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Name:_____ Class:_____ Date:_____

Chapter 1 Multiple Choice

1. Today, psychology is formally defined as the scientific study of _____ and _____.
   a. behavior; mental processes
   b. consciousness; unconsciousness
   c. free will; motivation
   d. structuralism; functionalism

ANSWER: a

2. Taylor's new puppy is a very quick learner. In just a week, Taylor has been able to teach their puppy to sit, shake, and roll over! Taylor wonders how their new puppy can learn and remember these new behaviors so quickly. Which field of study is Taylor MOST likely interested in?
   a. biology because the puppy's genetics make it possible for it to learn new behaviors
   b. sociology because society helps the puppy learn new behaviors
   c. psychology, because of the puppy's newly learned behaviors and mental process of remembering said behaviors
   d. chemistry because the puppy is able to learn new behaviors and remember them based on the structure of their elements and compounds

ANSWER: c

3. Which statement about psychologists is TRUE?
   a. They focus exclusively on treating psychological disorders and problems.
   b. They are interested in both normal and abnormal behaviors.
   c. All psychologists can prescribe medication.
   d. All psychologists have a doctorate in their field of study.

ANSWER: b

4. Which of these BEST represents psychology's basic goals?
   a. investigate and treat mental illness
   b. describe, explain, predict, and influence behavior
   c. listen to, counsel, and console people with problems
   d. apply the findings of animal research to abnormal behavior

ANSWER: b

5. Jamie is interested in why their friend, Sam, binge watches the show, *The Office*, repeatedly. Sam claims that re-watching it provides a feeling of relaxation. Specifically, Jamie wants to know why Sam does this behavior. Which of the four basic goals of psychology is Jamie MOST likely following?
   a. describe
   b. predict
   c. explain
   d. control

ANSWER: c

6. Which famous Greek philosopher wrote extensively about psychological topics such as sleep and dreaming, the senses, and memory?

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a. Aristotle
b. Descartes
c. Calkins
d. James

ANSWER: a

7. This philosopher proposed that the mind and body are separate but interact to create conscious experiences.
a. Descartes
b. Aristotle
c. Socrates
d. Plato

ANSWER: a

8. In thinking about psychology and consciousness, the idea that the mind and the body are separate entities that interact makes a lot of sense to you. You MOST likely share the view of:
a. Aristotle.
b. Descartes.
c. Watson.
d. Skinner.

ANSWER: b

9. Aaliyah has found that when she does not get enough sleep before an exam, she's not able to think as clearly and her body aches, which results in a lower exam score. Which philosopher would agree with Aaliyah's assessment, that her mind and body interacted to produce the conscious experience of feeling achy and tired?
a. Aristotle
b. Descartes
c. Socrates
d. Plato

ANSWER: b

10. In terms of the nature–nurture issue, many psychologists today conclude that:
a. it is not possible to completely separate the nature–nurture issue.
b. nature is the driving force of human experience.
c. nurture is the driving force of human experience.
d. while both are important, nurture defines personality more than nature.

ANSWER: a

11. Thais was born into a wealthy household and had every resource imaginable while growing up. However, Thais's parents rarely played with Thais or held Thais as a toddler. Now, Thais is a teenager and is starting to rebel against authority figures. Is the fact that Thais is rebelling as a teenager the result of nature or nurture in this example?
a. nature, because these are environmental influences

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b. nature, because these are inborn influences
c. nurture, because these are environmental influences
d. nurture, because these are inborn influences

ANSWER: c

12. For centuries, philosophers debated which was more important: the inborn _____ of the individual or the environmental influences that _____ the individual.
a. nature; nurture
b. nurture; naturalize
c. experience; condition
d. evolution; condition

ANSWER: a

13. The established science most responsible for the emergence of psychology as a scientific discipline was:
a. physiology.
b. physics.
c. chemistry.
d. introspection.

ANSWER: a

14. _____ is a branch of biology that studies the functions and parts of living organisms.
a. Psychology
b. Physiology
c. Philosophy
d. Physics

ANSWER: b

15. How did physiology contribute to the emergence of psychology as a separate scientific discipline?
a. In defining the boundaries of their science, physiologists rejected the study of mental processes and behavior.
b. Physiologists in the late nineteenth century proposed that psychology should be a separate subdiscipline of philosophy.
c. Physiologists demonstrated that scientific methods could be applied to understanding human behavior and mental processes.
d. Physiologists in the late nineteenth century were unable to apply scientific methods to the study of human behavior and thinking, and consequently psychology was no longer part of that discipline.

ANSWER: c

16. You are participating in a psychological experiment. In this experiment, you are asked to raise your right hand when a red square is presented on the computer screen, and to raise your left hand when a black square is presented. Your reaction time for raising your hand is automatically recorded. This experiment would likely have been conducted in whose lab?
a. Titchener's, because you are breaking down your experience into their component parts
b. Wundt's, because you are measuring a fundamental psychological process, reaction time

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c. James's, because you are measuring how the behavior of raising your hands serves a purpose
d. Freud's, because you are measuring unconscious processes and how these relate to your personality

ANSWER: b

17. Wilhelm Wundt:
a. was a German physiologist who established the first psychology research laboratory at the University of Leipzig.
b. was a French philosopher who proposed the idea that the mind and body are separate entities.
c. is credited with the discovery of unconscious mental processes.
d. was an Austrian physician who founded the psychoanalytic school of psychology.

ANSWER: a

18. Wilhelm Wundt outlined the connections between physiology and psychology in:
a. his famous textbook titled *Principles of Physiological Psychology,* published in 1874.
b. a series of famous lectures at Clark University in 1909.
c. a public debate with William James at Harvard University.
d. his famous book *Principles of Psychology,* published in two volumes in 1890.

ANSWER: a

19. Which of these events do most historians consider to mark the formal beginning of psychology as a scientific discipline?
a. Aristotle's landmark essay in 335 B.C.E., entitled "On the Soul"
b. the 1924 publication of John Watson's book, titled *Behaviorism*
c. the establishment of the first psychology research laboratory by Wilhelm Wundt in 1879
d. Sigmund Freud's discovery of the unconscious mind in the early twentieth century

ANSWER: c

20. With regard to psychology, William Wundt emphasized the:
a. importance of adaptation to environmental challenges.
b. use of introspection to identify the elemental structures of human thought.
c. doctrine of "interactive dualism"—the idea that mind and body are separate entities.
d. use of experimental methods to study and measure consciousness.

ANSWER: d

21. Wilhelm Wundt opened the first psychology laboratory in:
a. 1904.
b. 1890.
c. 1892.
d. 1879.

ANSWER: d

22. _____ was a student of Wundt, while _____ was a student of Titchener.

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a. Sumner; Hall
b. Titchener; Calkins
c. James; Washburn
d. Titchener; Washburn

ANSWER: d

23. _____ is to structuralism as _____ is to functionalism.
a. Wilhelm Wundt; Edward Titchener
b. William James; Mary Whiton Calkins
c. Edward Titchener; William James
d. Mary Whiton Calkins; Wilhelm Wundt

ANSWER: c

24. The first major school of thought in psychology, which relied on introspection, was called:
a. functionalism.
b. psychoanalysis.
c. behaviorism.
d. structuralism.

ANSWER: d

25. Edward Titchener is associated with which early approach, or "school," of psychology?
a. behaviorism
b. structuralism
c. functionalism
d. psychoanalysis

ANSWER: b

26. "What are the most basic units or structures of consciousness?" This is a question that would MOST likely be of interest to a follower of:
a. humanism.
b. behaviorism.
c. functionalism.
d. structuralism.

ANSWER: d

27. Which early school of psychology relied on a method called "introspection"?
a. functionalism
b. humanism
c. behaviorism
d. structuralism

ANSWER: d

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28. You are a participant in an experiment in which you are told: "Look at this apple very carefully and tell me your exact sensations and feelings as you experience them." The experimenter in this study probably believes in what school of psychology?

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

ANSWER: c

29. *Both* structuralists and functionalists agreed that:

a. psychology should focus not on the study of conscious experience but rather on the investigation of observable behaviors.
b. psychologists should directly observe the behaviors of animals in natural settings.
c. psychology should study conscious experience.
d. psychological findings should be applied to areas like education, mental illness, health, and child rearing.

ANSWER: c

30. _____'s ideas were largely influenced by the concept of evolution and Charles Darwin's work.

a. James
b. Titchener
c. Freud
d. Wundt

ANSWER: a

31. Which of these people played a key role in establishing psychology as a scientific discipline in the United States?

a. William James
b. Sigmund Freud
c. B.F. Skinner
d. Abraham Maslow

ANSWER: a

32. It took more than 10 years to write and was 1,400 pages long when it was published. Who wrote the landmark textbook *Principles of Psychology*?

a. Wilhelm Wundt
b. Margaret Floy Washburn
c. B.F. Skinner
d. William James

ANSWER: d

33. "I believe that consciousness should be studied to help us understand the adaptive and practical functions of

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human behavior." Such a statement is MOST likely to have been made by:

a. William James.
b. Sigmund Freud.
c. B.F. Skinner.
d. John B. Watson.

ANSWER: a

34. Jose is holding their new baby cousin, when all of a sudden Jose almost drops the baby! Jose notices that their baby cousin automatically spread their arms and legs out to protect their body if they did actually fall. Jose's little cousin's behavior falls in line with which school of psychology?

a. structuralism, because the behavior is being broken down into its component parts
b. functionalism, because the behavior is adaptive to protect their body if they fell
c. introspection, because the mental processes of this behavior are the most important
d. psychoanalysis, because the unconscious processes of this behavior are the most important

ANSWER: b

35. Which school of psychology would agree that "psychology should stress the study of how behavior and mental processes allow people and animals to adapt to their environments"?

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

ANSWER: c

36. _____ drew attention to the fact that many early Black American psychologists made significant contributions to the field of psychology, while also facing many obstacles.

a. Robert Guthrie
b. Francis Sumner
c. Pauline Scarborough
d. Kenneth Clark

ANSWER: a

37. _____ documented and explored how the social status of women changing throughout the years affected the field of psychology.

a. Pauline Scarborough
b. Mary Calkins
c. Margaret Washburn
d. Mamie Clark

ANSWER: a

38. The first psychology research laboratory in the United States was founded at which University?

a. Harvard

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b. Johns Hopkins
c. Cornell
d. Yale

ANSWER: b

39. Who was the first person to be awarded a Ph.D. in psychology in the United States?
a. B.F. Skinner
b. John B. Watson
c. Francis C. Sumner
d. G. Stanley Hall

ANSWER: d

40. Which of these psychologists founded the American Psychological Association?
a. William James
b. G. Stanley Hall
c. John B. Watson
d. Mary Whiton Calkins

ANSWER: b

41. Mary Whiton Calkins was the first woman to:
a. graduate from Harvard University with a degree in psychology.
b. publish a graduate-level book on personality theories.
c. earn a Ph.D. in psychology from Cornell University.
d. be elected president of the American Psychological Association.

ANSWER: d

42. Which of these statements about Mary Whiton Calkins is TRUE?
a. She was the first woman to study with Wilhelm Wundt and receive a Ph.D. in psychology from Leipzig University.
b. She was the first woman president of the American Psychological Association and conducted research on dreams, memory, and personality.
c. In 1908, she published an influential textbook titled *The Animal Mind*.
d. She was a comparative psychologist who conducted groundbreaking research on the giant panda.

ANSWER: b

43. Who was the first woman to be elected president of the American Psychological Association?
a. Margaret Floy Washburn
b. Francis C. Sumner
c. Mary Whiton Calkins
d. Rebecca Snyder

ANSWER: c

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44. Why was Mary Whiton Calkins denied the Ph.D. degree she had earned in her graduate studies of psychology at Harvard University?
   a. Her research was in an area called "comparative psychology," which was not recognized as a legitimate part of scientific psychology at Harvard University at the time.
   b. At the time, Harvard University forbade the use of nonhuman animals in psychology research.
   c. William James was opposed to opening the field of psychology to women and refused to support her application despite the fact that she was his most brilliant student.
   d. She was a woman, and at the time Harvard was not a coeducational institution.

ANSWER: d

45. Both Mary Whiton Calkins and Margaret Floy Washburn:
   a. studied psychology at Wellesley College and Harvard University.
   b. were students of G. Stanley Hall.
   c. were elected president of the American Psychological Association.
   d. were students of Francis C. Sumner.

ANSWER: c

46. The first U.S. woman to be awarded a Ph.D. in psychology was:
   a. Mary Whiton Calkins.
   b. Margaret Floy Washburn.
   c. René Descartes.
   d. Francis C. Sumner.

ANSWER: b

47. Which of these early psychologists wrote *The Animal Mind* and strongly advocated the scientific study of the mental processes of different animal species?
   a. Margaret Floy Washburn
   b. John B. Watson
   c. Mary Whiton Calkins
   d. Edward B. Titchener

ANSWER: a

48. The first Black American to earn a Ph.D. in psychology was:
   a. Mary Whiton Calkins.
   b. Francis C. Sumner.
   c. Edward B. Titchener.
   d. G. Stanley Hall.

ANSWER: b

49. At the time, _____ University produced more Black American psychologists than all other U.S. universities combined. Francis Sumner chaired the psychology department during this time.
   a. Howard

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b. Harvard
c. Atlanta
d. Cornell

ANSWER: a

50. _____ was a student of Dr. Francis C. Sumner and conducted research on the negative effects of racial discrimination.
a. Mary Whiton Calkins
b. Margaret Floy Washburn
c. G. Stanley Hall
d. Kenneth Bancroft Clark

ANSWER: d

51. _____ was the primary researcher on the negative effects of segregation in schools, which ultimately helped lead to the U.S. Supreme Court's 1954 decision to end segregation in schools.
a. Margaret Floy Washburn
b. Francis C. Sumner
c. Kenneth Bancroft Clark
d. Mamie Phipps Clark

ANSWER: d

52. _____ became the first Black American president of the American Psychological Association in 1970.
a. Mamie Phipps Clark
b. Kenneth Clark
c. Francis C. Sumner
d. G. Stanley Hall

ANSWER: b

53. Sigmund Freud's school of thought, called _____, emphasized the role of unconscious conflicts in determining behavior and personality.
a. structuralism
b. functionalism
c. psychoanalysis
d. behaviorism

ANSWER: c

54. The founder of psychoanalysis was:
a. U.S. psychologist B.F. Skinner.
b. U.S. psychologist Carl Rogers.
c. German psychologist Wilhelm Wundt.
d. Austrian physician Sigmund Freud.

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ANSWER: d

55. Who would have been MOST likely to say: "You behave the way you do because of unconscious reasons, not reasons in your consciousness"?
    a. William James
    b. John B. Watson
    c. Sigmund Freud
    d. G. Stanley Hall

ANSWER: c

56. Sigmund Freud:
    a. believed that experiences in early childhood were critical in the formation of adult personality.
    b. promoted functionalism during his lecture series at Clark University in 1909.
    c. stated that psychology should be the study of overt measurable behavior, especially as it pertains to learning.
    d. founded humanistic psychology.

ANSWER: a

57. Your therapist is very interested in your dreams, blocked memories, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?
    a. structuralism
    b. psychoanalysis
    c. behaviorism
    d. functionalism

ANSWER: b

58. While psychoanalysis focuses on _____ conflicts, humanism emphasizes _____ experiences.
    a. observable; unconscious
    b. unconscious; conscious
    c. external; internal
    d. physiological; observable

ANSWER: b

59. Which approach dominated American psychology beginning in the early 1900s?
    a. behaviorism
    b. psychoanalysis
    c. functionalism
    d. structuralism

ANSWER: a

60. Which individual was NOT a key scientist in the development of behaviorism?
    a. Sigmund Freud

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b. Ivan Pavlov
c. John B. Watson
d. B.F. Skinner

ANSWER: a

61. The early school of psychology called behaviorism:
a. grew out of Russian physiologist Ivan Pavlov's pioneering research in which he conditioned dogs to salivate at the sound of a ticking metronome.
b. was the first of the early schools to disappear.
c. was flatly rejected by John Watson and B.F. Skinner in the early 1900s.
d. was rejected as a pseudoscience in the early 1930s by the American Psychological Association (APA) and the American Association for the Advancement of Science (AAAS).

ANSWER: a

62. Behaviorism was characterized by:
a. the rejection of consciousness as a topic in psychology and a focus upon observable behavior.
b. a narrow focus on consciousness and conscious experience.
c. a focus on the importance of free will, self-determination, and psychological growth.
d. an emphasis on the unconscious determinants of personality.

ANSWER: a

63. The founder of behaviorism was:
a. G. Stanley Hall.
b. William James.
c. John Watson.
d. Carl Rogers.

ANSWER: c

64. Which of these statements about behaviorism is TRUE?
a. B.F. Skinner borrowed the introspection technique from structuralism for use in his methods for behaviorism.
b. Behaviorism was based on Margaret Washburn's animal research showing the importance of animal consciousness.
c. Behaviorism emphasized the importance of unconscious influences on human behavior.
d. John B. Watson argued that consciousness was not a usable concept and considered consciousness to be a concept related to superstition and magic.

ANSWER: d

65. Key figures in the development of behaviorism include:
a. Wundt, Titchener, and James.
b. James, Watson, and Calkins.
c. Maslow, Freud, and Rogers.
d. Watson, Pavlov, and Skinner.

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ANSWER: d

66. With which behaviorist would you associate the procedures of reinforcement and punishment?
   a. Ivan Pavlov
   b. Abraham Maslow
   c. B.F. Skinner
   d. William James

ANSWER: c

67. When you first brought your cat home, you noticed the cat salivating whenever you poured food into the cat bowl. You always put cat food into the bowl after you brushed your teeth. After a few weeks, you notice your cat is salivating while you are brushing your teeth, even with no food present! Your cat's behavior is MOST associated with:
   a. Pavlov's research on the association between neutral stimuli and automatic behaviors.
   b. Skinner's research on reinforcement and punishment with rats.
   c. Roger's research on conscious experiences.
   d. Freud's research that focused on unconscious conflicts and childhood experiences.

ANSWER: a

68. Who conditioned dogs to reflexively salivate to the sound of a ticking metronome rather than at the sight of food?
   a. American psychologist Margaret Washburn
   b. Russian physiologist Ivan Pavlov
   c. Austrian physician Sigmund Freud
   d. American psychologist B.F. Skinner

ANSWER: b

69. Which of these people strongly objected to structuralism's use of introspection and its emphasis on conscious mental processes?
   a. John B. Watson
   b. Edward B. Titchener
   c. Margaret Floy Washburn
   d. Sigmund Freud

ANSWER: a

70. While behaviorists viewed human behavior as being shaped and maintained by _____, Rogers emphasized _____.
   a. unconscious processes; conscious processes
   b. free will; both internal and external causes
   c. external causes; self-determination, free will, and choice
   d. self-determination, free will, and personal choice; external causes

ANSWER: c

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71. Humanistic psychology was called the "third force" because it:
   a. provided an alternative viewpoint to the two approaches that were dominant at the time, behaviorism and psychoanalysis.
   b. was based on the belief that there were three forces that motivated all human behavior.
   c. proposed that there were three methods that could be used to scientifically study human behavior.
   d. was composed of three separate branches, or schools.

ANSWER: a

72. Two key figures in the development of humanistic psychology include:
   a. Abraham Maslow and Carl Rogers.
   b. Sigmund Freud and B.F. Skinner.
   c. Mary Calkins and Margaret Floy Washburn.
   d. John Watson and B.F. Skinner.

ANSWER: a

73. Humanistic psychology emphasized:
   a. the active role played by mental processes in organizing sensations into meaningful perceptions.
   b. the experimental study of overt, observable behaviors.
   c. unconscious determinants of personality and behavior.
   d. one's unique potential for psychological growth and self-direction.

ANSWER: d

74. _____ is to psychoanalysis as _____ is to humanistic psychology.
   a. Freud; James
   b. Skinner; Calkins
   c. Freud; Rogers
   d. Maslow; Pavlov

ANSWER: c

75. While Freud emphasized _____, Rogers emphasized _____.
   a. unconscious conflicts; conscious experiences
   b. overt, measurable behavior; unconscious conflicts
   c. development; sexuality
   d. favorable mental health; mental illness

ANSWER: a

76. Which of these people emphasized conscious experiences and each person's unique potential for psychological growth and self-direction?
   a. Carl Rogers
   b. B.F. Skinner
   c. Sigmund Freud

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d. Abraham Maslow

ANSWER: a

77. Which of these people developed a theory of motivation that emphasized psychological growth?
a. John B. Watson
b. Abraham Maslow
c. G. Stanley Hall
d. Ivan Pavlov

ANSWER: b

78. Which title would MOST likely be found in a research journal for neuroscience?
a. "Increased Levels of Testosterone Impact the Brain, Causing Increased Aggressive Behavior in Laboratory Rats"
b. "The Effects of Compliments on Helping Behavior"
c. "Decreases in Social Functioning Can Be Reversed Through Increased Social Activities in Older Adults"
d. "Spacing Rehearsals During Learning Improves Long-Term Memory for Nonsense Syllables"

ANSWER: a

79. _____ use brain-scanning techniques to study the structure and activity of the living brain.
a. Psychodynamic psychologists
b. Neuroscientists
c. Cognitive psychologists
d. Humanistic psychologists

ANSWER: b

80. Neuroscience, an area within the _____ perspective, emphasizes the importance of the brain and nervous system in explaining people's behavior.
a. biological
b. cognitive
c. behavioral
d. psychodynamic

ANSWER: a

81. "Neuroscience" refers to the study of the:
a. endocrine system.
b. immune system.
c. nervous system.
d. the genome.

ANSWER: c

82. Dr. Ng has used a technique called magnetic resonance imaging (MRI) to examine changes in the brain that occur with age. Dr. Ng is MOST likely part of the _____ field.

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a. neuroscience
b. psychodynamic psychology
c. behavioral psychology
d. cognitive psychology

ANSWER: a

83. Which question would a behavioral psychologist MOST likely ask?
a. How does the environment affect learning?
b. How do unconscious affect in learning?
c. How do chemical reactions in the body affect learning?
d. How do positive emotions affect learning?

ANSWER: a

84. A psychologist who focuses on observable actions MOST likely takes a _____ perspective.
a. cognitive
b. psychodynamic
c. behavioral
d. biological

ANSWER: c

85. Watson and Skinner's contention that psychology should focus on observable behaviors to discover the fundamental laws of learning form the basis of which major perspective in contemporary psychology?
a. cognitive
b. biological
c. humanistic
d. behavioral

ANSWER: d

86. Discovering the fundamental laws of learning is part of the _____ perspective of psychology.
a. cognitive
b. humanistic
c. behavioral
d. cross-cultural

ANSWER: c

87. Professor Diaz is studying the development of the human brain from infancy to early adulthood. She takes the _____ perspective of psychology.
a. humanistic
b. evolutionary
c. behavioral
d. biological

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ANSWER: d

88. Professor Jackson is interested in studying how people with varying degrees of albinism (a genetic condition in which the skin, hair, and eyes have little to no color) process different levels of brightness from a laptop screen. Which contemporary psychological perspective is Professor Jackson MOST likely using?

a. biological
b. psychodynamic
c. behavioral
d. cognitive

ANSWER: a

89. There has been increased interest in the _____ perspective because of the development of sophisticated brain-scanning techniques that can study the live human brain in detail.

a. psychodynamic
b. behavioral
c. cognitive
d. biological

ANSWER: d

90. The _____ perspective emphasizes studying the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.

a. psychodynamic
b. humanistic
c. behavioral
d. biological

ANSWER: d

91. The _____ perspective studies the nervous system, endocrine system, immune system, and genetics, while _____ exclusively studies the nervous system.

a. behavioral; neuroscientists
b. biological; neuroscientists
c. neuroscience; biologists
d. cognitive; biologists

ANSWER: b

92. Dr. Kaal is interested in how stress affects the brain and utilizes brain-scanning techniques on individuals before and after stressful situations. Dr. Kaal's approach is part of the _____ perspective.

a. behavioral
b. cross-cultural
c. biological
d. psychodynamic

ANSWER: c

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93. Dr. McNair has been studying the effects of different levels of estrogen hormones on mating behaviors in male and female hamsters. Dr. McNair is MOST likely a _____ psychologist.

a. cognitive
b. developmental
c. biological
d. clinical

ANSWER: c

94. Who wrote *On the Origin of Species*?

a. Sigmund Freud
b. John B. Watson
c. B.F. Skinner
d. Charles Darwin

ANSWER: d

95. The Himalayan mountains are scarcely populated partly due to low-oxygen levels. Tibetans that live in the Himalayan mountains have inherited an adaptive characteristic that allows them to handle these oxygen levels. Dr. Mai is interested in studying whether Tibetans also feel socially isolated. Which psychological perspective BEST describes Dr. Mai's proposed study?

a. cognitive
b. evolutionary
c. psychodynamic
d. cross-cultural

ANSWER: b

96. According to proponents of _____ psychology, psychological processes that helped individuals adapt to their environment also helped them to survive, reproduce, and pass on those psychological mechanisms to their offspring.

a. evolutionary
b. cognitive
c. psychodynamic
d. cross-cultural

ANSWER: a

97. Harry's research has found that domesticated dogs have smaller brains than wild dogs. It is believed since domesticated dogs do not need to evade predators or hunt for food compared to their wild counterparts, that their brain size has shrunk over thousands of years, which allowed for more efficient brain processing. Which psychological perspective is Harry MOST likely using?

a. cognitive
b. biological
c. evolutionary

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d. cross-cultural

ANSWER: c

98. Which of these statements BEST characterizes the principle of natural selection?
a. If given ample social opportunities, each person will naturally select a mate with similar personality characteristics.
b. Organisms that inherit characteristics that increase their chances of survival in their particular habitat are more likely to survive, reproduce, and pass on their characteristics to their offspring.
c. Natural selection is the consistent finding that when given an abundant and wide range of food choices, animals in the wild will naturally select a diet that supplies all the necessary nutrients.
d. Natural selection is the strong human tendency to socialize with people of the same ethnic group.

ANSWER: b

99. The evolutionary perspective in psychology:
a. suggests that human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
b. analyzes behavior in terms of its adaptive function, such as how it increases a species' chances to survive and reproduce.
c. is now regarded as nothing more than pseudoscience.
d. states that, to fully understand human behavior, you must understand how behavior varies among different cultures.

ANSWER: b

100. Psychologists who take the evolutionary perspective:
a. believe that psychological processes that help individuals adapt to their environment also help them survive, reproduce, and pass those abilities on to future generations.
b. study how behavior develops over the lifespan.
c. study how different languages evolved.
d. search for the tools, artifacts, and drawings of our earliest ancestors.

ANSWER: a

101. Evolutionary psychology:
a. emphasizes the sweeping changes in human behavior and psychological processes that have occurred in the past 100 years.
b. primarily concentrates on describing cultural differences.
c. applies Darwin's theory about the role of natural selection to human psychological processes.
d. emphasizes that human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.

ANSWER: c

102. Which statement BEST characterizes the evolutionary perspective of psychology?
a. Human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
b. To fully understand human behavior, you must understand how behavior varies among different cultures.
c. Psychological processes are influenced by natural selection.
d. As medical and technological advances have evolved, the biological basis of behavior should be the primary

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Chapter 1 Multiple Choice

focus of contemporary psychology.

ANSWER: c

103. Psychologists who take the _____ perspective assume that psychological processes are subject to the principle of natural selection.

a. biological
b. cross-cultural
c. cognitive
d. evolutionary

ANSWER: d

104. The psychodynamic perspective of psychology focuses on how behavior is acquired through _____ influences and early childhood experiences.

a. conscious
b. unconscious
c. learned
d. observable

ANSWER: b

105. Freud's landmark theory of psychoanalysis became the basis of which perspective in contemporary psychology?

a. cognitive
b. psychodynamic
c. humanistic
d. cross-cultural

ANSWER: b

106. The psychodynamic perspective of psychology emphasizes the importance of _____ influences and _____ experiences in explaining the underlying dynamics of behavior.

a. conscious; later life
b. unconscious; later life
c. conscious; early life
d. unconscious; early life

ANSWER: d

107. Dr. Zhang believes that, in order to effectively treat her clients' psychological disorders, it is essential to understand her clients' early life experiences. Dr. Zhang uses the _____ perspective in psychological treatment.

a. behavioral
b. biological
c. psychodynamic
d. humanistic

ANSWER: c

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108. The _____ perspective of psychology focuses on the motivation of people to grow psychologically.
a. humanistic
b. positive
c. psychodynamic
d. cognitive

ANSWER: a

109. Dr. Katai is a therapist who emphasizes the importance of choices and self-direction to his clients so that they can strive to reach their fullest potential. Dr. Katai subscribes to the _____ perspective of psychology.
a. positive
b. psychodynamic
c. cognitive
d. humanistic

ANSWER: d

110. Positive psychology focuses on developing therapeutic techniques that increase _____, rather than just reducing the symptoms of _____.
a. personal well-being; psychological disorders
b. psychological disorders; personal well-being
c. the number of therapy visits; psychological disorders
d. the number of friends; personal well-being

ANSWER: a

111. The positive psychology perspective is concerned primarily with:
a. helping people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging.
b. the role of psychological factors in the development, prevention, and treatment of illness and developing ways of promoting health-enhancing behaviors.
c. the study of happy emotions and psychological states, happy individual traits, and the social institutions that foster happy qualities in individuals and communities.
d. studying the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, major depression, or eating disorders.

ANSWER: c

112. Which of these perspectives in psychology seeks to counterbalance psychology's traditional emphasis on psychological problems and disorders?
a. positive psychology
b. psychodynamic
c. evolutionary
d. cross-cultural

ANSWER: a

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Chapter 1 Multiple Choice

113. Theresa is attracted to a relatively new area of psychology that focuses on the conditions and processes that contribute to optimal functioning of people, groups, and institutions. She believes that psychology should be concerned with topics such as personal happiness, optimism, creativity, wisdom, and the institutions that foster these qualities in individuals and communities. Her views are most consistent with the _____ perspective in psychology.

a. humanistic
b. behavioral
c. positive
d. psychodynamic

ANSWER: c

114. Cognitive psychologists believe it is important to investigate _____, while behavioral psychologists believe it is important to investigate how _____ influence behavior.

a. mental processes; environmental causes
b. environmental causes; mental processes
c. unconscious; mental processes
d. mental processes; unconsciousness

ANSWER: a

115. Dr. Bremmer investigates mental processes, including reasoning and thinking, problem solving, memory, perception, and language. Dr. Bremmer is a _____ psychologist.

a. cognitive
b. behavioral
c. psychodynamic
d. biological

ANSWER: a

116. The cognitive perspective of psychology focuses on:

a. the role of mental processes in how people process and remember information, develop language, solve problems, and think.
b. how overt behavior is acquired and modified by environmental influences.
c. the diversity of human behavior in different cultural settings and countries.
d. the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential.

ANSWER: a

117. The _____ perspective conceptualizes human thinking, memory, and perception in terms of an information-processing model.

a. positive psychology
b. behavioral
c. biological
d. cognitive

ANSWER: d

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Chapter 1 Multiple Choice

118. During the 1960s, the movement away from traditional behaviorism and toward the study of how mental processes influence behavior was called:

a. "the cognitive revolution" and was influenced by the development of the first computers.
b. the "third force" in North American psychology.
c. the "positive psychology perspective."
d. "neuroscience" and was influenced by the development of the first computers.

ANSWER: a

119. The term "cognitive revolution" refers to:

a. the founding of humanistic psychology as the "third force" in psychology that strongly opposed psychoanalysis and behaviorism.
b. a renewed emphasis on the study of mental processes, which represented a break from traditional behaviorism.
c. the discovery of how the brain developed while learning complex behaviors.
d. the revolt of research participants against unethical practices and experiments, which led to new ethical standards in psychology.

ANSWER: b

120. Dr. Woods is studying the degree to which primates seem to display logic and insight in figuring out a variety of puzzles and other simple problems. Dr. Woods is MOST likely a(n) _____ psychologist.

a. industrial/organizational
b. clinical
c. forensic
d. cognitive

ANSWER: d

121. Dr. Fiona wants to know whether her students will remember lecture material better if they hand write notes compared to type notes on a laptop. Dr. Fiona has half her intro to psychology class hand write notes and the other half type their notes on their laptop during lecture. She then tests their memory of lecture material on the first exam. Which psychological perspective BEST describes Dr. Fiona's study?

a. cognitive, because she is testing their memory
b. developmental, because the students are children
c. biological, because different students identify as different sexes
d. psychodynamic, because memory is an unconscious process

ANSWER: a

122. Social loafing was found to be heavily influenced by _____ factors since, depending on the group of people or country, social striving can be found instead.

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

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Chapter 1 Multiple Choice

ANSWER: a

123. As a psychology researcher, you have found that the public expression of emotions differs among people from the United States, Japan, Switzerland, and Israel. This type of research fits BEST with which perspective in psychology?

a. evolutionary
b. cross-cultural
c. cognitive
d. humanistic

ANSWER: b

124. Psychologists following the _____ perspective have investigated the diversity of human behavior in different countries and have discovered that some well-established psychological findings are not as universal as once thought.

a. positive psychology
b. cross-cultural
c. evolutionary
d. cognitive

ANSWER: b

125. What is social loafing?

a. the tendency for people in collectivistic cultures to exert more effort on a task when working in a group compared to working alone
b. a scientist's tendency to reduce productive behavior after receiving an award or recognition
c. the term used to refer to the typical group behavior of college students during spring break
d. the tendency for people in individualistic cultures to exert more effort on a task when working alone than when working as part of a group

ANSWER: d

126. “I hate doing group projects in my classes,” Hillary, a North American student, complained. “When we do a group project, people just don't work as hard as they do when they are working alone.” Hillary’s observation reflects a psychological phenomenon called:

a. social striving.
b. ethnocentrism.
c. social loafing.
d. random selection.

ANSWER: c

127. In the Unites States, *most* clinical or counseling psychologists have a(n) _____ degree.

a. doctorate
b. master’s
c. M.D.
d. D.O.

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ANSWER: b

128. Since 2017, there has been a _____ percent increase in the number of psychology doctorates awarded, with three-quarters of those earning psychology doctorates being _____.

a. 50; women
b. 25; women
c. 25; men
d. 50; men

ANSWER: b

129. Dr. Rice studies the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, major depressive disorders, and eating disorders. She is MOST likely a _____ psychologist.

a. clinical
b. biological
c. cognitive
d. counseling

ANSWER: a

130. Rashida is studying to become a clinical psychologist. She is MOST likely learning:

a. how to apply psychological principles to methods of learning.
b. the causes, diagnosis, treatment, and prevention of different types of psychological disorders.
c. the relationship between people and work.
d. how to prescribe medications and conduct minor medical procedures.

ANSWER: b

131. Dr. Knowles and Dr. Carter both work in Minnesota in different cities. They both treat people with severe mental disorders. Dr. Knowles cannot prescribe medications for his clients, but Dr. Carter frequently prescribes medications to her clients. Dr. Knowles is probably a(n) _____, whereas Dr. Carter is probably a _____.

a. psychiatrist; clinical psychologist
b. experimental psychologist; biological psychologist
c. clinical psychologist; psychiatrist
d. social psychologist; health psychologist

ANSWER: c

132. Joanna has suffered a series of personal setbacks, including the death of a family member, academic problems in college, and a divorce. She feels so sad, upset, and lonely that she is contemplating suicide. Joanna could probably best be helped by a(n) _____ psychologist.

a. experimental
b. clinical
c. industrial/organizational
d. cognitive

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Chapter 1 Multiple Choice

ANSWER: b

133. Adam has just started college and is having a hard time adjusting to meeting so many new people. He decides to go see a psychologist to help him through this crisis. After a few weeks, Adam starts to feel more well-adjusted to college. Which type of psychologist did Adam go see?

a. a counseling psychologist
b. a clinical psychologist
c. an educational psychologist
d. a personality psychologist

ANSWER: a

134. The specialty area of psychology that helps people adjust, adapt, and cope with personal and interpersonal problems, as well as alleviate distress is:

a. health psychology.
b. counseling psychology.
c. clinical psychology.
d. developmental psychology.

ANSWER: b

135. Dr. Heywood has been trained in counseling psychology and works in a local clinic as well as in private practice. He is MOST likely to:

a. apply psychological principles and techniques to legal issues, mental competency to stand trial and eyewitness testimony.
b. study the nature of personality, including individual differences and the characteristics that make each individual unique.
c. help people adjust, adapt, and cope with personal and interpersonal problems, and resolve crises.
d. investigate psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.

ANSWER: c

136. _____ psychologists apply psychological principles and theories to various methods of learning.

a. Cognitive
b. Educational
c. Clinical
d. Social

ANSWER: b

137. Dr. Kerrick has developed a training program for young children that will help the children *learn* to read at a quicker pace and with greater comprehension. What kind of psychologist is Dr. Kerrick?

a. educational
b. personality
c. school
d. clinical

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Chapter 1 Multiple Choice

ANSWER: a

138. Whenever Simon hears another person's phone alarm start ringing, he perceives that he has to wake up and make coffee in time before work. Which major specialty in psychology would BEST explain this basic psychological process of sensation and perception?

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

ANSWER: a

139. Dr. Jakel is a psychologist who studies basic topics in psychology, such as learning, motivation, sensation, and perception. Dr. Jakel's area of specialization is _____ psychology.

a. humanistic
b. experimental
c. personality
d. clinical

ANSWER: b

140. The specialty area that includes the study of the physical, social, and psychological changes that occur from conception to old age is _____ psychology.

a. developmental
b. educational
c. school
d. experimental

ANSWER: a

141. Professor Anders is interested in how family relationships change over time. During the past two decades, he has kept track of and repeatedly surveyed the same group of 3,000 participants about changes in their relationship with their parents and siblings. Professor Anders is MOST likely a _____ psychologist.

a. social
b. health
c. rehabilitation
d. developmental

ANSWER: d

142. A psychologist who studies worker productivity, job satisfaction, or the interaction between people and equipment is MOST likely a(n) _____ psychologist.

a. industrial/organizational
b. experimental
c. health
d. clinical

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Chapter 1 Multiple Choice

ANSWER: a

143. Lynn wants to study how people's morale will be affected by downsizing at work. Lynn is MOST likely a(n) _____ psychologist.

a. cross-cultural
b. biological
c. industrial/organizational
d. personality

ANSWER: c

144. _____ psychologists study individual differences in people and the characteristics that make each person unique.

a. Personality
b. Developmental
c. Clinical
d. Counseling

ANSWER: a

145. Anna has noticed that each of her four closest friends are unique in their own way. Zoe is very loud, Claire is rather shy, Jane tends to be the class clown, and Nicole is very studious. Anna's observation of her friends would be a part of _____ psychology.

a. educational
b. social
c. cross-cultural
d. personality

ANSWER: d

146. In his research, Dr. Klein explores the relationship between feeling embarrassed and group size. He has found that personal embarrassment tends to increase as group size increases, which usually results in the person who is embarrassed fleeing the group. Which major specialty of psychology does Dr. Klein belong to?

a. social
b. cross-cultural
c. community
d. health

ANSWER: a

147. Which of these titles would MOST likely be found in a research journal for social psychology?

a. "Increased Levels of the Male Hormone, Testosterone, Causes Increased Aggressive Behavior in Laboratory Rats"
b. "How the Presence of Other People Affects Helping Behavior in Public Situations"
c. "Decreases in Intellectual Functioning Can Be Reversed Through Increased Mental Activities in the Older Adult"
d. "More Resources on Social Justice Improve Economic Outcomes at a Community Level in Suburbia"

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ANSWER: b

148. Jim has noticed the number of robberies in his neighborhood have increased dramatically over the past few months. He hypothesizes it is due to state funding being reduced for his community, resulting in security cameras not being fixed. Jim decides to raise the money and get the security cameras fixed. Once the cameras have been fixed, the rate of robberies drastically decreases. Which major specialty of psychology did Jim use to help his neighborhood?

a. social
b. community
c. industrial/organizational
d. experimental

ANSWER: b

149. _____ psychology promotes research-based social justice, along with positive cultural, political, and economic change at community, national, and international levels.

a. Community
b. Social
c. Cross-cultural
d. National

ANSWER: a

150. Dr. Meziere is giving a presentation on her research at the Annual Symposium of Health Psychologists. Which of these presentation titles is MOST likely hers?

a. "Improving Employee Morale in Unfavorable Working Conditions"
b. "The Possible Role of the Cultural Factors in the Development of Schizophrenia and Major Depressive Disorder"
c. "The Impact of Interpersonal Loss on Immune System Functioning"
d. "The Genetic Factors of Personality"

ANSWER: c

151. Dr. Mendoza found a lack of social support, stress at work and in family life, and anxiety are associated with the development of heart disease. Dr. Mendoza specializes in _____ psychology.

a. educational
b. industrial/organizational
c. health
d. developmental

ANSWER: c

152. When he was having academic difficulties in primary school, Si-an received counseling from a professional. This professional was MOST likely a _____ psychologist.

a. health
b. forensic
c. personality

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d. school

ANSWER: d

153. Psychologists who use psychological principles in primary and secondary schools are known as _____ psychologists.

a. school
b. experimental
c. personality
d. cognitive

ANSWER: a

154. In contemporary psychology, the psychodynamic perspective, the behavioral perspective, and the humanistic perspectives

a. are often used among psychologists working in the mental health field.
b. are considered pseudosciences.
c. have been combined to form a new major perspective in modern psychology called “comparative psychology.”
d. focus on how people process and remember information, develop language, solve problems, and think.

ANSWER: a

155. Which of these specialty areas in psychology is a medical specialty?

a. clinical psychology
b. experimental psychology
c. psychiatry
d. applied psychology

ANSWER: c

156. In collectivistic cultures, a person's sense of identity is:

a. primarily determined by their outstanding accomplishments.
b. strongly influenced by the person's interdependent relationships with others, such as the person's family.
c. largely a matter of individual preferences and attitudes.
d. best characterized as independent, autonomous, and distinctive.

ANSWER: b

157. Which statement BEST describes a collectivistic culture?

a. Individual achievements are highly valued.
b. Social behavior is driven by individual preference more than cultural values and norms.
c. Individuals view all of society as important, but highly value individual autonomy.
d. Behavior is influenced more by the cultural norms and social context than individual preferences.

ANSWER: d

158. _____ is a broad term that refers to the attitudes, values, beliefs, and behaviors shared by a group of people and communicated from one generation to another.

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a. Culture
b. Humanism
c. Ethnocentrism
d. Social loafing

ANSWER: a

159. Cultural norms are:
a. the written rules of behavior.
b. the unwritten rules of behavior.
c. never changing.
d. dependent upon the population size.

ANSWER: b

160. Countries such as the United States, Canada, and New Zealand are considered _____ because of their emphasis on autonomy and independence.
a. collectivistic
b. individualistic
c. ethnocentric
d. extreme

ANSWER: b

161. Which of these is NOT a characteristic of collectivistic cultures?
a. A person's identity is closely tied to the identity of a larger group, such as a family or work group.
b. The needs and goals of the group are valued over the needs and goals of the individual.
c. They are more commonly found in Asia and South America than in North America and Europe.
d. The importance of self-reliance and individual achievement are emphasized.

ANSWER: d

162. In contrast to collectivistic cultures, individualistic cultures tend to:
a. value the needs and goals of the individual over the needs and goals of the group.
b. stress the interdependence of all people.
c. be less susceptible to cultural influences.
d. downplay individual abilities and achievements.

ANSWER: a

163. Someone who uses her own culture as the standard for judging other cultures is said to be:
a. ethnocentric.
b. individualistic.
c. empirical.
d. collectivistic.

ANSWER: a

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Chapter 1 Multiple Choice

164. During her first trip abroad, Paula was surprised to find that people in other cultures ate such foods as snails, squid, insects, lizards, earthworms, and seaweed. “One day they will become civilized like us and eat normal foods like donuts, pizza, hot dogs, and hamburgers and fries,” she emailed her parents. Paula's remarks reflect a tendency called:

a. collectivism.
b. ethnocentrism.
c. expectancy effects.
d. demand characteristics.

ANSWER: b

165. When Susan learned that infants in Mayan families in Guatemala often sleep in their mother's bed until the child is two or three years old, she was surprised and expressed her belief that the practice was unhealthy as compared to the U.S. custom of separating infants and adults at night. Susan's views are a good example of _____ in action.

a. normative social influence
b. demand characteristics
c. ethnocentrism
d. expectancy effects

ANSWER: c

166. Ethnocentrism refers to the tendency to:

a. behave in accordance with cultural norms.
b. stress the importance of cross-cultural psychology.
c. use your own culture as the standard for judging other cultures.
d. deny your ethnic heritage.

ANSWER: c

167. Research on social loafing has found North American participants work harder on a task when working alone, whereas Japanese participants work harder on a task when they are part of a group. These results illustrate that the North American participants are part of a(n) _____ culture, while the Japanese participants are part of a(n) _____ culture.

a. individualistic; collectivistic
b. collectivistic; individualistic
c. egocentric; individualistic
d. collectivistic; egocentric

ANSWER: a

168. Empirical evidence refers to evidence that is the result of:

a. observation, measurement, and experimentation.
b. intuition, logic, and critical thinking.
c. experience, philosophy, and opinion.

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d. experience, logic, and statistics.

ANSWER: a

169. Evidence that is the result of observation, measurement, and experimentation is referred to as _____ evidence.

a. empirical
b. independent
c. operational
d. dependent

ANSWER: a

170. The second step of the scientific method is:

a. analyze the data to arrive at conclusions.
b. formulate a testable hypothesis.
c. report the results.
d. design a study and collect relevant data.

ANSWER: d

171. Devonte is a graduate student in developmental psychology and is preparing to conduct a study on rates of substance abuse among college students. Which step in the scientific method will Devonte need to start with?

a. design a study to collect relevant data
b. recruit participants
c. formulate a testable hypothesis
d. analyze the data to arrive at conclusions

ANSWER: c

172. According to the scientific method, after Dr. Haley formulates a hypothesis, designs a study, and collects data for their research on childhood obesity, they will next have to:

a. develop a new theory.
b. prove his theory.
c. analyze the data to arrive at conclusions.
d. report the results.

ANSWER: c

173. Which of these is NOT a step in the scientific method?

a. formulate a testable hypothesis
b. design the study and collect data
c. analyze the data and draw conclusions
d. have a healthy sense of scientific skepticism

ANSWER: d

174. To say that the results of a study are "statistically significant" means that:

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a. the finding has great practical value and significance.
b. a cause-and-effect relationship exists between the two variables.
c. the finding does not have to be replicated to be accepted by the scientific community.
d. the results are unlikely to have occurred by chance.

ANSWER: d

175. Dr. Magoulis conducted a study on hours spent engaged with electronic media and rates of obesity in children and adolescents. Their research revealed a statistically significant relationship between the amount of time spent on computers, tablets, and cell phones and weight gain during childhood and adolescence. This finding indicates that:

a. Dr. Magoulis's results are not very likely to have occurred by chance.
b. Dr. Magoulis's research results were biased.
c. Dr. Magoulis discovered a new theory about obesity.
d. Dr. Magoulis discovered a causal relationship between electronic media and obesity.

ANSWER: a

176. According to Professor Zarkov's data, there is a statistically significant relationship between the socioeconomic level of a family and how much time the parents spend talking to their children. To say that the results of this study are "statistically significant" means that:

a. there is a cause-and-effect relationship between the two variables.
b. the results are unlikely to have occurred by chance.
c. the finding has no mathematical validity.
d. the finding can be used to generate new theories.

ANSWER: b

177. Kojo has completed their experiment on the relationship between the number of courses taken per semester and stress. Kojo found a statistically significant result that indicates the more courses a student is enrolled in per semester, the more stress they feel. Kojo's friend, Lexi, asks if this result is small, medium, or large. What term is Lexi asking Kojo about?

a. replicability
b. effect size
c. validity
d. open science

ANSWER: b

178. A hypothesis is:

a. a tentative statement that describes the relationship between two or more variables.
b. a geometrical construct often used in statistical analyses.
c. a theory that has been proven.
d. the operational definition assigned to the independent variable.

ANSWER: a

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179. A researcher sets out to test the following statement: "Adolescents are more likely to start smoking if one or both of their parents smoke." This statement is an example of:

a. a theory.
b. an operational definition.
c. a hypothesis.
d. experimenter bias.

ANSWER: c

180. A _____ is a specific question or prediction to be tested, whereas a(n) _____ tries to integrate and summarize a large number of findings.

a. hypothesis; theory
b. variable; operational definition
c. theory; hypothesis
d. descriptive method; experimental method

ANSWER: a

181. An operational definition is:

a. a research design in which the participants act or operate as their own control group.
b. a precise description of how each variable in a particular study will be manipulated or measured.
c. one that has been approved by the American Psychological Association.
d. a statistical method used in psychological research to correct for bias that may be operating in the experimental situation.

ANSWER: b

182. In order to test the hypothesis that premarital education enhances marital quality, Dr. Stanley should first:

a. calculate the effect size.
b. use naturalistic observation to observe happily married couples.
c. operationally define the terms "premarital education" and "marital quality."
d. avoid operational definitions because they reflect preconceived ideas and biases.

ANSWER: c

183. Which of these phrases would be an acceptable operational definition for anxiety?

a. unpleasant emotional state
b. feelings of worry, tension, dread, or fear
c. asking people to rate their current level of anxiety on a 1-to-10 scale
d. anxiety is a subjective emotional state that cannot be operationally defined

ANSWER: c

184. A meta-analysis is most useful when:

a. there are not enough participants in an experiment.
b. a particular issue has generated a large number of studies, some of which have produced weak or contradictory results.

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c. the statistical analysis indicates that the results are statistically significant but the hypothesis is not supported.
d. the experiment has never been replicated.

ANSWER: b

185. Dr. O'Connor was interested in whether men and women differ in sexual attitudes. They found that more than 170 studies had already been published on this issue. Using _____, they combined the results of these studies and analyzed the data for overall trends.
a. meta-analysis
b. naturalistic observation
c. peer review
d. open science

ANSWER: a

186. Meta-analysis is:
a. a statistical technique that combines and analyzes the findings from many different studies on a particular topic in order to determine overall trends.
b. the final step in the scientific method.
c. a type of computer program used to collect and analyze the results of case study research.
d. a permanent Internet address for journal articles and other digital works.

ANSWER: a

187. In order to increase confidence in the findings of a particular study, it is important that the study and its results:
a. have practical significance.
b. be widely reported.
c. be repeated or replicated.
d. be tested by meta-analysis.

ANSWER: c

188. The word replicate refers to:
a. a second statistical analysis of the study's results by an independent researcher.
b. confirming a researcher's results with meta-analysis.
c. a statistical technique.
d. repeating a study using the same research methods but different research participants.

ANSWER: d

189. When researchers create questions to investigate, generate evidence, and draw conclusions, they are guided by a set of assumptions, attitudes, and procedures that is called:
a. the scientific method.
b. guesses and hunches.
c. ethical guidelines.
d. pseudoscientific assumptions.

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Chapter 1 Multiple Choice

ANSWER: a

190. Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?

a. Psychologists are required to obey the law in all their professional activities.
b. Psychologists assume that behavior and mental processes follow consistent patterns.
c. Psychologists recognize that behavior typically follows the laws created by society.
d. Psychologists assume that abnormal behavior is unlawful whereas normal behavior is lawful.

ANSWER: b

191. Like other scientists, psychologists are guided by the assumption that:

a. only nonexperimental data have scientific relevance.
b. statistically significant results always have practical significance.
c. certain phenomena will never be understood.
d. events are lawful and ultimately explainable.

ANSWER: d

192. In striving to identify and understand consistent patterns of behavior, psychologists are _____. That is, they are willing to consider new or alternative explanations of behavior and mental processes.

a. skeptical
b. empirical
c. open-minded
d. cautious

ANSWER: c

193. Dr. McGhee strives to identify and understand consistent patterns of behavior. They are willing to consider new or alternative explanations of behavior and mental processes. Dr. McGhee is demonstrating:

a. open-mindedness.
b. skepticism.
c. lawful understanding.
d. cautious interpretation.

ANSWER: a

194. Psychologists' open-minded attitude is tempered by a healthy sense of scientific _____. That is, psychologists critically evaluate the evidence for new findings, especially those that seem contrary to established knowledge.

a. intuition
b. dualism
c. skepticism
d. empiricism

ANSWER: c

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Chapter 1 Multiple Choice

195. The factors in a hypothesis that can vary or change are called the:
a. theories.
b. variables.
c. main effects.
d. correlation coefficients.

ANSWER: b

196. Descriptive research:
a. typically answers the "who, what, where, when, and how often" questions about behavior.
b. is no longer used in contemporary psychology.
c. has been replaced by sophisticated brain imaging techniques.
d. provides the most compelling evidence of cause-and-effect relationships.

ANSWER: a

197. Unobtrusively, Dr. Jones and two of their students record the willingness of boys and girls to volunteer for an elephant or a donkey ride at the local zoo. Dr. Jones is using:
a. unethical research practices.
b. experimental research.
c. meta-analysis.
d. descriptive research.

ANSWER: d

198. The basic goal of experimental research is to:
a. demonstrate that one variable causes change in a second variable.
b. describe and predict naturally occurring phenomena.
c. investigate a single subject in depth.
d. discover new operational definitions.

ANSWER: a

199. Psychologists use statistics to:
a. analyze the data collected and determine whether the results support the hypothesis.
b. generate new theories.
c. prove that a theory is true.
d. confuse introductory psychology students.

ANSWER: a

200. Dr. Hazlett used statistics and determined that the result of their experiment was statistically significant. Dr. Hazlett then concluded that the:
a. results of the experiment were not likely to have occurred by chance.
b. results of the experiment have practical importance in everyday life.
c. hypothesis for the experiment was not supported.

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Chapter 1 Multiple Choice

d. correlation coefficient was zero.

ANSWER: a

201. When psychologists report the findings of a study in a scientific journal, it's important that they include a description of all of these EXCEPT:

a. who participated in the study.
b. how the data were analyzed.
c. how variables were operationally defined.
d. how the journal reviewers responded to the findings.

ANSWER: d

202. A theory:

a. is another term for a hypothesis.
b. tentatively explains and tries to account for diverse findings on the same topic.
c. is based strictly on speculation rather than any kind of empirical evidence.
d. is a statement of absolute fact that eventually becomes a scientific law.

ANSWER: b

203. A useful theory is one that does all of these EXCEPT:

a. provides a tentative explanation.
b. allows predictions to be made.
c. ensures statistical significance in an experiment.
d. stimulates new research.

ANSWER: c

204. In the 1990s, psychologists administered the “marshmallow test” to four- and six-year-old children. The child was given a marshmallow and told to wait 15 minutes before eating it and if they waited, they would receive a second treat. If they did not wait and ate the marshmallow early, they did not get the second treat. The psychologists found children that waited the full 15 minutes had higher SAT scores as teenagers. Recently, this relationship between waiting and higher SAT scores has not been found to be statistically significant. What is this an example of?

a. a meta-analysis
b. improper ethical guidelines
c. the replication crisis
d. peer review

ANSWER: c

205. Preregistration is a process in which researchers preregister the details of their study on a website so the process cannot be changed later. During which step of the scientific method should preregistration occur?

a. step 1: formulate a testable hypothesis
b. step 2: design the study and collect the data
c. step 3: analyze the data and draw conclusions

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d. step 4: report the findings

ANSWER: b

206. Dr. Hernandez is in the process of writing the results of their study on the relationship between the "power pose" and productivity on school work at their local university. Dr. Hernandez is interested in crowdsourcing their research for other universities. What is Dr. Hernandez referring to?

a. meta-analysis
b. replication
c. peer review
d. open science

ANSWER: d

207. The References section includes the following information for each citation EXCEPT:

a. authors' full names.
b. the journal the article was published in.
c. the DOI or digital object identifier.
d. the university the authors are affiliated with.

ANSWER: d

208. Professor Loomis decided to study activity preferences of senior adults, so they visited a local retirement village and invited residents to participate in a lengthy survey. Professor Loomis's survey results are probably invalid because they did not use:

a. a valid hypothesis.
b. an operational definition.
c. independent and dependent variables.
d. a representative sample of participants.

ANSWER: d

209. A _____ very closely matches the population from which it is drawn.

a. representative sample
b. random selection
c. case study
d. naturalistic observation

ANSWER: a

210. A representative sample is a:

a. group of participants that closely parallels the larger group to be studied on all relevant characteristics, such as age, sex, and race.
b. sample questionnaire that represents the most likely set of survey responses.
c. small group of volunteers who try to predict the survey results.
d. list of all the possible questions that might be represented on the final survey.

ANSWER: a

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Chapter 1 Multiple Choice

211. Which correlation coefficient represents the weakest relationship between two factors?
a. −0.67
b. +0.53
c. +0.32
d. −0.12

ANSWER: d

212. Studies have reported that the more time students spend reading for pleasure, the higher their literacy scores on standardized tests. Based on this result, you would be justified in stating that:
a. not reading for pleasure causes illiteracy.
b. a positive correlation exists between literacy scores and reading time.
c. a negative correlation exists between literacy scores and reading time.
d. illiteracy prevents students from reading for pleasure.

ANSWER: b

213. Which statement is TRUE regarding correlational research studies?
a. They can indicate causality in either a positive or a negative direction.
b. They provide the most compelling evidence of a cause-and-effect relationship between two variables.
c. They can reveal the degree to which two factors are related or co-vary in a systematic way.
d. They are not considered a form of empirical research.

ANSWER: c

214. Professor Martinez administered a psychological test that measured shyness to a large number of undergraduate students. These same students also completed an extensive questionnaire about their social lives and activities, including number of friends. Professor Martinez conducted a statistical analysis of the responses and found a correlation coefficient of −0.90 between level of shyness and number of friends. This indicates that:
a. as number of friends increases, level of shyness increases.
b. as number of friends decreases, level of shyness increases.
c. no relationship exists between level of shyness and number of friends.
d. a cause-and-effect relationship exists between shyness and number of friends.

ANSWER: b

215. Which statement BEST describes a correlational study?
a. It provides compelling evidence of cause-and-effect relationships.
b. It examines how strongly two variables are related to each other.
c. It provides a detailed description of a single individual.
d. It is a systematic set of observations of behaviors.

ANSWER: b

216. A correlation coefficient of 0.9 was found between ice-cream consumption and crime. As ice-cream consumption increased, crime rate also increased. This correlation coefficient represents a _____ and _____

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Chapter 1 Multiple Choice

relationship.

a. strong; negative
b. strong; positive
c. weak; negative
d. weak; positive

ANSWER: b

217. A negative correlation is found when one variable _____ and the second variable _____.

a. increases; increases
b. increases; decreases
c. decreases; decreases
d. is positive; is negative

ANSWER: b

218. Marco conducted an experiment in which their fellow introductory to psychology students completed two surveys. The first survey asked how many hours a week they leisurely read books. The second survey consisted of twenty vocabulary words where students were asked to match the word to the proper definition. Marco found a correlation coefficient of +1.00 and concluded that reading more causes one to have a better vocabulary. What would you tell Marco about their conclusion?

a. Correlation does not equal causation.
b. Since the correlation coefficient is positive this means that as students read more, their vocabulary decreases.
c. This correlation is only a weak relationship.
d. Because introductory to psychology students completed these surveys, Marco's results are generalizable for every subject.

ANSWER: a

219. Professor Nelson wishes to investigate the relationship between stress and visits to the college mental health clinic. Which of these research methods would be MOST appropriate?

a. case study
b. correlational study
c. meta-analysis
d. naturalistic observation

ANSWER: b

220. A correlational study:

a. examines the strength of the relationship between two variables.
b. can be used to establish a cause-and-effect relationship.
c. examines the direction of the relationship between two variables.
d. examines the strength and direction of relationship between two variables.

ANSWER: d

221. A correlation coefficient is a(n):

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Chapter 1 Multiple Choice

a. numerical indicator of the strength and direction of a relationship between two factors.
b. independent variable that is used in a correlational study.
c. numerical indicator of the statistical significance of the findings in a particular research study.
d. index of the practical rather than the statistical significance of research findings.

ANSWER: a

222. After conducting a statistical analysis of responses to a survey, Professor Nguyen finds a correlation of +2.36 between participation in sporting events and physical injuries. This finding indicates that:
a. Professor Nguyen has made a serious error in calculating the correlation coefficient.
b. a cause-and-effect relationship exists between participation in sporting events and physical injuries.
c. as participation in sporting events increases, the risk of physical injury also increases.
d. as participation in sporting events decreases, the risk of physical injury increases.

ANSWER: a

223. Which of these correlation coefficients represents the strongest relationship between two factors?
a. −0.15
b. +0.03
c. +0.38
d. −0.80

ANSWER: d

224. Your instructor notices that in many of their classes, the longer they lecture, the more yawning they see. This represents:
a. a positive correlation.
b. a negative correlation.
c. a cause-and-effect relationship.
d. scientific proof that yawning is contagious.

ANSWER: a

225. A study on parental use of corporal punishment found a relationship between parental socioeconomic status and use of corporal punishment. Put simply, as socioeconomic status declines, rates of parents' use of corporal punishment rises. This finding represents a:
a. cause-and-effect relationship.
b. positive correlation.
c. negative correlation.
d. classic example of an expectancy effect.

ANSWER: c

226. Dr. Ginsburg wants to study possible age-related differences in the willingness of young children to engage in risky behaviors. To gather data, Ginsburg and a co-researcher carefully observe the willingness of three-year-old, five-year-old, and seven-year-old children to try risky behaviors at a local petting zoo, such as petting a llama or feeding different animals. Dr. Ginsburg is using _____ to gather data.

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Chapter 1 Multiple Choice

a. naturalistic observation
b. a survey
c. the case study method
d. random selection

ANSWER: a

227. When psychologists systematically observe and record behaviors as they occur in their natural settings, they are using a descriptive method called:
a. case study survey research.
b. meta-analysis.
c. naturalistic observation.
d. the experimental method.

ANSWER: c

228. Dr. Saetang wants to study the conditions under which some children are rejected by their peers. On a daily basis, from the beginning of a school year, they carefully observe and record the behavior of kindergartners, first-graders, and second-graders in the classroom and on the playground. Dr. Saetang is using:
a. a survey.
b. naturalistic observation.
c. a case study.
d. the experimental method.

ANSWER: b

229. Why do researchers try to avoid being detected by their participants when engaged in naturalistic observations?
a. The researchers themselves could be considered a dependent variable that affects the results of the study.
b. Naturally occurring behavior patterns might not occur if the participants become aware that they are being observed.
c. It is unethical to engage in any kind of research, even naturalistic observation, unless there is prior permission by the participants.
d. Participants may continue to act naturally with the researchers, but the researchers may not act like researchers once they begin to interact with the participants.

ANSWER: b

230. After many media reports of aggressive behavior by parents and other adult spectators in the stands at Canadian youth hockey games, psychologists systematically recorded the comments of adult spectators at youth hockey games in a large Canadian city. They found that almost two-thirds of the comments were directed at the players rather than the referees, and that most comments were positive and encouraging rather than negative or critical. The psychologists used a descriptive research method called:
a. a case study.
b. naturalistic observation.
c. survey research.
d. the representative sample.

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Chapter 1 Multiple Choice

ANSWER: b

231. The primary goal of naturalistic observation is to:
a. conduct an experiment in an artificial environment.
b. detect natural behavior patterns.
c. improve the survival rate of endangered species and preserve threatened habitats.
d. disrupt natural behavior patterns and observe the results.

ANSWER: b

232. Which of these statements is a key advantage of naturalistic observation?
a. Researchers can manipulate animal and human behavior.
b. Operational definitions are not needed, since only natural behaviors are studied.
c. Researchers can easily duplicate conditions that have been first investigated in laboratory settings.
d. Researchers can study behavior that could not ethically be manipulated in an experiment.

ANSWER: d

233. Descriptive research includes all of these EXCEPT:
a. experiments.
b. correlations.
c. naturalistic observation.
d. case studies.

ANSWER: a

234. In contrast to the experimental method, the basic goal of descriptive research is to:
a. investigate and refute “commonsense” notions about human behavior.
b. manipulate variables in a meaningful way.
c. deduce valid operational definitions and generate new experiments.
d. observe and describe behavior.

ANSWER: d

235. A case study is a(n):
a. in-depth investigation of a single individual or a small group of individuals, often involving information from a wide variety of sources.
b. method of determining whether an experiment reflects natural conditions.
c. survey involving only people who are likely to confirm the experimenter's hypothesis.
d. study involving multiple participants who all suffer from the same psychological problems and are given the same experimental treatment.

ANSWER: a

236. Case studies:
a. are commonly used by clinical psychologists and other mental health professionals to develop a complete profile of a psychotherapy client.

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Chapter 1 Multiple Choice

b. were popular when psychology was first founded but are almost never used today.
c. are not considered to be a legitimate form of scientific evidence.
d. are the main scientific tool used to establish a cause-and-effect relationship.

ANSWER: a

237. Professor Nichols is interested in child prodigies. For example, they followed the development of a three-year-old child who already spoke six languages, taught them self how to play the piano, flute, and violin, and composed music that most expert adults are unable to do. Which type of research does Professor Nichols likely conduct?
a. surveys
b. naturalistic observation
c. case studies
d. meta-analyses

ANSWER: c

238. Which of these is a limitation of case studies?
a. They tell us little about rare, unusual, or extreme conditions.
b. Findings on people with rare or unusual characteristics might not apply to people in the broader population.
c. They are often influenced by experimenter bias.
d. Participants do not always answer questions honestly, especially when asked about sensitive topics.

ANSWER: b

239. Which of these statements is an important advantage of surveys?
a. Surveys can be developed by people with no scientific training.
b. Researchers are able to gather information about a very large group of people.
c. The dependent variable is more easily manipulated than in formal experiments.
d. If there are more than 3,000 participants, the results are likely to be valid no matter how the participants were chosen.

ANSWER: b

240. In survey research, the term "sample" refers to a(n):
a. preliminary questionnaire that is used to develop the final survey.
b. segment of the larger group that is to be studied.
c. small pilot study that is later repeated using a larger group of participants.
d. entire group of people the researchers want to study.

ANSWER: b

241. To ensure that participants are responding honestly and consistently, survey researchers:
a. usually withhold payment for participating in the survey until the person's answers have been independently checked and verified.
b. almost always interview the participants on two separate occasions using two different interviewers.
c. sometimes ask the same question in a different way at different points during the survey.

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Chapter 1 Multiple Choice

d. routinely check the participant's responses with the spouse or a friend of the participant.

ANSWER: c

242. One potential problem with surveys and questionnaires is that:

a. people do not always answer honestly.
b. random selection procedures are not possible with these forms of data collection.
c. expectancy effects usually invalidate the findings.
d. these techniques produce false correlations rather than true correlations.

ANSWER: a

243. Dr. Otieno conducted a study in which they asked university students about their consumption of organic food on a weekly basis via a survey. Dr. Otieno found that 40 percent of food consumed was organic in their community. Dr. Otieno wants to publish these results to show their community consumes a fair amount of organic food. What is something that is wrong with Dr. Otieno's conclusion?

a. Dr. Otieno used a WEIRD sample, so their results cannot be generalized to the whole community.
b. Dr. Otieno used a survey so these results cannot be valid.
c. Dr. Otieno asked about organic food, which isn't scientific.
d. Dr. Otieno only asked about organic food consumption on a weekly basis and should have asked on a monthly basis.

ANSWER: a

244. All of these is a part of a WEIRD sample EXCEPT:

a. Western.
b. Rich.
c. Democratic.
d. Idolized.

ANSWER: d

245. What process is used to make sure that survey participants are a representative sample of the population that is being studied?

a. sampling
b. WEIRD sampling
c. random selection
d. using only those participants who volunteer to be part of the study

ANSWER: c

246. Professor Lyon decided to study food preferences of U.S. college students, so he asked his students to volunteer to participate in a lengthy survey. Professor Lyon's survey results are probably invalid because he did not use:

a. an operational definition.
b. random selection.
c. a valid hypothesis.

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d. independent and dependent variables.

ANSWER: b

247. The research strategy in which a variable or group of variables are studied in the same group of participants over time is called:

a. pseudoscience.
b. longitudinal design.
c. cross-sectional design.
d. naturalistic observation.

ANSWER: b

248. The research strategy in which individuals of different ages are directly compared is called:

a. pseudoscience.
b. longitudinal design.
c. cross-sectional design.
d. naturalistic observation.

ANSWER: c

249. A group of psychologists wants to study how different aged people use shorthand while typing notes and how this affects their memory. Specifically, they want to compare memory abilities of participants aged 15, 25, 35, and 45. Which descriptive design would work BEST for this group of psychologists?

a. longitudinal
b. cross-sectional
c. correlational
d. naturalistic observation

ANSWER: b

250. Xavier wants to study how many course credits students elect to take as a first-year university student in the United States. Specifically, Xavier wonders if the number of course credits varies depending on which part of the country the university is in (North, South, East, West). Xavier wants to put a survey online for any student in the United States to take. This would be an example of a _____. You recommend that Xavier consider age, gender, race, and marital status to ensure a _____.

a. sample; representative sample
b. representative sample; sample
c. random selection; sample
d. sample; random selection

ANSWER: a

251. Dr. Kim administered a national survey in the United States to universities with sororities and fraternities. The survey asked students if they were part of Greek life or not, their major, their gender, their race/ethnicity, and their satisfaction with their university. Dr. Kim received over 100,000 responses. Dr. Kim's survey is an example of:

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Chapter 1 Multiple Choice

a. a representative sample.
b. a sample.
c. random selection.
d. a correlation.

ANSWER: c

252. The research method that is used to demonstrate a cause-and-effect relationship between changes in one variable and the effects on another variable is called _____ research.
a. descriptive
b. correlational
c. experimental
d. meta-analytic

ANSWER: c

253. Researchers at State University wanted to test the hypothesis that distributed, or spaced, practice results in better retention of material than massed practice or cramming. To find out if there is a cause-and-effect relationship, the researcher should use:
a. correlational research.
b. experimental research.
c. naturalistic observation.
d. survey or questionnaire research.

ANSWER: b

254. Random assignment refers to a procedure that:
a. ensures that all participants have an equal chance of being assigned to any of the experimental conditions or groups.
b. helps psychologists determine which factors should be defined as dependent variables.
c. is used in statistics to determine whether results are random or simply due to chance.
d. randomly assigns different procedures to different researchers in order to minimize experimenter bias.

ANSWER: a

255. A researcher wants to ensure that all participants have an equal chance of being assigned to any of the experimental conditions in their study. To accomplish this, the researcher should employ:
a. a double-blind technique.
b. random assignment.
c. a single-blind technique.
d. random selection.

ANSWER: b

256. In an experiment investigating the hypothesis that aerobic exercise improves concentration and memory, all the participants had an equal chance of being assigned to any of the three conditions in the study. The researchers have used _____ to minimize the possibility of bias when assigning participants to the different

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Chapter 1 Multiple Choice

groups.

a. random selection
b. random assignment
c. the single-blind technique
d. the double-blind technique

ANSWER: b

257. Researchers at the Family Therapy and Counseling Center are conducting a study to determine the effectiveness of different forms of psychotherapy in reducing symptoms of depression. What is the dependent variable in this study?

a. changes in the symptoms of depression
b. the method used to recruit participants for the study
c. the type of psychotherapy used to treat depression
d. the number of participants who receive each type of psychotherapy

ANSWER: a

258. A cognitive psychologist decides to study the effects of putting puzzles together on spatial skills in preschoolers. All preschoolers are tested on a standard spatial test at the beginning of the study. The children are then randomly assigned to a puzzle group or a control group. Those in the puzzle group spend 30 minutes every school day learning puzzle strategies and putting together puzzles. Children in the no-puzzle control group spend 30 minutes every school day watching educational television. At the end of three months, the children take another standardized spatial skills test. Their test scores are computed, and any improvement or decline is compared across the two groups. In this experiment, what is the DEPENDENT variable?

a. the change in spatial skills test scores
b. putting together puzzles or watching educational television
c. improvement in puzzle-solving ability
d. the number of puzzles completed

ANSWER: a

259. In an experiment, the dependent variable is:

a. the factor that has an experimental group and a control group.
b. the factor that is measured for change and is influenced by the independent variable.
c. measured only in the control group participants.
d. deliberately manipulated by the researcher.

ANSWER: b

260. Researchers interested in how sleep deprivation affected performance randomly assigned participants to groups that had one, two, or three nights of sleep deprivation. Then they tested their reaction times on a standard motor reaction task. The dependent variable in this experiment was:

a. the amount of sleep deprivation each group was subjected to.
b. how much sleep each group needed following the sleep deprivation experiment.
c. the reaction times of the three groups on the standard motor reaction task.

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d. how often the participants fell asleep during the sleep deprivation phase of the experiment.

ANSWER: c

261. Dr. Martinez is studying the effects of diet on mental alertness. Each morning for two weeks, participants in Dr. Martinez's study eat a breakfast that is either high in carbohydrates or high in protein. Dr. Martinez then measures the participants' abilities to solve geometry problems. What is the dependent variable in this study?

a. high-carbohydrate versus high-protein breakfast
b. length of the study (two weeks)
c. ability to solve geometry problems
d. the amount of breakfast food eaten

ANSWER: c

262. In an experiment, the independent variable is the variable that is:

a. affected by changes in the dependent variable.
b. measured only in the control group participants.
c. beyond the researcher's control, as it independently varies or changes over time.
d. deliberately manipulated by the researcher.

ANSWER: d

263. Researchers at the Allied Mental Health Center are conducting a study to determine how quickly symptoms of major depressive disorder are reduced by different forms of psychotherapy. What is the independent variable in this study?

a. change in the symptoms of major depressive disorder
b. method used to recruit participants for the study
c. form of psychotherapy used to treat major depressive disorder
d. the Allied Mental Health Center

ANSWER: c

264. Professor Hebb is studying whether learning is affected by different environments. They raise some rats in cages with many interesting objects to play on and explore. Other rats are raised in isolated, barren cages with none of the interesting objects. Later, Professor Hebb carefully records how many attempts it takes each rat to learn to run a maze with no mistakes. What is the independent variable in this study?

a. how many attempts it takes each rat to learn to run a maze
b. being raised in an interesting or a barren environment
c. being raised in an interesting environment
d. being raised in a barren environment

ANSWER: b

265. Dr. Kiecolt-Glaser is a health psychologist studying whether stress impairs the body's ability to heal. In the highly stressful week before final exams, dental students are given an oral punch biopsy—a small sample of gum tissue is removed. The number of days for the oral wound to completely heal is recorded. The same dental students receive a second oral punch biopsy during summer vacation. Once again, the number of days until the oral wound completely healed was recorded. What is the independent variable in this study?

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a. number of days for the oral wound to heal
b. whether the oral wound was created during a high-stress or low-stress period
c. whether the dental students were working or relaxing during the summer vacation
d. average number of hours of sleep the students experienced in the day immediately following the gum wound

ANSWER: b

266. Brahmi is an herb thought to improve focus and attention. In a carefully controlled study investigating this claim, young adults were assigned to one of two groups. Those in group 1 took a capsule containing 300 milligrams of brahmi once a day. Those in group 2 took a capsule that looked identical but was a sugar pill. In this example, group 2 is the:

a. confounding variable.
b. independent variable.
c. experimental group.
d. control group.

ANSWER: d

267. The purpose of using a control group in an experiment is to:

a. measure the effects of the dependent variable.
b. ensure random assignment can be possible.
c. serve as a baseline for comparison against any changes in the experimental group.
d. serve as a baseline for comparison against any changes in the dependent variable.

ANSWER: c

268. In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. The participants assigned to the group that got bottled water with no caffeine represented the _____ in this study.

a. dependent variable
b. control group
c. meta-analysis
d. experimental group

ANSWER: b

269. A cognitive psychologist decides to study the effects of putting puzzles together on spatial skills in preschoolers. All preschoolers are tested on a standard spatial test at the beginning of the study. The children are then randomly assigned to a puzzle group or no puzzle group. Those in the puzzle group spend 30 minutes every school day learning puzzle strategies and putting together puzzles. Children in the no puzzle group spend 30 minutes every school day watching educational television. At the end of three months, the children take another standardized spatial skills test. Their test scores are computed, and any improvement or decline is compared across the two groups. In this experiment, the _____ is the experimental group and the _____ is the control group.

a. puzzle group; no puzzle group
b. no puzzle group; puzzle group

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Chapter 1 Multiple Choice

c. improvement in puzzle-solving ability; decline in puzzle-solving ability
d. decline in puzzle-solving ability; improvement in puzzle-solving ability

ANSWER: a

270. In Dr. Foster's study, one group is given a new medication that is believed to reduce anxiety. Another group is given a medication that looks like the real medication but has none of the active ingredients in it to affect anxiety. In this experiment, the experimental group is the:
a. group that receives the new medication.
b. group that receives the medication without the active ingredients.
c. anxiety group.
d. group without anxiety.

ANSWER: a

271. The experimental group is the group of participants exposed to the:
a. dependent variable.
b. independent variable.
c. control variable.
d. placebo variable.

ANSWER: b

272. Dr. Ahmed is a health psychologist interested in factors that increase the risk of heart disease. Dr. Ahmed randomly assigned participants to one of two groups—a drinking water only group and a drinking coffee twice a day group. After six months, Dr. Ahmed measured their risk for heart disease and found the coffee drinking group had a higher risk of heart disease. A fellow colleague asked Dr. Ahmed if they asked their participants if they also smoked cigarettes because this has been found to increase the risk for heart disease too. What is Dr. Ahmed's colleague concerned about?
a. the independent variable since Dr. Ahmed did not have a control group that smoked cigarettes and did not drink coffee
b. that this experiment did not use the single-blind technique
c. that this experiment did not use the double-blind technique
d. that Dr. Ahmed did not control for the confounding variable of cigarette smoking

ANSWER: d

273. An extraneous variable that could affect the outcome of an experiment is a _____ variable.
a. independent
b. confounding
c. dependent
d. outcome

ANSWER: b

274. While conducting research on intelligence, the experimenters were very careful to control for unwanted variability in such factors as age, gender, ethnic background, socioeconomic status, and so on. They did this in order to avoid or minimize the influence of:

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Chapter 1 Multiple Choice

a. extraneous or confounding variables.
b. dependent or outcome variables.
c. demand characteristics.
d. practice effects.

ANSWER: a

275. The participants who are assigned to the group that receives a fake substance, treatment, or procedure that has no known direct effects are in the _____ group.
a. experimental
b. extraneous
c. placebo
d. confounding

ANSWER: c

276. A placebo is a:
a. fake substance, treatment, or procedure with no known direct effects.
b. dependent variable in an experiment testing drug effects.
c. confounding variable in drug-related experiments.
d. drug that is supplied to the experimental groups.

ANSWER: a

277. Psychologists want to measure whether alcohol consumption affects extraversion and self-esteem at their local university. They predict that alcohol consumption will lead to higher extraversion and self-esteem. Participants complete a baseline questionnaire on how extraverted they feel and their self-esteem. Participants are instructed that they will be consuming alcohol and then asked to engage in a group activity with five other people. Participants are then randomly assigned to either drink water, one alcoholic beverage, or three alcoholic beverages. After the group activity, participants complete the same questionnaire on extraversion and self-esteem. The psychologists are surprised to find that those in the water drinking group showed the same increase in extraversion and self-esteem as the 3 alcoholic beverages group. What could explain these results?
a. demand characteristics
b. double-blind technique
c. random assignment
d. placebo effect

ANSWER: d

278. In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. Neither the researcher who handed out the bottled water nor the study participants knew whether the water contained caffeine or not. This is an example of a _____ study.
a. correlational
b. case
c. naturalistic observation
d. double-blind

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Chapter 1 Multiple Choice

ANSWER: d

279. A study in which neither the researchers nor the participants are aware of the treatment or condition to which the participants have been assigned is called a _____ study.

a. controlled
b. placebo
c. double-blind
d. meta-analytical

ANSWER: c

280. The purpose of using a double-blind research design is to:

a. guard against the possibility that the researcher will treat participants differently or communicate the behavior that is expected of the participants.
b. guard against the release of confidential information.
c. guarantee the anonymity of the participants.
d. determine which participants will be exposed to the dependent variable.

ANSWER: a

281. In a research study, subtle cues or signals expressed by the researcher that communicate the kind of response or behavior that is expected from the participant are referred to as:

a. the placebo effect.
b. demand characteristics.
c. the testing effect.
d. confounding variables.

ANSWER: b

282. Farah is convinced that undergraduate students are more positive than graduate students. When Farah has undergraduate students complete their series of questionnaires that measure their overall happiness, Farah is very encouraging and peppy. However, when graduate students complete their questionnaires, Farah tends to not smile and is somewhat rude to the graduate student participants. Farah's behavior demonstrates the concept of:

a. testing effect.
b. placebo effect.
c. demand characteristics.
d. double-blind technique.

ANSWER: c

283. As part of their graduate research, Lydia conducted a study on how college-age students respond to hypothetical moral dilemmas. They read the dilemmas aloud to the participants and then asked a series of questions. When a participant responded in a manner that supported their hypothesis, Lydia nodded slightly in agreement. Lydia's behavior illustrates the concept of:

a. demand characteristics.
b. testing effects.

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Chapter 1 Multiple Choice

c. the placebo effect.
d. confounding variables.

ANSWER: a

284. After the dictatorship ended in Slovenia, many children were found in state-run orphanages where they had been badly treated and often neglected. These children were placed for adoption and researchers followed their progress over a number of years, measuring psychological and physical indicators of well-being and comparing their development to that of children who were raised in private homes by their biological parents. This type of research is called:
a. unethical, because the children were subject to abuse before the researchers did any measurements.
b. a natural experiment.
c. a comparative psychology experiment.
d. correlational research.

ANSWER: b

285. While investigating the negative effects of flash flooding on residents in southern Louisiana is important research, this does not constitute a:
a. valid experiment.
b. reliable experiment.
c. good use of resources.
d. true experiment.

ANSWER: d

286. One limitation of naturalistic experiments is that:
a. they tell us nothing about cause-and-effect relationships.
b. they are often biased by researcher expectations.
c. researchers cannot assign large numbers of participants to long-term living situations.
d. researchers carry them out in a laboratory, which may not reflect real-life situations.

ANSWER: c

287. The finding that practicing retrieval of information from memory produces better retention than restudying the same information for an equivalent amount of time is called the _____ effect.
a. cohort
b. testing
c. placebo
d. confounding

ANSWER: b

288. In psychological research, the practice effect refers to:
a. the likelihood that researchers will improve in their interviewing techniques over time.
b. a change in performance of a task that is the result of mere repetition of a task.
c. the fact that skills that are well-practiced are more likely to decline when they are repeatedly measured.

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Chapter 1 Multiple Choice

d. a well-known technique for improving the memory of nonsense syllables or other meaningless stimuli.

ANSWER: b

289. Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory and concentration. Half of the participants took the herb during the trial, and the other half did not. All participants took a battery of tests at the beginning and end of the six-week study, and all participants showed improvement in memory and concentration. What MOST likely accounts for this result?

a. practice effect
b. demand characteristics
c. placebo effect
d. confounding variable

ANSWER: a

290. Experiments can provide important information, but they also have limitations. Which of these is one of the limitations discussed in the textbook?

a. Experiments are often conducted in highly controlled laboratory environments and thus may have little to do with actual behavior.
b. Experimental results cannot be used to establish a cause-and-effect relationship between two variables.
c. Experiments are excellent at describing a phenomenon but cannot be used to make predictions.
d. For ethical reasons, only animals can be experimental participants, and conclusions may not be relevant to human behavior.

ANSWER: a

291. Limitations of the experimental method include which of these?

a. It may not be feasible to establish a cause-and-effect relationship.
b. It may not be ethical or possible to experimentally investigate some issues.
c. Cultural factors cannot be studied experimentally.
d. Because the participants are “blind” to the experimental conditions, they are unable to give informed consent.

ANSWER: b

292. The results of experiments conducted in the laboratory may not _____ well, meaning that the results cannot be applied to real-world situations or to more general populations beyond the participants in the study.

a. replicate
b. generalize
c. duplicate
d. internalize

ANSWER: b

293. When thinking critically about a claim you encounter in print or online, which of these is ONE reason to consider the source of the claim?

a. Online content is inherently less trustworthy than printed content.
b. Research reported at an academic conference is typically considered preliminary, and therefore should not quoted.

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Chapter 1 Multiple Choice

c. If the people making the claim have the potential to profit from its use, the source may not be objective.

d. Because research is published in scientific journals after it is released to the popular media, journal articles will not be as current as newspaper reports.

ANSWER: c

294. When evaluating research claims, it is important to engage in _____, which involves actively questioning statements rather than blindly accepting them.

a. unbiased assessment

b. double-blind thinking

c. scientific replication

d. critical thinking

ANSWER: d

295. To be a critical thinker, you must consistently ask:

a. "Who conducted this study?"

b. "What evidence supports this claim?"

c. "How much money was spent on this study?"

d. "Where was this study conducted?"

ANSWER: b

296. Which of these four steps are used when determining the validity of a scientific claim?

a. formulate a hypothesis, design a study to collect data, analyze the data, report the results

b. identify an operational definition, analyze the variables, evaluate the statistical significance, ensure replication

c. identify the independent variable, measure the dependent variable, consider confounding variables, determine cause-and-effect relationships

d. identify the claim, evaluate the evidence, consider alternative explanations, consider the source of the research or claim

ANSWER: d

297. Your friend has told you to watch the Netflix show, *100 Humans*, which consists of numerous psychological experiments. Your friend says everything in the show is 100 percent valid. For example, *100 Humans* found that funny people are always considered more attractive. Which of the four steps of critical thinking did your friend not follow?

a. evaluating the evidence

b. considering alternative explanations

c. considering the source of the research

d. accepting this testimonial as valid

ANSWER: d

298. Dr. Washington conducts research with mice, pigs, and chimpanzees. Dr. Washington's specialization is in _____ psychology.

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Chapter 1 Multiple Choice

a. clinical
b. experimental
c. comparative
d. educational

ANSWER: c

299. The branch of psychology that focuses on the study of the behavior of different animal species is called "_____ psychology."
a. evolutionary
b. comparative
c. experimental
d. biological

ANSWER: b

300. Zhang wants to conduct an experiment on whether dogs learn to sit on command better inside or outside. Zhang's experiment is part of the field of:
a. animal cognition.
b. comparative psychology.
c. human cognition.
d. developmental psychology.

ANSWER: a

301. _____ is a(n) _____ that conducts research with pandas. She has studied spatial memory in adult giant pandas and play behavior in cubs, for example.
a. Rebecca Snyder; comparative psychologist
b. Mary Whiton Calkin; comparative psychologist
c. Rebecca Snyder; evolutionary psychologist
d. Mary Whiton Calkin; evolutionary psychologist

ANSWER: a

302. Deception in psychology experiments:
a. has not been allowed since the 1960s when participants in Stanley Milgram's obedience study were not told beforehand that they would have to use electric shock to punish the "learner" every time the "learner" made a mistake.
b. is still allowed when it is not feasible to use alternatives that do not involve deception, and when the potential findings justify its use because of the scientific, educational, or applied value.
c. is expressly forbidden by the provisions in the 2002 APA ethical guidelines and regulations.
d. is allowed under the 2002 APA ethical guidelines without any restrictions or conditions.

ANSWER: b

303. _____ in a psychology experiment means that the research participants understand the nature of the study and that they are free to withdraw from the research at any time.
a. Informed consent

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Chapter 1 Multiple Choice

b. Deception
c. Debriefing
d. Confidentiality

ANSWER: a

304. Dlamini participates in a research experiment where the experimenter states their name will be put on their website so the rest of the university knows that Dlamini participated in this experiment. Immediately, Dlamini knows that this is a violation of:
a. informed consent.
b. confidentiality.
c. deception.
d. debriefing.

ANSWER: b

305. About _____ percent of psychological studies involve human participants.
a. 60
b. 70
c. 80
d. 90

ANSWER: d

306. Which of these statements is NOT one of the reasons that animals are used in psychological research?
a. There are many similarities between human and animal behavior.
b. It is often easier to study changes over the lifespan with nonhuman animals.
c. Research with nonhuman animals is not subject to ethical rules and guidelines.
d. The results may promote the quality of life for zoo animals and the survival of endangered species in the wild.

ANSWER: c

307. Ethical standards for animal research in psychology:
a. are identical to the standards for research using human participants.
b. are nonexistent.
c. are set by the American Psychological Association and by state and federal laws.
d. apply only to research using monkeys and chimps.

ANSWER: c

308. Under the American Psychological Association's ethical code for psychologists, psychological researchers:
a. must respect the dignity and welfare of the research participants.
b. must consult each participant's family doctor.
c. are never allowed to deceive research participants.
d. can identify research participants by name, but only in professional journals.

ANSWER: a

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Chapter 1 Multiple Choice

309. The APA stands for:
a. American Physiological Association.
b. All People Apply.
c. Analysis of Psychological Assessments.
d. American Psychological Association.

ANSWER: d

310. Professor Jennings has offered extra credit to any of his undergraduate students who participate in research. Ethically, what must Professor Jennings do for their class?
a. He must insist that everyone participate in the research in order to ensure fairness.
b. Students must be given an alternative option for obtaining extra credit if they decide not to participate in the research.
c. He does not have to give an alternative opportunity for extra credit but he cannot deduct points for any student who does not participate.
d. Because the research is associated with the course, he does not have to ensure confidentiality.

ANSWER: b

311. Once a person has agreed to be a participant in a research study:
a. the person is obligated to stay in the study until its conclusion.
b. the person gives up their right to confidentiality of information.
c. deception may be used since the person has agreed to the research participation.
d. the person is still free to withdraw from the research at any time.

ANSWER: d

312. Juanita participated in a psychology research project that involved solving a number of arithmetic problems. During the experiment, they were informed that her solutions were incorrect. After the experiment was completed, a research assistant explained the purpose of the experiment. The research assistant told Juanita that they had actually answered all items correctly, and then explained why the experiment required that they be told that their answers were wrong. This stage of the research represents:
a. informed consent.
b. confidentiality.
c. debriefing.
d. voluntary participation.

ANSWER: c

313. The Psych for Your Life feature in your textbook presented five research-based suggestions to help you study more effectively. Which of these is NOT one of those suggestions?
a. take notes by hand, not on your laptop
b. take practice tests
c. highlight as much information as possible
d. spread your study time over multiple sessions

ANSWER: c

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Chapter 1 Multiple Choice

314. Dr. Gupta will be teaching a college psychology class for the first time and wonders whether she should allow students to use their laptops in class. According to the research described in the Psych for Your Life feature, what is one reason why Dr. Gupta should encourage her students to leave their laptops in their backpacks?

a. Students who use laptops in class are more likely to cheat on homework and quizzes.
b. It's tempting to go online during class, and nonacademic use of the Internet is associated with lower exam scores.
c. Student laptops are often vulnerable to malware, which puts the school's network at risk.
d. Students who study from typed notes have higher test scores, but are less able to apply course content to other areas of their lives.

ANSWER: b

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Name:_____ Class:_____ Date:_____

Chapter 1 Essay

1. What roles did philosophy and physiology play in the development of psychology as an independent science?

ANSWER: Answers will vary. A complete answer may include the following information: The earliest origins of psychology can be traced back several centuries to the writings of the great philosophers. More than 2,000 years ago, the Greek philosopher Aristotle wrote extensively about topics like sleep, dreams, the senses, and memory. Many of Aristotle's ideas remained influential until the seventeenth century, when René Descartes, a French philosopher, came on the scene and proposed interactive dualism—the notion that the mind and body were separate, but interacting entities that produced sensations, emotions, and other conscious experiences. Philosophers also laid the groundwork for the nature–nurture issue. Philosophers had debated which was more important: inborn traits of the individual or environmental influences (the nurture of the individual). These philosophical discussions influenced the topics that would be considered in psychology. However, philosophy could advance the understanding of human behavior only up to a point because of the limitation of their methods. The emergence of psychology as a science hinged on advances in physiology. Physiology studies the biology of living organisms, including humans. Initial interest was in damaged brains, which were noted to produce a loss of function in the opposite side of the body. In the 1800s, scientists began to suggest that different brain areas were related to different behavioral functions. Taken together, the early work of physiologists established the foundation for the scientific methods that were subsequently applied to better understand behavior and mental processes.

2. How did Edward Titchener and William James differ in their views of what psychology should study?

ANSWER: Answers will vary. A complete answer may include the following information: Edward Titchener was one of William Wundt's most devoted students. Wundt defined *psychology* as the study of consciousness and emphasized the use of experimental methods to study and measure consciousness. Titchener championed Wundt's ideas about the nature of psychology and created the concept of structuralism, which acknowledges that even our most complex conscious experiences can be broken down into elemental structures, or component parts, of sensations and feelings. Titchener developed his own approach, which he called “structuralism,” the first major school of thought in psychology. To identify these structures of conscious thought, subjects engaged in introspection. However, structuralism was criticized for relying too heavily on this approach, and it disappeared after Titchener's death. In contrast, William James took a more evolutionary approach to understanding psychology and behavior. James's ideas became the basis for a school of psychology, referred to as “functionalism,” which stressed studying the adaptive and practical functions of human behavior. Both structuralists and functionalists believed that psychology should focus on the study of conscious experiences. However, functionalists had very different ideas about the nature of consciousness and how it should be studied.

3. Discuss Charles Darwin's influence on William James and explain how Darwin's theory of evolution contributed to psychology.

ANSWER: Answers will vary. A complete answer may include the following information: In 1859, Charles Darwin's groundbreaking work, *On the Origin of Species,* was published. The book came to have a profound impact on William James's thinking about the developing field of psychology. James stressed the importance of adaptation to environmental challenges. He wrote his own textbook on psychology that discussed brain function, habit, memory, sensation, perception, and emotion. James's ideas became the basis for a new school of psychology, called “functionalism,” which stressed the importance of how behavior functions to allow people and animals to adapt to their environments. Rather than trying to identify the essential structures of consciousness at a given

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moment, James saw consciousness as an ongoing stream of mental activity that shifts and changes. Functionalism's themes regarding the importance of the adaptive role of behavior and the application of psychology to enhance human behavior continue to be evident in modern psychology.

4. What contributions did Mary Whiton Calkins and Margaret Floy Washburn make to psychology?

ANSWER: Answers will vary. A complete answer may include the following information: Mary Calkins studied with William James. She completed all the requirements for a Ph.D. in psychology. However, Harvard refused to grant her the Ph.D. degree because she was a woman, and at the time Harvard was not a coeducational institution. Nonetheless, Calkins made many contributions to psychology. She conducted research in dreams, memory, and personality. In 1891, she established a psychology laboratory at Wellesley College and wrote a well-regarded textbook, titled *Introduction to Psychology.* In 1905, she was elected president of the American Psychological Association—the first woman, but not the last, to hold that position. Margaret Floy Washburn was the first American woman to earn an official Ph.D. in psychology. She was Edward Titchener's first doctoral student at Cornell University. She strongly advocated the scientific study of the mental processes of different animal species, and she published an influential textbook in 1908, titled *The Animal Mind.* She was the second woman elected president of the American Psychological Association.

5. What contributions did Francis C. Sumner, Kenneth Bancroft, and Mamie Phipps Clark make to psychology?

ANSWER: Answers will vary. A complete answer may include the following information: Francis C. Sumner was one of G. Stanley Hall’s notable students. He was the first Black American psychologist to receive a Ph.D. in psychology in 1920 from Clark University. At Howard University, Sumner was the chair of the psychology department when it produced more Black psychologists than all other U.S. colleges and universities combined. Kenneth Bancroft Clark was a student of Sumner’s. Clark and his wife, Mamie Phipps Clark, researched the negative effects of racial discrimination. Their work was paramount in the U.S. Supreme Court’s 1954 decision to end segregation in schools. Sadly, Mamie Clark’s contributions were long overlooked, including the fact that segregation was initially her project, rather than her husband’s. Thankfully, Kenneth at least acknowledged her work when speaking about their research to the Supreme Court.

6. Who was Sigmund Freud, and what were the basic ideas of the school of psychological thought he founded?

ANSWER: Answers will vary. A complete answer may include the following information: In Vienna, Austria, a physician named Sigmund Freud developed a theory of personality based on uncovering causes of behavior that were unconscious, or hidden from the person's conscious awareness. Freud's school of thought, called “psychoanalysis,” emphasized the role of unconscious conflicts in determining behavior and personality. Freud was trained as a neurologist, but his thinking was strongly influenced by developments in psychology. Freud's psychoanalytic theory of personality and behavior was based largely on his work with his patients and on insights derived from self-analysis. Freud believed that human behavior was motivated by unconscious conflicts that were almost always sexual or aggressive in nature. Past experiences, especially childhood experiences, were thought to be critical in the formation of adult personality and behavior. According to Freud, glimpses of these unconscious impulses are revealed in everyday life in dreams, memory blocks, slips of the tongue, and spontaneous humor. Freud believed that when unconscious conflicts became overwhelming, psychological disorders could result. Freud’s psychoanalytic theory of personality also provided the basis for psychotherapy.

7. Compare and contrast psychoanalysis and behaviorism as two of the early schools of psychology.

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Chapter 1 Essay

ANSWER: Answers will vary. A complete answer may include the following information: Psychoanalysis had a strong influence on psychological thinking in the early 1900s, as did behaviorism, which emerged as a dominating force in early psychology. Psychoanalysis emphasized the role of unconscious conflicts in determining behavior and personality. The psychoanalytic theory of personality and behavior was based largely on Freud's work with patients and on insights derived from self-analysis. Freud believed that human behavior was motivated by unconscious conflicts that were almost always sexual or aggressive in nature. Past experiences, especially childhood experiences, were thought to be critical in the formation of adult personality and behavior. Freud believed that unconscious impulses were revealed in everyday life in dreams, memory blocks, slips of the tongue, and spontaneous humor. Contrarily, behaviorism rejected the emphasis on consciousness promoted by structuralism and functionalism as well as Freud's ideas about unconscious influences on behavior, since they are difficult to test. For the behaviorist, consciousness and unconscious variables were not usable concepts. Instead, behaviorism believed that psychology should focus its scientific investigations strictly on overt, observable behaviors that could be objectively measured and verified.

8. What roles did Ivan Pavlov, John B. Watson, and B.F. Skinner play in the founding of behaviorism?

ANSWER: Answers will vary. A complete answer may include the following information: Behaviorism grew out of the pioneering work of Russian physiologist, Ivan Pavlov. Pavlov showed that dogs could learn to associate a neutral stimulus, such as the sound of a ticking metronome, with an automatic behavior, such as reflexively salivating at the sight of food. Once an association between the sound of the metronome and the food was formed, the sound of the metronome alone would trigger the salivation reflex in the dog. Pavlov believed he had discovered the mechanism by which all behaviors were learned. John B. Watson shared Pavlov's enthusiasm and championed behaviorism as a new school of thought for psychology. He believed that how behavior is acquired and modified in response to environmental influences is essential to the understanding of psychology. B.F. Skinner extended the ideas of Watson, believing that psychology should restrict itself to studying overt, observable behaviors that could be measured and verified. Skinner systematically worked with rats and pigeons to demonstrate the principles of reinforcement or punishment and how they shape behavior.

9. What is humanistic psychology, and who advocated this approach?

ANSWER: Answers will vary. A complete answer may include the following information: Humanistic psychology was primarily advocated by the American psychologists Carl Rogers and Abraham Maslow. Rogers, like Freud, was influenced by his experiences with patients. Rogers emphasized the conscious experiences of his patients (rather than the unconscious) and focused on each person's unique potential for psychological growth and self-direction. Rogers believed that human behavior was shaped and maintained by external causes. The humanistic approach emphasized self-determination, free will, and choice in human behavior; it included not only influential theories of personality but also a form of psychotherapy. Maslow developed a theory of motivation that emphasized psychological growth.

10. List and describe the eight major perspectives in contemporary psychology described in the textbook. Be sure to address each perspective's unique emphasis and approach.

ANSWER: Answers will vary. A complete answer may include the following information: The biological perspective emphasizes the examination of the physical bases of human and animal behavior,

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including the nervous, endocrine, and immune systems as well as genetics. More specifically within biological psychology, neuroscience involves the study of the nervous system, particularly the brain. The psychodynamic perspective, Freud's landmark theory of psychoanalysis, continues to be relevant today. The emphasis in this perspective is on unconscious influences, early life experiences, and interpersonal relationships in explaining the underlying dynamics of behavior or in treating people with psychological problems. The behavioral perspective, championed by Watson and Skinner, involves a focus on observable behaviors and the fundamental laws of learning. Psychologists interested in this perspective continue to study how behavior is acquired or modified by environmental causes. The humanistic perspective was influenced by the work of Carl Rogers and Abraham Maslow. This approach focuses on the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential. The positive psychology perspective focuses on the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster those qualities in individuals and communities. The cognitive perspective involves examining the role of mental processes in how people process and remember information, develop language, solve problems, and think. The cross-cultural perspective involves studying how cultural factors influence behavior. The evolutionary perspective involves the application of the principles of evolution to explain psychological processes and phenomena.

11. Which perspective in contemporary psychology was influenced by Carl Rogers and Abraham Maslow? What does this perspective focus on?

ANSWER: Answers will vary. A complete answer may include the following information: The humanistic perspective was influenced by Rogers's work as a therapist and Maslow's development of a theoretical framework for motivation. This approach focuses on the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential. The humanistic perspective is most often emphasized among psychologists working in the mental health field.

12. Evolutionary theory is based on the principle of natural selection. How does the evolutionary perspective relate to our understanding of human thought and behavior? What must be assumed in the evolutionary perspective in psychology to apply the principles of evolution to the investigation of human thought and behavior?

ANSWER: Answers will vary. A complete answer may include the following information: The evolutionary perspective within psychology refers to the application of the principles of evolution to explain psychological processes. This approach proposes that the individual members of a species compete for survival. Because of inherited differences, some members of a species are better adapted to their environment than are others. These individuals inherit more useful characteristics and are more likely to survive, reproduce, and pass on their characteristics. This process reflects the principle of natural selection. In the context of psychology, psychologists assume that psychological processes are similarly subject to the principle of natural selection. Those psychological processes that help individuals adapt to their environments also help them survive, reproduce, and pass those abilities on to their offspring.

13. How do individualistic cultures differ from collectivistic cultures?

ANSWER: Answers will vary. A complete answer may include the following information: *Culture* is a term that is used to describe the attitudes, values, beliefs, and behaviors shared by a group of people; these

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values/beliefs are subsequently shared between generations. We learn to adopt patterns of behavior consistent with the culture we live in. These cultural norms of behavior, once internalized, influence behavior without much thought. In individualistic cultures social behavior is strongly influenced by individual preferences and attitudes rather than by cultural norms and values. In these cultures, the self is seen as independent, autonomous, and distinctive. Personal identity is defined by individual achievements, abilities, and accomplishments. However, in collectivistic cultures the needs and goals of the group are emphasized over individual needs and goals. Further, the self is seen as being much more interdependent with the group. That said, the majority of cultures are neither completely individualistic nor completely collectivistic, falling somewhere between these two extremes.

14. How do clinical psychologists differ from psychiatrists, and how are they similar?

ANSWER: Answers will vary. A complete answer may include the following information: Both clinical psychologists and psychiatrists work with people with psychological disorders. Many people think that psychologists and psychiatrists are the same profession and undergo the same training, however, this assumption is not correct. Psychologists who specialize in clinical psychology are trained in the diagnosis, treatment, causes, and prevention of psychological disorders, leading to a master's degree or doctorate in clinical psychology. In contrast, psychiatry is a medical degree, either an M.D. or a D.O., followed by several years of specialized training in the treatment of mental disorders. Psychiatrists can hospitalize people, order biomedical therapies, and prescribe medications for individuals. Generally speaking, clinical psychologists cannot order medical treatments or prescribe medications. However, in a few states, laws have been passed that allow clinical psychologists to prescribe medications after undergoing specialized training.

15. Summarize the assumptions and attitudes that are held by psychologists, and explain how the scientific method guides their research.

ANSWER: Answers will vary. A complete answer may include the following information: Regardless of their approach or specialty, psychologists who do research are scientists. As scientists, psychologists rely on the scientific method to guide their research. Psychologists are guided by the basic scientific assumption that events are lawful and explainable. Psychologists are also open-minded and willing to consider new or alternative explanations of behavior and mental processes. However, their open-minded attitude is tempered by a healthy sense of scientific skepticism in which they critically evaluate the evidence for new findings, especially in those findings that seem contrary to established knowledge.

16. Briefly describe the steps in the scientific method.

ANSWER: Answers will vary. A complete answer may include the following information: Psychology is based on verifiable empirical evidence that is the result of objective observation, measurement, and experimentation. Psychologists follow four basic steps as part of the scientific method. These steps are as follows: (1) Develop a specific research question that can be tested, (2) design an experiment to collect relevant data, (3) analyze the data and make conclusions, and (4) report the results. However, following these basic guidelines does not guarantee a significant effect or valid conclusions. Instead, these steps help guard against bias and minimize the chances for error and faulty conclusions.

17. How is a theory different from a hypothesis?

ANSWER: Answers will vary. A complete answer may include the following information: As research findings

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accumulate from individual studies, theories will be developed. A theory, sometimes also called a "model," is a tentative explanation that tries to account for diverse findings in a particular area. A theory attempts to integrate and summarize many research findings in a particular area. In contrast, a hypothesis is a specific question that an experiment is designed to test. A good theory will generate new predictions and hypotheses that can be tested by further research.

18. Professor Inez wants to conduct an experiment to answer the following research question, "Will students learn better in an indoor or outdoor environment?" Professor Inez predicts students will learn better indoors. Students in Professor Inez's intro to psychology course are randomly assigned to study at the library or to study outside at the park for two hours a day for six days. Both groups are studying material for the next psychology exam. Professor Inez then compares the exam results of each group and finds a statistically significant difference—students who studied outdoors had a higher exam score than students who studied indoors. This result has a large effect size. What is Professor Inez's hypothesis? What does this statistically significant result mean? What does the effect size tell you about this experiment? Was Professor Inez's hypothesis correct?

ANSWER: Answers will vary. A complete answer may include the following information: Professor Inez's hypothesis is that students will learn more material indoors compared to outdoors. A statistically significant result is a mathematical indication that the research results are not very likely to have occurred by chance. Since Professor Inez found a statistically significant difference, that is, students who studied outdoors performed better on their exam than students who studied indoors, their hypothesis was proven incorrect. They actually found the opposite result of what they predicted. The effect size being large means that this result is very meaningful.

19. Why is it important for psychologists to report their research findings?

ANSWER: Answers will vary. A complete answer may include the following information: Psychologists report and share their findings with others in the scientific discipline in order to advance the general body of knowledge within a particular area. They provide a detailed description of the study itself, who participated in it, how variables were operationally defined, how data were analyzed, and what conclusions they made based on the data collected. Describing the exact details of the study allows other investigators to repeat the study. This replication is an important step in the scientific process. If an experiment can be replicated and the same basic results are obtained again, it increases confidence in the results and verifies that this information can be included in the developing body of information available in a particular area. In recent years, there has been a movement for psychologists to report their findings in open science. Open science involves transparent research practices where psychologists share the procedures of their study, the specifics of how the statistics were calculated, and the research data. Open science is a way to crowdsource research. Reporting results has become even more important because of the *replication crisis*.

20. Describe the research method of naturalistic observation and some of its advantages.

ANSWER: Answers will vary. A complete answer may include the following information: Naturalistic observation involves the systematic observation and recording of behaviors as they occur in natural settings. This approach is used to avoid being detected by the researcher's subjects (people or animals). An advantage of this method is that natural behavior is not altered. The overall goal is to observe natural behavior patterns that might not be apparent in a laboratory or if the subjects knew they were being watched. Another advantage to this approach is that researchers can study human behaviors that cannot ethically be manipulated in an experiment, such as bullying behavior in children.

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Chapter 1 Essay

21. A researcher compiled detailed information from numerous sources to construct a complete picture of an individual with a rare disorder. The information included interviews with friends and family of the individual as well as records from psychological and physical exams. Describe the research method the researcher utilized and its advantages and limitations.

ANSWER: Answers will vary. A complete answer may include the following information: The researcher performed a case study. Case studies are often used in psychological research investigating rare, unusual, or extreme conditions. These kinds of case studies often provide psychologists with information that can be used to help understand normal behavior. While case studies can provide invaluable information, they also have limitations. The most important limitation is that the findings on people with rare or unusual conditions might not apply to people in the broader population.

22. Professor Marta plans to survey Eastern University students about the nature and quality of their educational experience. Describe how participants should be selected and explain the importance of the selection process.

ANSWER: Answers will vary. A complete answer may include the following information: Professor Marta should randomly select a sample of Eastern University students who will be included in her study. Random selection means that every member of the larger group or population may have an equal opportunity to be included in the sample. Emphasis should be placed on the use of random sampling as the selection process to best obtain a representative sample. A representative sample is a sample that resembles the population in particular demographics, such as age, gender, race, and so on.

23. What do correlational studies examine, and what conclusions can be drawn from a correlational study? What indicates a strong correlation versus a weak correlation?

ANSWER: Answers will vary. A complete answer may include the following information: A correlational study examines how strongly two variables are related to, or associated with, one another. Correlations can be used to analyze the data gathered by any type of descriptive method and are also used to analyze the results of experiments. However, even if two factors are very strongly correlated, a correlation does not indicate a causal relationship between variables or the direction of the correlation. It only tells you that two variables seem to be related or co-vary in some systematic way. This approach cannot be used to demonstrate a true cause-and-effect relationship—an experiment would be required to achieve that goal. A strong correlation occurs when the correlation coefficient is closer to +1.0 for a positive correlation or −1.0 for a negative correlation. A weak correlation occurs when the correlation coefficient is near 0.

24. What is the difference between a positive correlation and a negative correlation? Give an example of each.

ANSWER: Answers will vary. A complete answer may include the following information: A positive correlation is one in which the two factors vary in the same direction such that they increase or decrease together. For example, the text cites a strong positive correlation between GPA and the use of self-testing as a study strategy. The more students engage in self-testing, the better their GPA. In contrast, a negative correlation is one in which two variables move in opposite directions: As one factor decreases, the other increases. The text cites a study that investigated multitasking and GPA. A study found that there was a negative correlation between time spent sending text messages while studying and GPA: an increase in time spent texting while studying related to a decrease in GPA.

25. What is the difference between the independent variable and the dependent variable? Provide an example of an independent variable with one experimental group and one control group. Provide an example of a dependent variable related to your independent variable.

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Chapter 1 Essay

ANSWER: Answers will vary. A complete answer may include the following information: In an experiment, the independent variable is deliberately manipulated by the researcher and the effects of this manipulation are observed on the dependent variable. Thus, changes in the dependent variable depend on variations in the independent variable; any changes that occur in the dependent variable can be attributed to the deliberate manipulation of the independent variable. In summary, the dependent variable is measured and the independent variable is manipulated. In an experiment testing the effects of environment on studying, the independent variable could be listening to music while studying a list of vocabulary words. The experimental group would listen to the same music at the same volume while studying the vocabulary list for 20 minutes and the control group would not listen to music while studying the same list for 20 minutes in an otherwise similar environment. The groups would then be given the same test based on the vocabulary list. The dependent variable would be the number of words remembered after studying.

26. Professor Rahn is conducting a study on the effects of caffeine on college students' study habits. His research question is: Will students who consume moderate doses of caffeine prior to studying perform better on an exam than students who do not consume any caffeine prior to studying? Professor Rahn randomly assigns students to one of two groups: One group is given two caffeinated beverages prior to studying and the second group is given beverages without caffeine. Both groups of students believe they are consuming caffeinated beverages. What is the second group of participants receiving? What technique could Professor Rahn use to control for demand characteristics in his study?

ANSWER: Answers will vary. A complete answer may include the following information: The second group of participants is receiving a placebo, which is sometimes referred to as a "sugar pill." In this example, the second group of participants believes they are consuming caffeine when, in fact, they are simply drinking decaffeinated beverages (the placebo). Professor Rahn can use the double-blind technique so neither the experimenter nor the participants know they are part of the experimental group or the control group.

27. What is a natural experiment and how does it differ from other research methods?

ANSWER: Answers will vary. A complete answer may include the following information: A natural experiment is not a true experiment. In this approach, researchers carefully observe and measure the impact of a naturally occurring event such as disasters, epidemics, or some other condition on their study participants. One issue with typical laboratory experiments is that they are criticized for being too arbitrary and may not generalize to the real world. However, there may be experiments that cannot be conducted because of ethical issues. In the natural experiment, participants are not randomly assigned to conditions, so this approach is not as rigorous as a true experiment. Consequently, convincing evidence of a cause-and-effect relationship between the independent and dependent variables may not be as robust.

28. As a critical thinker, it is important to follow four steps when determining the validity of a particular claim presented in a research study. List the four steps.

ANSWER: Answers will vary. A complete answer may include the following information: (1) Identify the claim, (2) evaluate the evidence, (3) consider alternative explanations, and (4) consider the source of the research or claim.

29. Describe five key APA ethical guidelines that regulate research with human subjects.

ANSWER: Answers will vary. A complete answer may include the following information: First, psychologists

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must inform participants of the purpose of the research as well as factors that might influence a person's willingness to participate in the study. These factors include potential risks, discomfort, or unpleasant emotional experiences. The psychologist must also inform the participants that they are free to decline to participate or to withdraw from the research at any time. This guideline is referred to as "informed consent and voluntary participation." Second, students as research participants must be given a choice of an alternative activity besides participating in research experiments as a course requirement or for extra credit. Third, deception may only be used in experiments when two conditions have been met: (1) when it is not possible to use alternatives that do not involve deception and (2) when deception is necessary for scientific, educational, or applied reasons. Fourth, information should remain confidential. Psychologists should not disclose the identity of or identifying information about research subjects in their writing, lectures, or other public arenas. Psychologists must also keep personal information confidential. In their writing, lectures, or other public forums, psychologists may not disclose personally identifiable information about research participants. Fifth, participants must be provided with the opportunity to obtain information about the nature, results, and conclusions of the research. Psychologists are also obligated to debrief the participants and to correct any misconception that participants may have had about the research.

30. What are some of the reasons that psychologists use animals in research?

ANSWER: Answers will vary. A complete answer may include the following information: First, psychologists may be interested in the study of animal behavior for its own sake. For example, comparative psychology focuses on the study of the behavior of nonhuman animals or animal cognition, which studies animal learning, memory, thinking, and language. Such research has been used to improve the quality of life of animals in zoos and to increase the likelihood of survival of endangered species in the wild. Second, animals may be used to address questions that cannot be addressed using human subjects. Finally, psychologists can exercise greater control over animals than they can over human subjects. Researchers can control the animals' environment as well as their genetic background.

31. The hormone _____ increases the sensitivity of the stomach's stretch receptors, promotes satiation, and reduces or stops eating behavior.

a. CCK
b. leptin
c. ghrelin
d. neuropeptide Y

ANSWER: a

32. _____ challenged the James–Lange theory of emotion by noting that the subjective experience of emotions is often virtually instantaneous, but the physiological changes caused by the sympathetic nervous systems can take several seconds to occur.

a. Walter Cannon
b. Gregorio Marañon
c. Paul Ekman
d. Schachter and Singer

ANSWER: a

33. According to _____, how an individual cognitively appraises the personal significance of any event will

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determine the emotion experienced.

a. Paul Ekman
b. Richard Lazarus
c. William James
d. Walter Cannon

ANSWER: b

34. During a severe thunderstorm, Christopher was talking on the phone with his partner when lightning struck the house and the electrical shock traveled through the telephone wire. Christopher received a strong shock and the fright of his life. Although he wasn't severely injured, he developed an intense fear of lightning and thunderstorms. However, Christopher did NOT develop a fear of telephones or his partner. Which concept helps explain this fact?

a. latent learning
b. the law of effect
c. biological preparedness
d. stimulus discrimination

ANSWER: c

35. Gabe got stuck in an elevator in a high-rise office building one morning. Now he refuses to enter an elevator. If "entering an elevator" is the operant, what type of consequence has altered Gabe's behavior?

a. positive punishment
b. negative punishment
c. positive reinforcement
d. negative reinforcement

ANSWER: a

36. According to Evans and Waring (2012) and their review of the existing research, more than_____ different learning style theories were identified.

a. 12
b. 34
c. 84
d. 104

ANSWER: c

37. According to Albert Bandura, the four factors that are necessary for observational learning and imitation to occur are:

a. attention, memory, motor skills, and motivation.
b. attention, cognition, motor skills, and reinforcement.
c. attention, memory, stimulus discrimination, and motivation.
d. conditioning, reinforcement, punishment, and motivation.

ANSWER: a

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Name:_____ Class:_____ Date:_____

Chapter 1 Essay

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