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SKU: 9798214157801-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 01 - The Science of Psychology

1. The first psychology laboratory was founded by
   a. William James.
   b. John B. Watson.
   c. Edward Titchener.
   d. Wilhelm Wundt.

ANSWER: d

2. Which school of thought proposed that psychology should explain how people adapt or fail to adapt to the real world outside of the laboratory, thus becoming the first applied psychologists?
   a. Functionalists
   b. Structuralists
   c. Behaviorists
   d. Psychoanalysts

ANSWER: a

3. Which theory proposed the technique of introspection?
   a. Functionalism
   b. Structuralism
   c. Behaviorism
   d. Psychoanalysis

ANSWER: b

4. Which early perspective of psychology focused more on the perception of patterns and whole figures than the individual aspects of a stimulus?
   a. Psychoanalytic
   b. Functionalism
   c. Behaviorism
   d. Gestalt psychology

ANSWER: d

5. What was the first formal school of thought in psychology which sought to analyze the basic elements of conscious mental experience?
   a. Structuralism
   b. Functionalism
   c. Behaviorism
   d. Humanism

ANSWER: a

6. Skinner's work in which school of thought had a powerful influence on modern psychology?
   a. Cognitive
   b. Humanistic
   c. Evolutionary
   d. Behavioral

ANSWER: d

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7. Introspection is MOST closely associated with which of the following?
   a. Wundt and structuralism
   b. James and functionalism
   c. Wertheimer and Gestalt psychology
   d. Structuralism and psychoanalysis

ANSWER: a

8. In breaking away from the psychoanalytic and behavioral perspectives, psychologists developed which perspective that focused on people's unique characteristics and perspectives?
   a. Biological
   b. Sociocultural
   c. Cognitive
   d. Humanistic

ANSWER: d

9. Which approach emphasizes the understanding of mental disorders in terms of unconscious needs, desires, memories, and conflicts?
   a. Psychoanalytic
   b. Biological
   c. Behavioral
   d. Humanistic

ANSWER: a

10. According to the scientific method, which is a characteristic of all hypotheses?
   a. They are true.
   b. They are testable.
   c. They are formulated only after completion of a study.
   d. They are vague.

ANSWER: b

11. In science, how is a theory described?
   a. A specific prediction about the result of an experiment.
   b. A way of developing knowledge based on evaluating evidence.
   c. A general attempt to explain the relationship between events or findings.
   d. A method of inquiry using careful observation.

ANSWER: c

12. E. B. Titchener was MOST closely aligned with which early school of psychology?
   a. Structuralism
   b. Functionalism
   c. Cognitive
   d. Psychoanalysis

ANSWER: a

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13. Which of the following mental health professionals is the only one who, in many states, can prescribe medicine?
    a. A psychiatrist
    b. A counselor
    c. A social worker
    d. A psychologist

ANSWER: a

14. Which of the following is the MOST complete definition of psychology?
    a. The science of observable behavior and thoughts.
    b. The science of behavior.
    c. The science of mental processes.
    d. The science of behavior and mental processes.

ANSWER: d

15. Why is it important to distinguish between correlation and cause and effect?
    a. When two variables are linked, it is unclear which causes the other.
    b. Without random assignment, correlation cannot be determined.
    c. Without random selection, causation is unable to be determined.
    d. Only experiments that link variables together can show a correlation.

ANSWER: a

16. A functionalist is MOST likely to ask which of the following questions?
    a. What purpose do superstitions serve?
    b. How would you describe the taste of a peach?
    c. What does the texture of chalk remind you of?
    d. How does seeing a butterfly make you feel?

ANSWER: a

17. If deception in research must be used, which must occur?
    a. Participants must be debriefed as soon as the study concludes.
    b. Participants must be given no opportunity to withdraw from the study.
    c. Participants must be provided appropriate excuses.
    d. Participants must be offered additional compensation.

ANSWER: a

18. Which Greek philosopher emphasized the importance of acquiring knowledge through observation of the natural world?
    a. Aristotle
    b. Plato
    c. Socrates
    d. Hippocrates

ANSWER: a

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19. Which of the following is an accurate statement about animal research?
    a. Animal research has no rules to follow.
    b. Animals must not be harmed unless there is no other way.
    c. Animals have none of the rights that human participants do.
    d. Animal research is permissible with minimal supervision.

ANSWER: b

20. Ajit is a graduate student in psychology who is conducting research on the effectiveness of two types of therapy in the treatment of phobias. Ajit is at the stage where he uses statistics to analyze the data he has collected in order to determine if his initial hypothesis is supported by the research. At which stage of the scientific method is Ajit working?
    a. Drawing conclusions
    b. Developing a research question
    c. Gathering evidence
    d. Replicating results

ANSWER: a

21. All of the following are steps in the scientific method EXCEPT
    a. drawing conclusions
    b. developing a hypothesis
    c. ignoring contradictory evidence
    d. gathering evidence

ANSWER: c

22. Suppose Joan discovers that an event she shared in confidence during a session with her therapist has been shared with others. Which is likely to occur?
    a. Joan's experience in therapy will be better because she is forced to deal directly with her issues.
    b. Joan's experience in therapy will be worse because her therapist has violated their confidentiality agreement.
    c. Joan will file a complaint, but will be informed that psychologists cannot be reprimanded for violating confidentiality.
    d. This new information is unlikely to affect Joan's future experiences in therapy.

ANSWER: b

23. Jenna and her family are concerned about her pattern of substance use. Which professional would MOST likely be able to provide support for Jenna?
    a. social psychologist
    b. school psychologist
    c. industrial/organizational psychologist
    d. counseling psychologist

ANSWER: d

24. Javier is suffering from severe clinical depression and requires a prescription for an antidepressant. He would MOST likely need to see which of the following professionals?
    a. A counseling psychologist
    b. A psychiatrist
    c. A clinical psychologist

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d. A school psychologist

ANSWER: b

25. Which of the following is the correct order of steps in the scientific method?
a. forming a hypothesis, developing a research question, gathering evidence, drawing conclusions
b. gathering evidence, developing a research question, forming a hypothesis, drawing conclusions
c. developing a research question, forming a hypothesis, gathering evidence, drawing conclusions
d. formulating a theory, developing a research question, gathering evidence, drawing conclusions

ANSWER: c

26. Which of the following is a major human dignity issue for psychologists?
a. Making sure researchers are given proper credit for their work.
b. Protecting pets from unnecessary harm.
c. Protecting the rights of vulnerable or mentally ill individuals.
d. Making sure therapists do not "steal" clients from other therapists.

ANSWER: c

27. Suppose a participant in an experiment feels pressured by researchers to continue, despite wishing to withdraw after the experiment begins. Which of the following is the MOST likely consequence of this situation?
a. The participant will intentionally bias the results.
b. The participant will demand extra compensation.
c. The participant will suffer psychological distress.
d. The participant will not be allowed to withdraw.

ANSWER: c

28. Dr. Mingus keeps a very detailed record of a series of interviews with an individual who is suffering from a rare brain disorder. This is an example of which research method?
a. Experiment
b. Correlational
c. Case study
d. Naturalistic observation

ANSWER: c

29. Your psychology professor refers to a research study and says the results were "statistically significant." Which step in the scientific method does this apply?
a. Drawing conclusions
b. Developing a research question
c. Gathering evidence
d. Replicating results

ANSWER: a

30. Suppose the guards at a prison began to mistreat and abuse the inmates. When new guards join the prison, they soon begin mistreating the prisoners as well, even though they have never done so before. Which type of psychologist would be MOST interested in studying why this occurs?
a. Counseling psychologist

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b. Developmental psychologist
c. Social psychologist
d. Physiological psychologist

ANSWER: c

31. Social desirability bias and volunteer bias are problems typically associated with which research method?
a. naturalistic observation
b. experiments
c. case studies
d. surveys

ANSWER: d

32. The use of the survey method is limited by which types of biases?
a. social desirability bias and volunteer bias
b. random sampling bias and population bias
c. case study bias and observational bias
d. survey bias and volunteer bias

ANSWER: a

33. Who is the only African American to have served as president of the American Psychological Association?
a. Kenneth Clark
b. J. Henry Alston
c. Gilbert Haven Jones
d. Francis Sumner

ANSWER: a

34. In survey research, _____ are segments of the total group who are the subject of interest to the researcher.
a. populations
b. volunteers
c. control groups
d. samples

ANSWER: d

35. Regarding the psychodynamic perspective, which of the following statements is FALSE?
a. Formally trained Freudian psychologists reject the belief that problems may be rooted in childhood.
b. Compared to Freud, neo-Freudians place less emphasis on basic drives.
c. Psychodynamic principles and ideas are found in our popular culture.
d. The psychodynamic perspective remains a vibrant force in psychology today.

ANSWER: a

36. It is important for psychologists to remember that psychological explanations for behavior
a. may not apply to all situations or all groups of people.
b. are equally valid for all groups and situations.
c. are always biased.

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d. are always based on observational research.

ANSWER: a

37. Dr. Chen finds in her study of people's charitable habits that individuals overestimate the amount of money they give to their churches and private schools. Dr. Chen's results may reflect

a. over-representation bias.

b. social desirability bias.

c. poor random sampling.

d. large sample bias.

ANSWER: b

38. Suppose a study is conducted examining the development of sexual orientation in young men. Why should the researchers be cautious about generalizing their results to both sexes?

a. The development of sexual orientation for young women may not be the same as for young men.

b. The study results are correlational and cannot be interpreted as causal.

c. The results based on a sample should never be generalized to a population.

d. The participants probably did not take the study seriously.

ANSWER: a

39. Developmental psychologist Arthur Chang watches children in a daycare center through a one-way mirror. Chang is utilizing which form of research?

a. case study

b. correlational

c. naturalistic observation

d. survey

ANSWER: c

40. Suppose Anita conducts an experiment to test which types of stimuli elicit the fastest reaction time in participants. When she publishes her results in a scientific paper, Anita includes information on the equipment she used to measure reaction time and on exactly which stimuli were used in the study. According to the scientific method, including this information is important so that other researchers

a. can determine if Anita was properly educated.

b. know that Anita used the MOST advanced equipment.

c. know that Anita actually performed the experiment.

d. can replicate Anita's experiment if they want to do so.

ANSWER: d

41. A statistical measure of the association between two variables is called a(n)

a. independent variable.

b. dependent variable.

c. control variable.

d. correlation coefficient.

ANSWER: d

42. A vendor at a soccer stadium notices that the warmer the weather, the more beverages he normally sells. In technical

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terms, the vendor has noticed that temperature and beverage sales are

a. positively correlated.
b. indirectly correlated.
c. negatively correlated.
d. independent.

ANSWER: a

43. A study found that the age at which a traumatic event happens to a child is negatively correlated with later emotional problems. Which of the following would be a valid conclusion based on this finding?

a. Traumatic events are more likely to happen to younger children than older children.
b. Younger children are more likely to develop severe emotional problems following a traumatic event.
c. Younger children experience fewer emotional problems than older children due to traumatic events.
d. No conclusions are possible because correlational studies cannot determine cause and effect.

ANSWER: b

44. Ben is visiting his cousin, Manuela, in whose home it is customary to display pleasure with a meal by belching after eating. When they finish eating, Ben's failure to belch loudly would BEST be explained by which influence?

a. Sociocultural factors
b. Biological factors
c. Evolutionary factors
d. Developmental factors

ANSWER: a

45. A researcher is performing a naturalistic observation study with chimpanzees in Africa. One day, she notices that the chimpanzees are making more noise than normal. Later that same day, she notices a leopard in the area. Which of the following could the researcher conclude?

a. There was no relationship between the increased noise and the leopard.
b. The noise attracted the leopard.
c. The chimpanzees were aware of the leopard's presence.
d. There may be some connection between the noise and the leopard.

ANSWER: d

46. A psychologist is interested in the relationship between alcohol use and low energy. Which type of research method could be used to determine if it is alcohol use that causes low energy, and not the other way around?

a. Correlation
b. Naturalistic observation
c. Case study
d. Experimental

ANSWER: d

47. Which of the following early pioneers of psychology was a poor student and was required to repeat a grade?

a. Fechner
b. von Helmholtz
c. James

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d. Wundt

ANSWER: d

48. Which of the following best describes a case study?
a. A research method used only by clinical psychologists.
b. A research method used to find relationships between variables.
c. A technique for determining cause-and-effect relationships.
d. A research method which uses only a single subject.

ANSWER: d

49. Which of the following correlations represents two variables with the strongest relationship?
a. +0.80
b. -0.95
c. +0.85
d. -0.75

ANSWER: b

50. Women now account for about what proportion of doctorates in psychology?
a. one-third
b. one-half
c. three-quarters
d. nine-tenths

ANSWER: c

51. The word ‘psychology’ comes from two Greek roots that mean
a. knowledge and mind
b. emotion and mind
c. emotion and spirit
d. mind and emotion

ANSWER: a

52. Which of the following psychological perspectives asks, "What are mental processes for?" rather than "What are mental processes?"
a. Structuralism
b. Functionalism
c. Humanism
d. Gestalt

ANSWER: b

53. _____ is a growing movement in psychology directed toward studies of human experience such as hope, happiness, and altruism.
a. Positive psychology
b. Social-cognitive theory
c. Eclecticism

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d. Evolutionary psychology

ANSWER: a

54. The first woman in the United States to be granted a PhD in psychology was
a. Christine Ladd-Franklin.
b. Margaret Floy Washburn.
c. Mary Whiton Calkins.
d. Margaret Mead.

ANSWER: b

55. Modern psychology is said to have begun when
a. medicine was seen to be ineffective in treating neurosis.
b. Wilhelm Wundt started the first psychological laboratory.
c. Sigmund Freud opened his private practice in Vienna.
d. it was discovered in the early 1900s that many illnesses have no medical basis.

ANSWER: b

56. The work of a psychiatrist is most likely to overlap with the work of a(n) _____ psychologist.
a. experimental
b. clinical
c. developmental
d. educational

ANSWER: b

57. A psychologist who studies mate selection, altruism, and jealousy in a variety of cultures over a span of time to learn how humans have developed is MOST likely which type of psychologist?
a. Physiological
b. Ethnographic
c. Evolutionary
d. Cognitive

ANSWER: c

58. Observing behavior as it happens in real settings without imposing laboratory controls is known as which research method?
a. Correlational research
b. Naturalistic observation
c. Psychometric research
d. Experimental research

ANSWER: b

59. A researcher interested in recycling on campus observes and records who places bottles in recycling bins versus the trash cans over several hours. This researcher is using which method of research?
a. Case study
b. Experimental

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c. Naturalistic observation
d. Psychometric

ANSWER: c

60. The primary advantage of naturalistic observation is that this method
a. allows for better control in the experiment.
b. allows data collection to be completed more efficiently and economically than other methods.
c. allows behavior that is more natural, varied, and spontaneous than one would find in a laboratory.
d. virtually eliminates the problem of observer bias.

ANSWER: c

61. In which method does a researcher use observation, interviews, and writings (such as letters) of a pre-selected individual or a few individuals?
a. Correlational
b. Case study
c. Naturalistic observation
d. Survey

ANSWER: b

62. Jean Piaget's intensive observations and analyses of his three children formed the basis of his theories of childhood development. This is an example of which method of research?
a. Naturalistic observation
b. Correlational
c. Psychometric
d. Case study

ANSWER: d

63. Political polls taken before major elections are examples of which research method?
a. Survey
b. Case study
c. Correlational
d. Experimental

ANSWER: a

64. Which of the following is an example of correlational research?
a. A historian studies factors leading to the elections of five previous presidential candidates.
b. A researcher tracks colon cancer rates in drinkers versus nondrinkers to compare rates between the two groups.
c. A researcher interviews workers to see if they would support a minimum wage of $15 per hour.
d. A researcher randomly assigns study participants into 3 groups for a medication trial.

ANSWER: b

65. People recruited to take part in in a research study are often referred to as
a. stooges.

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b. partners.
c. participants
d. confederates.

ANSWER: c

66. Dr. Samuelson conducts research on the effects of stroke on speech centers in the brain. He is probably a/an
a. neuropsychologist.
b. health psychologist.
c. experimental psychologist.
d. geropsychologist.

ANSWER: a

67. In a trial of a new allergy medicine, one group of participants is given the new drug while the other receives a placebo. The group receiving the experimental drug is the
a. control group.
b. experimental group.
c. dependent group.
d. independent group.

ANSWER: b

68. An experiment on children's television program viewing and evidence of creativity divides child participants into two groups. Each group watches separate children's programming for one month, and both groups are then given a test to measure creativity. In this test, the independent variable is
a. the program that the children watch.
b. the children's scores on the creativity test.
c. the children's economic background.
d. there is no independent variable; this is a correlational study.

ANSWER: a

69. A scientist wishes to support the findings of her previous study. By conducting a second study, the scientist is aiming to demonstrate what in her study's design?
a. Control
b. Replicability
c. Falsifiability
d. Manipulation of variables

ANSWER: b

70. In an experiment, a researcher manipulates one variable to observe its influence on another variable. The second variable, which is observed for any possible effect, is what type of variable?
a. Independent
b. Dependent
c. Control
d. Hypothetical

ANSWER: b

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71. A psychologist studying children with autism selects a random group of children who are hopefully representative of all children who have been diagnosed with the disorder. The group of children included in this study by this psychologist is collectively known to researchers as what type of group?

a. Population
b. Target group
c. Sample
d. Control group

ANSWER: c

72. A sample in which every member of a population has an equal chance of being selected for a study represents which type of sample?

a. Biased
b. Random
c. Stratified
d. Matched

ANSWER: b

73. Which of the following statements is NOT true of a correlation?

a. Correlations can range from -1.0 to +1.0.
b. Negative correlations indicate relatively weak relationships.
c. Correlations can indicate possible causal factors.
d. Correlations can identify high-risk groups.

ANSWER: b

74. Which of the following relationships would MOST likely have the weakest correlation?

a. a school child's age and vocabulary
b. number of hurricanes and ice cream consumption
c. number of fingers on a person's hand and intelligence
d. air temperature and number of air conditioners being used

ANSWER: c

75. Women now account for about what proportion of new doctorates in psychology?

a. About four of ten
b. About one of two
c. About three of four
d. More than 9 of 10

ANSWER: c

76. Which theorist is well-known for his studies on obedience?

a. Darley
b. Milgram
c. Seligman
d. Asch

ANSWER: b

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77. Why did Milgram's obedience study raise such significant controversy?
a. Deception was used in Milgram's research.
b. The quality of Milgram's laboratory equipment.
c. Milgram's use of placebos to treat psychological disorders.
d. Milgram's use of laboratory research on human sexuality.
ANSWER: a

78. It is deemed appropriate to use animals in experiments when
a. it would be too expensive to use human subjects.
b. it would be a hassle to use humans.
c. researchers are looking at questions such as learning and memory.
d. it would be unethical to conduct the experiment with humans.
ANSWER: d

79. In her dissertation research, a graduate student finds a correlation of +0.95 between two of the variables being studied. How should she interpret this correlation coefficient?
a. The variables have a strong, positive relationship.
b. The variables have a moderate, positive relationship.
c. The variables have a strong, negative relationship.
d. There is no relationship between the variables.
ANSWER: a

80. A correlation coefficient of 0.00 means
a. there is no relationship between the variables.
b. as one variable increases, the other variable increases.
c. as one variable decreases, the other variable decreases.
d. as one variable increases, the other variable decreases.
ANSWER: a

81. Dr. Kavanaugh has noticed that many of her students are having difficulties understanding the basic parts of a nerve cell (neuron) but don't seem to have the same problems understanding MOST of the different regions of the brain. Dr. Kavanaugh wonders if her lectures have some bearing on this situation and has posed a question she intends to pursue in her research—whether the ways in which information is presented affect student interest and memory of the material. If she is interested in pursuing this research question further, Dr. Kavanaugh's next step in the scientific method would be to
a. form a hypothesis.
b. gather data.
c. conduct a case study.
d. manipulate the way she delivers lectures.
ANSWER: a

82. "Historically, psychology has focused on understanding mental illness. It is time to turn some of our attention to understanding human strengths and virtues, happiness, well-being, and wisdom." This quotation MOST accurately represents which of the following new directions in psychology?
a. Cognitive psychology

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b. Evolutionary psychology
c. Gestalt psychology
d. Positive psychology

ANSWER: d

83. At the end of your research study, you determine that the results were "statistically significant." What does this mean in general?
a. The results met a threshold considered to be scientifically meaningful.
b. The hypothesis was worth testing.
c. The results could not have occurred as the result of chance.
d. The hypothesis has been proven.

ANSWER: a

84. Regarding functionalism, which of the following statements is FALSE?
a. William James contributed to both psychology and philosophy.
b. William James did not use the technique of introspection.
c. Compared to structuralism, functionalism focuses on the "why" of behavior.
d. The functionalists believed that people develop habits because the habits help them adapt to the demands of living.

ANSWER: b

85. Which of the following led to the rise of behaviorism?
a. Evidence that Titchener's three basic atoms were not the only elements of consciousness.
b. Freud's theories were proven wrong.
c. The belief that if you cannot measure something, it cannot be an object of scientific study.
d. It was proven that the unconscious mind is what shapes us.

ANSWER: c

86. Which of the following is a major benefit of naturalistic observation as a research method?
a. There is no concern about the artificial introduction of the laboratory setting when drawing conclusions.
b. Correlated variables are not statistically significant.
c. When one variable seems to cause another, it does not mean that they are necessarily related, only that they occur in tandem.
d. Studies that look for cause and effect run the risk of asking leading questions, which will yield unreliable answers.

ANSWER: a

87. Which of the following is an advantage of case studies?
a. Case studies yield a great deal of data about a particular individual, which can be useful in forming hypotheses.
b. Case studies offer researchers the opportunity to draw conclusions about cause and effect relationships.
c. Case studies prevent the presence of an observer altering the person's behavior.
d. Case studies enable an immense amount of information to be gathered quickly and inexpensively.

ANSWER: a

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88. Which of the following is included in the American Psychological Association's (APA's) code of ethics regarding psychological experiments?

a. Participants in research studies must be 18 or older.
b. Participants must be informed about the nature of the research only when the experiment's methods are potentially harmful.
c. Deception about the goals of the research can be used only when absolutely necessary to the integrity of the research.
d. Deception about the goals of the research can never be used.

ANSWER: c

89. Which of the following is NOT a benefit of correlational research?

a. It can establish cause-and-effect relationships.
b. It can identify high-risk groups.
c. It can allow prediction of one variable on the basis of the other.
d. It can help increase understanding of relationships between variables.

ANSWER: a

90. In a study of the effects of various brands of ice cream on weight gain, the type of ice cream consumed represents the

a. dependent variable.
b. independent variable.
c. placebo.
d. control variable.

ANSWER: b

91. Your classmate, Jarod, states that he does not need to be concerned about ethical standards for his observational study because he will not be manipulating any variables. You disagree. Considering what you have learned in this chapter, your reply is,

a. "You are right. Ethical guidelines do not apply to observational studies."
b. "You're wrong. All psychological research is subject to ethical guidelines."
c. "If your research is not federally funded, then you are correct."
d. "You're right. Only laboratory experiments must conform to ethical standards."

ANSWER: b

92. A researcher provided enrichment and extra handling to one group of rats but deprived a second group of rats of handling and enrichment. She then measured how quickly each group learned a maze. The researcher engaged in what type of research?

a. Correlational
b. Naturalistic observation
c. Field research
d. A controlled experiment

ANSWER: d

93. Dr. Alee is interested in the prevalence of ADHD among five-year-old boys. The population in Dr. Alee's research is

a. all five-year-old boys.
b. all five-year old boys diagnosed with ADHD.

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c. all children diagnosed with ADHD.

d. all people diagnosed with ADHD.

ANSWER: a

94. DeShawn is researching the effects of brain lesioning on depression. For ethical reasons, he is not able to cut into the brains of study participants. What may be an alternate research method that he could use that follows APA ethical guidelines?

a. He may use animals as test subjects if there is no other way.

b. He may tell participants that he is actually studying productivity.

c. He may pay participants more for their consent to have surgery.

d. He may perform the tests on children whose parents have given consent.

ANSWER: a

95. The American Psychological Association's Code of Ethics governing research requires which of the following?

a. All research participants must be over the age of 18.

b. Drugs cannot be used in studies of psychological disorders.

c. Informed consent must be documented.

d. An equal number of males and females must be included.

ANSWER: c

96. Marlisa is a researcher who is studying brain MRIs of patients with severe anxiety. She hopes to identify exactly how brain chemistry changes during an anxiety attack. Marlisa is working in which field of psychology?

a. Counseling psychology

b. Neural conditioning

c. Cognitive development

d. Neuropsychology

ANSWER: d

97. Is there a single theory dominating psychology today?

a. Yes. When psychodynamic theory declined, evolutionary psychology became the dominant psychological theory.

b. No. Psychologists are flexible in considering new and eclectic approaches.

c. Yes. Watson's behaviorism remains unchallenged as the MOST comprehensive perspective in the 21st century.

d. No. While psychology is an exciting field, many psychologists do not adhere to any theories.

ANSWER: b

98. Which of the following is an example of a social desirability bias?

a. Teenagers surveyed at the mall where their peers can overhear and give similar answers.

b. Samples acquired from participants from the same social group.

c. Samples acquired from participants who tend to give expected answers to questions.

d. Participants responding in a way they believe the experimenter favors.

ANSWER: a

99. Dr. Jameson's research question is, "What kind of music will put people in the mood to purchase more products?" Dr.

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Jameson is MOST likely a(n) _____ psychologist.

a. industrial-organizational
b. physiological
c. environmental
d. consumer

ANSWER: d

100. You want to answer the question, "Do opposites really attract?" In order to determine a single factor that causes attraction, which of these research designs would be MOST appropriate?

a. Correlation
b. Experiment
c. Case study
d. Naturalistic observation

ANSWER: b

101. Who is generally recognized as the founder of American psychology?

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

ANSWER: a

102. A psychology researcher who wishes to explore a cause–effect relationship will be BEST able to do so using

a. the experimental method.
b. a correlational study.
c. a descriptive method.
d. a case study technique.

ANSWER: a

103. You see a journal article entitled, “Injection of Happystuff Causes a Reduction in Symptoms of Depression in Adult Males.” This tells you that the independent variable

a. is the injection of Happystuff.
b. is the reduction in symptoms of depression.
c. is the population of adult males.
d. is the construct of depression.

ANSWER: a

104. Which sampling procedure is MOST likely to produce a random sample?

a. A researcher stands outside a football stadium entrance before a game asking people to fill out a survey in order to obtain the opinions of city residents about the building of a new stadium.
b. A researcher goes to a dealership to obtain a list of the people who purchased luxury automobiles in order to gather information about the driving habits of American drivers.
c. A researcher draws 60 names from a hat that contains the names of all 300 construction workers on a job site in order to survey them about the job site's safety practices.

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d. A researcher surveys first-year psychology students in order to gather information about the school's first-year students' feelings of homesickness.

ANSWER: c

105. A sample is considered to be random if
a. the method used to obtain members of the sample is haphazard.
b. data are collected from all members of the population only once.
c. each member of the population has an equal opportunity to be included in the sample.
d. the experimenter does not know in advance who will be selected to participate in the experiment.

ANSWER: c

106. A factor that can take on more than one value is called a/an
a. operational definition.
b. hypothesis.
c. variable.
d. correlation.

ANSWER: c

107. Which relationship between variables is described by a negative correlation?
a. As outside air temperature decreases, ice cream consumption goes down.
b. When a bank's interest rates go down, the amount of money borrowed goes up.
c. When the number of people in a crowd increases, the severity of crowd violence increases.
d. There is no relationship between children's grades and hours of video games played per week.

ANSWER: b

108. Which correlation coefficient indicates the weakest relationship between two variables?
a. -0.12
b. -0.83
c. -0.66
d. -0.27

ANSWER: a

109. A study in which a researcher goes into a mall to measure shoppers' nonverbal behaviors without their knowledge is BEST classified as
a. a case study.
b. a survey.
c. an experiment.
d. naturalistic observation.

ANSWER: d

110. Which movement in the history of psychology emerged as a response to behaviorism?
a. Functionalism
b. Structuralism
c. Cognitive perspective

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d. Neuropsychology

ANSWER: c

111. As a scientific endeavor, the goal of psychology is primarily the
a. treatment of troubled individuals.
b. attempt to understand behavior and mental processes.
c. attempt to expand human consciousness.
d. teaching of psychology in high schools and colleges.

ANSWER: b

112. Wundt is to _____ as James is to _____.
a. structuralism; Gestalt
b. structuralism; functionalism
c. behaviorism; Gestalt
d. behaviorism; functionalism

ANSWER: b

113. The physiological perspective in psychology is BEST defined as the research perspective whose major explanatory focus is how
a. psychological events occur at the level of the brain but not at the level of the cell.
b. behavior, but not mental events, are influenced by human biology.
c. the nervous system, and other physiological mechanisms account for behavior and mental processes.
d. mental events, but not behavior, are influenced by human biology.

ANSWER: c

114. A researcher who adopts the physiological perspective is likely to study
a. mental processes, such as perception, memory, and problem- solving.
b. observable behavior.
c. the influence of other people and the cultural context on behavior and mental processes.
d. the nervous system, and other physiological mechanisms.

ANSWER: d

115. In addressing the causes of depression, a physiological psychologist is MOST likely to focus on the causes associated with
a. unhealthy patterns of thinking.
b. chemical imbalances in the nervous system.
c. learned helplessness.
d. difficult life circumstances.

ANSWER: b

116. The cognitive perspective is BEST defined as the research perspective whose major explanatory focus is how mental processes such as perception, memory, and problem solving
a. affect our biology.
b. work and impact our behavior.

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c. are influenced by groups and our culture.
d. are influenced by observable external events.

ANSWER: b

117. The founder of behaviorism was
a. Pavlov
b. Skinner
c. James
d. Watson

ANSWER: d

118. The steps describing the methods used in conducting a research study are known as
a. the empirical approach
b. an operational definition.
c. a treatment manual.
d. an operational framework.

ANSWER: a

119. Dulce is skeptical that a new treatment can reduce her symptoms. She takes part in a research study despite assuming it will not help. She focuses on side effects and has a negative experience despite being in the control group. Which of the following has Dulce experienced?
a. the nocebo effect.
b. the placebo effect..
c. the double-blind effect. of deception.
d. the single-blind effect.

ANSWER: a

120. Dr. Wilmington is a social psychologist who studies the topic of love. He goes to a variety of places where couples are found and watches how they interact with each other. Which research method is Dr. Wilmington using for his study?
a. Case study
b. Observational
c. Correlational
d. Experiment

ANSWER: b

121. Which of the following would be the BEST procedure for obtaining a representative sample of the students at your school?
a. Random sampling among students in a single class
b. Choosing every third student studying in the library during a 1-hour timeframe
c. Random sampling among the students who belong to two specific Greek organizations
d. Random sampling from a list of all of the students enrolled at your school

ANSWER: d

122. Which of the following research methods demonstrate the statistical association between variables?

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a. Descriptive
b. Correlational
c. Experimental
d. Naturalistic observation

ANSWER: b

123. Evolutionary psychology is MOST closely related to which early psychological school of thought?
a. Behaviorism
b. Functionalism
c. Psychoanalysis
d. Structuralism

ANSWER: b

124. Which of the following psychologists would be MOST likely to argue that our behaviors are strongly influenced by the environment?
a. B. F. Skinner
b. Sigmund Freud
c. Wilhelm Wundt
d. Edward Titchener

ANSWER: a

125. The ethical guideline requiring that information be disclosed to research participants about what they can expect if they participate is referred to as
a. informed consent.
b. beneficence.
c. debriefing.
d. protection of confidentiality.

ANSWER: a

126. Imagine that you see textbook authors on television talking about popular psychology. What point are you MOST likely to hear them make?
a. All information from popular psychology and/or self-help is useless.
b. Beware of exaggerated claims without supporting evidence.
c. Psychology and medicine often marginalize those with ideas that differ from conventional wisdom.
d. Self-help therapies are rigorously tested before people can write books about them.

ANSWER: b

127. A movement with modern psychology that applies principles from Darwin's theories is called
a. humanistic psychology.
b. evolutionary psychology.
c. cognitive psychology.
d. behavioral psychology.

ANSWER: b

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128. Which individual is credited with modern psychology's emphasis on the role of the unconscious?
a. Sigmund Freud
b. William James
c. John Watson
d. Wilhelm Wundt
ANSWER: a

129. Harris is interested in understanding the role dopamine plays on aggression in rats. Which is true of the APA ethical guidelines regarding this proposed study?
a. The APA will not allow rats to be used in a research study.
b. The APA does not provide any guidance on the inclusion of animals in research.
c. The APA requires the study to be reviewed by an ethics board.
d. The APA requires that rats be given away as pets following their participation in research.
ANSWER: c

130. E. B. Titchener is MOST closely associated with which perspective of psychology?
a. Cognitive
b. Functionalism
c. Structuralism
d. Psychoanalysis
ANSWER: c

131. B. F. Skinner is MOST associated with which perspective?
a. Cognitive
b. Behaviorism
c. Functionalism
d. Psychoanalysis
ANSWER: b

132. Behaviorism is associated with which two leading figures?
a. John Watson and B. F. Skinner
b. Jean Piaget and Ulric Neisser
c. William James and Charles Darwin
d. Sigmund Freud and E. B. Titchener
ANSWER: a

133. What psychological school of thought was MOST concerned with the influence of the general principles of learning on an organism's or a person's actions?
a. Behaviorism
b. Cognitive
c. Psychoanalysis
d. Structuralism
ANSWER: a

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134. The uncovering of learning processes that explain observable behaviors is the goal of which perspective?
a. Psychoanalysis
b. Behaviorism
c. Functionalism
d. Structuralism
ANSWER: b

135. Santiago is studying the differences between working remotely and working in an office. Which of the following is MOST likely to be Santiago's specialty?
a. Industrial/Organizational psychology
b. Behavioral psychology
c. Cognitive psychology
d. Physiological psychology
ANSWER: a

136. A way of accounting for relationships among observed events or experimental findings is called a(n)
a. theory.
b. hypothesis.
c. hypothetical-deductive method.
d. experiment.
ANSWER: a

137. Isabella is a 6-month-old baby playing peek-a-boo with her father. Which psychologist would be MOST interested in Isabella's response when her father removes the blanket from her head during the game
a. B. F. Skinner
b. Sigmund Freud
c. Jean Piaget
d. E. B. Titchener
ANSWER: c

138. Sigmund Freud was a leading figure in which perspective of psychology?
a. Cognitive
b. Behaviorism
c. Functionalism
d. Psychoanalysis
ANSWER: d

139. Regarding training to work in the field of psychology, which of the following statements is FALSE?
a. The primary difference between the Ph.D. and the Psy.D. is that the Psy.D. focuses more on practitioner skills than on research skills.
b. Those who pursue doctorate-level work in schools of education typically earn a Doctorate in Education, or Ed.D.
c. A dissertation requires the completion of an original research project.
d. The Bachelor's degree is recognized as the entry-level degree for professional work in some specialty areas

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like school psychology and industrial/organizational psychology.

ANSWER: d

140. The case study is a research method in which
a. A single individual or group is studied in great depth.
b. A representative sample of people are questioned regarding their opinions or behaviors.
c. Organisms are carefully observed in a laboratory environment.
d. An investigator manipulates one or more variables that might affect behavior.

ANSWER: a

141. Modern psychology is said to have begun when
a. Greek philosophers began studying the differences between people.
b. Wundt opened the first laboratory devoted to the scientific study of psychology.
c. Freud developed psychoanalytic theory and therapy.
d. it was discovered in the early 1900s that many illnesses have no medical basis.

ANSWER: b

142. To understand the unusual behavior of an adult client, a clinical psychologist carefully investigates the client's current life situation and his physical, social-cultural, and educational history. Which research method has the psychologist used?
a. The survey
b. The case study
c. Experimentation
d. Naturalistic observation

ANSWER: b

143. In an experiment, the factor that changes in response to some other factor is referred to as the
a. independent variable.
b. dependent variable.
c. control variable.
d. random variable.

ANSWER: b

144. A descriptive technique for obtaining the self-reported attitudes or behaviors of a representative sample of a population is known as
a. naturalistic observation.
b. debriefing.
c. a case study.
d. a survey.

ANSWER: d

145. Governor Donovan was greeted by large, enthusiastic crowds at all of his political rallies. As a result, he became overconfident about his chances of reelection. In this instance, the governor needs to be alerted to the value of
a. replication.

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b. random sampling.
c. experimental control.
d. naturalistic observation.

ANSWER: b

146. In an experiment, the _____ group receives the manipulation of the independent variable.
a. control
b. experimental
c. independent
d. dependent

ANSWER: b

147. Correlational research is MOST useful for purposes of
a. explanation.
b. prediction.
c. control.
d. replication.

ANSWER: b

148. To discover the extent to which economic status can be used to predict political preferences, researchers are MOST likely to use
a. the case study approach.
b. naturalistic observation.
c. correlational measures.
d. experimental research.

ANSWER: c

149. Darwin knows that the research indicates that the more TV people watch, the more soda they tend to drink; therefore, Darwin believes that TV watching causes people to drink soda. Darwin is guilty of
a. inferring cause from correlation.
b. inferring that watching TV is the only cause of excessive consumption of soda.
c. inferring correlation from causation.
d. failing to account for subject biases.

ANSWER: a

150. Suppose that people who watch a lot of violence on TV are also particularly likely to behave aggressively. This relationship would NOT necessarily indicate that watching violence on TV influences aggressive behavior because
a. random sequences often don't look random.
b. correlation does not prove causation.
c. sampling extreme cases leads to false generalizations.
d. the sample may be prone to violence.

ANSWER: b

151. A negative correlation between degree of wealth and likelihood of suffering from a psychological disorder would

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indicate that

a. poverty makes people vulnerable to psychological disorders.
b. people who are poor are more likely to have a psychological disorder than wealthy people.
c. psychological disorders usually prevent people from accumulating wealth.
d. rich people tend to develop more psychological problems.

ANSWER: b

152. In a drug study, group one receives an inactive pill and group two receives a pill that is believed to be effective in treating depression. Group two is the

a. control group.
b. placebo group.
c. experimental group.
d. independent group.

ANSWER: c

153. Every participant in an experiment has an equal chance of receiving one of the treatments. This is called

a. control assignment.
b. random selection.
c. a placebo effect.
d. random assignment.

ANSWER: d

154. Dr. Schultze conducts research on the effects of a new drug on obsessive-compulsive disorder. In his study, neither Schultze nor the participants knows who is receiving the active drug and who is receiving the placebo. This example describes

a. random sampling.
b. a double-blind study.
c. a single-blind study.
d. a control factor.

ANSWER: b

155. A placebo effect would be MOST likely to account for changes in

a. blood pressure.
b. blood sugar.
c. pupil dilation.
d. pain intensity.

ANSWER: d

156. Dr. Finnegan, a psychological researcher, ensures that he maintains the privacy of his research records. Which ethical principle does this example describe?

a. informed consent
b. ethical review
c. random assignment
d. confidentiality

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ANSWER: d

157. Agreement to participate in a study following disclosure of information about its purposes and potential risks and benefits is called
a. confidentiality.
b. critical thinking.
c. informed consent.
d. ethics review.

ANSWER: c

158. The ethical guideline requiring that information about a research study be disclosed to potential research participants before they participate is referred to as
a. prior approval.
b. prior consent.
c. informed consent.
d. ethical approval.

ANSWER: c

159. An ethical guideline intended to protect a research participant's privacy involves
a. obtaining informed consent.
b. maintaining confidentiality.
c. only using animals if necessary.
d. obtaining prior approval by an ethics review panel.

ANSWER: b

160. Ethics review committees are typically composed of
a. laypersons only.
b. professionals only.
c. samples of research participants from the population under study.
d. both professionals and laypersons.

ANSWER: d

161. Which of the following is NOT a concern regarding animal research?
a. justification of intended benefits of the research
b. protection from unnecessary harm
c. some advances in medical science depend on animal research
d. informed consent

ANSWER: d

162. Which of the following is NOT a characteristic of critical thinking?
a. a questioning attitude
b. avoidance of oversimplification and overgeneralization
c. an open mind
d. reliance on common sense

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ANSWER: d

163. Trustworthy online information is MOST likely to be provided by all but which of the following?
a. public broadcasting
b. private corporations
c. scientific journals
d. professional organizations

ANSWER: b

164. Your professor stated that stress can lead to heart disease. She cited several medical studies to show that stress was linked to heart disease. Therefore, she said we should avoid all forms of stress in order to ensure living a long and healthy life. The professor needs to rethink advice based on which of the following features of critical thinking?
a. avoiding oversimplification
b. considering alternative explanations
c. confusing correlation with causation
d. all of the above

ANSWER: d

165. One of the main reasons that information published in scientific journals is trustworthy is because
a. these journals pay for fact checkers to verify information before it is published.
b. these journals generally post information online before it is published so others can review it.
c. the articles are peer-reviewed by other professionals prior to publication.
d. the articles are written by researchers who have proven themselves to be reliable.

ANSWER: c

166. A group of participants that is exposed to the independent variable is called a(n) ____.
a. control group
b. experimental group
c. random group
d. non-experimental group

ANSWER: b

167. Mayra is participating in a double-blind study on the effectiveness of a new time-release antidepressant medication. Once a week, she receives a small white pill from Dr. Stanley, which she takes immediately. What is the first "blind" aspect of this study?
a. Dr. Stanley does not know if Mayra is being given a real substance or placebo until the experiment is over.
b. Mayra does not know the purpose of the study.
c. Dr. Stanley does not know the purpose of the study.
d. Mayra does not know whether she has taken a real substance or a placebo.

ANSWER: d

168. It is important for a sample in survey research to be representative so that researchers can _____.
a. study just one or two individuals in great depth and detail
b. make generalizations about the population as a whole

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c. observe people in their natural environments rather than in a lab
d. determine causation from correlation

ANSWER: b

169. A research method that tests hypotheses and allows researchers to make conclusions about causality is called a(n) ____.
a. case study
b. experiment
c. descriptive method
d. correlational study

ANSWER: b

170. A formulation that accounts for relationships among observed events or experimental findings to help predict related phenomena is called a(n) ____.
a. theory
b. hypothesis
c. descriptive method
d. experiment

ANSWER: a

171. An experimental group receives treatment and is then measured for the effect. What happens to the control group in the experiment?
a. It receives the same treatment and is measured for the effect, exactly like the experimental group.
b. It receives a random treatment.
c. It receives no treatment at all, but it is measured.
d. It receives the same treatment as the control group, but it is not measured.

ANSWER: c

172. Naturalistic observation is best suited for ____.
a. testing hypotheses
b. establishing a correlation between two concepts
c. developing hypotheses
d. establishing whether the relationship between two concepts is positive or negative

ANSWER: c

173. What does correlation tell us?
a. The order in which variables occur
b. Which variables influence other variables
c. What causes change in a variable
d. The relationship and strength of relationship between two or more variables

ANSWER: d

174. Wanda makes an educated, precisely worded guess about the behavior of her friends in a specific situation. In other words, she is ____.

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a. creating a theory
b. making a hypothesis
c. identifying a moral principle
d. manipulating variables

ANSWER: b

175. Participants in an experiment on stress management are given stress reduction techniques and then measured for the effect. What is the role of the control group in this experiment?
a. They receive no techniques, and they are not measured.
b. They receive a random technique.
c. They receive no techniques at all, but they are measured.
d. They receive the same techniques as the experimental group, and they are measured.

ANSWER: c

176. Using the experimental method, a researcher investigates whether watching television while eating causes a person to eat more potato chips than one eats when not watching television. In this case, the number of potato chips eaten represents the ____.
a. dependent variable
b. independent variable
c. control variable
d. random variable

ANSWER: a

177. In conducting an experiment, a precisely worded, educated guess is called a ____.
a. hypothesis
b. proposal
c. variable
d. randomization

ANSWER: a

178. The dependent variable depends upon ____.
a. the independent variable
b. subjects
c. selective assignment
d. the control group

ANSWER: a

179. A group that experiences all experimental procedures with the exception of exposure to the independent variable is called a ____.
a. control group
b. random group
c. variable group
d. dynamic group

ANSWER: a

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180. A correlational study found that affluent youngsters were almost twice as likely as the poorest children in the study to have autism. What is the likely reason?

a. Autism and the traits of high achievers lie on the same continuum.

b. The reason is impossible to determine from this correlation.

c. Wealthier parents tend to put off child-bearing until they're older, which increases the risk of autism.

d. Poorer children have less access to diagnosis and services for autism.

ANSWER: b

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Instructor Manual

Nevid, Essentials of Psychology: Applying the Science of Psychology to Life, 7e, ©2027, 9798214157801; Chapter 1: The Science of Psychology

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Purpose and Perspective of the Chapter

The purpose of this chapter is to introduce students to the scientific field of psychology. The chapter begins with a brief history of the schools of thought in psychology, their founding figures, and the major concepts associated with each perspective. Contemporary perspectives are then presented. Specialty areas, or subfields of psychology are discussed along with the emerging specialty areas. The text then addresses the gender and ethnic characteristics of psychologists today and how the discipline is working to increase diversity. The chapter then provides an overview of the scientific method before focusing on the research methods that psychologists use.

Chapter Objectives

The following objectives are addressed in this chapter:

1.1 Define the term psychology.

1.2 Explain why psychology is a science.

1.3 Identify the early schools of psychology, the important contributors to these schools, and describe the major concepts associated with each school.

1.4 Describe the major contemporary perspectives in psychology.

1.5 Identify specialty areas or subfields of psychology and emerging specialty areas.

1.6 Describe ethnic and gender characteristics of psychologists today and the changes that have occurred over time.

1.7 Identify the steps in the scientific method.

1.8 Identify research methods that psychologists use.

1.9 Describe the ethical standards that govern research in psychology.

1.10 Apply critical thinking skills to evaluating claims made by others.

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Complete List of Chapter Activities and Assessments

The following table organizes activities and assessments by objective, so that you can see how all this content relates to objectives and make decisions about which content you would like to emphasize in your class based on your objectives. For additional guidance, refer to the Teaching Online Guide.

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Chapter Objective	Activity/Assessment	Source	Duration
1.1	Icebreaker	PowerPoint	10 minutes
1.3 - 1.4	Knowledge Check 1	PowerPoint	5 minutes
1.3	Written Assignment 1	PowerPoint	5-10 minutes
1.4	Written Assignment 2	PowerPoint	10-15 minutes
1.5	Think-Pair-Share 1	PowerPoint	3-5 minutes
1.6	Discussion 1	PowerPoint	10-15 minutes
1.7	Discussion 2	PowerPoint	10-15 minutes
1.8	Knowledge Check 2	PowerPoint	2 minutes
1.9	Think-Pair-Share 2	PowerPoint	5 minutes
1.9	Discussion 3	PowerPoint	10-15 minutes
1.10	Discussion 4	PowerPoint	15-20 minutes
1.1-1.10	Self-Assessment	PowerPoint	5-10 minutes
1.1-1.10	Why Does the Science of Psychology Matter to Me?	MindTap	5 minutes
1.4	Learn It: Foundations of Modern Psychology	MindTap	10 minutes
1.5	Learn It: Psychologists: Who Are They and What They Do	MindTap	10 minutes
1.8	Learn It: Research Methods in Psychology	MindTap	10 minutes
1.1-1.10	Study It: Mastery Training: The Science of Psychology	MindTap	5-15 minutes
1.1-1.10	Study It: Student PowerPoint: The Science of Psychology	MindTap	5-15 minutes
1.1-1.10	Study It: Concepts: The Science of Psychology	MindTap	5-15 minutes
1.7	Apply It: Research in the Real World: The Research Replication Crisis	MindTap	10 minutes
1.10	Apply It: Research in the Real World: Psychology Myths	MindTap	10 minutes
1.7	Apply It: In My Life: Scientific Method	MindTap	10 minutes
1.1-1.10	Apply It: In My Life: Study Habits	MindTap	10 minutes
1.1-1.10	Apply It: Quiz: The Science of Psychology	MindTap	10-15 minutes

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Key Terms

Applied research: Research that attempts to find solutions to specific problems.

Basic research: Research focused on acquiring knowledge even if such knowledge has no direct practical application.

Behavior therapy: A form of therapy that involves the systematic application of the principles of learning.

Behavioral perspective: An approach to the study of psychology that focuses on the role of learning and the importance of environmental influences in explaining behavior.

Behaviorism: The school of psychology that holds that psychology should limit itself to the study of overt, observable behavior.

Case study method: An in-depth study of one or more individuals.

Clinical psychologists: Psychologists who use psychological techniques to evaluate and treat individuals with mental or psychological disorders.

Cognitive perspective: An approach to the study of psychology that focuses on the processes by which we acquire knowledge.

Comparative psychologists: Psychologists who study behavioral similarities and differences among animal species.

Consumer psychologists: Psychologists who study why people purchase particular products and brands.

Control groups: Groups of participants in a research experiment who do not receive the experimental treatment or intervention.

Correlation coefficient: A statistical measure of association between variables that can vary from -1.00 to +1.00.

Correlational method: A research method used to examine relationships between variables, which are expressed in the form of a statistical measure called a correlation coefficient.

Counseling psychologists: Psychologists who help people clarify their goals and make life decisions or find ways of overcoming problems in various areas of their lives.

Critical thinking: The adoption of a skeptical, questioning attitude and careful scrutiny of claims or arguments.

Dependent variables: The effects or outcomes of an experiment that are believed to be dependent on the values of the independent variable.

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Developmental psychologists: Psychologists who focus on processes involving physical, cognitive, social, and personality development.

Double-blind studies: In drug research, studies in which both participants and experimenters are kept uninformed about which participants receive the active drug and which receive the placebo.

Educational psychologists: Psychologists who study issues relating to the measurement of intelligence and the processes involved in educational or academic achievement.

Empirical approach: A method of developing knowledge based on the evaluation of evidence gathered from experiments and careful observation.

Environmental psychologists: Psychologists who study relationships between the physical environment and behavior.

Ethics review committees: Committees that evaluate whether the proposed studies meet ethical guidelines.

Experimental method: A method of scientific investigation involving the manipulation of independent variables and observation or measurement of their effects on dependent variables under controlled conditions.

Experimental psychologists: Psychologists who apply experimental methods to the study of behavior and mental processes.

Evolutionary psychology: A branch of psychology that focuses on the role of evolutionary processes in shaping behavior.

Forensic psychologists: Psychologists involved in the application of psychology to the legal system.

Functionalism: The school of psychology that focuses on the adaptive functions of behavior.

Geropsychologists: Psychologists who focus on psychological processes involved in aging.

Gestalt: A German word meaning “unitary form” or “pattern”.

Gestalt psychology: The school of psychology that holds that the brain structures our perceptions of the world in terms of meaningful patterns or wholes.

Health psychologists: Psychologists who focus on the relationship between psychological factors and physical health.

Humanistic perspective: An approach to the study of psychology that applies the principles of humanistic psychology.

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Humanistic psychology: The school of psychology that believes that free will and conscious choice are essential aspects of the human experience.

Hypothesis: A precise prediction about the outcomes of an experiment.

Independent variables: Factors that are manipulated in an experiment.

Industrial/Organizational (I/O) psychologists: Psychologists who study people's behavior at work.

Informed consent: Agreement to participate in a study following disclosure of information about the purposes and nature of the study and its potential risks and benefits.

Introspection: Inward focusing on mental experiences, such as sensations or feelings.

Naturalistic observation method: A method of research based on careful observation of behavior in natural settings.

Neuropsychologists: Psychologists who study relationships between the brain and behavior.

Nocebo effects: The opposite of placebo effects; this refers to negative expectancies about a treatment leading to adverse or harmful effects, such as increased pain. The term derives from the Latin word *nocebo*, meaning "I shall harm."

Operational definition: A definition of a variable based on the procedures or operations used to measure it.

Personality psychologists: Psychologists who study the psychological characteristics and behaviors that distinguish us as individuals and lead us to act consistently over time.

Physiological perspective: An approach to the study of psychology that focuses on the relationships between biological processes and behavior.

Physiological psychologists: Psychologists who focus on the biological underpinnings of behavior.

Placebo: An inert substance or experimental condition that resembles the active treatment.

Placebo effects: Positive outcomes of an experiment resulting from a participant's positive expectations about the treatment rather than from the treatment itself.

Population: All the individuals or organisms that constitute particular groups.

Positive psychology: A contemporary movement within psychology that emphasizes the study of human virtues and assets, rather than weaknesses and deficits.

Psychiatrists: Medical doctors who specialize in the diagnosis and treatment of mental or psychological disorders.

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Psychoanalysis: Freud's method of psychotherapy; it focuses on uncovering and working through unconscious conflicts he believed were at the root of psychological problems.

Psychodynamic perspective: The view that behavior is influenced by the struggle between unconscious sexual or aggressive impulses and opposing forces that try to keep this threatening material out of consciousness.

Psychology: The science of behavior and mental processes.

Questionnaire: A written set of questions or statements to which people reply by marking their responses on an answer form.

Random assignment: A method of randomly assigning subjects to experimental or control groups.

Random sampling: A method of sampling in which each individual in the population has an equal chance of being selected.

Replication: The attempt to duplicate findings.

Samples: Subsets of a population.

School psychologists: Psychologists who evaluate and assist children with learning problems or other special needs.

Scientific method: A method of inquiry involving careful observation and use of experimental methods.

Single-blind studies: In drug research, studies in which subjects are kept uninformed about whether they are receiving the experimental drug or a placebo.

Social-cognitive theory: A contemporary learning-based model that emphasizes the roles of cognitive and environmental factors in determining behavior.

Social desirability bias: The tendency to respond to questions in a socially desirable manner.

Social psychologists: Psychologists who study group or social influences on behavior and attitudes.

Sociocultural perspective: An approach to the study of psychology that emphasizes the role of social and cultural influences on behavior.

Sport psychologists: Psychologists who apply psychology to understanding and improving athletic performance.

Statistics: The branch of mathematics involving the tabulation, analysis, and interpretation of numerical data.

Structuralism: The school of psychology that attempts to understand the structure of the mind by breaking it down into its parts.

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Structured interview: An interview in which a set of specific questions is asked in a particular order.

Survey method: A research method in which structured interviews or questionnaires are used to gather information about groups of people.

Theory: A formulation that accounts for relationships among observed events or experimental findings in ways that make them more understandable and predictable.

Unconscious: In Freudian psychology, the part of the mind that lies outside the range of ordinary awareness and that contains primitive drives and instincts.

Variable: A factor or measure that varies within an experiment or among individuals.

Volunteer bias: The type of bias that arises when people who volunteer to participate in a survey or research study have characteristics that make them unrepresentative of the population from which they were drawn.

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What's New in This Chapter

The following elements are improvements in this chapter from the previous edition:

- New findings on effects of traffic noise on cognitive performance in children.
- New evidence that consuming a caffeinated beverage before shopping was associated with purchasing more items and spending more on purchases.
- Updated statistics on ethnic and racial diversity of the psychology workforce.
- New evidence that fails to confirm any link between the full moon and aberrant or violent behavior, or hospital admissions.
- New discussion about nocebo effects.
- New findings showing that due to power of suggestion, pain patients reported reduction in pain even though they knew the pills were placebos.
- New Anatomy of a Research Study – "Where to Eat? What to Buy?"

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Chapter Outline

The following outline organizes activities (including any existing discussion questions in PowerPoints or other supplements) and assessments by chapter (and therefore by topic), so that you can see how all the content relates to the topics covered in the text.

I. Foundations of Modern Psychology (1.1-1.5; Icebreaker, 1.1, 10 minutes),)
   a. Origins of Psychology

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i. Wilhelm Wundt, Edward Titchener, and Structuralism
ii. William James and Functionalism
iii. John Watson and Behaviorism
iv. Max Wertheimer and Gestalt Psychology
v. Sigmund Freud and Psychoanalysis
vi. (Knowledge Check Activity 1, 1.3-1.4, 5 minutes)

b. Contemporary Perspectives in Psychology
i. The Behavioral Perspective
ii. The Psychodynamic Perspective
iii. The Humanistic Perspective: A “Third Force” in Psychology
iv. The Physiological Perspective
v. The Cognitive Perspective
vi. The Sociocultural Perspective
vii. (Written Assignment Activity 1, 1.3, 5-10 minutes)

II. Psychologists: Who They Are and What They Do (1.6-1.7)
a. Subfields of Psychology
i. Subfields in Psychology
ii. Emerging Specialty Areas
iii. (Think-Pair-Share Activity 1, 1.5, 3-5 minutes)
b. Professional Psychology: Becoming More Diverse
i. (Discussion Activity 1, 1.6, 10-15 minutes)

III. Research Methods in Psychology (1.8-1.10)
a. The Scientific Method: How We Know What We Know
b. Research Methods: How We Learn What We Know
i. The Case Study Method
ii. The Survey Method
iii. The Naturalistic Observation Method
iv. The Correlational Method
v. (Discussion Activity 2, 1.7, 10-15 minutes)
c. The Experimental Method
i. (Knowledge Check Activity 2, 1.8, 5 minutes)
d. Ethical Principles in Psychological Research
i. (Think-Pair-Share Activity 2, 1.9, 3-5 minutes)
ii. (Discussion Activity 3, 1.9, 10-15 minutes)
iii. (Discussion Activity 4, 1.10, 10-15 minutes)
iv. (Self-Assessment, 1.1-1.10, 5-10 minutes)

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Additional Discussion Questions

The following are discussion questions that do not appear in the text, PPTs, or courseware (if courseware exists) – they are for you to use as you wish. You can assign these questions several ways: in a discussion forum in your LMS; as whole-class discussions in person; or as a partner or group activity in class.

1. Discussion: [How Would You Explain It?] Duration 15 minutes.
    a. Ask students how they explain human behavior. For example, why are some people violent? Why do people engage in behaviors that harm them, like smoking or drinking during pregnancy?
        i. Write the student responses on the board.
        ii. Have students categorize them according to the general approach to psychology they demonstrate.
    b. Discussion: Pick One
        i. Of the various psychological perspectives, which one makes the most sense to you? Why?
        ii. At this point in our society, which perspective seems the most useful to psychology? Why?
    c. Discussion: Even the Rats Were White and Male
        i. Most psychological theories were developed by white men of European descent. Additionally, much of the research has historically recruited white, male participants.
        ii. Why is it so important for psychologists to be diverse in terms of approaches and interests?
    d. Discussion: Extrapolating from Animals
        i. What types of psychological questions can be addressed in animals?
        ii. What can psychological studies of animals reveal about people?
    e. Discussion: An Unwitting Participant
        i. Social psychologists often use the naturalistic observation research method, which does not require participants to provide consent.
        ii. How would you feel if you found out you had been a participant in such a study, without expressly providing consent?
        iii. Under what circumstances would it be ethical to observe people without their consent?
    f. Discussion: Investigating Cyberbullying
        i. Imagine you wish to design a study to explore how young adults define cyberbullying. What research method would you use to investigate this question? Why?
        ii. What are the advantages and disadvantages of the research method you chose?

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Additional Activities and Assignments

The following are activities and assignments developed by Cengage but not included in the text, PPTs, or courseware – they are for you to use if you wish.

1. **Journal Entry:** *Learning from History*. Take a current event from the media and use historical perspectives to give explanations for the event and responses to it.
    a. Why is it important to be knowledgeable about the history of psychology?
    b. What can we learn about current issues in psychology by looking at the past?
    c. How can historical views of psychology be useful to understanding today's problems?

2. **Journal Entry:** *What Does Psychology Offer?* Review the American Psychological Association's brochure **Careers in Psychology** which addresses what is involved in different areas of psychology.
    a. What areas of psychology are interesting to you? Why?
    b. Has your understanding of the field of psychology broadened? If so, in what way? If not, why do you think that is?

3. **Journal Entry:** *Research with Incarcerated Participants*.
    a. What limitations, if any, should be placed on research with participants who are incarcerated?
    b. What are the special ethical concerns with participants who are incarcerated?

4. **Research Activity:** *Controversies in Ethics of Milgram's Research*. In 1964, psychologist Diana Baumrind published an article reviewing the lack of ethics in Milgram's research (Baumrind, 1964). Milgram responded to her criticisms in the same journal issue and basically said that he had discovered something that was counterintuitive and thus the results were worth the methodology (Milgram, 1964).
    a. Read both articles and then prepare a report discussing your views on this debate. Was Milgram justified in conducting this research? Why or why not?
    b. Baumrind, D. (1964). Some thoughts on the ethics of research: After reading Milgram's "Behavioral Study of Obedience." *American Psychologist*, *19*, 421-423.
    c. Milgram, S. (1964). Issues in the study of obedience: A reply to Baumrind. *American Psychologist*, *19*, 848-852.

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5. **Written Assignment:** *Use of Unethically Collected Data*. Familiarize yourself with the article below.
    a. Jewish Virtual Library. (2021). The ethics of using medical data from Nazi experiments. **Jewish Virtual Library**
    b. Is it ethically permissible to cite data collected by the Nazis through their experimentation on concentration camp prisoners?

External Videos

- **Forensic Psychology: It's Not What You See on TV**. YouTube video by Madison Harvey, SFU Faculty of Arts & Social Sciences, duration 29:09 minutes. 01.04
- **I Am Psyched! For Black History Month**. APA video, duration 1:35 minutes. 1.5.
- **Psychology: Science in Action. "I'm a Psychologist."** APA video, 0:31 minutes. 1.1.

Internet Resources

- **Cummings Center for the History of Psychology**
- **Guidelines for Ethical Conduct in the Care and Use of Nonhuman Animals in Research**
- **Office for Human Research Protections**

Primary Sources

- American Psychological Association. (2005). *Ethics in plain English: An illustrative casebook for psychologists*.
    - This textbook provides essential information on ethics for psychologists.
- Baker, D. B. & Sperry, H. (2021). History of psychology. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology.* DEF publishers.
    - This book provides a comprehensive review of the history of psychology.
- Clark, D. A., & Murphy, W. (2020). The efficacy of a classroom game for teaching APA style citation. *Teaching of Psychology*. **A Game to Teach APA Citation**
    - This article provides a creative and engaging way to teach students APA style citation.
- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage.
    - This textbook provides an accessible introduction to the history of psychology.
- Holliday, B. G. (2009). The history and visions of African American psychology: Multiple pathways to place, space, and authority. *Cultural Diversity and Ethnic minority Psychology*, *15*, 317-337. **History and Visions of African American Psychology**
    - This article discusses the multiple pathways of events and strategies that nurtured African American psychology in the United States.

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- Korn, J. H., & Lewandowski, M. E. (1981). The clinical bias in the career plans of undergraduates and its impact on students and the profession. *Teaching of Psychology*, *8*, 149-152.
    - This article discusses the bias toward clinical psychology that many undergraduate students have.
- Kuther, T. L., & Morgan, R. D. (2019). *Careers in psychology: opportunities in a changing world (5th ed)*. Sage.
    - This engaging book describes numerous careers that are available to one majoring in psychology.
- Scarborough, E. S., & Furumoto, L. (1987). *Untold lives: The first generation of American women psychologists*. Columbia University Press.
    - This book describes American women psychologists and their contributions to the field.
- Stringer, H. (2020, January 1). *Pioneering new ways to protect privacy*. American Psychological Association. **Pioneering New Ways to Protect Privacy**
    - This article discusses privacy issues that may arise when collecting data from digital tools, such as Smartphone apps.
- Sullivan, M. P., & Lashley, S. L. (2009). Developing informed research participants in an introductory psychology participant pool. *Teaching of Psychology*, *36*, 24-28.

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