Psychology and the Challenges of Life 14th edition Rathus Test Bank

SKU: 9781119533498-TEST-BANK

Package Title: Test Bank
Course Title: Nevid & Rathus, Adjustment Psychology 14th Edition
Chapter Number: Chapter 01

Question type: Multiple-Choice

1) Javon regularly engages in episodes of binge eating, where he consumes massive quantities of calories in a single sitting. To avoid gaining weight, he then forces himself to purge the food through self-induced vomiting. Javon may be suffering from a condition called _____.

a) anorexia nervosa
b) binge-eating disorder
c) pica
d) bulimia nervosa

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and Adjustment

2) According to the Center for Collegiate Mental Health (CCMH), the two main reasons why college students seek counseling are:

a) anxiety and depression.
b) homesickness and loneliness.
c) academic insecurity and alcohol problems.
d) eating disorders and phobias.

Answer: a

Difficulty: Medium
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3) According to the Center for Collegiate Mental Health (CCMH), about 10% of college students have engaged in which behavior?

a) binge drinking
b) a suicide attempt
c) academic dishonesty
d) self-induced vomiting

Answer: b

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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4) An eating disorder characterized by cycles of binge eating and a dramatic method for purging, such as vomiting, is _____.

a) anorexia nervosa
b) hypoglycemia
c) Korsakoff's syndrome
d) bulimia nervosa

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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5) The causes of _____ disorders are complex and not fully understood but appear to be related to social pressures on young women in our society to adhere to unrealistic standards of thinness.

a) personality
b) eating
c) reactive
d) adjustment

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Answer: b

Difficulty: Easy
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6) The causes of eating disorders are _____.

a) simple and easily understood
b) complex but easily understood
c) simple but not easily understood
d) complex and not easily understood

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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7) The causes of eating disorders in young women appear to be most closely related to _____.

a) low levels of education and poor academic performance in school
b) social pressures to adhere to unrealistic standards of thinness
c) the negative effects of poverty and discrimination
d) a significant increase in narcissistic personality disorder

Answer: b

Difficulty: Medium
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8) In every year studied between 2013 and 2017, the most frequent reason for students seeking counseling was issues related to _____.

a) anxiety
b) depression
c) drug use
d) academic insecurity

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
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9) Overall, slightly more than one in _____ college students today seek counseling for mental health problems, either before or during college.

a) two
b) four
c) six
d) ten

Answer: a

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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10) Most challenges offer us the opportunity to _____.

a) merely adjust
b) prove ourselves
c) grow
d) retrench

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Answer: c

Difficulty: Easy
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Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

11) The science of _____ is ideally suited to helping people meet the challenges of contemporary life, according to your text.

a) psychology
b) sociology
c) phrenology
d) biology

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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12) The science that studies behavior and the mental processes is _____.

a) anthropology
b) sociology
c) neurology
d) psychology

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

13) Psychologists traditionally attempt to understand or explain behavior in terms of the workings of the _____ system, according to your text.

a) nervous
b) cardiovascular
c) muscular-skeletal
d) endocrine

Answer: a

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

14) Psychologists traditionally attempt to understand or explain behavior in terms of each of the following **EXCEPT** _____.

a) the workings of the gastrointestinal and cardiovascular systems
b) the interaction of genetic and environmental influences
c) the roles of learning and motivation
d) the nature of personality and social interaction

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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15) Coping behavior that permits people to meet the demands faced in the environment is called _____.

a) prosocial behavior
b) adjustment

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c) proactive behavior
d) growth

Answer: b

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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16) Processes by which people respond to environmental pressures and cope with stress are known as _____.

a) reactivity
b) growth
c) compensatory behavior
d) adjustment

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

17) Holding down a job to keep the bill collector from our doors, studying hard to graduate from college, and making compromises in your own goals to further your relationships with others are all examples of _____.

a) interlocution
b) reciprocity
c) adjustment
d) growth

Answer: c

Difficulty: Medium

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18) Dressing warmly, exercising, or turning up the thermostat when we are cold are examples of _____.

a) adjustment
b) proactivity
c) compensation
d) reflexive behavior

Answer: a

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

19) Literally speaking, to _____ is to change so as to better conform to, or meet, the demands of one's environment.

a) grow
b) mature
c) adjust
d) obey

Answer: c

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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20) Adjustment is essentially a(n) _____ process.

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a) proactive
b) reactive
c) inactive
d) retroactive

Answer: b

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

21) Personal growth is best thought of as a(n) _____ process.

a) proactive
b) reactive
c) inactive
d) retroactive

Answer: a

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and Adjustment

22) Adjustment is a(n) _____ process and personal growth is a(n) _____ process.

a) reactive, reactive
b) reactive, proactive
c) proactive, reactive
d) proactive, proactive

Answer: b

Difficulty: Hard

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Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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23) According to your text, people are _____.

a) neither actors nor reactors
b) actors, not reactors
c) reactors, not actors
d) both actors and reactors

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and Adjustment

24) According to your text, when we expand ourselves, or when our lives seem filled with meaning, it is because _____.

a) we have adjusted
b) of chance occurrences
c) of a need for personal growth
d) we have "arrived"

Answer: c

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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25) Personal growth is best described as _____.

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a) a starting point
b) a way station
c) a journey
d) a final destination

Answer: c

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

26) In psychology, the term *nature* refers to _____.

a) the effects of the environment on human development
b) the psychological processes of nonhuman animals
c) the natural laws that govern the universe
d) genetic influences on human development

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

27) In psychology, the term *nurture* refers to _____.

a) the effects of the environmental influences on human development
b) the effects of intimacy on human infants
c) the effects of changes in the physical environment
d) genetic influences on human development

Answer: a

Difficulty: Easy

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Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

28) Who we are is _____.

a) not affected by biology or the environment
b) almost totally determined by genetic influences
c) almost totally determined by environmental influences
d) due to the interaction of genetic and environmental influences

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

29) Physical traits such as height, race, and eye color are genetically transmitted from generation to generation by _____.

a) endorphins
b) antigens
c) genes
d) leukocytes

Answer: c

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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30) _____ are segments of DNA that give rise to our physical traits and biological structures and constitute the basic units of heredity.

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a) Chromosomes
b) Genes
c) RNA
d) telomeres

Answer: b

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

31) The basic unit of heredity is the _____.

a) chromosome
b) molecule
c) atom
d) gene

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

32) Genes are segments of _____.

a) neurons
b) DNA
c) chromosomes
d) RNA

Answer: b

Difficulty: Medium

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Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
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33) _____ are strands of DNA that consist of genes.

a) Molecules
b) Mitochondria
c) Ribosomes
d) Chromosomes

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

34) People normally have _____ pairs of chromosomes.

a) 12
b) 23
c) 35
d) 46

Answer: b

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

35) Which of the following is true of genetic factors and psychological adjustment?

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a) Genetic factors have been shown to have little or no effect on psychological development and adjustment.
b) Genetic factors interact with environmental factors and psychological factors to influence behavior.
c) Genetic factors interact with prenatal conditions to influence neural development of the fetus, but cease affecting psychological adjustment and growth after birth.
d) Psychological development and adjustment are almost completely predetermined by genetic factors.

Answer: b

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Analysis
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36) A psychologist focuses mainly on ways in which psychology can help people correct personal problems and cope with stress. This psychologist is using the _____.

a) primary process
b) healthy-personality approach
c) organic approach
d) clinical approach

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and Adjustment

37) A psychologist focuses primarily on healthful patterns of personal growth, including social and vocational development. She is using the _____.

a) person-environment fit approach
b) healthy-personality approach
c) organic approach
d) clinical approach

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Answer: b

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and Adjustment

38) In exploring adjustment and growth, your textbook focuses _____.

a) on neither the clinical nor the healthy-personality approach
b) primarily on the clinical approach
c) primarily on the healthy-personality approach
d) on both the clinical and the healthy-personality approach

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

39) The psychologist who founded the growing movement in psychology known as *positive psychology,* is _____.

a) Sigmund Freud
b) Martin Seligman
c) Arnold Lazarus
d) L. Ron Hubbard

Answer: b

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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Section Reference 1: Psychology and Adjustment

40) At the University of Pennsylvania, psychologist Martin Seligman founded the area of _____ psychology that emphasized such human attributes as love, optimism, hope, and helping behaviors.

a) existential
b) humanistic
c) positive
d) adaptive

Answer: c

Difficulty: Hard
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

41) A growing movement in psychology that emphasizes our assets and virtues rather than our weaknesses and deficits is _____ psychology.

a) positive
b) clinical
c) psychoanalytic
d) Gestalt

Answer: a

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and Adjustment

42) A renowned psychologist emphasizes the study of love, optimism, hope, helping behavior, and happiness, rather than psychological disorders, drug abuse, and antisocial behaviors. This psychologist is most likely a proponent of _____ psychology.

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a) behavioral
b) positive
c) Gestalt
d) psychoanalytic

Answer: b

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
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43) Shortly after his father died, Jason thought a lot about the people who had been so meaningful in his father's life. He took time to go see each of these individuals to thank them for being such good friends. In the study of positive psychology, these trips would be referred to as _____.

a) peak experiences
b) existential realizations
c) flow moments
d) gratitude visits

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and Adjustment

44) According to your textbook, one way to boost a sense of personal happiness is to spend time each night before bed thinking about at least ____ things that went well during the day.

a) 3
b) 5
c) 7
d) 10

Answer: a

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Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and Adjustment

45) The healthy-personality approach to adjustment is embodied within a growing movement within psychology called _____ psychology.

a) esoteric
b) existential
c) psychoanalytic
d) positive

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and Adjustment

46) _____ focus mainly on the study of individuals and are committed to the dignity of the individual.

a) Sociologists
b) Anthropologists
c) Psychologists
d) Ethnologists

Answer: c

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

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47) Groups of people who can be distinguished by characteristics such as their cultural heritage, common history, race, and language are called _____.

a) ethnic groups
b) subcultures
c) countercultures
d) races

Answer: a

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

48) Each of the following is a reason presented in your text for studying diversity **EXCEPT** _____.

a) experiences of various ethnic groups in the United States highlight the impact of social, political, and economic factors on human behavior and development
b) psychologists must be familiar with cultural diversity to help people from very different backgrounds
c) knowledge of such groups allows for better identification and control of dissident members of those groups
d) studying human diversity enables students to appreciate the cultural heritages and historical problems of various ethnic groups

Answer: c

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Analysis
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49) The state psychosocial of being male or female is known as _____.

a) sexuality
b) sensuality
c) sexual orientation

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d) gender

Answer: d

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

50) Gender is _____.

a) neither a psychosocial nor a biological concept
b) a biological concept, not a psychosocial concept
c) a psychosocial concept, not a biological concept
d) both a psychosocial and a biological concept

Answer: c

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

51) The term _____ refers to the biological division between male and female, as when we describe the sexual organs that distinguish the reproductive anatomy of men and women.

a) gender
b) phylum
c) categorum
d) sex

Answer: d

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
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52) The term *gender* refers to a _____ concept, and the term *sex* refers to a _____ concept.

a) biological, biological
b) psychosocial, biological
c) biological, psychosocial
d) psychosocial, psychosocial

Answer: b

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Analysis
Section Reference 1: Human diversity and adjustment

53) Each of the following is true **EXCEPT** _____.

a) in colonial times in America, women were not permitted to attend college
b) careers of women have been traditionally channeled into domestic chores, regardless of their talents, wishes, or abilities
c) even today, women in the United States are legally prevented from earning doctorates in many scientific fields
d) even today, women in many parts of the world are prevented from pursuing educational and training opportunities afforded to men

Answer: c

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Comprehension
Section Reference 1: Human diversity and adjustment

54) Each of the following is true **EXCEPT** _____.

a) gender is wrapped up with a complex web of cultural expectations and social roles about how we are expected to act as women or men
b) careers of women have been traditionally channeled into domestic chores, regardless of their talents, wishes, or abilities
c) even today, men earn most of the undergraduate degrees and doctorates in psychology

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d) even today, women in many parts of the world are prevented from pursuing educational and training opportunities afforded to men

Answer: c

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Comprehension
Section Reference 1: Human diversity and adjustment

55) Women in Western cultures were generally considered unsuitable for education until _____.

a) the Middle Ages
b) the Renaissance
c) the Enlightenment
d) relatively modern times

Answer: d

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

56) Women were first allowed to attend college in the United States in _____.

a) 1833
b) 1863
c) 1893
d) 1923

Answer: a

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
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57) The first school of higher education in the United States to accept women was _____ college.

a) Oberlin
b) Antioch
c) Radcliff
d) Bennington

Answer: a

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

58) The earliest female pioneer in psychology was _____.

a) Margaret Mahler
b) Anna Freud
c) Karen Horney
d) Christine Ladd-Franklin

Answer: d

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

59) Today, more than_____ of the undergraduate degrees and doctorates in psychology are granted to women.

a) one-third
b) one-half
c) two-thirds
d) four-fifths

Answer: c

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Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

60) Today, _____ women are in the workforce and they are paid _____ men in comparable positions.

a) a large minority of, less than
b) a large minority of, as much as
c) most, less than
d) most, as much as

Answer: c

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

61) The psychology of adjustment provides _____ approach to coping with the challenges of life.

a) a scientific
b) an intuitive
c) an unorthodox
d) a phenomenological

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

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62) An approach to thinking characterized by skepticism and thoughtful analysis of statements and arguments is called _____ thinking.

a) dialectical
b) emotional
c) introjective
d) critical

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

63) Anne takes nothing for granted. She examines definitions and terms and scrutinizes the logic with which arguments are developed. She is engaging in _____ thinking.

a) dialectical
b) emotional
c) introjective
d) critical

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Application
Section Reference 1: Critical thinking and adjustment

64) Each of the following is true of critical thinking **EXCEPT** _____.

a) it means taking nothing for granted
b) it means expressing all your feelings
c) it refers to thoughtfully analyzing the statements and terms of other people
d) it is essential to your adjustment

Answer: b

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Difficulty: Medium
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Comprehension
Section Reference 1: Critical thinking and adjustment

65) Each of the following is a feature of critical thinking **EXCEPT** _____.

a) being cynical
b) avoiding overgeneralization
c) not oversimplifying
d) examining the definition of terms

Answer: a

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Comprehension
Section Reference 1: Critical thinking and adjustment

66) Which of the following is **NOT** a feature of critical thinking noted in the textbook?

a) telling yourself that you can think for yourself
b) avoiding oversimplification
c) examining assumptions or premises of arguments
d) avoiding healthy skepticism

Answer: d

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Comprehension
Section Reference 1: Critical thinking and adjustment

67) Each of the following is a feature of critical thinking **EXCEPT** _____.

a) maintaining a healthy skepticism
b) applying critical thinking to all areas of life
c) remaining open-minded and accepting of others' ideas

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d) being cautious in drawing conclusions from evidence

Answer: c

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Comprehension
Section Reference 1: Critical thinking and adjustment

68) Astrology, palmistry, and reading tea leaves are all examples of _____.

a) protosciences
b) pseudosciences
c) philosophical methods
d) modern sciences

Answer: b

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

69) A method or system that claims to have a scientific basis but does not, is a _____.

a) protoscience
b) pseudoscience
c) philosophical method
d) modern science

Answer: b

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

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70) The tendency to believe an overgeneralized but phony personality report is called _____.

a) the Phi phenomenon
b) Weber's Law
c) the Stockholm syndrome
d) the Barnum effect

Answer: d

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

71) Astrologers, palm-readers, and other "psychic" readers have made a fortune for years primarily on the basis of _____.

a) the Phi phenomenon
b) Weber's Law
c) the Stockholm syndrome
d) the Barnum effect

Answer: d

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Application
Section Reference 1: Critical thinking and adjustment

72) _____ is based on the notion that the positions of the sun, the moon, and the stars affect human temperament and human affairs.

a) Astronomy
b) Relativity
c) Astrology
d) Astrophysics

Answer: c

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Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

73) Beatriz has been reading a self-help book about being more assertive in her personal life and finds some of the suggestions questionable. The authors of your textbook suggest that a good person for her to speak with about this book would be _____.

a) her psychology professor
b) her parents
c) a medical doctor
d) a spiritual leader, like her priest

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Application
Section Reference 1: Critical thinking and adjustment

74) One way to increase your confidence in the claims made by self-help books would be to

a) read other books by the same author(s).
b) look on the internet for other readers' opinions about the book.
c) try the suggestions to see if they work.
d) examine the credentials of the author(s).

Answer: d

Difficulty: Medium
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Application
Section Reference 1: Critical thinking and adjustment

75) Psychology is a(n) _____.

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a) art form
b) philosophical approach
c) pseudoscience
d) science

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

76) Science differs from opinion, magic, religion, and other nonscientific belief systems in that it _____.

a) is not as commonly accepted or valid as opinion
b) requires that its followers have a formal education
c) must be supported by testable evidence
d) requires faith and belief in things that cannot always be tested or proven

Answer: c

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Analysis
Section Reference 1: Critical thinking and adjustment

77) Researchers have found that astrological predictions are _____ to come true than predictions based on chance.

a) significantly more likely
b) somewhat more likely
c) no more likely
d) much less likely

Answer: c

Difficulty: Medium

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Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

78) Scientific research has found _____.

a) no basis for beliefs that one's personality is related to one's birth sign
b) small but consistent correlations between one's personality and one's birth sign
c) moderate but inconsistent correlations between one's personality and one's birth sign
d) large and consistent correlations between one's personality and one's birth sign

Answer: a

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

79) Each of the following is true of self-help books **EXCEPT** _____.

a) authors of these books are usually able to back up their claims with evidence before they can get them published
b) bad books make extensive use of evidence based on anecdotes
c) there are few, if any quick fixes to psychological and health problems
d) be suspicious about authors who criticize professional groups and claim to be ahead of their time

Answer: a

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Evaluation
Section Reference 1: Critical thinking and adjustment

80) Each of the following is true of self-help books **EXCEPT** _____.

a) many such books make extravagant claims
b) good books make extensive use of anecdotal evidence

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c) legitimate research is reported in professional journals
d) you should be suspicious if the author's title is just "Dr." and it is placed before the name

Answer: b

Difficulty: Medium
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Evaluation
Section Reference 1: Critical thinking and adjustment

81) An organized means of expanding and refining knowledge, consisting of a group of principles that generally guide scientists' research endeavors, is known as _____.

a) a theory
b) the scientific method
c) a hypothesis
d) a cognitive schema

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

82) A method for obtaining scientific evidence in which a hypothesis is formed and tested is _____.

a) the intuitive method
b) objective introspection
c) the scientific method
d) the Socratic method

Answer: c

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge

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Section Reference 1: How psychologists study adjustment

83) The scientific method is _____.

a) a recipe that psychologists and other scientists follow
b) a collection of philosophical ideals about the nature of science
c) no more accurate than anecdotal evidence
d) a set of general principles that guides scientists' research

Answer: d

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

84) Which of the following is the **first** of the basic steps to the scientific method?

a) drawing on information from other belief systems
b) testing a hypothesis
c) formulating a research question
d) drawing conclusions from research results

Answer: c

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

85) Which of the following is **NOT** one of the basic steps to the scientific method?

a) drawing on information from other belief systems
b) testing a hypothesis
c) formulating a research question
d) drawing conclusions from research results

Answer: a

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Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

86) A specific prediction about behavior or mental processes that is tested through research is called _____.

a) an opinion
b) a paradigm
c) a placebo
d) a hypothesis

Answer: d

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

87) A researcher studying day-care states that preschoolers placed in day-care will acquire greater social skills in relating to peers than preschoolers raised in the home. This statement is subsequently supported by her research. The statement is an example of _____.

a) a theory
b) an opinion
c) a hypothesis
d) a paradigm

Answer: c

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

88) A statistical association or relationship between two or more variables is a _____.

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a) selection factor
b) correlation
c) dependent variable
d) causation

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

89) A researcher finds that the more people smoke cigarettes, the more likely it is that they will develop lung cancer. This researcher has found _____.

a) observer bias
b) causation
c) a treatment variable
d) a correlation

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

90) The process by which one variable directly influences another is known as _____.

a) a selection factor
b) correlation
c) inference
d) causation

Answer: d

Difficulty: Easy

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Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

91) A researcher finds that more aggressive children tend to watch more violent television. While she is tempted to conclude that violent television causes aggressive behavior in children, she realizes that it might be that children who choose to watch violent television may be more aggressive to begin with. If this is true, it is a classic example of a _____.

a) selection factor
b) latency effect
c) placebo effect
d) volunteer bias

Answer: a

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

92) A source of bias that may occur in research when subjects are allowed to determine for themselves whether or not they will receive a treatment condition in a scientific study is known as a(n) _____.

a) observer bias
b) response set
c) selection factor
d) generalization error

Answer: c

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

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93) To find out if someone's research can be generalized from the subjects used in the study to other populations, or to corroborate the results of someone else's research, scientists are most likely to _____ the research.

a) delineate
b) replicate
c) review
d) abrogate

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

94) Each of the following is a reason that psychologists replicate research **EXCEPT** _____.

a) to see whether the findings of a study hold up over time
b) the examine the generalizability of one's findings
c) to see if the findings of a study can be applied to other groups of people
d) to create and verify selection factors within a study

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

95) A psychologist studies one, or a handful of people, in great depth, seeking factors that contribute to notable or rare behavior patterns, putting together a portrait or compilation of the person or persons being studied. The psychologist is using the _____ method.

a) naturalistic observation
b) case study
c) correlational
d) experimental

Answer: b

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Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

96) A method of research based on a carefully drawn biography obtained through interviews, questionnaires, or psychological tests is _____.

a) the case study method
b) the correlational study
c) the experimental method
d) naturalistic observation

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

97) Unscientific accounts of people's behavior are referred to as _____.

a) case studies
b) anecdotes
c) naturalistic observation
d) surveys

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

98) Sigmund Freud developed his theories of personality largely on the basis of _____.

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a) the case study method
b) the correlational study
c) the experimental method
d) naturalistic observation

Answer: a

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

99) Which of the following is **NOT** listed by your text as a weakness of the case study method?

a) subjects' memories may have gaps
b) subjects' memories are often distorted
c) there are ethical issues regarding the inappropriate use of control groups
d) the findings may not be generalizable to others outside of the case study

Answer: c

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Evaluation
Section Reference 1: How psychologists study adjustment

100) The tendency of subjects to provide researchers with answers that paint them in a favorable light is called _____.

a) a selection factor
b) the social desirability bias
c) observer bias
d) the phi phenomenon

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.

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Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

101) Amy is being interviewed as part of a research study. During the interview she makes a point of expounding upon her many charitable activities in the communities, while conveniently "forgetting" to discuss the time she spent in jail for shoplifting. Her behavior is an example of the _____.

a) fundamental attribution error
b) actor-observer effect
c) saliency bias
d) social desirability bias

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

102) The type of research that may be best suited for detailed investigation of rare occurrences such as a person with dissociative identity disorder, is the _____ method, in which detailed information about a singular situation is gathered.

a) survey
b) correlational
c) cross-sectional
d) case study

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

103) The research method used by psychologists that involves the use of questionnaires, interviews, or public records to examine people's behaviors, attitudes, opinions, or feelings is the _____ method.

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a) case study
b) correlational study
c) survey
d) experiment

Answer: c

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

104) A researcher asks a large number of students to rate themselves as either "liberal," "conservative," or "middle of the road." He then asks students to express their opinions on a variety of current issues from the federal deficit to legalization of drugs. The researcher then compiles the students' answers to find out what percentages of students labeled themselves as "liberal," etc. This researcher is using the _____ method.

a) survey
b) correlational
c) case study
d) experimental

Answer: a

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

105) A scientific research method in which large samples of people are questioned about behavior and mental processes that cannot be observed in a natural setting or studied experimentally is a _____.

a) survey
b) correlational
c) case study
d) experimental

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Answer: a

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

106) A political poll in which people are asked who they intend to vote for is an example of the _____ method of research.

a) survey\
b) correlational
c) case study
d) experimental

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

107) In the ***Literary Digest*** poll discussed in your text, the poll incorrectly indicated that Alf Landon would defeat Franklin Roosevelt in the upcoming election. In the real election, Roosevelt won in a landslide. The poll's inaccuracy was due to _____.

a) the fact that most respondents felt their privacy was being intruded upon by the poll and lied about how they intended to vote
b) the fact that the poll surveyed people over the phone, and at the time, only the wealthy had telephones
c) improper statistical methods used by the researchers to tabulate the results of the poll
d) the fact that the poll used vaguely worded questions that confused the respondents

Answer: b

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application

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Section Reference 1: How psychologists study adjustment

108) To apply observations based on a small research sample to a much larger population is to _____ the research observations.

a) stratify
b) verify
c) generalize
d) validate

Answer: c

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

109) Subjects drawn from a large group who are observed for research purposes are called a _____.

a) sample
b) population
c) treatment group
d) control group

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

110) To psychologists, a complete group of organisms or events targeted for research is called a _____.

a) sample
b) population
c) treatment group
d) control group

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Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

111) A sample that is drawn so that each member of a target population has an equal chance of being chosen to participate in the sample is called a _____ sample.

a) stratified
b) control
c) selection
d) random

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

112) A researcher knows that 12 percent of a target population is African American, and 9 percent is Hispanic American. The researcher selects her sample so that she ends up with a sample containing exactly 12 percent African Americans and 9 percent Hispanic Americans. This researcher used a _____ sample.

a) stratified
b) control
c) biased
d) random

Answer: a

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application

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113) A sample drawn such that known subgroups within a population are represented in proportion to their numbers in the population is a _____ sample.

a) stratified
b) control
c) biased
d) random

Answer: a

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

114) According to your text, a random sample of about _____ people will represent the general American population reasonably well.

a) 600
b) 900
c) 1,200
d) 1,500

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

115) Scientists have found that people who agree to participate in research studies differ systematically from people who do not. This problem is known as _____.

a) population bias
b) volunteer bias
c) control variance
d) placebo effect

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Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

116) Large-scale surveys of sexual behavior such as those run by ***Sports Illustrated*** or ***People*** magazine of their readers probably do not reflect the attitudes of the general American population because of _____.

a) population bias
b) cognitive distortion
c) volunteer bias
d) placebo effect

Answer: c

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

117) Each of the following is true of volunteer bias **EXCEPT** _____.

a) volunteers for research may represent specific subgroups of the population who differ systematically from the overall population
b) volunteers may be more interested in research than nonvolunteers
c) volunteers may have more spare time than nonvolunteers
d) volunteers are usually less intelligent but more trusting than nonvolunteers

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

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118) The research method by which psychologists study behavior "in the field" with as little interference as possible is the _____ method.

a) case study
b) laboratory observation
c) experimental
d) naturalistic observation

Answer: d

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

119) The research method that focuses on using **unobtrusive** measures in observing subjects' behaviors is the _____ method.

a) naturalistic observation
b) laboratory observation
c) experimental
d) survey

Answer: a

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

120) Quietly and unobtrusively studying how children play in a park is an example of _____.

a) the case study method
b) naturalistic observation
c) a correlational study
d) an experimental study

Answer: b

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Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

121) The naturalistic observation method provides _____ information. It _____ the best method for determining the causes of behavior.

a) empirical, is
b) empirical, is not
c) descriptive, is
d) descriptive, is not

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Analysis
Section Reference 1: How psychologists study adjustment

122) The type of psychological research in which researchers attempt to discover if one or more variables are statistically related or linked to one another is the _____ method.

a) laboratory observation
b) correlational
c) survey
d) experimental

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

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123) A scientist investigates if there is a statistical relationship between people's IQ scores and their risk of committing suicide. After months of tracking smokers and nonsmokers, she finds that the lower people's IQ scores are, the greater their risk is of attempting suicide at some point in their life. This scientist is using the _____ method of research.

a) laboratory observation
b) correlational
c) survey
d) experimental

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

124) A correlation coefficient is a number that varies between _____.

a) –0.50 and 0.50
b) –1.00 and 1.00
c) –2.00 and 2.00
d) –5.00 and 5.00

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

125) A correlation coefficient measures _____ of the relationship between two variables.

a) neither the strength nor direction
b) the strength, but not the direction
c) the direction, but not the strength
d) both the strength and direction

Answer: d

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Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

126) Which of the following is the strongest correlation between two variables?

a) +0.23
b) –0.01
c) +0.79
d) –0.97

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

127) Which of the following represents the weakest correlation between two variables?

a) +0.23
b) +0.01
c) –0.79
d) –0.97

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

128) A relationship between variables in which one variable increases as the other also increases is a _____.

a) placebo effect

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b) positive correlation
c) selection factor
d) negative correlation

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

129) A relationship between variables in which one variable increases as the other decreases is a _____.

a) placebo effect
b) a positive correlation
c) a selection factor
d) a negative correlation

Answer: d

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

130) Scientists have found that, on average, as a person's height increases, so does her or his weight. This finding is an example of _____.

a) placebo effect
b) a positive correlation
c) a selection factor
d) a negative correlation

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.

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Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

131) Scientists have found that, on average, as people's scores on intelligence tests increase, the better their academic performance tends to be. This is an example of _____.

a) a neutral correlation
b) a positive correlation
c) a selection factor
d) a negative correlation

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

132) Scientists have found that, on average, as a person's weight increases, her or his activity level decreases. This is an example of _____.

a) placebo effect
b) a positive correlation
c) a selection factor
d) a negative correlation

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

133) Scientists have found that, on average, as people's stress levels increase, the functioning of their immune system decreases. This is an example of _____.

a) a neutral correlation
b) a positive correlation
c) a selection factor

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d) a negative correlation

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

134) A weakness of correlational studies is that _____.

a) they are expensive to set up and time consuming to run
b) they are subject to high levels of bias and distortion
c) they often require the use of deception, raising several ethical issues
d) they cannot be used to prove cause and effect

Answer: d

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Evaluation
Section Reference 1: How psychologists study adjustment

135) A scientist is interested in finding out if there is a statistical relationship between cigarette smoking and lung cancer. Which type of research will be most effective in this regard?

a) a survey
b) laboratory observation
c) naturalistic observation
d) a correlational study

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

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136) The preferred scientific approach for determining cause and effect in human behavior is the _____ method.

a) case study
b) correlational
c) laboratory observation
d) experimental

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

137) If a researcher could ethically conduct research to directly find out what **CAUSES** the relationship between lung cancer and cigarette smoking, what method of research would be most effective for doing this?

a) an experimental study
b) a case study
c) a correlational study
d) a laboratory observation study

Answer: a

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

138) A scientific method that seeks to discover cause-and-effect relationships by introducing independent variables and observing their effects on dependent variables is the _____ method.

a) correlational
b) experimental
c) naturalistic observation
d) case study

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Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

139) A condition in a scientific study that is manipulated so that its effects may be observed is the _____.

a) dependent variable
b) experimental control
c) experimental blind
d) independent variable

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

140) In an experiment, if there are two groups of drivers being studied and one group is given alcohol to measure its effects on driving ability while the other group is not given the alcohol, the alcohol would be considered the _____.

a) dependent variable
b) experimental control
c) experimental blind
d) independent variable

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

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141) In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects on driving ability, while the other group is not given the alcohol, the subjects' driving ability is the _____.

a) dependent variable
b) experimental control
c) experimental blind
d) independent variable

Answer: a

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

142) A measure of the assumed effect of an independent variable is the _____.

a) dependent variable
b) experimental control
c) experimental blind
d) placebo effect

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

143) In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects, while the other group is not given alcohol, the alcohol would be considered _____.

a) the blind
b) the control
c) the independent variable
d) the dependent variable

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Answer: c

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

144) In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects while the other group is not given alcohol, the people receiving the alcohol would be considered _____.

a) the dependent group
b) the experimental group
c) the independent group
d) the control group

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

145) In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects while the other group is not given alcohol, the people who do not get the alcohol would be considered _____.

a) the dependent group
b) the experimental group
c) the independent group
d) the control group

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

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146) In well-designed studies subjects are assigned _____ to treatment and control groups.

a) arbitrarily
b) serially
c) randomly
d) sequentially

Answer: c

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

147) Which of the following is **NOT** used to help control for subjects' behavior and expectations in an experimental study?

a) placebo
b) blind
c) random assignment
d) a selection factor

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

148) In social situations, men who believe they have been drinking alcohol tend to become _____ anxious and _____ aggressive.

a) less; less
b) less; more
c) more; less
d) more; more

Answer: b

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Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

149) In social situations, men who believe they have been drinking alcohol tend to become _____ sexually aroused and _____ aggressive.

a) less; less
b) less; more
c) more; less
d) more; more

Answer: d

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

150) In social situations, men who believe they have been drinking alcohol tend to become _____ anxious and _____ sexually aroused.

a) less; less
b) less; more
c) more; less
d) more; more

Answer: b

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

151) A bogus, ineffective treatment that has the appearance of being genuine is called _____.

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a) a placebo
b) a control
c) a schema
d) a selection factor

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

152) In a study to measure the effects of a new drug to treat anxiety, some subjects are given the real drug while others are given sugar pills. In this situation, the sugar pills are being used as _____.

a) a placebo
b) a selection factor
c) a blind
d) a pablum

Answer: a

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

153) In experiments, some subjects are kept unaware of whether or not they have received an experimental treatment. This is known as keeping the subjects _____.

a) confused
b) generalized
c) blind
d) isolated

Answer: c

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Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

154) Experiments in which neither the subjects nor the researchers know who has been given the treatment and who has not are known as _____ studies.

a) single blind
b) double blind
c) tertiary
d) strain

Answer: b

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

155) Lang's (1975. study found that men who drank nonalcoholic tonic water but who had been led to believe that it contained alcohol _____.

a) did not change in their behavior patterns and continued to act sober
b) were somewhat more aggressive, but not as aggressive as men who had drunk tonic water actually containing alcohol
c) were more aggressive than men who had unknowingly drunk tonic water actually containing alcohol
d) passed out and were unable to be compared to men who drank tonic water actually containing alcohol

Answer: c

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

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156) In double-blind controlled studies, evidence shows that _____ can guess at greater than chance levels of accuracy whether an active drug or placebo was used.

a) neither prescribing doctors nor patients
b) prescribing doctors, but not patients
c) patients, but not prescribing doctors
d) both prescribing doctors and patients

Answer: d

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

157) The study of human happiness is front and center in the field of _____ psychology.

a) abnormal
b) developmental
c) positive
d) behavioral

Answer: c

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

158) Winning the lottery tends to _____.

a) result in long-term decreases in happiness.
b) have no impact on happiness whatsoever
c) result in only a temporary boost in happiness
d) promote long-term increases in happiness

Answer: c

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Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

159) Increases in happiness related to winning the lottery tend to _____.

a) fade within a few days
b) fade within a few weeks
c) fade within a year or so
d) remain constant for at least 5 to 10 years

Answer: c

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

160) Each of the following has been linked to happiness **EXCEPT** _____.

a) genetics
b) intelligence
c) having friends
d) religious faith

Answer: b

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and adjustment

161) Seligman believes that boosting happiness involves each of the following fundamental challenges **EXCEPT** _____.

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a) engaging in pleasurable activities
b) becoming absorbed and engaged in activities in daily life
c) finding meaning or personal fulfillment in life activities
d) becoming immersed in religious devotion and spiritual development

Answer: d

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and adjustment

162) Today, roughly _____ of US residents are members of traditionally recognized ethnic or minority groups.

a) one-tenth
b) one-third
c) one-half
d) two-thirds

Answer: b

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

163) Presently, _____ are the largest minority groups in the United States.

a) Asian Americans and African Americans
b) Hispanics and Asian Americans
c) Hispanics and African Americans
d) African Americans and Native Americans

Answer: c

Difficulty: Easy

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Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

164) Currently, the two fastest growing US population groups are those who are of two or more races and _____.

a) African Americans
b) Asian Americans
c) Hispanics
d) Native Americans

Answer: b

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

165) By the middle of the century (about 2060), Non-Latino whites are projected to constitute approximately ___ of the US population.

a) 21%
b) 31%
c) 44%
d) 55%

Answer: c

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

166) It is projected that approximately _____ of adults in the United States will be over the age of 65 by the year 2060.

a) one-fifth

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b) one-quarter
c) one-third
d) half

Answer: b

Difficulty: Hard
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

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Question type: True-False

167) Feelings of depression are normal following a loss, such as the end of a relationship.

Answer: True

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

168) Overall, the main reason why college students seek counseling services is to deal with substance-related problems.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

169) Adjustment is behavior that permits us to meet the demands of the environment.

Answer: True

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

170) There is a one-to-one connection between some individual genes and corresponding psychological traits.

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Answer: False

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and adjustment

171) Psychological traits such as intelligence and shyness are biologically transmitted from generation to generation with little environmental influence.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

172) The cultural heritages of ethnic minority groups are likely to have increasing impacts on the cultural life of the United States.

Answer: True

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

173) Women were not permitted to attend college in the United States until 1833.

Answer: True

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.

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Standard 1: Bloom's || Knowledge
Section Reference 1: Human diversity and adjustment

174) Most astrological predictions have been supported by scientific research.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

175) Scientific statements about behavior must be supported by evidence.

Answer: True

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

176) Scientific research has shown that TV violence causes aggressiveness in children.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

177) There is a historic bias of conducting research with women in the field of health.

Answer: False

Difficulty: Easy

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Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

178) Research findings with men can usually be generalized to women.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

179) Sigmund Freud developed his theory of personality largely on the basis of experimental studies.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

180) A random sample of 1,500 people will represent the general U.S. population reasonably well.

Answer: True

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

181) You use the naturalistic observation method every day of your life.

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Answer: True

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

182) The naturalistic observation method is the best method for determining the causes of behavior.

Answer: False

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

183) Correlational research suggests relationships between variables, but does not show cause and effect.

Answer: True

Difficulty: Hard
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

184) The FDA requires double-blind drug studies before it allows the marketing of new drugs.

Answer: True

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Knowledge
Section Reference 1: How psychologists study adjustment

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Question type: Essay

185) Explain what psychology is, what psychologists do, and how psychology can be helpful in exploring adjustment and growth issues.

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and adjustment

186) Compare and contrast adjustment and personal growth.

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Knowledge
Section Reference 1: Psychology and adjustment

187) Explain what genes and chromosomes are and what they do. Also, discuss why biology is not necessarily destiny.

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and adjustment

188) Compare and contrast between the clinical and healthy-personality approaches to adjustment.

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.

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Standard 1: Bloom's || Analysis
Section Reference 1: Psychology and adjustment

189) Discuss the focus and goals of positive psychology. Briefly explain the three fundamental challenges in boosting happiness, and describe at last three techniques for boosting happiness.

Difficulty: Medium
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Application
Section Reference 1: Psychology and adjustment

190) Summarize research findings on what does, or does not, make people happy.

Difficulty: Easy
Learning Objective 1: Explain the differences between adjustment and personal growth, nature and nurture, and the clinical approach versus the healthy personality approach to the psychology of adjustment.
Standard 1: Bloom's || Comprehension
Section Reference 1: Psychology and adjustment

191) Define *ethnic group* and discuss why it is important to study human diversity.

Difficulty: Easy
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Comprehension
Section Reference 1: Human diversity and adjustment

192) Define *gender* and discuss the various prejudices experienced by women historically and in scientific research.

Difficulty: Medium
Learning Objective 1: Discuss the ways in which our ethnicity, gender, sexual orientation, and other aspects of diversity relate to our adjustment and growth.
Standard 1: Bloom's || Application
Section Reference 1: Human diversity and adjustment

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193) Explain what critical thinking is and why it is essential to your adjustment.

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Comprehension
Section Reference 1: Critical thinking and adjustment

194) Identify and briefly explain the ten principles of critical thinking.

Difficulty: Easy
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Knowledge
Section Reference 1: Critical thinking and adjustment

195) Show how critical thinking can be used to examine the claims made by supporters of astrology and other pseudosciences.

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Synthesis
Section Reference 1: Critical thinking and adjustment

196) Explain at least five ways that critical thinking can be used to protect yourself from the false claims made in many self-help books.

Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Synthesis
Section Reference 1: Critical thinking and adjustment

197) Analyze how critical thinking can help protect people while surfing online.

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Difficulty: Hard
Learning Objective 1: Explain the importance of critical thinking, and enumerate principles of critical thinking.
Standard 1: Bloom's || Synthesis
Section Reference 1: Critical thinking and adjustment

198) Explain what the scientific method is and describe the various steps involved in it.

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

199) Discuss how researchers can use smartphones and other social media as research tools.

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension
Section Reference 1: How psychologists study adjustment

200) Explain and provide some examples of the various sampling bias problems present in scientific research in regard to women.

Difficulty: Medium
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Application
Section Reference 1: How psychologists study adjustment

201) Identify and briefly explain the various methods of observation used by psychologists.

Difficulty: Easy
Learning Objective 1: Explain various methods of research, including the case study, the survey, naturalistic observation, the correlational method, and the experiment.
Standard 1: Bloom's || Comprehension

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Section Reference 1: How psychologists study adjustment

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