommate apparently has a(n) _____ perspective.

a. humanistic
b. evolutionary
c. biological
d. cognitive

ANSWER: a

143. Caden is a psychologist researching the impact of genes in the development of personality traits. Caden is MOST likely interested in the field of

a. learning psychology.
b. cognitive psychology.
c. biological psychology.
d. cultural psychology.

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ANSWER: c

144. Your colleague, John, a psychology instructor, has just agreed to travel abroad and spend a year teaching psychology in southeast Asia. He knows that his students will all speak English, and he explains that he will likely be able to teach the same materials that he currently covers in his classroom here. You are excited for John, and make the recommendation that before he goes, he may wish to

a. do some research on the norms and cultural beliefs of the people he will be teaching as they may have differing views on psychological content.
b. learn the language prior to leaving as he cannot depend on his students' ability to understand him.
c. hire a translator for the classroom.
d. reconsider. He has a great position here, and you do not want him to go.

ANSWER: a

145. Michael is not happy or feeling fulfilled in his current job. He indicates that he has many interests and is uncertain as to what kind of position he should seek in which he would be happier. Concerned, you suggest that Michael consult with a/an

a. cognitive psychologist.
b. industrial and organizational psychologist.
c. counseling psychologist.
d. educational psychologist.

ANSWER: c

146. You believe that there is a strong correlation between what children are exposed to in their environment, such as what they watch on television, their gaming, and their levels of aggressive behaviors. Your study partner believes that aggressive behaviors are evolutionary and innate, and that environment has less of an influence than you think. This difference in beliefs between you and your partner may illustrate that

a. the causes of behavior are actually due to neurological impairment.
b. the explanations for behavior are multifaceted.
c. behaviors are too ambiguous to be studied, making it impossible to know who is correct.
d. since the unconscious controls behavior, you are both incorrect.

ANSWER: b

147. Your friend is having difficulty studying. She states that she did little to no studying in high school and she is unfamiliar with sound study habits. You suggest that she

a. listen to soothing music while she studies.
b. have an all-night study session right before an exam so the information is fresh.
c. make a weekly study plan with regularly scheduled times devoted solely to her studies.
d. highlight as much as she can in her book while reading.

ANSWER: c

148. Two months ago, Linda had a car accident while taking her grandson to school. While it was a bad accident, they were physically okay. Linda states that when she drives now, she feels a tightening in her chest, a great deal of dread and fear, and a racing heart. She only drives now when she absolutely has to, and she will no longer have her grandson in the car. Given the scenario with Linda, what would you recommend that she do?

a. You recommend that Linda use acupuncture and spinal adjustment to reduce her symptoms of anxiety.
b. You recommend that Linda would likely benefit from speaking with a clinical psychologist

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c. Linda likely needs a chest x-ray, because in addition to the anxiety, she experiences a tightness in her chest
d. You recommend traditional psychoanalysis to help Linda resolve her issues.

ANSWER: b

149. Recently, Western psychologists have started to devote more attention to _____ as a determinant of behavior.
a. intelligence
b. the unconscious
c. feelings
d. culture

ANSWER: d

150. Psychoanalysis may attempt to explain personality, motivation, and mental disorders by examining
a. one's overt behavior.
b. sensations, feelings, and images.
c. one's dreams.
d. the flow of one's thoughts.

ANSWER: c

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