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Correct answers located at the end of the chapter.

1) The field of psychology is concerned with the scientific study of ____.
   A) directly observable behaviours but not internal states and processes
   B) internal states and processes but not directly observable behaviours
   C) personality and abnormal behaviour
   D) directly observable behaviours and internal states and processes

2) The subfield of psychology that would be concerned with studying leadership, teamwork, job satisfaction, and performance is called _____ psychology.
   A) cognitive
   B) human
   C) experimental
   D) industrial-organizational (I/O)

3) A professor asks a student to assist in a research study the psychology department is conducting on different parenting styles. The professor is a(n) ____ psychologist.
   A) experimental
   B) developmental
   C) personality
   D) social

4) Evidence gained through experience and observation is called ____.
   A) real world data
   B) empirical evidence
   C) personal evidence
   D) rational evidence

5) One of the greatest strengths of the scientific method is that, it is ____.
   A) a self-correcting process
   B) free from error
   C) free from speculation
   D) only undertaken for the greater good

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6) Compared to the other ways of trying to understand the world, critical thinking is unique in that it emphasizes ____.
   A) learning how to personally conduct actual research experiments
   B) taking an active role when attempting to understand something
   C) relying on experts to tell us what is accurate and true
   D) understanding the meaning of particular statistics

7) Which of these is **NOT** the benefit of critical thinking in helping us avoid many negative outcomes?
   A) spending money and energy on bogus therapies
   B) basing important decisions on fortune tellers' bogus advice
   C) using 'educational' toys for children that have not shown to be educational
   D) taking a passive role about the world around us

8) During dinner one evening, Ariel mentions that she just read in a popular magazine that a particular herbal substance improves memory. She's very excited about trying this supplement in hopes that it might improve her grades. Sitting across the table from her, Juan is skeptical. He begins to ask her about such things as the nature of the evidence regarding the herb's effectiveness and how big the memory improvement effect is supposed to be. Juan's behaviour is most consistent with which of the following concepts discussed in the text?
   A) Gestalt psychology
   B) functionalism
   C) British empiricism
   D) critical thinking

9) All of the following are specifically mentioned as questions to consider asking when engaged in critical thinking about a claim, **EXCEPT** which one?
   A) Are there other possible explanations?
   B) What is the evidence?
   C) What do other people think about this?
   D) What is the most reasonable conclusion?

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10) The four central goals of psychology are ____.
A) describe, understand, predict, influence
B) describe, understand, reduce, influence
C) rationalize, understand, predict, influence
D) simplify, analyze, influence, rationalize

11) Which of the following actions was **NOT** mentioned as a central goal of psychology?
A) describe
B) rationalize
C) influence
D) predict

12) Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby had difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology?
A) description
B) application
C) prediction
D) influence

13) A usually very mild-mannered middle-aged man started to lose his temper very easily and often. His doctor became suspicious of an underlying physical reason for the change in his behaviour and ordered a CAT scan in which it was determined that he had a brain tumour. The doctor is fulfilling the goal of ____ in psychology.
A) description
B) understanding
C) prediction
D) control

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14) On the old Star Trek series, viewers were always able to tell which crew member would be the most likely to die when on the "away mission." It was the crew member wearing the red suit, although we never knew the reason for this occurrence. The ability to forecast the demise of the red-suited crew member illustrates the ability to ____.

A) describe behaviour
B) predict behaviour
C) understand behaviour
D) influence or control behaviour

15) Introductory Psychology students at Superior College are asked to expand beyond each of the central goals of psychology. Which goals should the students elaborate on?

A) Describe and explain behaviour of people and other animals
B) Describe, explain, and predict behaviour of people and other animals
C) Describe, and explain and understand, predict, and influence behaviour of people and other animals
D) Describe, and explain and understand, predict, and influence behaviour of people

16) Basic research seeks ____.

A) knowledge for its own sake
B) to solve a specific, practical problem
C) to utilize biological or genetic methodologies
D) to do research in a unique new area

17) Applied research seeks ____.

A) knowledge for its own sake
B) to solve a specific, practical problem
C) to demonstrate that psychological interventions are cost-effective
D) to develop interdisciplinary ties with other areas

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18) Dr. Kohler is a developmental psychologist who is concerned with some problems in the area of youth sport, such as overly critical coaches and children with poor self-esteem. He conducts research in which coaches are observed during games and children are interviewed about their attitudes toward their sport and their coaches. The results from these observations are then used to create an education program designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best characterized as ____.

A) basic research
B) dualistic research
C) applied research
D) functional research

19) Which of the following activities best represents basic research?

A) Methods for reducing depression after the death of a loved one.
B) Changes in brain chemistry that are associated with depression.
C) How to help people living with AIDS maintain optimal health.
D) The effects of a reading program designed to assist disadvantaged children.

20) Professors at a college are interested in finding outcomes of different study methods employed by students and plan a research study on a sample of students. What research design would be best suited for such a study?

A) basic research
B) applied research
C) analytical research
D) archival research

21) When considering the mind–body puzzle, philosophers who argued that the mind is **NOT** separate from the body would belong to which philosophical position?

A) dualism
B) monism
C) structuralism
D) functionalism

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22) When considering the mind–body puzzle, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position?

A) monism
B) structuralism
C) mind–body dualism
D) functionalism

23) One important implication of the dualism position is that it implies that ____.

A) studying the body won't necessarily tell us anything about the mind
B) studying the body will enable us to learn more about the mind
C) the mind should be studied by examining the functions it is capable of
D) the mind should be studied by examining its basic structural components

24) One of the critical implications of the monism position on the mind–body question is that it assumes that ____.

A) the mind is a completely separate entity from the body
B) we should base our knowledge on empiricism
C) we can understand the mind by understanding the brain and how it works
D) we should study the mind and brain by focusing on their various functions

25) Dr. Dinh is examining the differences in brain activity that occur when people are happy or sad in an attempt to gain a better understanding of how the mind works. In terms of the mind–body problem, which of the following statements about Dr. Dinh is most likely to be true? Mr. Dinh is ____.

A) most likely a monist
B) most likely a dualist
C) equally likely to be either a monist or a dualist given the work that she is doing
D) not likely to be a monist or a dualist since neither of these terms has relevance to her work

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26) René Descartes proposed a solution to mind–body dualism by suggesting that ____.
A) there is no spiritual mind
B) the brain is actually irrelevant for physical behaviour
C) the mind affects behaviour through the pineal gland
D) electrochemical processes explain behaviour

27) John Locke subscribed to which of the following philosophical perspectives?
A) functionalism
B) structuralism
C) British empiricism
D) dualism

28) British empiricism made the specific claim that our knowledge and understanding should be based upon ____.
A) intuition
B) basic research
C) observation
D) reason

29) Imagine that you are curious about how people perceive colour and how well they can detect small changes in colour. You design a slide show in which you slowly manipulate the colour of the light people see (by slowly changing the light's wavelength) and you ask them if they can detect the change. Your efforts are most similar to the works of the people in which of the following fields?
A) evolutionary psychology
B) psychophysics
C) behaviour genetics
D) behavioural neuroscience

30) The field that studies how psychologically experienced sensations depend on characteristics of physical stimuli is called ____.
A) psychophysics
B) physiology
C) neurology
D) psychodynamism

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31) Human behaviour can be better understood by studying the behaviour of other animal species is the hallmark to which of the following?
A) British empiricism
B) Structuralism
C) Darwin's theory of evolution
D) Gestalt psychology

32) Wundt was associated with which of the following approaches to psychology?
A) structuralist
B) functionalist
C) psychodynamic
D) dualistic

33) William James was a proponent of the approach to psychology known as ____.
A) structuralism
B) functionalism
C) dualism
D) British empiricism

34) For some strange reason, noses have always fascinated George. They spend hours a day speculating on just why humans have noses and how noses have helped us to adapt and evolve in our environments. George's speculations are most similar to which of the following schools of psychology?
A) functionalism
B) behaviourism
C) social constructivism
D) structuralism

35) Researchers who adhered to the structuralism school of psychological thought typically studied sensations through which method?
A) insight
B) dream analysis
C) introspection
D) recording electrical activity of the brain

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36) Wilhelm Wundt is to ____ as William James is to ____.
A) functionalism; structuralism
B) structuralism; functionalism
C) dualism; functionalism
D) structuralism; dualism

37) Which approach to psychology emphasizes the uses of consciousness instead of its structures?
A) operant conditioning
B) classical conditioning
C) structuralism
D) functionalism

38) Which approach to psychology emphasizes the analysis of the mind in terms of its basic elements?
A) operant conditioning
B) classical conditioning
C) structuralism
D) functionalism

39) Sigmund Freud based much of his psychoanalytic theory on his investigation of people suffering from ____.
A) feelings of persistent depression, sadness, and loneliness
B) physical symptoms such as paralysis that had no apparent bodily cause
C) insanity and madness
D) multiple personalities

40) What technique did Sigmund Freud use to treat his patients?
A) free association
B) graded exposure
C) introspection
D) flooding

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41) The psychological defence mechanism that is thought to protect people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called ____.
A) repression
B) psychoanalysis
C) free association
D) insight

42) A psychologist who subscribes to the Freudian school of thought likely endorses which of the following statements? Our behaviour is largely the ____.
A) product of the reinforcement and punishment we receive from our environment
B) product of neurological imbalances that are inherent in the average human body
C) result of the continuous conflict between internal impulses and defence mechanisms
D) result of genetics

43) Freud's psychoanalytic perspective suggested that humans have inborn ____ drives.
A) primary and sexual
B) power and aggressive
C) sexual and aggressive
D) physical and achievement

44) The psychological tools that allow people to cope with anxiety and traumatic experiences are called ____.
A) anxiety therapies
B) mental exercises
C) defence mechanisms
D) introspections

45) You get especially angry when your boss yells at you, but you never talk back to them. According to psychodynamic theory, you do not talk back because you have ____ your aggressive drives into your unconscious.
A) ameliorated
B) diffused
C) repressed
D) coalesced

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46) A major criticism of Sigmund Freud's theory of psychoanalysis would be that his theory ____.

A) is difficult to test because many of its concepts are difficult to measure
B) did little to stimulate additional psychological research
C) did little to stimulate the development of new psychological theories
D) was not comprehensive enough

47) Modern psychodynamic theory differs from Freud's traditional psychoanalytic theory in that the modern approach ____.

A) places more emphasis on childhood sexuality
B) de-emphasizes the role of unconscious aggressive and sexual impulses
C) is more likely to use hypnosis instead of free association in order to get at unconscious material
D) rejects the notion of the unconscious altogether

48) While being treated for a psychological illness, Tom's therapist makes Tom express all thoughts that come to his mind. The therapist is using a technique called ____.

A) free expression
B) free association
C) free thinking
D) random association

49) Which of the following psychological perspectives strongly emphasizes the role of the external environment in influencing and affecting our actions?

A) humanistic
B) cognitive
C) biological
D) behavioural

50) The behavioural psychological perspective owes its' roots to which philosophical perspective?

A) British empiricism
B) Gestalt psychology
C) Functionalism
D) Dualism

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51) From a behavioural perspective, people are born as a 'tabula rasa', or a(n) ____.
A) prepared being
B) blank slate
C) instinct driven organism
D) inherently good being

52) A psychologist proposes that to counteract recent problems with school violence we need to significantly change the environments in which children are being raised by more heavily reinforcing the behaviours we would like to see. This psychologist is most likely associated with which psychological perspective?
A) humanistic
B) psychodynamic
C) cognitive
D) behavioural

53) A psychologist who argues that the proper focus of psychology is **NOT** inner mental events, but only observable behaviour is most likely associated with which psychological perspective?
A) cognitive
B) biological
C) behavioural
D) sociocultural

54) According to Thorndike's law of effect, studying for an exam should lead you to study for future exams if ____.
A) you do well on the exam
B) you do poorly on the exam
C) studying generates more repression
D) studying generates less repression

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55) The behavioural perspective is often traced to ____, who studied the causes of salivation in dogs.
A) John Watson
B) Ivan Pavlov
C) Sigmund Freud
D) Wilhelm Wundt

56) B.F. Skinner is most closely associated with which of the following behavioural approaches?
A) radical behaviourism
B) British empiricism
C) the law of effect
D) tabula rasa

57) Which scientist made the rather bold claim that he could take any human infant at birth and train that infant into any kind of person that he might want?
A) Carl Rogers
B) F. Skinner
C) Edward Thorndike
D) John B. Watson

58) Imagine two students who both get a D on an important exam in a psychology class. One of them decides to study much harder, and on the next test she gets a significantly better grade. The other student concludes that he just isn't smart enough to do well in this class and, not surprisingly, he gets another D on the next exam. Even though both students were exposed to the same occurrence (both got a D on the first exam), their subsequent behaviours were very different as a result of their different thoughts and expectations. This example best illustrates the approach of which of the following?
A) Behaviourism
B) Cognitive behaviourism
C) Evolutionary psychology
D) Gestalt psychology

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59) Which of the following comparisons between the behavioural and psychodynamic perspectives is most accurate?
A) Although they are rather different on the surface, the perspectives are similar in that they both place a strong emphasis on free will and personal choice.
B) The behavioural approach emphasizes free will and personal choice while the psychodynamic approach does not.
C) The behavioural approach emphasizes internal causes while the psychodynamic approach places more emphasis on external causes.
D) The behavioural approach emphasizes external causes, whereas the psychodynamic approach places more emphasis on internal causes.

60) ____ perspective arose from philosophical schools that emphasized free will, innate tendencies toward growth, and the attempt to find meaning in one's existence.
A) Sociocultural
B) Behavioural
C) Humanistic
D) Cognitive

61) Humanistic theorists assume that everyone has an innate tendency toward growth, and achieving one's individual potential called ____.
A) self-realization
B) self-actualization
C) self-development
D) self-confidence

62) An individual is working with a psychologist who pays a great deal of attention to how they find personal meaning in life. The psychologist also focuses on the power of choice and free will. This psychologist most likely adheres to which psychological perspective?
A) behavioural
B) psychodynamic
C) humanistic
D) biological

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63) The psychodynamic and humanistic perspectives are similar in that both ____.
A) emphasize the importance of biological and genetic factors
B) acknowledge the importance of internal personality processes
C) owe their philosophical roots to British empiricism
D) focus exclusively on the impact of culture and society on the individual

64) Psychodynamic perspective is to ____ as humanistic perspective is to ____.
A) unconscious conflict; free will
B) free will; unconscious conflict
C) repression; rewards/punishment
D) rewards/punishment; repression

65) Abraham Maslow was associated with which psychological perspective?
A) psychodynamic
B) cognitive
C) humanistic
D) biological

66) From Maslow's humanistic perspective, each person has a drive toward ____.
A) reproduction
B) death
C) self-actualization
D) learning

67) According to humanistic theorists, why isn't everyone self-actualized?
A) Unsupportive environments frustrate and inhibit this innate tendency towards growth.
B) Although self-actualization is a universal human tendency, some people possess less of this tendency than others.
C) This tendency does not operate properly if a person still has unresolved sexual and aggressive issues in his or her unconscious.
D) In individualistic cultures, this tendency receives little emphasis.

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68) Popular psychology's emphasis on free will, achieving one's goals, and active growth is most consistent with which of the following perspectives?
A) behaviouristic
B) humanistic
C) psychoanalytic
D) cognitive

69) The effects of the humanistic tradition are most clearly articulated in the contemporary ____.
A) learning theories
B) social engineering movement
C) positive psychology movement
D) diathesis-stress movement

70) A clinical psychologist has been working with a client. The client recently lost the use of both legs in a car crash and understandably has been feeling rather angry and depressed since the accident. Although the psychologist empathizes with the client's current emotions, the psychologist stresses that the client has a choice in terms of how to interpret the current situation and should take personal responsibility for changing the feelings and creating a better life. The psychologist is most likely aligned with which of the following perspectives?
A) psychodynamic
B) humanistic
C) sociocultural
D) behavioural

71) A psychologist who assumes that people's thought processes function almost like detailed computer programs would most likely be associated with which psychological perspective?
A) psychodynamic
B) biological
C) behavioural
D) cognitive

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72) ____ perspective emphasizes how we perceive, reason, problem-solve, understand language, and store information in our minds.
A) Humanistic
B) Psychoanalytic
C) Functionalistic
D) Cognitive

73) Gestalt psychology was mentioned as playing an important role in the origin of which psychological perspective?
A) sociocultural
B) cognitive
C) humanistic
D) behavioural

74) Jean Piaget was mentioned as a theorist who had a strong impact on which psychological perspective?
A) psychodynamic
B) sociocultural
C) behavioural
D) cognitive

75) The statement, "the whole is greater than the sum of its parts," is most likely from which school of psychology?
A) Gestalt psychology
B) functionalism
C) structuralism
D) evolutionary psychology

76) Interest in the cognitive perspective was reinvigorated in the 1950s by psychologists ____.
A) involvement in political movements
B) involvement during WW II
C) research on gender issues
D) research on evolution

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77) The psychologist Jean Piaget is best known for his research in which area?
A) artificial intelligence
B) defence mechanisms
C) the cognitive development of children
D) evolutionary psychology

78) A clinical psychologist studies the role and function of the brain in forming memories. The psychologist is a(n) ____.
A) experimental psychologist
B) cognitive neuroscientist
C) cognitive psychologist
D) humanistic neuroscientist

79) ____ psychological perspective focuses on how culture is transmitted to its members and on the similarities of and the differences between people from diverse cultures.
A) Cultural psychology
B) Biological psychology
C) Evolutionary psychology
D) Humanistic

80) Which of the following terms refers to the enduring values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next?
A) culture
B) socialization
C) introspection
D) collectivism

81) Kozue was raised in a family where her sense of self was defined relative to the various groups of which she was a member, such as her family and her class at school. Kozue learned that the goals of these groups were more important than any of the individual goals of people in these groups. The values emphasized by Kozue's family are most consistent with ____.
A) collectivism
B) structuralism
C) individualism
D) functionalism

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82) Which of the following pieces of information would be most useful in deciding whether or not a particular culture is individualistic or collectivistic?
A) the amount of technological advancement in the culture
B) the emphasis people in the culture place on personal achievement
C) the amount of money the culture's economy produces
D) the respective roles of men and women in the culture

83) The research of Robert Levine and his colleagues on love and marriage was presented as an example of the ____ perspective on psychology.
A) sociocultural
B) behavioural
C) humanistic
D) cognitive

84) Which of the following statements best summarizes the cross-cultural research conducted by Robert Levine and his colleagues on the topic of love and marriage?
A) Surprisingly, the results of the study suggest that in many cultures, love has little or no importance when making marriage decisions.
B) The results indicated that in some cultures, even though love was important it was not viewed as an essential prerequisite for marriage.
C) The results of the study indicated that with regard to marriage, the differences between men and women within each culture were much larger than the differences observed between cultures.
D) Surprisingly, the results of the study revealed that there were strong similarities in beliefs about marriage across the different cultures.

85) In the study conducted by Robert Levine and his colleagues, which of the following was the primary question asked of participants on the questionnaire?
A) If someone had all the qualities you desired in a mate, would you marry that person if you were not in love with them?
B) If your spouse cheated on you, do you think that this also implies that they are no longer in love with you?
C) Do you feel that the person you marry will influence how friends, family, and peers view you as an individual?
D) Do you seriously consider the opinions of your family when making decisions about whom to marry?

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86) The results of the study by Robert Levine and his colleagues indicated that people from ____.
A) individualistic and collectivistic countries placed similar importance on love as a necessary prerequisite for marriage
B) individualistic and economically wealthy countries were less likely to view love as a necessary prerequisite for marriage
C) collectivistic and economically poor countries were more likely to view love as a necessary prerequisite for marriage
D) collectivistic and economically poor countries were less likely to view love as a necessary prerequisite for marriage

87) ____ perspective examines how brain processes and other bodily functions regulate behaviour.
A) Psychological
B) Humanistic
C) Biological
D) Evolutionary

88) When Karl Lashley investigated the brain mechanisms involved in learning, he ____.
A) made "mental maps" by studying the bumps and valleys of the skull
B) studied the neurological differences using brain imaging
C) measured the EEG activity in trained and untrained animals
D) produced lesions in specific brain areas of animals and observed how this impacted learning and memory

89) Which of the following is specifically concerned with identifying the physiological processes that underlie our behaviours, sensations, thoughts, and feelings?
A) evolutionary psychology
B) behaviour genetics
C) behavioural neuroscience
D) behaviourism

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90) The field of evolutionary psychology is a part of which psychological perspective?
A) cognitive
B) sociocultural
C) biological
D) behavioural

91) Evolutionary theory states that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as natural ____.
A) endurance
B) selection
C) extinction
D) survival

92) The scientific area that is concerned with the influence of genetic factors on behavioural tendencies is called ____.
A) evolutionary psychology
B) behaviour genetics
C) sociogenetics
D) sociobiology

93) A sociocultural theorist would most likely criticize the evolutionary perspective for its overemphasis on ____ and its underemphasis on ____.
A) environmental factors; biology and genetics
B) environmental factors; free will and personal responsibility
C) biology and genetics; thoughts and cognitive processes
D) biology and genetics; social factors

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94) The perspective that tends to ignore mental processes because they are not directly observable is known as ____. In contrast, the perspective that acknowledges the importance of both the environment and internal mental processes in determining behaviour is known as ____.

A) cognitive-behavioural; behavioural
B) humanistic; cognitive
C) behavioural; sociocultural
D) behavioural; cognitive-behavioural

95) One way that the behavioural and sociocultural perspectives are similar is that both ____.

A) acknowledge the role of environmental factors in determining behaviour
B) emphasize that behaviour is almost entirely the product of genetics
C) focus on the joint impact of cognition and emotion in determining behaviour
D) claim that human behaviour is determined largely by unconscious forces

96) Think back to the historical progression of psychology presented in the text. It is somewhat interesting to note that psychology has almost come full circle in terms of what it is focusing on. Psychologists have returned to focusing on an area of research that was a focus in psychology's infancy, but with more sophisticated tools and methods available to aid in their investigations. The area they have returned to research in is ____.

A) mental events
B) cultural factors
C) rewards and punishments
D) evolution

97) Of the perspectives listed below, which one assumes that people are the **LEAST** aware of the factors that actually influence their behaviours?

A) biological
B) cognitive
C) humanistic
D) psychodynamic

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98) Both the psychodynamic and cognitive psychological perspectives are typically thought of as operating at ____.
A) the biological level of analysis
B) the psychological level of analysis
C) the environmental level of analysis
D) both the biological and environmental levels of analysis

99) Understanding what brain regions are involved in experiencing the emotions operates at the ____ level of analysis.
A) biological
B) psychological
C) environmental
D) sociocultural

100) What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives?
A) biological, cognitive, sociocultural
B) biological, psychological, environmental
C) biological, psychodynamic, environmental
D) psychological, cognitive, behavioural

101) Factors that influence behaviour are organized into three levels of analysis. The level that focuses on mental processes and psychological motives, and how they influence behaviour, is called the ____ level.
A) biological
B) psychological
C) environmental
D) sociocultural

102) In order to have a full and complete understanding of behaviour, we need to be able to ____.
A) move back and forth between different levels of analysis
B) focus most of our attention on the environmental and biological levels of analysis
C) focus most of our attention on the psychological level of analysis
D) pick any one of the three levels of analysis and apply it rigorously and thoroughly

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103) Two people experience a violent earthquake. One person is mildly fazed by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effect of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of ____.

A) introspection
B) an interaction
C) insight
D) the biological level of analysis

104) Which of the following factors associated with depression would **NOT** be classified at the biological level of analysis?

A) Depressed people are more likely than non-depressed people to have relatives who are also depressed.
B) Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
C) The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
D) Depressed people are more likely to have negative views of themselves and the world.

105) A researcher who focuses on the negative thinking that often accompanies depression would be interpreting depression from which level of analysis?

A) biological
B) psychological
C) environmental
D) biological and environmental

106) A person associated with the behavioural perspective would be most likely to mention the role of which of the following when attempting to explain the causes of depression?

A) negative or pessimistic patterns of thinking.
B) depressive personalities
C) non-rewarding environments
D) chemical imbalances in neurotransmitters

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107) A researcher who is concerned specifically with the management and analysis of data and the development of mathematical models of behaviour would most likely be in which specialty area of psychology?
A) quantitative
B) clinical
C) industrial
D) physiological

108) A clinical psychologist would do which of the following?
A) diagnose and treat psychological disorders
B) study all aspects of social behaviour
C) consult with clients concerning personal adjustment
D) examine behaviour in work settings

109) A counselling psychologist would do which of the following?
A) diagnose and treat emotional disorders
B) study the basic processes of learning and memory
C) consult with clients concerning personal adjustment
D) study all aspects of social behaviour

110) Which of the following statements regarding psychologists and psychiatrists is true?
A) Psychologists and psychiatrists both go to medical school.
B) Psychologists and psychiatrists both go to graduate school in psychology.
C) Psychologists go to graduate school in psychology, whereas psychiatrists go to medical school.
D) Psychologists go to medical school, whereas psychiatrists go to graduate school in psychology.

111) An industrial/organizational (I/O) psychologist would do which of the following?
A) diagnose and treat emotional disorders
B) measurement and data analysis
C) study all aspects of social behaviour
D) examine behaviour in work settings

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112) A developmental psychologist would do which of the following?
A) diagnose and treat psychological disorders
B) measurement and analysis
C) study psychological phenomena across the life span
D) examine biological foundations of behaviour

113) A social psychologist would do which of the following?
A) measurement and analysis of deviant behaviour
B) study all aspects of social behaviour
C) examine biological foundations of behaviour
D) diagnose and treat emotional disorders

114) A personality psychologist would do which of the following?
A) measurement and analysis of children's behaviour
B) diagnose and treat psychological disorders
C) consult with clients concerning personal adjustment
D) study individual differences in psychological phenomena

115) A college student works a part-time job at the college cafeteria, and volunteers at the Student Centre. What task will help the student keep up his grades while balancing his job and volunteering activities as well?
A) catching up on weekends
B) staying up late everyday
C) not going out with friends
D) prioritizing

116) Mi'kmaq Elder Albert Marshall promoted the concept of ____, a framework for specifically recognizing the strengths of Indigenous and western ways of knowing and using them together.
A) two-eyed seeing
B) cross-cultural psychology
C) cognitive-behavioural psychology
D) critical thinking

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117) Which of the following is not a soft skill?
A) operating an MRI machine
B) public speaking
C) leadership
D) problem-solving

118) Which of these concepts is most closely associated with psychodynamic therapy?
A) individualism
B) self-actualization
C) behaviour modification
D) free association
E) analytic introspection

119) You are trying to decide where to eat lunch and reason that anywhere with a long lineup must have high demand, which probably means it has good food. You decide to eat somewhere with a long line, yet unfortunately don't consider the food to be very good. You come to realize the long lineup was probably actually related to their slow service, not the quality of their food. What mistake have you made?
A) failing to consider alternative explanations
B) not using a control group
C) did not rely on recommendations
D) not conducting an experiment before developing a hypothesis
E) falling victim to confirmation bias

120) Justin is trying to decide which nutritional supplement he should buy if he wants to gain muscle mass as quickly as possible. He sees lots advertised online but isn't sure which ones actually work. From a scientific approach, Justin should make a decision about which one to buy based on ____.
A) what his friends use
B) what the trainers at the local gym suggest
C) empirical evidence
D) what the people working out at the local gym use
E) price

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121) While reading a magazine, Jordan sees an advertisement that claims that a new weight loss pill will help anyone lose weight without exercising. The advertisement includes a picture of a woman when she was obese and another picture of her looking thin and fit. Though the pictures are very compelling, Jordan knows that she needs to examine advertisements critically. Which of the following questions *best* represents critical thinking?

A) Why would this woman agree to be in this advertisement?
B) Is this woman a professional model?
C) What would my friends think about my taking a weight-loss pill?
D) Are there other possible explanations for the woman's weight loss, other than the pill being advertised?
E) How much am I willing to pay for this kind of pill?

122) Temira tells her roommate, Carmella, that she recently read that people who paint their rooms blue get better grades. Carmella knows that painting their room will be a lot of work. Therefore, she asks Temira where she got her information and what evidence her sources had for their conclusion. She also wonders if there might not be another reason that people with blue rooms have higher grades—for example, maybe smart people prefer the colour blue. What skill is Carmella using?

A) basic research
B) applied research
C) critical thinking
D) behaviourism
E) heuristic-based judgment

123) You overhear two people arguing about whether or not a given actor is talented. The first person says they spent all night finding examples of movies that actor has appeared in which they consider to be great. The second person considers the list and, while agreeing all those movies are great, points out there are far more movies that actor has been featured in that are absolutely terrible. The first person admits they didn't spend any time considering examples of their bad acting. What kind of faulty thinking does this example demonstrate?

A) familiarity bias
B) heuristics
C) mental shortcuts
D) distractor devaluation
E) confirmation bias

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124) Jane Goodall created one of the most trailblazing studies of primates in modern times when she dwelled with Tanzanian chimps to observe their behaviour. Dr. Goodall's goal was to ____ chimps' behaviour.

A) describe
B) explain and understand
C) predict
D) influence or control
E) replicate

125) Florence is interested in understanding how to design control panels for consumer products (computers, cars, etc.) in such a way that they are as easy and intuitive to use as possible. Which type of research should Florence pursue?

A) observable
B) applied
C) basic
D) consumer
E) sociocultural

126) You hear two friends discussing an issue. One friend believes that our genes determine our abilities, the second friend doesn't believe this. The friends are debating which type of level of analysis?

A) biological
B) psychological
C) environmental
D) descriptive
E) sociocultural.

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127) Astrid's friend Evan is taking a psychology course. He tells her all about Sigmund Freud's psychodynamic perspective, John Watson's behavioural perspective, and Abraham Maslow's humanistic perspective. Astrid becomes frustrated, because some of the perspectives seem to say the same thing, just in different ways. "What's the point of all the different perspectives?" she asks Evan. "Why not use just one?" Evan should tell her that ____.

A) psychology has diverse historical roots, and different groups of psychological professionals emphasize different aspects of human behaviour
B) the problem is primarily a political one, and since psychology is a relatively new science, the politics haven't been worked out yet
C) there's really no reason that anyone can point to; the different perspectives are just tradition, and psychology strongly values its own traditions
D) all the different perspectives are actually subsets of mind–body dualism
E) the different perspectives are all merely of historical interest and, in fact, modern psychologists do only rely on a single perspective for research purposes

128) The modern problem of the relationship of mind to body stems from the thought of René Descartes, a 17th-century French philosopher and mathematician, who gave ____ its classical formulation. Beginning from his famous *Cogito*, *ergo sum* (Latin: "I think, therefore I am").

A) monism
B) empiricism
C) evolutionary theory
D) dualism
E) cognitive psychology

129) Sometimes we can feel our heart rate increase when we think about stressful things. Other times we may notice our heart starts beating more rapidly in response to some stimuli (e.g., while watching a scary movie) and attribute the change to fear. These examples demonstrate the concept of ____.

A) mindfulness
B) behavioural counterpoints
C) cardio synchrony
D) reciprocal effects
E) mind–body interactions

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130) After encountering a number of patients who had physical problems without any apparent physical cause, Sigmund Freud reasoned that the causes must be psychological and beyond his patients' conscious awareness. For example, one of his patients, a woman named Anna O., sometimes developed paralysis in her limbs, even though there was nothing physically wrong with her. Based on his observations, Freud eventually developed a theory he called psychoanalysis. What was Freud actually analyzing?

A) internal, mostly unconscious psychological forces
B) physical causes of psychological problems
C) how the environment is constantly affecting our behaviour
D) how people find ultimate meaning in their lives
E) evidence-based practices for maximizing happiness

131) Imagine that you are renovating your kitchen. You begin by deciding on all of the individual features you want, reasoning that if you choose the best option in each category (appliances, cabinets, tiles, etc.) it will result in the best possible kitchen for you. Your friend suggests it is important to consider how all the individual pieces come together because some things work better/worse than others in combination (e.g., a large dining room table may not work well without a large enough kitchen). This idea relates to a phrase that is commonly associated with which school of thought?

A) psychodynamic
B) behavioural
C) cognitive
D) humanistic
E) Gestalt

132) Dewayne is taking a psychology class. He isn't really interested in discussions about the unconscious, childhood influences, or the way different structures in the brain work. Instead, he is interested in the purpose of certain psychological mechanisms. For example, he wonders why we feel disgusted by a food that made us sick or why some emotions are the same all over the world but others aren't. Dewayne is thinking most like a ____.

A) monist
B) British empiricist
C) structuralist
D) functionalist
E) dualist

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133) Chloe is interested in better understanding how her mental processes work. She reflects on the internal processes taking place and records them in her journal. Chloe is ____, the same approach the ____ used.

A) using introspection; structuralists
B) exploring biological processes; functionalists
C) exploring unconscious processes; psychoanalysts
D) emphasizing her own tendencies toward growth; humanists
E) relying on self-report; behaviourists

134) Latisha believes that when human beings are born their potential is unlimited. She also believes in the influence of nurture and rejects the idea of nature. In fact, she thinks that by controlling children's environments very carefully, she can train them to be anything she wants them to be. The psychological perspective she would probably agree with most is ____.

A) behaviourism
B) humanism
C) cognitive
D) psychodynamic
E) behavioural neuroscientist

135) After Liang has gone on three or four dates with the same person, he finds himself coming up with reasons why he doesn't like them. He has done this with everyone he has dated since his parents were divorced two years ago. He tells himself that his parents' divorce has nothing to do with his own behaviour and tells his friends that he simply is yet to meet a partner who meets his standards. A psychodynamic therapist might say that Liang ____.

A) is unconsciously using defence mechanisms to avoid anxiety related to dating and romantic attachments
B) obviously experienced a traumatic loss of some kind before the age of seven
C) probably had severe problems with dating during adolescence
D) is secretly trying to show his parents what it felt like to have them break up and become single
E) is repeating behaviour that had been previously reinforced

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136) Thomasita subscribes to the concept of Tabula Rasa. This means Thomasita believes that when we are born, our minds are like ____.

A) a hard drive with nothing on it (i.e., is completely empty)
B) a full hard drive (i.e., with no free space left)
C) a hard drive that is half full
D) a downloaded file
E) the text within an email message

137) Your friend tells you that they acquire knowledge the same way as British empiricists, this means your friend emphasizes knowledge acquisition through?

A) observation
B) oral tradition
C) through intuition
D) divination
E) consensus

138) Which of these effects of stress reflect examples that would be likely to be studied from the psychological level of analysis?

A) change in heart rate
B) change in sweating
C) concerns about making a mistake
D) genetic susceptibility to stress
E) change in blood pressure

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139) Yvette has been struggling to decide which major she wants to declare. She has asked her friends and family for advice, but their answers have just confused her more. Finally, she decides to see a therapist. Rather than giving her more advice, her therapist says it's all right for her to struggle with these kinds of questions, and that all people have an internal force that moves us toward self-actualization. What does this mean?

A) Our behaviours are actually affected by what we have learned, and when we're stuck, it's time to learn something new.
B) We have an innate tendency to grow and reach our own individual potential; we each have to find our own meaning, and the therapist will support the process.
C) Our brains are a lot like computers, and the best way to see what's going on inside Yvette's mental computer is doing an actual scan of her brain.
D) We all started out as blank slates, but our environments have made us into who we actually are; if we pay attention, our environments will tell us what's best.
E) Gaining awareness of our strengths and weaknesses.

140) To explain cognitive processes in psychology to a friend, Samira uses a computer metaphor, saying the brain takes information in, processes it, stores it, and retrieves it. This same metaphor was used by scientists in the 1950s, 60s, and 70s, a time that is sometimes referred to as ____.

A) the Victorian era
B) the positive psychology movement
C) social constructivism
D) the cognitive revolution
E) the rise of behaviourism

141) Gary is depressed and unenthusiastic about his classes and worries that he has chosen the wrong major. At the suggestion of a friend, he goes to see a therapist. To his surprise, Dr. Takeri is not interested in Gary's relationship with his mother, his family history, or anything else about Gary's past. Instead, Dr. Takeri focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Takeri conducts therapy from a ____ perspective.

A) psychoanalytic
B) behaviourist
C) humanistic
D) cognitive
E) functionalist

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142) Thuy emigrated to Canada with her parents when she was a year old. Her parents still speak Vietnamese, and practice Confucianism. They have decorated their home with woodcuts, lacquered art, and sculptures of pagodas. Thuy, however, speaks Vietnamese only with her parents and doesn't practice religion, and has decorated her apartment with movie posters, impressionist paintings, and pictures of her friends at amusement parks. Based on this information, we can say that Thuy ____.

A) has an unconscious need to abandon her parents' culture
B) has been socialized into Canadian culture
C) was influenced in her decisions by classic evolutionary principles
D) has a different brain chemistry from the Vietnamese friends she left behind
E) is confused

143) Adam's has come to Canada from oversees to seek his college degree. When he is close to graduating, his parents tell him that they have arranged his marriage to a young woman. They provide him with a detailed description of her personality and goals in life, and she seems to have all the qualities Adam's would like in a wife. Adam's tells his parents he will marry her. Adam's college friends tell him he shouldn't be marrying someone he has never met, but Adam's says that he is from a(n) ____ culture and that ____.

A) collectivistic; means that he tells his parents the exact opposite of what he really means
B) individualistic; arranged marriages are common in his culture
C) collectivistic; not all cultures see love as an essential prerequisite for marriage
D) individualistic; his family's goals are his goals
E) individualistic; not all cultures see love as an essential prerequisite for marriage

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144) Skye has been having problems with depression. She doesn't have health insurance to see a doctor, but she sees an advertisement for a study being done at the local university. When she meets with one of the scientists, he tells her that the study will require her to have several PET scans. The first one will be done before she takes any medication for her depression, and the rest will be done at regular intervals both while she is taking an antidepressant and after she no longer needs to take an antidepressant. The researchers doing this study are probably ____.

A) evolutionary psychologists
B) cognitive psychologists
C) geneticists
D) behavioural neuroscientists
E) functionalists

145) Talia has been having anxiety attacks. She meets with Dr. Eisenbein, who explains that our brain chemistry often affects how we feel. Dr. Eisenbein suggests that Talia try taking a medication called Zoloft. Talia goes home to do some research on the Internet. She learns that the brain chemicals to which Dr. Eisenbein is referring are called ____.

A) genetics
B) endorphins
C) neurotransmitters
D) monistic chemicals
E) hormones

146) Selma and Nissa were both adopted. Their ages are one year apart. Their parents worked hard to treat them both the same. However, now that they are in college, they seem very different. Selma volunteers at the local hospital, plays several team sports, and plans to become a pediatrician. Nissa enjoys painting in her studio, taking historical tours, and practicing yoga. She hopes to become an art restoration specialist. Which area of psychology would best explain the differences between Selma and Nissa?

A) evolutionary
B) psychodynamic
C) cognitive behaviourism
D) behavioural genetics
E) Gestalt

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147) For a clinician who considers themselves to be a cognitive behaviorist, which of these components would be least likely to be considered relevant?

A) thoughts
B) expectations
C) patterns of behaviour
D) unconscious psychological forces
E) the environment

148) Two early humans go hunting for food. They have comparable intelligence. Brawn is strong and fast; Timorous is scrawny and easily tired by vigorous exercise. The men are attacked by a panther. They both run, but Timorous lags behind and is killed by the panther. The panther then chases and overcomes Brawn, who manages to fight off the panther and escape. Brawn passes his strength and speed on to many children; Timorous had only one child before he died. What process is responsible for Brawn's having more offspring than Timorous?

A) natural selection
B) behavioural neuroscience
C) humanism
D) social constructivism
E) a self-fulfilling prophecy

149) Today, stress-related diseases like stroke, heart attack, and cancer are more likely to kill people than are communicable diseases like influenza, tuberculosis, and syphilis. Researchers argue that this is because our bodies are not prepared to deal with the constant demands of modern life: noise, pollution, endless daily decisions, and pressures to look more attractive, make more money, and buy more things. What is the best evolutionary explanation for why we are not prepared to handle modern stressors?

A) Our ancestors did not have any stressors at all in their lives.
B) All evolutionary research emphasizes the body and not the brain, and stress is mostly mental and emotional.
C) Evolution prepared our bodies to deal with short-term stressors like fighting off an enemy or running away but not constant, long-term pressures.
D) Our ancestors had fewer sex differences, which made relationships much easier to handle.
E) Our ancestors had more sex differences, which made relationships much easier to handle.

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150) Steve is working toward a career in investment banking. Although he dates interesting people, marriage is not one of Steve's goals. He is content to remain single and has no interest in having children. His parents are so upset by his lack of "paternal instinct" that he has been ostracized from his family. Steve's co-workers think he will change his mind and want children eventually. If we look at the three levels of analysis, we can say that the pressures from Steve's family fall at the ____ level.

A) biological
B) psychological
C) environmental
D) interaction
E) evolutionary

151) A number of people in Toshi's family struggle with anxiety attacks. He has been fortunate in that he has never had a problem with anxiety. However, when his parents suddenly announce that they are going to be divorced, Toshi is shocked and upset. A week later, sitting in class, he has his first anxiety attack. If we use the three levels of analysis, we can say that Toshi's anxiety is ____.

A) primarily a biological problem
B) primarily a psychological problem
C) primarily an environmental problem
D) due to an interaction among all three levels
E) primarily a perception problem

152) Which of these influences on behaviour would be most likely to be investigated by researchers operating from the cognitive perspective?

A) unconscious motives
B) free will
C) memory
D) social forces
E) genetic and evolutionary factors

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153) David loves reading about what motivates employees, how companies choose job applicants, and how machines are designed around human capabilities. If David chooses to pursue an advanced degree in psychology, the best fit is probably ____.

A) clinical psychology
B) quantitative psychology
C) industrial/organizational psychology
D) developmental psychology
E) qualitative psychology

154) Julie wants to earn good grades in college. She carefully schedules time to study, but every time she sits down she realizes how messy her dorm room is, she can hear other people talking down the hall, or she is distracted by the television. Which of the following would a behaviourist tell Julie to do first?

A) Study in a quiet corner of the library on campus.
B) Outline the points she wants to study.
C) Identify why it is she really does not want to succeed.
D) Analyze her dreams for insight into how to handle her problem.
E) Attempt to relate the problem back to a childhood trauma.

155) You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. What major category of research would this be considered to fall under?

A) real-world
B) basic research
C) advanced research
D) applied research
E) commercial research

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156) You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. Which of the four goals of psychology is this study ultimately designed to address?

A) describe
B) explain and understand
C) integrate
D) predict
E) influence or control

157) You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. What level(s) of analysis could this study be said to be focused on?

A) psychological
B) environmental
C) biological
D) psychological and environmental
E) environmental and biological

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158) William is interested in understanding how memory works. Specifically, he is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g., material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g., past failures). He decides to join a lab at his University that studies memory to explore this interest. He discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *biological* level of analysis. Which of these factors would that lab be most likely to investigate, in terms of how they relate to memory?

A) a birth in your family
B) learning a second language
C) neurotransmitter activity
D) self-reported changes in mood
E) the role positive thinking can play in improving your memory

159) Allyson is interested in understanding how memory works. Specifically, she is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g., material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g., past failures). She decides to join a lab at his University that studies memory to explore this interest. She discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *psychological* level of analysis. Which of these factors would that lab be most likely to investigate, in terms of how they relate to memory?

A) genetic contributions
B) self-reported changes in motivation
C) moving to a new city
D) hormonal fluctuations
E) the neurological mechanisms that support memory

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160) Carol's parents live in southern Florida, where anoles (small lizards) are common. Every time she visits, Carol removes more anoles from inside her parents' pool cage. There is no way for new anoles to get into the cage, so all the anoles there now are either the original interlopers or their offspring that have inherited the qualities that allowed the original anoles to escape capture. As a result, the anoles that are still inside the cage, including the babies, are very difficult to catch and remove. On a microcosmic level, the increasingly clever anoles in the pool cage are the result of ____.

A) natural selection
B) polygenic transmission
C) evolutionary noise
D) mutation
E) luck

161) As humankind evolved physically and socially, the brain had to evolve to manage problems related to these changes. The size of the brain increased, with the most significant growth occurring in areas that manage such processes as problem solving, creativity, and language. We can therefore say that the human brain was ____ new environmental challenges.

A) transmitting
B) adapting to
C) storing
D) operationalizing
E) creating

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162) Courtney is interested in understanding how memory works. Specifically, she is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g., material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g., past failures). She decides to join a lab at her University that studies memory to explore this interest. She discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *environmental* level of analysis. Which of these factors would that lab be most likely to investigate?

A) unconscious conflicts that may be impairing memory
B) history of neurological problems that runs in families
C) the role negative thinking can play in impairing memory
D) neurotransmitter activity
E) the way that being in certain familiar places can remind you of certain memories, which may be more difficult to recall while away from those familiar places.

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Answer Key

Test name: Chapter 01

1) D
2) D
3) B
4) B
5) A
6) B
7) D
8) D
9) C
10) A
11) B
12) A
13) B
14) B
15) C
16) A
17) B
18) C
19) B
20) B
21) B
22) C
23) A
24) C
25) A
26) C
27) C
28) C
29) B
30) A
31) C
32) A
33) B
34) A
35) C
36) B
37) D

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38) C
39) B
40) A
41) A
42) C
43) C
44) C
45) C
46) A
47) B
48) B
49) D
50) A
51) B
52) D
53) C
54) A
55) B
56) A
57) D
58) B
59) D
60) C
61) B
62) C
63) B
64) A
65) C
66) C
67) A
68) B
69) C
70) B
71) D
72) D
73) B
74) D
75) A
76) B
77) C

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78) B
79) A
80) A
81) A
82) B
83) A
84) B
85) A
86) D
87) C
88) D
89) C
90) C
91) B
92) B
93) D
94) D
95) A
96) A
97) D
98) B
99) A
100) B
101) B
102) A
103) B
104) D
105) B
106) C
107) A
108) A
109) C
110) C
111) D
112) C
113) B
114) D
115) D
116) A
117) A

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118) D
119) A
120) C
121) D
122) C
123) E
124) A
125) B
126) A
127) A
128) D
129) E
130) A
131) E
132) D
133) A
134) A
135) A
136) A
137) A
138) C
139) B
140) D
141) D
142) B
143) C
144) D
145) C
146) D
147) D
148) A
149) C
150) C
151) D
152) C
153) C
154) A
155) D
156) E
157) D

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158) C
159) B
160) A
161) B
162) E

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