Psychology 14th edition Myers Test Bank

SKU: 9781319426897-TEST-BANK

Name:_____ Class:_____ Date:_____

TB1 Appendix C - Essay

1. What are the three categories of attitudes toward work? Provide an example of how an employee in each category would behave at work.
ANSWER:

2. Describe how Csikszentmihalyi came up with the concept of flow and discuss the advantages of experiencing a state of flow.
ANSWER:

3. Identify specific situations in which you have experienced a state of flow. Describe some of the features of those situations that could help you to better understand your own personal and professional interests.
ANSWER:

4. Provide a few tips to help someone identify activities that will provide them with a sense of flow.
ANSWER:

5. Based on your current career interests, explain what you think your main interest type would be if you took the career interest questionnaire. Why is this the case?
ANSWER:

6. Because of the Covid-19 pandemic, many companies resorted to remote work and virtual teamwork. Suggest how people's attitudes and well-being were affected by this change in work situations.
ANSWER:

7. Describe the major focus of industrial-organizational psychology's subfields, as well as that of human factors psychology, and provide an example of each area's work.
ANSWER:

8. Based on your own experience or that of people you know, discuss how the sense of mutual obligation between workers and employers has changed.
ANSWER:

9. Compare and contrast the unstructured and structured interview. How does each fare with regard to predicting employee performance?
ANSWER:

10. Describe each of the performance appraisal methods and discuss how appraisals may be affected by supervisors committing halo, leniency, severity, and recency errors.
ANSWER:

11. Explain how both employers and workers benefit from worker satisfaction. Be sure to give specific examples.
ANSWER:

12. Compare and contrast engaged, not engaged, and actively disengaged workers.
ANSWER:

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Name:_____ Class:_____ Date:_____

TB1 Appendix C - Essay

13. Describe the contrasting effects of task leadership and social leadership on employee morale and productivity. Explain why the effectiveness of each style of leadership might depend on the specific task at hand, as well as on the personality traits and cultural backgrounds of both managers and employees.
ANSWER:

14. Imagine that you are a manager at a large corporation. Which leadership style would you adopt, and why? What leadership qualities would you use?
ANSWER:

15. Explain how positive reinforcement can contribute to effective leadership.
ANSWER:

16. Discuss how participative management affects employee engagement. If you know of a company that involves employees in management, describe how it works and how it affects employee satisfaction with work.
ANSWER:

17. Provide two examples of how culture can influence a person's leadership style.
ANSWER:

18. Discuss why it is important to consider the human factor when designing a workplace or a product. Give some personal examples of deficient product and instruction design.
ANSWER:

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Name:_____ Class:_____ Date:_____

TB1 Module 1 - Essay

1. Explain why psychology is a science.
ANSWER:

2. Explain what the empirical approach is, and provide an example of its use in psychological science.
ANSWER:

3. Outline the three key elements of the scientific attitude, and provide an example of each.
ANSWER:

4. An online advertisement from a juice company claims that their products can prevent disease, detoxify the body, and reverse the aging process. Describe how the scientific attitude would enable someone to think in an intelligent way about these claims.
ANSWER:

5. Discuss why it is important to be aware of one's vulnerability to error.
ANSWER:

6. Explain the relationship between the scientific attitude, critical thinking, and psychological science.
ANSWER:

7. Soon after having a dream about an old childhood friend, Shawna receives an email from the friend saying they'll be in town and hopes to catch up. The following week, Shawna dreams that their neighbor has a new puppy and learns the next day that their neighbor is indeed planning to get a dog. Shawna begins to tell their friends and coworkers that their dreams are able to predict the future. Use critical thinking to assess the potential accuracy of Shawna's statement.
ANSWER:

8. How did the field of psychology react to the first women who were interested in the field? Give specific examples. How has the treatment of women in the field changed over time?
ANSWER:

9. Describe how psychology has changed since its early origins as the study of mental processes to the science it is today.
ANSWER:

10. Ali's friend Genji, a chemistry major, has trouble believing that psychology is a science. "If we can't observe other people's thoughts and feelings, how could psychology possibly be a science?" they ask. Explain how John B. Watson and B. F. Skinner would have responded to their skepticism.
ANSWER:

11. Compare and contrast behaviorism, Freudian psychology, and humanistic psychology.
ANSWER:

12. Using examples, provide support for the claim that the same underlying processes guide the behavior and mental processes of people everywhere.

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TB1 Module 1 - Essay

ANSWER:

13. Describe how the cognitive revolution led to the development of cognitive psychology and later cognitive neuroscience.
ANSWER:

14. Explain how the nature–nurture issue is debated in the field of psychology.
ANSWER:

15. Explain how culture and gender help shape people's attitudes, behaviors, and standards, then discuss the idea that humans are all more alike than different.
ANSWER:

16. Obinze, who has felt unhappy with themselves and their life for several months, makes an appointment with Dr. Xi. In their first meeting, Dr. Xi explains to Obinze that they are a positive psychologist. What does this mean, and in what ways might Dr. Xi be able to help Obinze?
ANSWER:

17. Narek, who is eight, has trouble sitting still and focusing in school. They often disrupt their class by talking over the teacher and not following instructions. Describe how a biopsychosocial approach might provide both an integrated explanation of Narek's classroom behavior and practical suggestions for helping Narek to cope more effectively with challenges.
ANSWER:

18. When Gaurav tells their friend Miriam that they're interested in someday becoming a psychologist, she says, "That's great for you, but I don't think I'd be good at helping people with mental illnesses." How could Gaurav use their knowledge of psychology's perspectives and subfields to expand Miriam's limited understanding of career opportunities for psychologists?
ANSWER:

19. Compare and contrast some of the subfields of psychology that are most likely to involve basic research.
ANSWER:

20. How might the application of psychological principles improve someone's own life?
ANSWER:

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Name:_____ Class:_____ Date:_____

TB1 Module 1 - Multiple Choice

1. Which evidence-based method draws on observation and experimentation?
   a. critical thinking
   b. overlearning
   c. empirical approach
   d. humanistic psychology

ANSWER: c

2. Which of these statements is NOT true of the empirical approach to research?
   a. It requires a scientific attitude.
   b. It is evidence-based.
   c. It draws on observation and experimentation.
   d. It requires a cynical attitude.

ANSWER: d

3. Professor Liu uses scientific procedures to test whether watching violent videos increases the frequency of aggressive behavior among participants. This best illustrates:
   a. the psychoanalytic approach.
   b. Freudian psychology.
   c. an empirical approach.
   d. positive psychology.

ANSWER: c

4. Ceylan is pregnant. Her friend claims to be able to predict the baby's sex and birth date. To test this claim, Ceylan should use:
   a. introspection.
   b. humanistic psychology.
   c. the empirical approach.
   d. the psychoanalytic approach.

ANSWER: c

5. Putting a scientific attitude into practice requires humility as well as:
   a. enhanced introspection.
   b. a psychoanalytic approach.
   c. curiosity and skepticism.
   d. cynicism and gullibility.

ANSWER: c

6. Professor Said, who conducts psychological research, realizes that researchers may err as a result of personal bias. Professor Said is demonstrating:
   a. enhanced introspection.
   b. a lack of curiosity.

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TB1 Module 1 - Multiple Choice

c. increased skepticism.
d. an attitude of humility.

ANSWER: d

7. One of psychology's early mottos was "the rat is always right." Which aspect of the scientific attitude did this represent?
a. humility
b. respect for animals
c. curiosity
d. skepticism

ANSWER: a

8. Three key elements of the scientific attitude are
a. skepticism, enthusiasm, and ingenuity.
b. ingenuity, humility, and certainty.
c. certainty, creativity, and curiosity.
d. curiosity, skepticism, and humility.

ANSWER: d

9. A desire to use data to evaluate predictions is related to:
a. introspection.
b. curiosity.
c. natural selection.
d. the psychoanalytic approach.

ANSWER: b

10. As scientists, psychologists believe that claims about human behavior need to be supported with evidence. They are expressing an attitude of
a. curiosity.
b. humility.
c. skepticism.
d. behaviorism.

ANSWER: c

11. The scientific attitude requires an open-minded humility because it involves a willingness to:
a. perceive order in random events.
b. accept our gut feelings while conducting research.
c. recognize the errors in our own ideas.
d. respect political beliefs that contradict our own.

ANSWER: c

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TB1 Module 1 - Multiple Choice

12. The type of thinking that examines assumptions, appraises the source, discerns hidden biases, evaluates evidence, and assesses conclusions is called:
    a. critical thinking.
    b. introspection.
    c. smarter thinking.
    d. gut-level reasoning.

ANSWER: a

13. Asking whether the existing evidence justifies a cause-effect conclusion best illustrates:
    a. critical thinking.
    b. speculation.
    c. the psychoanalytic approach.
    d. introspection.

ANSWER: a

14. Mina reads an online article about the meaning of horoscopes, which explains how the locations of the stars at one's birth determines one's personality and life course. Mina is skeptical of this information. They conclude that the assumptions and conclusions of this article are faulty, that the writer is biased and lacks credibility, and that the evidence to support this claim does not justify a cause-effect conclusion. Mina has engaged in:
    a. critical thinking.
    b. introspection.
    c. speculation.
    d. motivated reasoning.

ANSWER: a

15. Gayane, a local journalist, is reporting on a recent survey of happiness levels among the residents of their town. They are concerned that the wording of the survey questions may have encouraged respondents to express unusually positive attitudes. Gayane's concern best illustrates:
    a. the placebo effect.
    b. hindsight bias.
    c. critical thinking.
    d. the neuroscience perspective.

ANSWER: c

16. Shari is concerned about climate change. To learn more about the issue, they have read a variety of news articles from credible sources, paying careful attention to the information in the articles and noting the evidence upon which the authors' arguments are based. They have also reviewed information that seems contrary to their view. Shari's efforts best illustrate:
    a. critical thinking.
    b. the testing effect.
    c. the null hypothesis.
    d. motivated reasoning.

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TB1 Module 1 - Multiple Choice

ANSWER: a

17. Wilhelm Wundt developed the first _____ used in psychology, which measured how quickly people pressed a telegraph key after hearing a ball hit a platform.
    a. developmental study
    b. theoretical perspective
    c. experimental apparatus
    d. operational theory

ANSWER: c

18. Wilhelm Wundt's laboratory work involved experimental studies of
    a. animal intelligence.
    b. personality development.
    c. social influence.
    d. mental processes.

ANSWER: d

19. The memory researcher and first female president of the American Psychological Association, who was mentored by William James, was:
    a. Jean Piaget.
    b. Margaret Floy Washburn.
    c. Rosalie Rayner.
    d. Mary Whiton Calkins.

ANSWER: d

20. Which psychologist was the first woman to officially earn a psychology Ph.D. and was the author of the influential book *The Animal Mind*?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Anna Freud
    d. Marla Wundt

ANSWER: a

21. In the United States, Canada, and Europe, which of these statements is true regarding gender and psychology today?
    a. Most published psychological research is authored by women.
    b. Women are especially likely to have their research published in top journals.
    c. Most psychology doctorates are earned by women.
    d. Psychology continues to be a male-dominated discipline.

ANSWER: c

22. Currently, how many psychology graduates are people of color?

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TB1 Module 1 - Multiple Choice

a. nearly one-tenth
b. less than one-third
c. nearly half
d. less than two-fifths

ANSWER: c

23. Beginning in the 1920s, American psychologists such as John B. Watson emphasized the study of
a. genetic influences.
b. self-esteem.
c. conscious thoughts and feelings.
d. observable behavior.

ANSWER: d

24. The view that psychology should be an objective science that studies observable human activity without reference to inner mental processes is known as:
a. behaviorism.
b. cognitive neuroscience.
c. humanistic psychology.
d. positive psychology.

ANSWER: a

25. John B. Watson and B. F. Skinner redefined psychology as the scientific study of
a. mental processes.
b. introspection.
c. observable behavior.
d. human growth potential.

ANSWER: c

26. Marjoy, a psychology graduate student, is observing and measuring preschool children's visible reactions when they are given a special toy and then asked to share it with others. Which psychological perspective is Marjoy likely applying to their research?
a. behaviorism
b. Freudian psychology
c. neuroscience
d. cognitive psychology

ANSWER: a

27. Observing and recording people's behavior as they are conditioned was of most central interest to:
a. Freudian psychology.
b. humanistic psychology.
c. behaviorism.

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TB1 Module 1 - Multiple Choice

d. behavior genetics.

ANSWER: c

28. Which conditioned behavior can be observed?
a. anxiety
b. intelligence
c. depression
d. crying

ANSWER: d

29. Who developed psychoanalytic psychology?
a. John B. Watson
b. Sigmund Freud
c. B. F. Skinner
d. William James

ANSWER: b

30. Which major force in psychology proposed that our unconscious mind and childhood experiences affect our behavior?
a. evolutionary psychology
b. psychoanalytic psychology
c. behavior genetics
d. behaviorism

ANSWER: b

31. Carl Rogers and Abraham Maslow promoted an earlier psychological perspective known as:
a. psychoanalytic psychology.
b. humanistic psychology.
c. cognitive neuroscience.
d. behavior genetics.

ANSWER: b

32. Humanistic psychologists focused attention on the importance of people's
a. childhood memories.
b. genetic predispositions.
c. unconscious thought processes.
d. growth potential.

ANSWER: d

33. Karyn contacts a therapist to help her manage her anxiety. At their first appointment, the therapist tells Karyn that he tends to focus on his clients' growth potential and their need for love and acceptance. This therapist is working in the perspective of:

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TB1 Module 1 - Multiple Choice

a. humanistic psychology.
b. cognitive psychology.
c. personality psychology.
d. psychoanalytic psychology.

ANSWER: a

34. In the 1960s, the cognitive revolution in psychology involved a renewal of interest in the scientific study of
a. mental processes.
b. hereditary influences.
c. unconscious motives.
d. learned behaviors.

ANSWER: a

35. Cognitive psychology
a. emphasizes the effects of learning.
b. focuses on unconscious aspects of the mind.
c. focuses on the positive potential of people.
d. emphasizes the study of mental processes.

ANSWER: d

36. The branch of psychology that explores the mental processes involved in perceiving, learning, remembering, thinking, communicating, and solving problems is:
a. clinical psychology.
b. humanistic psychology.
c. evolutionary psychology.
d. cognitive psychology.

ANSWER: d

37. The interdisciplinary study of the brain activity that underlies mental activity is
a. behavior genetics.
b. cognitive neuroscience.
c. behaviorism.
d. evolutionary psychology.

ANSWER: b

38. Cognitive neuroscience studies relationships between
a. natural selection and genetic predispositions.
b. childhood memories and psychological disorders.
c. thought processes and brain functions.
d. philosophy and physiology.

ANSWER: c

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TB1 Module 1 - Multiple Choice

39. Professor Thomas is investigating patterns of brain activity that accompany people's memories of the day they graduated from college. Professor Thomas is interested in:

a. behavior genetics.
b. cognitive neuroscience.
c. evolutionary psychology.
d. positive psychology.

ANSWER: b

40. Professor Diaz studies how people learn new information and how additional stimuli affect their remembering of that information. Professor Diaz's area of specialization is:

a. humanistic psychology.
b. cognitive psychology.
c. personality psychology.
d. evolutionary psychology.

ANSWER: b

41. *Psychology* is currently best defined as the science of:

a. conscious and unconscious mental activity.
b. observable responses to the environment.
c. behavior and mental processes.
d. adaptive behaviors and growth potential.

ANSWER: c

42. When Dalita tells their friend Amir that they are taking a psychology class, Amir replies, "Oh, so it's a class about how people think?" Dalita begins by defining psychology for Amir as

a. the science of behavior and mental processes.
b. the study of mental processes.
c. a therapeutic perspective that emphasizes human growth potential.
d. the study of the structure of the human mind.

ANSWER: a

43. Professor Melendez is studying teenagers' thoughts, feelings, and beliefs after having negative interactions on social media. These thoughts, feelings, and beliefs can be considered

a. behaviors.
b. types of learning.
c. mental processes.
d. conclusions.

ANSWER: c

44. Professor Arcari is examining the effect that the early death of a parent has on adult children's feelings of security. The attitude regarding feelings of security can be considered a(n)

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TB1 Module 1 - Multiple Choice

a. behavior.
b. action.
c. mental process.
d. conclusion.

ANSWER: c

45. The nature–nurture issue refers to the debate over the relative contributions that _____ make to the development of psychological traits and behaviors.
a. introspection and nerve cell activity
b. unconscious and conscious motives
c. behavior and mental processes
d. genes and experience

ANSWER: d

46. Studies focused on whether a person's sociability is influenced more by their biology or their caregivers relates most directly to debates about:
a. basic and applied research.
b. conscious and unconscious thought.
c. observation and introspection.
d. nature and nurture.

ANSWER: d

47. Annika is babysitting for her new neighbors' three little boys. Peter is high-strung and sensitive, Jake is calm and easygoing, and Andy is shy and timid. Annika wonders if these differences are the result of biological influences or parental influences. In other words, she is curious about the relative contributions of
a. neuroscience and cognition.
b. nature and nurture.
c. behavior and mental processes.
d. conscious and unconscious thoughts.

ANSWER: b

48. Plato's assumption that we inherit character and intelligence is most directly relevant to the controversy regarding
a. conscious and unconscious thoughts.
b. observation and introspection.
c. nature and nurture.
d. basic and applied research.

ANSWER: c

49. Who believed that everything comes into the mind from the external world through the senses?
a. Plato
b. Wundt

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c. Aristotle
d. Darwin

ANSWER: c

50. In the context of debates over the origins of psychological traits, nature is to nurture as
a. Plato is to Aristotle.
b. Watson is to Skinner.
c. Aristotle is to Plato.
d. Skinner is to Watson.

ANSWER: a

51. Professor Goshaw argues that people are able to make informed life decisions because they are born with a basic level of intelligence. The professor's belief is most consistent with the views of
a. Aristotle.
b. Plato.
c. John B. Watson.
d. B. F. Skinner.

ANSWER: b

52. The person whose thinking about species variation led to evolutionary psychology was:
a. Ivan Pavlov.
b. Charles Darwin.
c. John B. Watson.
d. Carl Rogers.

ANSWER: b

53. Natural selection is the principle that the _____ that better enable an organism to survive and reproduce in a particular environment will most likely be passed on to succeeding generations.
a. learned habits
b. inherited traits
c. levels of analysis
d. cultural practices

ANSWER: b

54. The survival of organisms best suited to a particular environment is enabled by the evolutionary process of:
a. cognitive revolution.
b. natural selection.
c. behavior genetics.
d. cognitive neuroscience.

ANSWER: b

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TB1 Module 1 - Multiple Choice

55. Exploring how we humans are alike because of our shared biology is the focus of:
    a. cognitive neuroscience.
    b. community psychology.
    c. behavior genetics.
    d. evolutionary psychology.

ANSWER: d

56. Oriol is explaining to their friend that people's similarities result from their common biology. Oriol is referring to findings in the field of:
    a. behavior genetics.
    b. community psychology.
    c. evolutionary psychology.
    d. positive psychology.

ANSWER: c

57. The field that focuses on how we individually differ because of our differing genes and environments is called:
    a. behavior genetics.
    b. cognitive psychology.
    c. molecular genetics.
    d. humanistic psychology.

ANSWER: a

58. Which of these statements is true of the current nature–nurture issue?
    a. Nature is a stronger influence than nurture.
    b. Nature and nurture are less important than gender differences.
    c. Nurture works on what nature provides.
    d. Nurture is a stronger influence than nature.

ANSWER: c

59. Isa, who is genetically predisposed to be both mentally focused and physically flexible, has received their first gold medal at a gymnastics competition after years of dedicated training and practice. This best illustrates that
    a. nature outweighs the importance of nurture.
    b. nature limits our adaptive capacities.
    c. nurture works on what nature provides.
    d. nature selects traits that contribute to survival.

ANSWER: c

60. The enduring traditions, values, attitudes, ideas, and behaviors shared by a group of people and transmitted from one generation to the next constitute their:
    a. culture.

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TB1 Module 1 - Multiple Choice

b. psychiatry.
c. massed practice.
d. growth potential.

ANSWER: a

61. The transmission of customs for showing respect to those in positions of authority best illustrates the importance of:
a. natural selection.
b. culture.
c. introspection.
d. behavior genetics.

ANSWER: b

62. People from around the world are able to communicate through facial expressions, such as a smile or a frown. This demonstrates that
a. people are heavily influenced by their society and culture.
b. genetics and biology are more influential on developmental outcomes than one's environment.
c. the same underlying processes guide people everywhere.
d. there are cultural variations in the expression of developmental commonalities.

ANSWER: c

63. Studying people of all cultures is most helpful for:
a. promoting critical thinking.
b. inhibiting introspection.
c. discerning human similarities and differences.
d. encouraging natural selection.

ANSWER: c

64. Which of these is NOT a gender difference reported by today's researchers?
a. what we dream
b. emotional expression
c. depression rates
d. developmental milestones

ANSWER: d

65. Which of these statements provides the best comparison of gender identity and sex?
a. Gender identity is biologically influenced; sex is our sense of being male, female, neither, or some combination of male and female.
b. Gender identity and sex are both biologically influenced, but only sex is our sense of being male, female, neither, or some combination of male and female.
c. Sex is biologically influenced; gender identity is our sense of being male, female, neither, or some combination of male and female.

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d. Gender identity and sex both refer to our sense of being male, female, neither, or some combination of male and female, but only gender identity is biologically influenced.

ANSWER: c

66. The statement, "risk of being color deficient is greater for men than for women," best illustrates an important:

a. conditioned response.
b. psychodynamic perspective.
c. empirical approach.
d. gender difference.

ANSWER: d

67. Psychological differences between the genders are

a. of little interest to contemporary psychologists.
b. simply reflections of biological differences between the sexes.
c. no longer evident in contemporary Western societies.
d. far outweighed by gender similarities.

ANSWER: d

68. Martin Seligman's approach focuses on the discovery and promotion of human strengths and virtues that help individuals and communities thrive. This approach is called:

a. the psychodynamic perspective.
b. positive psychology.
c. evolutionary psychology.
d. behavior genetics.

ANSWER: b

69. Research on human flourishing is the major focus of

a. the psychodynamic perspective.
b. behavior genetics.
c. naturalistic observation.
d. positive psychology.

ANSWER: d

70. Martin Seligman calls for a positive psychology that focuses on:

a. understanding the roots of abuse.
b. building a good and meaningful life.
c. curing disease.
d. addressing the psychological manifestations of poverty.

ANSWER: b

71. Professor Nguyen studies the psychological benefit of meaningful volunteer work during adolescence.

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TB1 Module 1 - Multiple Choice

Which approach best describes this research?

a. cognitive psychology
b. positive psychology
c. evolutionary psychology
d. the biopsychosocial approach

ANSWER: b

72. We are each unique individuals who are part of a larger social system, such as a family, ethnic group, culture, and socioeconomic status. This demonstrates that we are:

a. biological systems.
b. cultural systems.
c. neurological systems.
d. biopsychosocial systems.

ANSWER: d

73. The differing complementary views of the same phenomenon that together give us a more complete understanding of that phenomenon represent different:

a. cognitive functions.
b. unconscious motives.
c. levels of analysis.
d. natural selections.

ANSWER: c

74. Rahul, who smokes and whose parents smoke, has tried many times to quit. They usually begin smoking again when they have an argument with their partner or a difficult day at work. Understanding the complexity of Rahul's problem requires:

a. introspection.
b. psychoanalysis.
c. positive psychology.
d. a biopsychosocial approach.

ANSWER: d

75. The biopsychosocial approach incorporates different levels of analysis, which

a. have little value for applied research.
b. typically contradict common sense.
c. are generally impossible to test scientifically.
d. complement one another.

ANSWER: d

76. Which of these is NOT a biological influence on behavior or mental processes, according to the biopsychosocial approach?

a. unconscious drives

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TB1 Module 1 - Multiple Choice

b. neurochemical imbalances
c. genetic tendency
d. natural selection

ANSWER: a

77. The biopsychosocial approach would suggest that understanding a person's behavior requires considering interconnected biological, _____, and social-cultural factors.
a. genetic
b. community
c. psychological
d. socioeconomic

ANSWER: c

78. Dr. Gorelik's research focuses on how family expectations impact people's actions and attitudes. According to the biopsychosocial perspective, Dr. Gorelik is examining a _____ influence on behavior and mental processes.
a. social-cultural
b. biological
c. psychological
d. cognitive

ANSWER: a

79. The neuroscience perspective in psychology would be most likely to emphasize that behavior is influenced by:
a. environmental circumstances.
b. brain circuits.
c. temperament.
d. genetic influences.

ANSWER: b

80. Which perspective in psychology would help us to understand the impact of strokes and brain diseases on memory?
a. evolutionary
b. behavioral
c. psychodynamic
d. neuroscience

ANSWER: d

81. Professor Assan believes that optimism is the result of individual brain chemistry and particular brain circuits that enable positive emotions. Which perspective on optimism does Professor Assan favor?
a. neuroscience
b. psychodynamic

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TB1 Module 1 - Multiple Choice

c. behavior genetics
d. cognitive

ANSWER: a

82. Which perspective in psychology highlights the reproductive advantages of inherited psychological traits?
a. evolutionary
b. cognitive
c. behavioral
d. social-cultural

ANSWER: a

83. Djoymi is studying how natural selection may have helped humans' prehistoric ancestors to survive, thrive, and pass along their genes. Djoymi is working from a(n):
a. neuroscience perspective.
b. evolutionary perspective.
c. behavior genetics perspective.
d. psychodynamic perspective.

ANSWER: b

84. Which perspective in psychology studies the relative contributions of our genes and our environment on our individual differences?
a. molecular genetics
b. behavior genetics
c. social-cultural
d. psychodynamic

ANSWER: b

85. Professor Bertola's research investigates the relative contributions of inborn traits and environmental influences on children's language development. Professor Bertola most likely works in the field of
a. behavior genetics.
b. cross-cultural psychology.
c. evolutionary psychology.
d. cognitive neuroscience.

ANSWER: a

86. The psychodynamic perspective emphasizes how someone's personality traits can be explained by
a. natural selection.
b. brain chemistry.
c. unfulfilled wishes.
d. learned behaviors.

ANSWER: c

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TB1 Module 1 - Multiple Choice

87. Ada believes that their sibling's difficulty in showing affection results from their unconscious resentment toward their parents. Ada is examining their sibling's behavior from a(n):
a. evolutionary perspective.
b. behavioral perspective.
c. psychodynamic perspective.
d. behavior genetics perspective.
ANSWER: c

88. Which perspective in psychology most clearly focuses on how we learn observable responses?
a. evolutionary
b. neuroscience
c. behavioral
d. behavior genetics
ANSWER: c

89. Marta, a math teacher, believes that all of her students did well on a recent exam because she offered them rewards each time they acquired a needed skill. Marta's belief best illustrates a:
a. behavior genetics perspective.
b. neuroscience perspective.
c. psychodynamic perspective.
d. behavioral perspective.
ANSWER: d

90. Which of these statements describes the focus of the cognitive perspective in psychology?
a. Feelings are influenced by blood chemistry.
b. People try to understand their own unconscious motives.
c. Behavior is influenced by environmental conditions.
d. People encode, process, store, and retrieve information.
ANSWER: d

91. Which perspective in psychology is most concerned with how individuals interpret their experiences?
a. behavioral
b. cognitive
c. neuroscience
d. behavior genetics
ANSWER: b

92. Professor Kunatee is interested in how memory cues help us to retrieve stored information. They are working from the:
a. neuroscience perspective.
b. evolutionary perspective.

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TB1 Module 1 - Multiple Choice

c. psychodynamic perspective.
d. cognitive perspective.

ANSWER: d

93. Professor Esposito is studying divided attention and its impact on memory. This research topic is consistent with the:
a. humanistic perspective.
b. cognitive perspective.
c. cognitive neuroscience perspective.
d. behavioral perspective.

ANSWER: b

94. Dr. Lahiri is studying anger in high-school students who engage in bullying behavior. He is particularly interested in how teens' home environments relate to their feelings of anger, as well as how feelings of anger affect their thought processes. He is working from a(n)
a. evolutionary perspective.
b. behavioral perspective.
c. cognitive perspective.
d. psychodynamic perspective.

ANSWER: c

95. Which perspective in psychology is most likely to focus on how behavior and thinking vary across situations and cultures?
a. evolutionary
b. cultural neuroscience
c. cognitive
d. social-cultural

ANSWER: d

96. Which perspective in psychology would focus on the extent to which different parenting styles are encouraged among various ethnic groups?
a. evolutionary
b. psychodynamic
c. social-cultural
d. neuroscience

ANSWER: c

97. Dr. Adjuk studies the ways in which poverty and inequality influence teens' school attendance rates. Their account best illustrates a(n):
a. behavior genetics perspective.
b. social-cultural perspective.
c. neuroscience perspective.

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d. evolutionary perspective.

ANSWER: b

98. Studies conducted for the sake of increasing the scientific knowledge base are most clearly examples of
a. behavior genetics.
b. introspection.
c. basic research.
d. positive psychology.

ANSWER: c

99. Scientific studies that aim to solve practical problems are most clearly examples of
a. the behavioral perspective.
b. introspection.
c. applied research.
d. positive psychology.

ANSWER: c

100. Dr. Gupta's research focuses on the effect of brain chemistry on emotional expression. Which type of researcher is Dr. Gupta?
a. a social psychologist
b. a personality psychologist
c. a biological psychologist
d. an industrial-organizational psychologist

ANSWER: c

101. Dr. Kitago conducts research on how children's reasoning power changes as they grow older. Dr. Kitago is probably a(n):
a. social psychologist.
b. clinical psychologist.
c. developmental psychologist.
d. industrial-organizational psychologist.

ANSWER: c

102. Which psychologist investigates persistent traits?
a. a developmental psychologist
b. a biological psychologist
c. a cognitive psychologist
d. a personality psychologist

ANSWER: d

103. Dr. Baran studies how people's traits, such as emotionality and sociability, persist over time. Which type of researcher is Dr. Baran?

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TB1 Module 1 - Multiple Choice

a. a social psychologist
b. a biological psychologist
c. an industrial-organizational psychologist
d. a personality psychologist

ANSWER: d

104. Dr. Morales conducts research on why individuals do or don't conform to others' expectations of them. Which type of researcher is Dr. Morales?
a. a cognitive psychologist
b. a social psychologist
c. a developmental psychologist
d. a clinical psychologist

ANSWER: b

105. Which subfield of psychology investigates workplace-related behaviors?
a. cognitive psychology
b. social psychology
c. industrial-organizational psychology
d. biological psychology

ANSWER: c

106. Which psychologists are most likely to be involved in applied research?
a. industrial-organizational psychologists
b. developmental psychologists
c. personality psychologists
d. biological psychologists

ANSWER: a

107. Dr. Lakmal studies the ways in which rewarding employees for exceeding expectations can improve workplace morale and productivity. Dr. Lakmal is MOST likely a(n):
a. clinical psychologist.
b. developmental psychologist.
c. personality psychologist.
d. industrial-organizational psychologist.

ANSWER: d

108. Dr. Ramakrishnan helps people cope with career challenges, such as job loss or the inability to find meaningful work. Dr. Ramakrishnan is MOST likely a:
a. biological psychologist.
b. counseling psychologist.
c. cognitive psychologist.

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TB1 Module 1 - Multiple Choice

d. social psychologist.

ANSWER: b

109. Clinical psychologists focus on:

a. prescribing drugs and otherwise treating physical causes of psychological disorders.

b. conducting animal research to gain insights on natural selection.

c. treating people with mental, emotional, and behavior disorders.

d. helping people to cope with challenges and crises.

ANSWER: c

110. For several weeks, Aja has felt so depressed that they have difficulty getting out of bed. It would be best for Aja to consult a:

a. community psychologist.

b. clinical psychologist.

c. personality psychologist.

d. biological psychologist.

ANSWER: b

111. Dr. Bryson is working to decrease the prevalence of bullying in after-school programs in his city. He is MOST likely a(n):

a. community psychologist.

b. developmental psychologist.

c. cognitive psychologist.

d. industrial-organizational psychologist.

ANSWER: a

112. The specialist MOST likely to prescribe drugs and otherwise treat physical causes of psychological disorders is a:

a. behaviorist.

b. personality psychologist.

c. developmental psychologist.

d. psychiatrist.

ANSWER: d

113. Dr. Saphir has a medical degree and is licensed to prescribe drugs. They are MOST likely a:

a. personality psychologist.

b. cognitive psychologist.

c. behaviorist.

d. psychiatrist.

ANSWER: d

114. Research indicates that successful people

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TB1 Module 1 - Multiple Choice

a. sleep 5 hours a night.
b. focus on short-term goals.
c. have a growth mindset.
d. tend to focus on themselves.

ANSWER: c

115. Psychological research indicates that well-rested people tend to
a. live with greater energy, happiness, and productivity.
b. live spontaneously without focusing on long-term goals.
c. prioritize establishing new relationships.
d. be more physically attractive than average.

ANSWER: a

116. Psychological research indicates that happy, healthy people tend to
a. perceive their intellectual abilities as fixed by their genes.
b. live spontaneously without focusing on long-term goals.
c. prioritize relationships with supportive friends.
d. be more physically attractive than average.

ANSWER: c

117. Which of these is NOT likely to help someone become a stronger person and a better student?
a. getting a full night's sleep
b. viewing their mental abilities as fixed
c. setting long-term goals
d. prioritizing relationships

ANSWER: b

118. The testing effect refers to the _____ that accompany(ies) repeated retrieval of learned information.
a. introspection
b. neural connections
c. enhanced memory
d. increasing boredom

ANSWER: c

119. In one study, English-speaking students who had been tested repeatedly recalled the meaning of 20 previously learned Lithuanian words better than those who had spent the same time restudying the words. The results of this study demonstrate:
a. social learning.
b. careful testing.
c. testing effect.
d. massed practice.

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TB1 Module 1 - Multiple Choice

ANSWER: c

120. One way to improve our understanding and retention of course material is to actively retrieve the information by
a. restudying the material.
b. using our laptops to take notes.
c. self-testing and rehearsal.
d. studying on the day before an exam.

ANSWER: c

121. Sofia, who is taking her first psychology class, forgot much of what she'd studied and received a disappointing grade on her first exam. What can she do to help improve her retention of the material?
a. Engage in spaced practice.
b. Engage in massed practice.
c. Type out her instructor's exact words in her lecture notes.
d. Avoid overlearning.

ANSWER: a

122. Students learn and remember course materials best when they
a. use a biopsychosocial approach.
b. engage in massed practice.
c. process information actively.
d. adhere to their cultural norms.

ANSWER: c

123. Anneliese is attending a class lecture. They listen for the main ideas and sub-ideas of the lecture and write them down. They also ask questions both during and after class. Anneliese is
a. thinking critically.
b. using massed practice.
c. processing information actively.
d. overlearning.

ANSWER: c

124. Using self-testing opportunities such as note cards to test yourself on course material while studying aids:
a. critical thinking.
b. massed practice.
c. growth mindset.
d. overlearning.

ANSWER: d

125. According to research, which is a characteristic of lonely people worldwide?
a. reduced mortality risk

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TB1 Module 1 - Multiple Choice

b. high self-esteem
c. reduced psychological health
d. high cognitive ability

ANSWER: c

126. According to research, which method has been shown to improve students' retention in college classrooms?
a. frequent quizzing
b. cramming
c. massed practice
d. rereading

ANSWER: a

127. Which method of learning makes the study material seem familiar by giving the learner a false sense of confidence?
a. frequent quizzing
b. cramming
c. massed practice
d. rereading

ANSWER: d

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Name:_____ Class:_____ Date:_____

TB2 Module 1 - Multiple Choice

1. The empirical approach is BEST described as:
   a. a system for examining assumptions and discerning hidden biases.
   b. a method of self-reflective introspection.
   c. an evidence-based method that draws on observation and experimentation.
   d. the study of inner thoughts and feelings.

ANSWER: c

2. Based on their observations of preschoolers in his lab, Professor Nuwan is designing an experiment to assess how children learn by imitation. Professor Nuwan's work best illustrates
   a. positive psychology.
   b. a structuralist perspective.
   c. an empirical approach.
   d. evolutionary psychology.

ANSWER: c

3. The use of which of these makes psychology a science?
   a. empirical approach
   b. common sense
   c. intuitive judgment
   d. motivated reasoning

ANSWER: a

4. Curiosity, skepticism, and humility are all
   a. aspects of the empirical approach.
   b. included in the definition of psychology today.
   c. related to subfields in psychology.
   d. elements of the scientific attitude.

ANSWER: d

5. The scientific attitude of skepticism held by psychologists refers to their belief that:
   a. people are unlikely to reveal what they are really thinking.
   b. most commonsense ideas about human behavior are wrong.
   c. claims about human behavior need to be supported with evidence.
   d. people need to reject predictions to sift reality from fantasy.

ANSWER: c

6. Brynn claims that they can predict the future. Their sibling insists that Brynn's belief needs to be empirically tested. Brynn's sibling best illustrates the scientific attitude of
   a. humility.
   b. skepticism.
   c. practicality.

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TB2 Module 1 - Multiple Choice

d. introspection.

ANSWER: b

7. An awareness of our vulnerability to error and an openness to new perspectives best illustrates an element of the scientific attitude known as
   a. practicality.
   b. self-control.
   c. humility.
   d. curiosity.

ANSWER: c

8. Which of these is NOT a component of the scientific attitude?
   a. curiosity
   b. skepticism
   c. humility
   d. speculation

ANSWER: d

9. Critical thinking is smart thinking that involves examining assumptions, _____, discerning hidden biases, evaluating evidence, and assessing conclusions.
   a. incorporating popular claims
   b. appraising the source
   c. rejecting competing ideas
   d. accepting stated facts

ANSWER: b

10. Sheena's friend Chang advises them to avoid getting yearly checkups, because they feel the risk of exposure to illness in the doctor's office is greater than the risk of skipping these appointments. Sheena believes that Chang, who dislikes going to the doctor, is biased; they also feel they do not have enough evidence to support their assumptions. Sheena's reasoning best illustrates
   a. critical thinking.
   b. a biopsychosocial approach.
   c. Freudian psychology.
   d. introspection.

ANSWER: a

11. Critical thinkers can best be described as
   a. questioning.
   b. cynical.
   c. pessimistic.
   d. impatient.

ANSWER: a

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TB2 Module 1 - Multiple Choice

12. A refusal to consider potential evidence that might conflict with one's preconceived ideas best illustrates a lack of
    a. a psychodynamic perspective.
    b. critical thinking.
    c. culture.
    d. introspection.

ANSWER: b

13. Which philosopher theorized about learning and memory, motivation and emotion, perception and personality?
    a. Wundt
    b. Darwin
    c. Aristotle
    d. James

ANSWER: c

14. Who created an experimental apparatus that measured how long it took for people to press a telegraph key after hearing a ball hit a platform?
    a. Wilhelm Wundt
    b. Ivan Pavlov
    c. Sigmund Freud
    d. John B. Watson

ANSWER: a

15. The first psychological laboratory was established by
    a. John Watson.
    b. Wilhelm Wundt.
    c. Sigmund Freud.
    d. Jean Piaget.

ANSWER: b

16. Who was the first female president of the American Psychological Association?
    a. Margaret Floy Washburn
    b. Mary Whiton Calkins
    c. Eleanor Gibson
    d. Rosalie Rayner

ANSWER: b

17. Margaret Floy Washburn was the:
    a. first woman to officially receive a Ph.D. in psychology.
    b. first woman to attend graduate school in psychology.

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TB2 Module 1 - Multiple Choice

c. author of *Principles of Psychology*.
d. first female APA president.

ANSWER: a

18. Who authored *The Animal Mind*?
a. William James
b. Margaret Floy Washburn
c. Mary Whiton Calkins
d. B. F. Skinner

ANSWER: b

19. Who outscored all the male students on the qualifying exams in their program?
a. Margaret Floy Washburn
b. Rosalie Rayner
c. Mary Whiton Calkins
d. Eleanor Gibson

ANSWER: c

20. Which of these statements is NOT true of women in contemporary psychology?
a. In the United States, Canada, and Europe, women earn most psychology doctorates.
b. Women are required to earn their doctorates only from schools for women.
c. Women hold an increasing proportion of other psychology leadership positions.
d. Between 1988 and 2025, more than half of the presidents of the Association for Psychological Science (APS) were women.

ANSWER: b

21. Who would agree with the statement that "What you cannot observe and measure, you cannot scientifically study"?
a. B. F. Skinner
b. Sigmund Freud
c. Carl Rogers
d. William James

ANSWER: a

22. Which of these pairs of psychologists challenged the early twentieth-century definition of psychology and redefined psychology as "the scientific study of observable behavior"?
a. John B. Watson and B. F. Skinner
b. Sigmund Freud and William James
c. Wilhelm Wundt and Edward Titchener
d. Carl Rogers and Abraham Maslow

ANSWER: a

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TB2 Module 1 - Multiple Choice

23. The value of introspection was most clearly dismissed by:
    a. Freudian psychologists.
    b. cognitive psychologists.
    c. psychoanalysts.
    d. behaviorists.

ANSWER: d

24. B. F. Skinner was a prominent American:
    a. psychiatrist.
    b. behaviorist.
    c. cognitive neuroscientist.
    d. scientist.

ANSWER: b

25. Early behaviorists such as John B. Watson would have been LEAST likely to encourage research that focused on
    a. maladaptive drinking habits.
    b. the meaning of childhood experiences.
    c. effective teaching techniques.
    d. crime-deterring police practices.

ANSWER: b

26. Working with Rosalie Rayner, John B. Watson showed that:
    a. feelings and thoughts enable humans to survive.
    b. introspection shapes behavior.
    c. fear can be learned.
    d. mental processes enable the organism to flourish.

ANSWER: c

27. In which of these events would a behaviorist be most interested?
    a. A person feels nervous when they approach the street where they were mugged.
    b. A child learns not to grab toys from other children.
    c. A person has a dream about their childhood home.
    d. A teenager experiences the first stirrings of sexual attraction.

ANSWER: b

28. Raul, who is potty training their child Mateo, has been giving Mateo a small reward each time they use the potty. Raul observes that a sticker reward makes Mateo more excited to use the potty again. Soon, Mateo is using the potty routinely. This method of potty training is based on:
    a. introspection.
    b. psychoanalytic psychology.

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c. behaviorism.
d. humanistic psychology.

ANSWER: c

29. The mind's defenses against its own unconscious wishes and impulses were of special interest to
a. John B. Watson.
b. Charles Darwin.
c. Sigmund Freud.
d. B. F. Skinner.

ANSWER: c

30. Dr. Alvarez studies the ways in which the unconscious mind and childhood experiences affect our behavior. Her research is in the area of
a. humanistic psychology.
b. psychoanalytic psychology.
c. cognitive psychology.
d. behaviorism.

ANSWER: b

31. The earlier psychological perspective that emphasized our personal growth and the environments that nurture or limit that growth was called:
a. behaviorism.
b. cognitive psychology.
c. humanistic psychology.
d. Freudian psychology.

ANSWER: c

32. Humanistic psychologists such as _____ emphasized people's growth potential.
a. Wundt and Titchener
b. Freud and James
c. Rogers and Maslow
d. Watson and Skinner

ANSWER: c

33. In the 1960s, renewed interest in how our mind processes and retains information was triggered by
a. the cognitive revolution.
b. the humanistic movement.
c. behaviorism.
d. Freudian psychology.

ANSWER: a

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TB2 Module 1 - Multiple Choice

34. Cognitive psychology is the:
    a. psychological perspective that emphasized human growth potential.
    b. study of how human behavior and mind have changed in adaptive ways over time due to natural selection.
    c. view that psychology should be an objective science that studies observable behavior.
    d. study of the mental processes involved in perceiving, learning, remembering, thinking, communicating, and solving problems.

ANSWER: d

35. Which of these is the interdisciplinary study of the brain activity linked with perception, thinking, memory, and language?
    a. behavior genetics
    b. positive psychology
    c. cognitive neuroscience
    d. clinical psychology

ANSWER: c

36. Dr. Pacia is conducting research on brain activity in people who have difficulty remembering past events. Which of these best matches their field of study?
    a. behavior genetics
    b. humanistic psychology
    c. cognitive neuroscience
    d. Freudian psychology

ANSWER: c

37. The science of behavior and mental processes is called:
    a. neuroscience.
    b. natural selection.
    c. behaviorism.
    d. psychology.

ANSWER: d

38. In the definition of *psychology,* behavior is considered to be
    a. any internal, subjective experience.
    b. any action that can be observed and recorded.
    c. any action that takes place unconsciously.
    d. unobservable actions and thoughts.

ANSWER: b

39. Professor Sandaas is observing social interactions among 3-year-olds in a play group. According to the definition of psychology, these social interactions would be considered a(n):
    a. behavior.

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TB2 Module 1 - Multiple Choice

b. exploration.
c. mental process.
d. conclusion.

ANSWER: a

40. Maryam posts a photo of themselves on social media, then worries that their friends won't like it. According to the definition of psychology, posting the photo is a(n) _____; their worry is a _____.
a. behavior; mental process
b. action; reaction
c. nature issue; nurture issue
d. sensation; perception

ANSWER: a

41. In exploring various aspects of human flourishing, positive psychologists rely most heavily on:
a. introspection.
b. psychoanalysis.
c. natural selection.
d. scientific methods.

ANSWER: d

42. Psychology developed from the more established fields of philosophy and biology. For example, _____ was an American philosopher and _____ was an Austrian physician.
a. Wilhelm Wundt; Ivan Pavlov
b. William James; Sigmund Freud
c. B. F. Skinner; John B. Watson
d. Abraham Maslow; Carl Rogers

ANSWER: b

43. Ivan Pavlov pioneered the study of:
a. learning.
b. perception.
c. personality.
d. disorders.

ANSWER: a

44. The longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors is referred to as the:
a. levels of analysis dilemma.
b. "Little Albert" study.
c. cognitive neuroscience controversy.
d. nature–nurture issue.

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TB2 Module 1 - Multiple Choice

ANSWER: d

45. Terri and Jon's two children are very different: Zeke is shy and fearful, and Bianca is bold and daring. "I think it's because Zeke was first, so we were more nervous around him when he was a baby," Terri muses. "No, it's definitely genetic; Zeke is a lot like I was as a kid, and you're fearless, just like Bianca," Jon replies. Terri and Jon are debating the relative contributions of
   a. neuroscience and cognition.
   b. nature and nurture.
   c. behavior and mental processes.
   d. conscious and unconscious thoughts.

ANSWER: b

46. Do people differ psychologically because of heredity or experience? This question most clearly involves a debate over the issue of
   a. conscious and unconscious thought.
   b. observation and introspection.
   c. behavior and mental processes.
   d. nature and nurture.

ANSWER: d

47. Unlike Plato, Aristotle emphasized that knowledge is a product of
   a. logical reasoning.
   b. inborn ideas.
   c. sensory experience.
   d. introspection.

ANSWER: c

48. Charles Darwin explained that the species variation he encountered could be explained by:
   a. brain activity.
   b. natural selection.
   c. introspection.
   d. unconscious drives.

ANSWER: b

49. Who is best known for arguing that natural selection shapes behaviors as well as bodies?
   a. Plato
   b. Aristotle
   c. Edward Titchener
   d. Charles Darwin

ANSWER: d

50. Which principle suggests that inherited traits that better enable an organism to survive and reproduce in a

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particular environment will MOST likely be passed on to succeeding generations?

a. behavior genetics
b. psychodynamic perspective
c. natural selection
d. positive psychology

ANSWER: c

51. Studying how human behavior and mind have changed in adaptive ways over time due to natural selection is of MOST central interest to:

a. humanistic psychology.
b. social psychology.
c. community psychology.
d. evolutionary psychology.

ANSWER: d

52. Dr. Santiago is studying how humans are alike because of their shared biology and inherited traits over time. Dr. Santiago MOST likely works in the field of:

a. behavior genetics.
b. social-cultural perspective.
c. evolutionary psychology.
d. positive psychology.

ANSWER: c

53. Studying the relative power and limits of hereditary and environmental influences on behavior is of MOST central interest to:

a. cognitive neuroscience.
b. behavior genetics.
c. evolutionary psychology.
d. behaviorism.

ANSWER: b

54. Dr. Alves is conducting intelligence and personality tests with Tina and Sasha, identical twins who were adopted and raised by different families. Dr. Alves MOST likely works in the field of:

a. behavior genetics.
b. behaviorism.
c. cognitive neuroscience.
d. positive psychology.

ANSWER: a

55. Which researcher is likely a behavior geneticist?

a. Dr. Hakimi, who examines how individuals are different based on their differing genes and environment

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TB2 Module 1 - Multiple Choice

b. Dr. Thomas, who treats patients with psychological disorders
c. Dr. Mohan, who helps people cope with everyday challenges and crises to improve their personal and social functioning
d. Dr. Smith, who examines how individuals are similar based on their common biology and evolutionary history

ANSWER: a

56. Imani is genetically predisposed to be focused and persistent. Their boss, who appreciates these traits, has now promoted Imani several times. Encouraged by this, Imani has become even more focused on and persistent in their work. This best illustrates that
a. some ideas are innate.
b. the mind is a blank slate on which experience writes.
c. nurture works on what nature provides.
d. nature selects traits that best enable us to survive in a particular environment.

ANSWER: c

57. *Culture* is defined as the:
a. entire collection of character strengths that help individuals and communities to thrive.
b. enduring ideas, attitudes, behaviors, values, and traditions shared by a group and transmitted from one generation to the next.
c. contribution that experience makes to the development of psychological traits and behaviors.
d. shared biological heritage and deep principles of grammar that unite people as a universal human family.

ANSWER: b

58. The transmission of political practices and religious customs from one generation to the next BEST illustrates the importance of:
a. introspection.
b. the cognitive revolution.
c. behaviorism.
d. culture.

ANSWER: d

59. Five-year-old Camila, who lives in Argentina, has just met five-year-old Guo, who lives in Hong Kong. Although they are growing up across the world from one another and speak entirely different languages, they are able to play and communicate using facial expressions and gestures. This best illustrates that _____ often underlie cultural differences.
a. common psychological processes
b. gender differences
c. unconscious preferences
d. genetic dissimilarities

ANSWER: a

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TB2 Module 1 - Multiple Choice

60. Which of these statements about gender differences is FALSE?
    a. Gender differences exist in dream content.
    b. Gender differences exist in the development of depression.
    c. Gender differences exist in childhood developmental stages.
    d. The genders are overwhelmingly similar, despite some differences.

ANSWER: c

61. To complement psychology's historical focus on treating mental health issues, Martin Seligman and others have called for the development of:
    a. behavior genetics.
    b. cognitive neuroscience.
    c. positive psychology.
    d. introspection.

ANSWER: c

62. Which approach to psychology holds that happiness is a by-product of a pleasant, engaged, and meaningful life?
    a. behaviorism
    b. applied behavioral analysis
    c. positive psychology
    d. community psychology

ANSWER: c

63. The approach to psychology that uses scientific methods to explore the building of a "good life" that engages our skills and a "meaningful life" that points beyond ourselves is called:
    a. behaviorism.
    b. psychiatry.
    c. positive psychology.
    d. community psychology.

ANSWER: c

64. A biopsychosocial approach is one that requires the use of
    a. introspection.
    b. the psychodynamic perspective.
    c. behaviorism.
    d. multiple levels of analysis.

ANSWER: d

65. A complete picture of how mental processes are influenced by brain functions, cognitive processing, and cultural context is most clearly provided by:
    a. behaviorism.

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b. humanistic psychology.
c. a biopsychosocial approach.
d. introspection.

ANSWER: c

66. Good health, a happy home life, and a network of close friends have all contributed to Mortimer's optimistic views. Effectively explaining the full complexity of his happiness requires:
a. psychoanalysis.
b. community psychology.
c. a biopsychosocial approach.
d. an evolutionary approach.

ANSWER: c

67. According to the biopsychosocial approach, which of these would be considered a biological influence on behavior or mental processes?
a. learned fears and expectations
b. genetic mutations
c. emotional responses
d. perceptual interpretations

ANSWER: b

68. According to the biopsychosocial approach, which of these would be considered a psychological influence on behavior or mental processes?
a. cognitive processing
b. genetic predispositions
c. genetic mutations
d. family expectations

ANSWER: a

69. According to the biopsychosocial approach, mass media influences on behavior and mental processes would be considered a:
a. social-cultural influence.
b. biological influence.
c. psychological influence.
d. cognitive influence.

ANSWER: a

70. Integrating different but complementary levels of analysis is the focus of the:
a. neuroscience perspective.
b. biopsychosocial approach.
c. cognitive revolution.

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d. social-cultural perspective.

ANSWER: b

71. Dr. Janssen is studying how community expectations influence gender roles. They are examining _____ influences on behavior and mental processes, according to the biopsychosocial perspective.

a. social-cultural
b. biological
c. psychological
d. cognitive

ANSWER: a

72. Dr. Abram studies the genetic underpinnings of intellectual capacity; Dr. Rossi studies the influence of educational experiences on intellectual capacity. According to the biopsychosocial approach, Dr. Abram's and Dr. Rossi's research

a. is complementary.
b. is difficult to test scientifically.
c. illustrates the distinction between behavior and mental processes.
d. illustrates the conflict between psychology and psychiatry.

ANSWER: a

73. Which perspective is most directly concerned with how the physical properties of the brain influence behavior and mental states?

a. social-cultural
b. psychodynamic
c. behavioral
d. neuroscience

ANSWER: d

74. Professor Musa's class lecture emphasized the extent to which brain circuitry can contribute to depression. This lecture highlighted a _____ perspective on psychological disorders.

a. psychodynamic
b. neuroscience
c. social-cultural
d. cognitive

ANSWER: b

75. The evolutionary perspective emphasizes how the _____ of traits has promoted the survival of genes.

a. introspection
b. natural selection
c. unconscious motives
d. rational thought

ANSWER: b

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76. Professor Delos believes that humans tend to fear similar things because these fears promoted the survival of our ancestors' genes. This viewpoint best illustrates the:

a. social-cultural perspective.
b. cognitive perspective.
c. evolutionary perspective.
d. psychodynamic perspective.

ANSWER: c

77. The behavior genetics perspective would be MOST directly concerned with assessing the relative influences of:

a. behavior and mental processes.
b. conscious and unconscious motives.
c. nature and nurture.
d. mind and body.

ANSWER: c

78. The perspective that focuses on assessing the relative contributions of heredity and experience to individual differences in human intelligence is the:

a. cognitive perspective.
b. behavioral perspective.
c. psychodynamic perspective.
d. behavior genetics perspective.

ANSWER: d

79. Professor Rivera's research investigates the contribution of hereditary and environmental factors to gender differences in suicide risk. Her research BEST illustrates the concerns of the:

a. cognitive perspective.
b. behavior genetics perspective.
c. psychodynamic perspective.
d. behavioral perspective.

ANSWER: b

80. A clinical psychologist who explains behavior in terms of unconscious drives and conflicts is employing a(n):

a. evolutionary perspective.
b. psychodynamic perspective.
c. behavioral perspective.
d. social-cultural perspective.

ANSWER: b

81. Jillian believes that their sibling's angry outbursts are an outlet for unconscious resentment toward their

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parents. Their view is consistent with the:

a. neuroscience perspective.
b. evolutionary perspective.
c. behavior genetics perspective.
d. psychodynamic perspective.

ANSWER: d

82. The behavioral perspective focuses on how

a. our genes and environment influence our individual differences.
b. we encode, process, store, and retrieve information.
c. we learn observable responses.
d. behavior and thinking vary across situations.

ANSWER: c

83. Dr. Tseng believes that psychology should study only observable actions. Their view is consistent with the:

a. humanistic perspective.
b. cognitive perspective.
c. cognitive neuroscience.
d. behavioral perspective.

ANSWER: d

84. The behavioral perspective is most likely to emphasize the importance of

a. learning.
b. introspection.
c. inherited traits.
d. self-esteem.

ANSWER: a

85. The evolutionary perspective is to _____ as the behavioral perspective is to _____.

a. applied research; basic research
b. nature; nurture
c. clinical psychology; psychiatry
d. unconscious mind; conscious mind

ANSWER: b

86. Professor Divi is interested in how people use recently learned information to solve problems. This research is consistent with the:

a. humanistic perspective.
b. cognitive perspective.
c. cognitive neuroscience perspective.
d. behavioral perspective.

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ANSWER: b

87. Which psychological perspective highlights the manner in which people encode, process, store, and retrieve information?
a. cognitive
b. behavioral
c. behavior genetics
d. evolutionary

ANSWER: a

88. Which perspective focuses on the way we use information to solve problems?
a. behavioral
b. evolutionary
c. social-cultural
d. cognitive

ANSWER: d

89. Dr. Melachenko believes that the way people interpret information they encounter on social media strongly influences their later opinions. Dr. Melachenko's ideas MOST directly exemplify the:
a. social-cultural perspective.
b. cognitive perspective.
c. psychodynamic perspective.
d. behavior genetics perspective.

ANSWER: b

90. Which perspective is concerned with how behavior and thinking vary across situations and contexts?
a. behavioral
b. evolutionary
c. social-cultural
d. cognitive

ANSWER: c

91. Which psychological perspective would most likely examine how membership in a political party or ethnic group influences individual attitudes and behaviors?
a. cognitive
b. psychodynamic
c. behavioral
d. social-cultural

ANSWER: d

92. Dr. Yablonski is studying the rates of psychological disorders in several small religious communities around the world. They believe that the combination of community support and religious faith makes certain disorders

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less likely in these groups. Dr. Yablonski's research BEST illustrates a(n):

a. evolutionary perspective.
b. psychodynamic perspective.
c. neuroscience perspective.
d. social-cultural perspective.

ANSWER: d

93. Which psychologists are most likely to be involved in basic research?

a. industrial-organizational psychologists
b. cognitive psychologists
c. community psychologists
d. clinical psychologists

ANSWER: b

94. All subfields and perspectives within psychology aim to

a. study the brain circuits that underlie behavior.
b. describe and explain behavior and the mind underlying it.
c. analyze how certain characteristics aided our ancestors.
d. understand how our interpretation of environmental conditions affects our experiences.

ANSWER: b

95. Dr. Wilde conducts basic research on the effects of brain trauma on athletes' problem-solving skills. Which psychological specialty does their research best represent?

a. developmental psychology
b. biological psychology
c. industrial-organizational psychology
d. personality psychology

ANSWER: b

96. Which subfield of psychology studies how people's abilities change across the life span?

a. developmental psychology
b. biological psychology
c. cognitive psychology
d. personality psychology

ANSWER: a

97. Dr. Nadal conducts basic research on the personality changes associated with aging. It is MOST likely that Dr. Nadal is a(n):

a. biological psychologist.
b. social psychologist.
c. developmental psychologist.

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d. industrial-organizational psychologist.

ANSWER: c

98. Which type of psychologists explore how we view and affect one another?

a. developmental
b. social
c. industrial-organizational
d. biological

ANSWER: b

99. Dr. Batista conducts basic research on the impact of video gaming on information retention. Dr. Batista is MOST likely a:

a. social psychologist.
b. personality psychologist.
c. biological psychologist.
d. cognitive psychologist.

ANSWER: d

100. Dr. Deepwater conducts basic research on the behavioral differences between introverts and extraverts. Dr. Deepwater is MOST likely a(n):

a. biological psychologist.
b. cognitive psychologist.
c. industrial-organizational psychologist.
d. personality psychologist.

ANSWER: d

101. Dr. Marley conducts basic research on the influence of gender prejudice on behavior. Dr. Marley is MOST likely a(n):

a. clinical psychologist.
b. social psychologist.
c. biological psychologist.
d. industrial-organizational psychologist.

ANSWER: b

102. Scientific studies conducted to solve practical problems are most clearly examples of

a. a biopsychosocial approach.
b. positive psychology.
c. introspection.
d. applied research.

ANSWER: d

103. Dr. Segovia consults with retail companies to create software programs that train new salespeople and

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assess their understanding of their roles before they begin interacting with customers. Which psychological specialty does Dr. Segovia's work best represent?

a. developmental psychology
b. industrial-organizational psychology
c. biological psychology
d. clinical psychology

ANSWER: b

104. Dr. Harbison is studying the effect of "Employee of the Month" programs on worker morale and productivity. She is most likely a(n)

a. clinical psychologist.
b. industrial-organizational psychologist.
c. biological psychologist.
d. developmental psychologist.

ANSWER: b

105. Workplace productivity and management are MOST closely related to:

a. cognitive psychology.
b. industrial-organizational psychology.
c. biological psychology.
d. developmental psychology.

ANSWER: b

106. Which professional specialty focuses on the diagnosis and treatment of people with psychological disorders?

a. personality psychology
b. biological psychology
c. clinical psychology
d. developmental psychology

ANSWER: c

107. Dr. Lind's practice offers evaluation, diagnosis, and treatment of children with neurodevelopmental disorders. They are most likely a(n)

a. clinical psychologist.
b. industrial-organizational psychologist.
c. biological psychologist.
d. community psychologist.

ANSWER: a

108. Dr. Angevine, who works in a community mental health center, assesses and treats adolescents with eating disorders. Dr. Angevine is MOST likely a(n):

a. personality psychologist.

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b. industrial-organizational psychologist.
c. clinical psychologist.
d. developmental psychologist.

ANSWER: c

109. Which specialists are the most likely to prescribe a drug for the treatment of a psychological disorder?
a. developmental psychologists
b. clinical psychologists
c. personality psychologists
d. psychiatrists

ANSWER: d

110. Dr. Benson treats patients with schizophrenia and often prescribes medication as a form of treatment. Dr. Benson is a
a. community psychologist.
b. psychiatrist.
c. social psychologist.
d. personality psychologist.

ANSWER: b

111. Dr. Gurreri's research focuses on methods of increasing bystander intervention in neighborhoods with high rates of violent crime. They are likely a:
a. community psychologist.
b. psychiatrist.
c. social psychologist.
d. personality psychologist.

ANSWER: a

112. A helping profession devoted to assisting people with problems often related to school, work, or relationships is known as:
a. personality psychology.
b. counseling psychology.
c. cognitive psychology.
d. social psychology.

ANSWER: b

113. Which branch of psychology is most likely to study how social institutions affect the well-being of individuals and groups?
a. cognitive psychology
b. community psychology
c. clinical psychology

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d. counseling psychology

ANSWER: b

114. Which of these is NOT a suggestion to help a person live a happy, effective, flourishing life?

a. exercise regularly
b. set long-term goals
c. embrace a fixed mindset
d. prioritize your relationships

ANSWER: c

115. Selasi's friend Ilma reveals that they haven't been feeling particularly happy or effective in their life. Which of these is NOT something Selasi could do to help them?

a. Suggesting Ilma set some long-term goals for themselves.
b. Inviting Ilma outside for a brisk walk.
c. Reminding Ilma that the mental abilities they were born with aren't likely to change.
d. Encouraging Ilma to prioritize their relationships.

ANSWER: c

116. Psychological research indicates that people who live with greater energy, happiness, and productivity are those who develop a habit of:

a. overestimating how much they can accomplish.
b. managing their time to get a full night's sleep.
c. believing that mental abilities are fixed.
d. living spontaneously without focusing on long-term goals.

ANSWER: b

117. Andrea makes sure that they take practice quizzes before taking graded class quizzes. They have noticed that they often earn high grades on class quizzes, which is a result of:

a. the testing effect.
b. the massed practice.
c. their confidence.
d. their overlearning.

ANSWER: a

118. What refers to the enhanced memory that accompanies repeated retrieval of learned information?

a. a growth mindset
b. the testing effect
c. active learning
d. cramming

ANSWER: b

119. The enhanced memory that accompanies repeated self-testing of previously learned material best illustrates

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the value of

a. massed practice.
b. retrieval practice.
c. overestimating time spent studying.
d. basic research.

ANSWER: b

120. Unlike in previous semesters, Martina now writes down the main ideas and sub-ideas from lectures in her own words. Martina notices that her understanding and retention have improved and her grades are higher than ever. This is MOST likely because the new method:

a. encourages a growth mindset.
b. engages the testing effect.
c. requires more active processing.
d. promotes overlearning.

ANSWER: c

121. The critical thinking needed to improve your performance as a student is defined as:

a. an evidence-based method that draws on observation and experimentation.
b. the study of mental processes.
c. the interdisciplinary study of the brain activity linked with cognition.
d. a mindset that involves evaluating evidence and assessing conclusions.

ANSWER: d

122. Eugene's grandfather tells him that if he cracks his knuckles, he will develop arthritis later in life. Eugene decides to look up the information to determine if this statement is true. He is engaged in:

a. critical thinking.
b. the empirical approach.
c. self-testing.
d. cognitive psychology.

ANSWER: a

123. Which statement is true of psychology's diversity?

a. The majority of the American Psychological Association (APA) members are people of color.
b. One-third of psychology graduate students are women.
c. The majority of members of the Society of Experimental Psychologists are women.
d. Nearly half of psychology graduate students are people of color.

ANSWER: d

124. Which observation reflects the globalization of psychology?

a. Psychological science draws from the more established fields of philosophy and biology.
b. A growing share of psychological research and education is taking place across multiple world regions.

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c. The International Union of Psychological Science currently has more than 100 member nations.
d. The first contemporary university psychology department was established in China in the twenty-first century.

ANSWER: a

125. According to research by Heu (2023) and Park and Zhu (2024), what do people who feel lonely experience worldwide?
a. increased risk for eating disorders
b. fewer emotional events
c. reduced brain activity
d. greater mortality risk

ANSWER: d

126. Which framework helps explain the multiple contributing factors to suicide, such as neurochemical imbalances, emotional patterns, and online interactions?
a. cognitive perspective
b. behavior genetics
c. biopsychosocial approach
d. empirical approach

ANSWER: c

127. Which scenario results in enhanced retention?
a. A student rewatches lecture videos several times.
b. A student completes a quiz after each chapter using a study app.
c. A student reads the textbook and highlights important sentences.
d. A student studies all the chapters the night before the test.

ANSWER: b

128. Which statement about study habits is supported by psychological research?
a. Cramming the night before an exam is less effective than studying over time.
b. Students forget material sooner when study sessions are spaced over time.
c. Massed practice increases confidence and improves long-term memory.
d. Interleaving study topics leads to poor retention and confusion.

ANSWER: a

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