Understanding Emotions 4th edition Oatley Test Bank

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Chapter 1:

Approaches to Understanding Emotions

1. According to Darwin (1872) an emotional expression that uses the **blood vessels** expresses which one of the following emotions?

a. anger
b. shame
c. pleasure
d. resignation

Source: Page 8, Table 1.1

2. According to Charles Darwin (1872) **fear** is expressed by way of changes in which of the following bodily systems?

a. the sweat glands.
b. the dermal apparatus.
c. the somatic muscles.
d. both b & c.

Source: Page 8, Table 1.1

3. Charles Darwin asked two broad questions that still guide emotion researchers today. These questions included:

a. How are emotions expressed in humans and other animals?
b. What would happen if we did not have emotions?
c. How can we cultivate emotions in our relationships, and through the life course?
d. How are emotions different in different cultures?

Source: Page 7

4. The **bodily approach to emotions** is associated with which one of the following scholars?

a. Charles Darwin
b. Sigmund Freud
c. William James
d. René Descartes

Source: Page 10

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5. According to William James, the **core of an emotion** is:

a. the pattern of bodily responses associated with an experience.
b. the changes within one's autonomic nervous system
c. the changes in how one's muscles and joints move.
d. all of the above.

Source: Page 10

6. The **psychoanalytic approach** assumes which of the following to be true?

a. The emotional life of adulthood derives from relationships we had in childhood with parents or other caregivers.
b. We are responsible for our emotions because we are responsible for our beliefs.
c. Emotions have useful functions; they help us navigate our social interactions.
d. All of the above are consistent with the psychotherapeutic approach.

Source: Page 10

7. According to Aristotle, **tragic drama** impacts people in important ways. Notably, when people are at the theater they:

a. sympathize with the main character.
b. learn to distance themselves from the emotions of the main character.
c. come out of the theater feeling more confident about their own lives.
d. experience a purgation or purification of emotions.

Source: Page 12

8. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Epicureans** taught that one should:

a. avoid becoming emotional.
b. extirpate almost all desires from one's life.
c. live simply and enjoy simple pleasures.
d. strive for great things like wealth and fame.

Source: Page 14

9. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Stoics** taught that one should:

a. avoid becoming emotional.
b. extirpate almost all desires from one's life.

c. live simply and enjoy simple pleasures.
d. strive for great things like wealth and fame.

Source: Page 14

10. The **philosophical approach to emotions** is associated with which one of the following scholars?

a. Charles Darwin
b. Sigmund Freud
c. William James
d. René Descartes

Source: Page 15

11. Which fundamental emotions occur in the **soul** according to René Descartes?

a. fear, anger, sadness, resignation, and guilt
b. wonder, desire, joy, love, hatred, and sadness
c. happiness, surprise, and love
d. disgust, curiosity, love, hatred, and shame

Source: Page 16

12. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Placidity** was thought to derive from an excess of:

a. black bile
b. yellow bile
c. phlegm
d. blood

Source: Page 16

13. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Hope and vigor** were thought to derive from an excess of:

a. black bile
b. yellow bile
c. phlegm
d. blood

Source: Page 16

14. According to George Eliot, **literary art** is important to the emotions because novels encourage readers to:

a. extend "sympathies" to people outside of their usual circle of friends and acquaintances.
b. more frequently express their emotions to others.
c. develop a more effective set of coping skills.
d. experience *katharsis* of their emotions.

Source: Page 17

15. Tania Singer and her collaborators (2004) assessed brain activity while volunteers experienced a painful electric shock and compared it to that elicited when they observed a signal indicating that their loved one – present in the same room – was receiving a similar shock. Singer et al. found that when a participant felt pain _____ whereas when a participant was signaled that their loved one experienced pain _____.

a. parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
b. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
c. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; parts of their anterior cingulate cortex were activated.
d. parts of their anterior cingulate cortex were activated; their somato-sensory cortex and parts of their anterior cingulate cortex were activated.

Source: Page 21

16. The **opposite of empathy** is:

a. *schadenfreude*
b. contempt
c. condemnation
d. remorse

Source: Page 22 (Special Section re. Novels and Films: Avatar)

17. In the 1970s and 1980s Alice Isen studied how happiness influences people's perception of the world. Based on findings from numerous studies, Isen concluded that **happiness impacts cognition** in which one of the following ways?

a. Happiness makes people more error-prone on simple tasks.
b. Feeling happy encourages people to be less critical about consumer goods.
c. Happiness encourages rapid decision-making.
d. Happiness makes people more cautious about loss when risks are low.

Source: Page 27

18. For understanding emotions, sociologist Erving Goffman's most instructive work is perhaps the essay "Fun in games". In this essay Goffman contends that happiness emerges when people:

a. interact recreationally with others.
b. act in accordance with the expectations of others.
c. act in accordance with their own personal values.
d. are fully engaged in what they are doing.

Source: Page 24

19. Sociologist Arlie Hochschild observed how "feeling rules" were instructed to Delta Airlines cabin staff as part of their training regimen. The "feeling rules" associated with this occupation:

a. aimed to produce staff who could play a particular emotional role.
b. aimed to encourage a particular emotional tone in passengers.
c. were ingrained by asking staff to practice particular expressions and recall memories to aid performances.
d. all of the above are true of Delta Airlines training observed by Hochschild.

Source: Page 25

20. The term _____ refers to a state that typically lasts for hours, days, or weeks, sometimes as a low-intensity background.

a. personality trait
b. emotional disorder
c. mood
d. emotional episode

Source: Page 30

*21. According to Sylvan Tomkins' claim that affect is the **primary motivational system**, affective responses _____ basic drives, such as hunger, thirst, and sex.*

a. mask
b. cause
c. amplify
d. are derived from

Source: Page 23

*22. According to Erving Goffman, **life is a kind of drama**. In this view:*

a. We give dramatic presentations of ourselves to ourselves and to each other.
b. Emotions are constructed within specific social roles.
c. Each kind of social interaction has its own rules, traditions, and history.
d. All of the above.

Source: Page 24

*23. Through observations of the daily lives of people in remote societies in Africa, New Guinea, and the Amazon, **ethologists** came to the conclusion that:*

a. Emotions are the grammar of social living.
b. Emotions are highly culturally-specific.
c. Emotional displays occur less frequently in the presence of other people.
d. Both a & b.

Source: Page 26

*24. **Emotional labor** involves constructing emotions in oneself in order to induce them in others. Which of the following is true about **emotional labor**?*

a. Approximately 12% of paid jobs in the United States require substantial emotional labor.
b. People who engage in both "surface acting" and "deep acting" during emotional labor are most likely to suffer emotional exhaustion.
c. Emotional labor involves performances of both cheerful and threatening emotions.
d. The burden of emotional labor falls disproportionately on men.

Source: Page 25