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APPLIED BIOLOGICAL PSYCHOLOGY

SECOND EDITION

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CHAPTER 1

HISTORY OF NEUROBIOLOGY

1. When was the "Decade of the Brain" declared by the Library of Congress and National Institute of Mental Health?
   a. 1970s
   *b. 1990s
   c. 2010s
   d. 2000s

2. What was a novel concept in the field's understanding of the brain as a result of studying Phineas Gage after his accident?
   a. Changes to intelligence
   b. Role in motor skills
   *c. Role in personality, social behavior, and emotional processing
   d. Changes to sensory abilities

3. The injury to Phineas Gage occurred in the
   a. Occipital lobe
   b. Parietal lobe
   c. Temporal lobe
   *d. Frontal lobe

4. Phrenology was the study of brain functioning as it relates to what?
   *a. Bumps and indentations on the head
   b. Hand/foot size
   c. Eye color
   d. Height/weight

5. An abnormal change in brain tissue is called
   a. Atrophy
   *b. Lesion
   c. Phrenology
   d. Microglial

6. Broca area and Wernicke area are both areas of the brain that control what aspect of cognitive functioning?
   a. Motor skills
   b. Mood
   c. Memory
   *d. Language

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7. What is anterograde amnesia?
   a. Inability to recall long-term events
   *b. Inability to form new memories
   c. Inability to remember any memories
   d. Inability to recall childhood memories

8. What is “in vivo examination”?
   a. Examining an individual’s brain postmortem
   *b. Research conducted on a living individual
   c. Examinations completed with close relatives of the individual
   d. None of the above

9. When was intelligence testing first introduced by Alfred Binet?
   a. Early 2000s
   b. Early 1980s
   *c. Early 1900s
   d. Mid-1800s

10. Neuropsychological testing or objective cognitive testing was initially utilized for what purpose?
   *a. Military
   b. Occupational
   c. Mental health
   d. Educational

11. The CT scan was the first method to
   a. Scan slides of a deceased brain
   *b. See a live picture of the brain
   c. Locate brain regions accurately
   d. None of these

12. Prior to the mid-1930s and late 1940s, what were most psychiatric medications intended to do?
   a. Treat mental health symptoms
   *b. Cause or assist with sedation
   c. Improve cognitive functioning
   d. Assist with pain

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CHAPTER 2

RESEARCH AND CLINICAL METHODS

1. Knowledge of scientific techniques available for the study of the brain is important because
   *a. Clinicians can make better treatment recommendations and referrals
   b. All clinicians will eventually complete research
   c. Neuropsychologists are trained in using these
   d. None of the above

2. Microscopic evaluation can only be conducted
   a. In specific laboratory settings
   b. While the patient is under anesthesia
   *c. Postmortem
   d. For treatment purposes

3. Research conducted on animals is ____ in neuroscience.
   a. Illegal
   b. Unethical
   *c. Relatively commonplace
   d. Ethical

4. Which is true about the surgical technique of ablation?
   a. It can be conducted on living organisms.
   b. It destroys or removes a portion of neural or brain tissue.
   c. The goal is to examine localization.
   *d. All of the above.

5. An EEG can be used for what purposes?
   a. Determining nonepileptic seizures
   b. Examining delirium
   c. Aid in evaluating sleep disorders
   *d. All of these

6. CT scans
   *a. Are not very detailed in terms of brain structures
   b. Provide a very clear image of the brain
   c. Can accurately represent all areas of the brain
   d. Are an expensive procedure

7. MRI scans are typically more detailed and higher strength in what situation?
   a. For clinical purposes
   *b. For research purposes
   c. When the client is younger
   d. When conducted at a slower speed

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8. MRI images produced when examining the brain from the face to the back of the head are called ____ view.
   *a. Coronal
   b. Axial
   c. Linear
   d. Sagittal

9. MRI images produced when examining the brain from the top of the head are called ____ view.
   a. Coronal
   *b. Axial
   c. Linear
   d. Sagittal

10. MRI images produced when examining the brain from the left to the right side are called ____ view.
   a. Coronal
   b. Axial
   c. Linear
   *d. Sagittal

11. Magnetic resonance angiography can assist with what?
   a. Examining blood vessels
   b. Creating slides of the brain
   c. Aid in understanding vascular changes
   *d. A and C

12. Functional MRI (fMRI) is currently only used for
   a. Treatment/clinical purposes
   *b. Research purposes
   c. Older adults
   d. Examining animal brains

13. Neuropsychological examinations can successfully be conducted using telehealth.
   *a. True
   b. False

14. Neuropsychological examinations include
   a. Evaluation of cognitive abilities
   b. Evaluation of emotional functioning
   c. Personality assessment
   *d. All of these

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CHAPTER 3

NERVOUS SYSTEM AND BRAIN STRUCTURE

1. The peripheral nervous system (PNS) consists of
   a. The brain and spinal cord
   *b. The somatic nervous system and autonomic nervous system
   c. Only the brain
   d. None of these

2. All somatosensory information runs through the peripheral nervous system (PNS).
   *a. True
   b. False

3. The ____ nervous system regulates through increasing energy during times of stress and arousal, while the _____ nervous system conserves energy when the body is relaxed.
   a. Somatic; sympathetic
   b. Sympathetic; central
   *c. Sympathetic; parasympathetic
   d. Autonomic; parasympathetic

4. Dysregulation of the autonomic nervous system contributes to what kind of disorders?
   a. Trauma and stress disorders
   b. Anxiety and panic disorders
   c. Mood disorders
   *d. All of these

5. Deep breathing and other relaxation techniques can be effective in improving peripheral nervous system (PNS) functioning.
   a. False
   *b. True

6. Neurons are
   a. Found throughout the body
   b. Found only within the brain
   c. Important in transmitting electrical and chemical signals
   *d. B and C

7. Demyelination, or the loss of the myelin sheath, contributes to what?
   *a. Slower transmission of electrical signals
   b. Improved processing speed
   c. Brain shrinkage
   d. Electrical signals moving more quickly along the axon

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8. Neurotransmitters are the brain's chemical messengers and are processed and packed by what?
   a. Neurons
   *b. Golgi bodies
   c. The axon
   d. Dendrites

9. ____ neurotransmitters decrease the likelihood that a neuron will fire an action potential, whereas ____ neurotransmitters increase the likelihood.
   a. Excitatory; inhibitory
   b. Small; large
   *c. Inhibitory; excitatory
   d. Dopamine; epinephrine

10 The first identified neurotransmitter was what?
   a. Serotonin
   *b. Acetylcholine
   c. Catecholamines
   d. Glutamate

11. A depletion of dopamine can contribute to symptoms of
   a. Schizophrenia
   b. Anxiety
   c. Alzheimer disease
   *d. Parkinsonism

12. ____ matter is necessary for cognitive abilities, while ___ matter is essential for sending signals and is correlated with learning potential.
   a. White; gray
   b. Black; white
   *c. Gray; white
   d. White; white

13. The cerebellum is important for what?
   *a. Motor skills and balance
   b. Memory
   c. Language
   d. Executive functions

14. There are ____ lobes within the brain.
   a. Three
   b. Six
   *c. Four
   d. Two

15. The frontal lobe is most responsible for
   a. Vision
   *b. Executive functions
   c. Motor skills
   d. Sensory functioning

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CHAPTER 4

MAJOR NEUROBIOLOGICAL BRAIN SYSTEMS

1. The limbic system is considered to be the human coordination and balance system and the most primitive part of the brain.
   a. True
   *b. False

2. The limbic system plays a role in controlling appetite, regulating sleep cycles, processing smells, controlling libido, and
   a. Vision
   b. Pain
   *c. Emotions
   d. None of these

3. The limbic system includes the
   a. Amygdala, thalamus, hippocampus, and putamen
   b. Putamen, globus pallidus, and caudate
   *c. Amygdala, thalamus, hippocampus, and hypothalamus
   d. Putamen, globus pallidus, and thalamus

4. Damage to the hippocampus can result in the inability to
   *a. Form new memories
   b. Perceive smell
   c. Recall old memories
   d. Move independently

5. The vital function of the amygdala is
   *a. To serve as the emotional response center
   b. To consolidate new memories
   c. Motor control
   d. Spatial orientation

6. A symptomatic presentation of dysregulation of the amygdala could include
   a. Depression
   b. Mania
   c. Irritability
   d. Negative thinking
   *e. All of the above

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7. The hypothalamic–pituitary–adrenal (HPA) axis regulates
   a. Digestion
   b. Mood
   c. Reaction to stress
   *d. All of the above
   e. None of the above

8. The basal ganglia includes
   *a. Putamen, caudate, globus pallidus, and substantia nigra
   b. Putamen, amygdala, globus pallidus, and nucleus accumbens
   c. Amygdala, thalamus, hippocampus, and hypothalamus
   d. Amygdala, thalamus, hippocampus, and nucleus accumbens

9. The basal ganglia serves several functions, but is thought to be particularly important for integrating
   a. The senses
   *b. Feelings and movement
   c. Memories
   d. Motor coordination

10. The orbital frontal prefrontal cortex is important for aiding individuals in engaging in socially appropriate behaviors.
   *a. True
   b. False

11. The medial basal prefrontal cortex is important for
   a. Attention
   b. Memory
   *c. Goal-directed behavior
   d. None of these

12. The anterior cingulate cortex is important for
   a. Impulse control
   b. Memory
   c. Cognitive flexibility
   *d. A and C
   e. All of the above

13. Prosopagnosia, or the inability to recognize familiar faces, can occur when there is damage to this part of the brain.
   a. Frontal lobes
   b. Amygdala
   c. Posterior cingulate cortex
   *d. Fusiform gyrus

14. Neuroplasticity is the concept that the brain is a dynamic, ever-changing organ that can be adaptive and trained/retrained. By this concept, it can be argued that therapy is an attempt at utilizing neuroplasticity.
   *a. True
   b. False

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15. A primary neurobiological system involved in psychiatric disorders includes
    a. Prefrontal system
    b. Fusiform gyrus system
    c. Limbic system
    *d. All of the above

16. The cingulate system is composed of ____ major area(s).
    *a. Two
    b. Four
    c. One
    d. Three

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