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Name:_____ Class:_____ Date:_____

Chapter 01 - The Science of Psychology

1. Which of the following is a goal of psychological research?
   a. To stop behavior
   b. To predict behavior
   c. To categorize behavior
   d. To organize behavior

ANSWER: b

2. The scientific method is best described as:
   a. a simple tool for identifying phenomena and generating research questions.
   b. the study of behavior and mental processes.
   c. a systematic process used by psychologists for testing hypotheses about behavior.
   d. the main process used to make observations about how people think.

ANSWER: c

3. The idea that humans only use 10% of their brains is an example of what?
   a. A demonstration of critical thinking
   b. Pseudopsychology
   c. A result of the scientific method
   d. The application of a theory

ANSWER: b

4. What process involves evaluating and analyzing information and applying it to other situations?
   a. Critical thinking
   b. Scientific method
   c. Psychology
   d. Hypothesis testing

ANSWER: a

5. Dr. Nguyen wants to compare the effects of sleep deprivation on students. Which of the following methods would be most effective?
   a. Case study
   b. Quasi-experimental
   c. Naturalistic observation
   d. Experimental

ANSWER: d

6. A teacher wants to see whether middle school students with good grades on spelling tests are also good at math tests. Which of the following methods would be the most effective tool for determining whether there is a relationship between spelling test performance and math ability?
   a. Case study
   b. Correlational
   c. Quasi-experimental
   d. Experimental

ANSWER: b

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7. Mary is conducting an experiment to study the effect of caffeine on test scores. What kind of variable is caffeine in this study?

a. Independent
b. Dependent
c. Confounding
d. Experimental

ANSWER: a

8. A research psychiatrist wants to determine whether patients who have high scores on a measure of depression also have high anxiety scores. Which of the following methods would be the most effective tool for determining whether there is a relationship between depression and anxiety?

a. Case study
b. Correlational
c. Quasi-experimental
d. Experimental

ANSWER: b

9. John is conducting a quasi-experiment to examine the effects of smoking on lung health. What kind of variable is lung health in this study?

a. Independent
b. Dependent
c. Confounding
d. Experimental

ANSWER: b

10. In a study on the relationship between physical activity and cognitive ability, Zoey hypothesizes that engagement in physical activity will predict scores on an IQ test. She randomly assigns participants to spend five days participating in an exercise program or five days relaxing at home. She also asks participants to report how well they slept each night during the study so she can control for it later. Which of the following is the independent variable in this study?

a. Physical activity
b. IQ test scores
c. Hours slept
d. Cognitive ability

ANSWER: a

11. In a study on the relationship between physical activity and cognitive ability, Zoey hypothesizes that engagement in physical activity will predict scores on an IQ test. She randomly assigns participants to spend five days participating in an exercise program or five days relaxing at home. She also asks participants to report how well they slept each night during the study so she can control for it later. Which of the following is the independent variable in this study?

a. Physical activity
b. IQ test scores
c. Hours slept
d. Sleep quality

ANSWER: a

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12. Taylor is interested in studying whether physical activity has an effect on cognitive ability and plans to control for how well participants sleep every night. What is the confounding variable?
    a. Physical activity
    b. IQ test scores
    c. Hours slept
    d. Cognitive ability

ANSWER: c

13. A correlation of +1.00 indicates:
    a. a perfect, positive correlation.
    b. a strong, negative correlation.
    c. a weak, positive correlation.
    d. a strong, positive correlation.

ANSWER: a

14. A variable that a researcher would want to "control for" is known as:
    a. a quasi-experimental variable.
    b. a dependent variable.
    c. a confounding variable.
    d. an experimental variable.

ANSWER: c

15. The scientific process that ensures there are no differences among groups of participants is known as:
    a. an experiment.
    b. random assignment.
    c. correlation.
    d. generalizability.

ANSWER: b

16. The scientific process that ensures every person in a population has an equal chance of being selected is known as:
    a. an experiment.
    b. random assignment.
    c. correlation.
    d. random sampling.

ANSWER: d

17. An inverse relationship between two variables is demonstrated by:
    a. a perfect correlation.
    b. a negative correlation.
    c. a positive correlation.
    d. a zero correlation.

ANSWER: b

18. Which of the following is true about scientific population sampling?

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a. A sample should not be representative.
b. A convenience sample is most generalizable.
c. It is often impossible to sample the whole population of interest.
d. Random sampling increases sample bias.

ANSWER: c

19. Anthony found an inverse relationship between the number of parties students attended and their final grades in the course. The more parties a student attended the worse their final grades. Which of the following correlation coefficients best reflects this relationship?

a. −0.53
b. 0
c. 0.75
d. 0.98

ANSWER: a

20. Asa was unable to find a relationship between physical activity habits and scores on an intelligence test. Which of the following correlation coefficients best characterizes this relationship?

a. −1.00
b. −0.50
c. 0
d. 0.5

ANSWER: c

21. Rowan found a correlation of 0.76 between self-esteem and GPA. Which of the following can be said about the relationship between self-esteem and GPA?

a. Increased self-esteem leads students to do worse in class.
b. Improved GPAs increases students' self-esteem levels.
c. There is an association between self-esteem and GPA.
d. Self-esteem and GPA are unrelated.

ANSWER: c

22. The correlation between ice cream sales and homicide rates has been used as an example of how correlation does not imply causation. What is one reason why we should be hesitant to conclude that ice cream is somehow related to murder?

a. We need to design an experiment to test the relationship.
b. A confounding variable likely exists that could explain the relationship.
c. We need a larger sample size to prove causality.
d. This study did not use random sampling to recruit participants.

ANSWER: b

23. Which of the following is an advantage of a case study when compared to a survey?

a. Case studies can be used to ask a lot of questions to a large group of people.
b. Case studies provide detailed information on one person or setting.
c. Case studies allow for causal conclusions.
d. Case studies generalize to other people or settings.

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ANSWER: b

24. What conclusions can be drawn from experimental research?
    a. A description of behavior as it typically occurs in the natural environment
    b. Detailed information about a specific individual
    c. An explanation of the mechanisms driving human behavior
    d. Whether a causal relationship may exist between two variables

ANSWER: d

25. What type of hypothesis makes an educated guess about the relationships among variables?
    a. Predictive
    b. Causal
    c. Untestable
    d. Research question

ANSWER: a

26. What type of hypothesis makes an educated guess about how one variable will influence another variable?
    a. Predictive
    b. Causal
    c. Untestable
    d. Research question

ANSWER: b

27. What is one limitation of the experimental method?
    a. There is limited control of variables.
    b. Experiments cannot demonstrate cause and effect.
    c. Experiments do not use random assignment.
    d. For ethical or practical reasons, some variables cannot be tested.

ANSWER: d

28. Micah wondered whether people living in Floridia were more likely to return a lost wallet than people living in New Yorker. They set up a camera and had an assistant drop their wallet in the middle of a busy street in each city. Results indicated that people living in Floridia were more likely to give the wallet back to the confederate than people living in New Yorker. What type of method does this study employ?
    a. Naturalistic observation
    b. Case study
    c. Survey
    d. Experimental

ANSWER: a

29. The placebo effect occurs when:
    a. changes occur simply because participants expect them to.
    b. changes do not occur because participants do not believe in the experiment.
    c. the experimenter is blind to study conditions.

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d. the participant is blind to study conditions.

ANSWER: a

30. The term generalizability refers to:
    a. how well a researcher's findings apply to other contexts.
    b. the relationship between variables.
    c. the process of simplifying research findings.
    d. replication of a study in a new population.

ANSWER: a

31. What characteristic of a study determines how generalizable the results will be?
    a. The extent to which the sample is representative
    b. The use of random assignment
    c. The manipulation of an independent variable
    d. The extent to which confounding variables are controlled for

ANSWER: a

32. What is one reason why it is beneficial for a study to be generalizable?
    a. It greatly reduces the need for replication.
    b. It makes the data easier to collect.
    c. It allows us to draw more conclusions from the results.
    d. It makes the findings easier to replicate.

ANSWER: c

33. The purpose of a control group is to
    a. manipulate the dependent variable.
    b. manipulate the independent variable.
    c. prevent placebo bias from occurring.
    d. serve as a baseline comparison for the independent variable.

ANSWER: d

34. Which of the following is an advantage that is specific to a double-blind study?
    a. An experimental group can be compared to a control group.
    b. The placebo effect is less likely to occur.
    c. Experimenter bias is controlled for.
    d. The results are more generalizable.

ANSWER: c

35. What is the purpose of a double-blind study design?
    a. To prevent participant and experimenter bias
    b. To control for the placebo effect
    c. To allow for a control group
    d. To manipulate the independent variable

ANSWER: a

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36. Who is "blind" in a double-blind study design?
    a. The control group
    b. The experimenter
    c. The participants
    d. Both the experimenter and participants

ANSWER: d

37. Robin wants to examine the effects of caffeine on students' test scores and randomly assigns participants to drink two cups of coffee or two cups of water before a math test. Participants who drank the coffee are in which group?
    a. Experimental
    b. Placebo
    c. Quasi-experimental
    d. Control

ANSWER: a

38. In a study on emotions, participants are randomly assigned to watch either a happy or a sad short film and then asked to complete a puzzle while being timed. In this experiment, what is the independent variable?
    a. The emotions participants felt
    b. The type of film the participants watched
    c. The length of time it took participants to solve the puzzle
    d. The participants' ability to solve the puzzle

ANSWER: b

39. Students who score well on the SAT will have better grades in college. This is an example of what type of hypothesis?
    a. Predictive
    b. Causal
    c. Valid
    d. Testable

ANSWER: a

40. Students who attend class will have better grades in their course. This is an example of what type of hypothesis?
    a. Predictive
    b. Causal
    c. Valid
    d. Testable

ANSWER: a

41. Students who attend a new speed-reading seminar will read faster than those who attend the old reading workshop. This is an example of what type of hypothesis?
    a. Predictive
    b. Causal
    c. Valid
    d. Testable

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ANSWER: b

42. A study that aims to examine gender differences in visual perception would most likely use which method?
    a. Correlational
    b. Experimental
    c. Naturalistic observation
    d. Quasi-experimental

ANSWER: d

43. A study that aims to examine cross-cultural differences in math ability would most likely use which method?
    a. Correlational
    b. Experimental
    c. Naturalistic observation
    d. Quasi-experimental

ANSWER: d

44. Baz found a correlation of 0.56 between students' level of extraversion and the time they spent participating in class discussion. How should they interpret this finding?
    a. Students with high extraversion scores spent more time speaking.
    b. Extraversion causes students to speak more.
    c. Speaking more in class raises students' extraversion scores.
    d. Students with low extraversion scores spent more time speaking.

ANSWER: a

45. Most doctoral programs in psychology require extensive study of:
    a. medicine.
    b. research methods and statistics.
    c. the psychodynamic perspective.
    d. personality tests.

ANSWER: b

46. How would you interpret a zero correlation coefficient between two variables?
    a. A weak relationship exists
    b. A perfect relationship exists
    c. A moderate relationship exists
    d. No relationship exists

ANSWER: d

47. Random assignment is a scientific procedure that:
    a. reduces the likelihood that experimental groups will be different from one another in some way.
    b. ensures that every member of the population has an equal chance of being selected.
    c. limits the extent to which the placebo effect sways results.
    d. prevents experimenter and participant bias.

ANSWER: a

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48. Which of the following research methods would make a study most difficult to replicate?
    a. Naturalistic observations
    b. Case studies
    c. Surveys
    d. Experiments

ANSWER: b

49. What approach to psychology focuses on human strengths and happiness?
    a. The cognitive perspective
    b. Community psychology
    c. Positive psychology
    d. Experimental psychology

ANSWER: c

50. Which of the following is a disadvantage associated with experiments conducted in laboratory settings?
    a. They cannot be ethically completed.
    b. They are expensive.
    c. They often cannot be generalized to real-world settings.
    d. They take a long time to complete.

ANSWER: c

51. Which of the following is an example of a testable hypothesis?
    a. Physical activity is expected to promote positive mood.
    b. Sarah does not need to attend class because the slides are posted online.
    c. Unicorns exist.
    d. Eating vegetables is something you should do.

ANSWER: a

52. Which of the following is true about populations and representative samples?
    a. Both can be tested easily.
    b. Both contain an equally diverse group of people.
    c. Neither represents the population of interest.
    d. Results cannot be considered generalizable.

ANSWER: b

53. Francis Sumner, the first African American to receive a doctorate in psychology in the United States, earned it in which decade?
    a. 1870s
    b. 1920s
    c. 1980s
    d. 1790s

ANSWER: b

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54. A method of research used to measure the relationship between two or more variables is best described as:
    a. correlational.
    b. quasi-experimental.
    c. naturalistic observation.
    d. case study.

ANSWER: a

55. A method of research that simply involves observing behavior in the environment in which it typically occurs is best described as:
    a. correlational.
    b. quasi-experimental.
    c. naturalistic observation.
    d. case study.

ANSWER: c

56. A method of research that involves the manipulation of an independent variable to observe changes in a dependent variable is best described as:
    a. correlational.
    b. quasi-experimental.
    c. naturalistic observation.
    d. experimental.

ANSWER: d

57. Which of the following research methods is the most useful for efficiently collecting data from large samples?
    a. Survey
    b. Case study
    c. Experiment
    d. Naturalistic observation

ANSWER: a

58. In experiments, what do we call the group that serves as a baseline?
    a. Control
    b. Experimental
    c. Predictive
    d. Quasi-experimental

ANSWER: a

59. Which of the following correlation coefficients represent the strongest relationship between two variables?
    a. -.86
    b. +.80
    c. -.12
    d. +.12

ANSWER: a

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60. Which of the following methods allows researchers to compare participants who cannot be randomly assigned to conditions?

a. Correlational
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: b

61. A psychologist expects physical activity to be related to performance on a measure of creativity. She randomly assigns participants to walk or run on a treadmill for 10 minutes before she measures their creativity. Which of the following best describes the hypothesis in this study?

a. Predictive hypothesis
b. Causal hypothesis
c. Untestable hypothesis
d. Research question

ANSWER: b

62. A developmental psychologist expects that children who play violent video games will behave more violently than children who do not. They randomly assign participants to play a violent game or a nonviolent game. Which of the following best describes the hypothesis in this study?

a. Predictive hypothesis
b. Causal hypothesis
c. Untestable hypothesis
d. Research question

ANSWER: b

63. Dr. Asili is conducting a study on the effect of music on math ability. She hypothesizes that participants who listen to classical music will perform better on a math test than those who listen to pop music. Dr. Asili randomly assigns participants a music condition (classical or pop) and then asks them to complete a timed measure of math ability. Which variable in the study is the independent variable?

a. Music type
b. Math ability
c. Math speed
d. Music preference

ANSWER: a

64. Dr. Rafiq is conducting a study to determine whether cats are smarter than dogs. The study measures how long it takes dogs and cats to navigate a maze to receive a treat. Which of the following is the dependent variable in this study?

a. The number of treats received
b. The time to complete the maze
c. The difficulty of the maze
d. The species of animal

ANSWER: b

65. Which of the following methods can be used to test causal hypotheses without random assignment?

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a. Correlational
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: b

66. Which of the following methods can demonstrate cause and effect?
a. Correlational
b. Experimental
c. Naturalistic observation
d. Survey method

ANSWER: b

67. Which of the following is the best example of random assignment?
a. Men are in one group and women are in another.
b. Participants are allowed to pick their own groups.
c. Participant names are drawn out of a hat for each condition.
d. Younger participants are in one group and older participants are in another.

ANSWER: c

68. Which of the following methods is the most effective tool for collecting a lot of data about one individual?
a. Case study
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: a

69. A group of hikers discovered a boy living with a pack of wolves. He exhibited strange, animal-like behaviors and didn't seem to speak any language. Which of the following methods would be the most effective tool for learning more about this boy?
a. Case study
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: a

70. Which of the following methods would be the most effective tool to determine whether students on a college campus are using new trash cans?
a. Case study
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: c

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71. A new vaccine for Hepatitis B has been developed, and researchers want to test the effectiveness of the new vaccine against an older version. Which of the following methods would be the most method to determine whether the new vaccine is more effective than the old vaccine?

a. Case study
b. Quasi-experimental
c. Naturalistic observation
d. Experimental

ANSWER: b

72. A research psychiatrist has developed a new medication to treat depression with fewer side effects. Which of the following methods would be the most effective tool to determine whether his drug is better than a placebo at alleviating the symptoms of depression?

a. Case study
b. Archival research
c. Naturalistic observation
d. Experimental

ANSWER: d

73. A variable that demonstrates the "effect" in an experiment is referred to as:

a. an independent variable.
b. a dependent variable.
c. a confounding variable.
d. an experimental variable.

ANSWER: b

74. What procedure do researchers need to use to minimize ethical concerns that might be caused by using deception in their research?

a. Debriefing
b. Confidentiality
c. Committee review
d. Informed consent

ANSWER: a

75. Why do researchers in psychology practice informed consent?

a. To share the findings of the study with participants
b. To describe participants' role in the study
c. To notify participants of any risks
d. To prevent lawsuits from participants

ANSWER: c

76. Why must researchers maintain confidentiality?

a. To protect the privacy of participants' data and personal information
b. To prevent other researchers from publishing with the same data
c. To minimize the need to debrief participants

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d. To make participants more comfortable to participate in their research

ANSWER: a

77. What is the purpose of an Institutional Review Board (IRB)?

a. To oversee research and ensure its quality

b. To make sure the scientific method is adhered to

c. To ensure research meets ethical standards

d. To encourage university researchers to apply for grants

ANSWER: c

78. Which of the following principles of ethical practice involves providing participants with knowledge of the potential risks of a study before they agree to participate?

a. Informed consent

b. Confidentiality

c. Debriefing

d. Anonymity

ANSWER: a

79. Which of the following principles of ethical practice involves protecting the data collected from participants and making sure it cannot be traced back to them?

a. Informed consent

b. Confidentiality

c. Debriefing

d. Anonymity

ANSWER: b

80. What characteristic of Stanley Milgram's experiments was most problematic according to modern ethical guidelines?

a. He deceived participants without proper debriefing.

b. He caused psychological harm to participants.

c. He did not obtain informed consent from participants.

d. He did not protect participants' confidentiality.

ANSWER: b

81. An institutional review board (IRB) examines a proposed experiment and its procedures to determine if the procedures are appropriate and the experiment has value to society. Which of the following is another key responsibility of an IRB?

a. To publicize the results of the research

b. To ensure all subjects receive full information about the research

c. To ensure all subjects are treated well and are safe

d. To ensure that no participants distribute the results of the study

ANSWER: c

82. What was one event in the history of psychology that led to the formation of Institutional Review Boards?

a. Francis Sumner's research

b. Stanley Milgram's experiments

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c. John B. Watson's study
d. World War I

ANSWER: b

83. Which ethical principle is satisfied when a researcher protects personal information obtained from participants?
a. Informed consent
b. Confidentiality
c. Debriefing
d. Anonymity

ANSWER: b

84. Which ethical principle is satisfied when a researcher reveals the true purpose of a study after participants were deceived during the experiment?
a. Informed consent
b. Confidentiality
c. Debriefing
d. Anonymity

ANSWER: c

85. Which of the following is an ethical principle that researchers must adhere to when conducting research with animals?
a. Animals must be treated humanely and in accordance with the law.
b. Research must be evaluated by the IRB.
c. Researchers must do research on humans before attempting the same research on animals.
d. Animals must not be harmed regardless of possible scientific advancements.

ANSWER: a

86. Which of the following is a rule that researchers must follow when using deception in their research?
a. All alternative procedures must first be exhausted and participants must be debriefed at the end of the study.
b. Deception is always an option as long as participants are properly debriefed.
c. Deception may be used when it is obvious that it will not result in any psychological harm.
d. Federal law prohibits the use of deception in psychological research.

ANSWER: a

87. Which perspective gave rise to evolutionary theory?
a. Functionalism
b. Behaviorism
c. Structuralism
d. Humanism

ANSWER: a

88. Ivan Pavlov helped influence the work of John B. Watson, a well-known behaviorist, by demonstrating which of the following?
a. Cognition
b. The behavioral perspective

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c. Behaviorism
d. Stimulus and response

ANSWER: d

89. When you open a can of cat food and your cat appears out of nowhere, you have just observed which of the following?
a. Positive psychology
b. Stimulus and response
c. Negative reinforcement
d. Introspection

ANSWER: b

90. Imagine a psychologist who believes that we should not try to understand what's happening in the human mind because we cannot observe it. Which perspective of psychology does this psychologist most likely subscribe to?
a. Structuralism
b. Functionalism
c. Humanism
d. Behaviorism

ANSWER: d

91. Jordan is studying the relationship between sleep and stress, and finds that as stress goes up, sleep quality goes down. This is an example of what type of correlation?
a. Zero
b. Positive
c. Negative
d. Perfect

ANSWER: c

92. By pairing a white rat with a loud noise, Watson and Rayner were able to:
a. remove Little Albert's fear of white rats.
b. teach the white rat to be afraid of Little Albert.
c. teach the white rat to run a maze successfully.
d. teach Little Albert to be afraid of white rats.

ANSWER: d

93. The sociocultural perspective focuses on:
a. how an individual's view of themself and the world influences behavior.
b. societal and cultural factors that influence behavior.
c. the role of the environment in behavior.
d. the study of what we can observe.

ANSWER: b

94. The behavioral perspective focuses on:
a. how an individual's view of themself and the world influences behavior.
b. societal and cultural factors that influence behavior.

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c. the role of the environment in behavior.
d. the study of what we can observe.

ANSWER: c

95. Which of the following perspectives is most aligned with the argument that free will exists?
a. Evolutionary
b. Psychodynamic
c. Humanistic
d. Cognitive

ANSWER: c

96. A psychologist who looks for physical causes for behaviors most likely subscribes to which of the following perspectives?
a. Biological
b. Evolutionary
c. Psychodynamic
d. Cognitive

ANSWER: a

97. Which of the following fields of psychology is most closely aligned with the biological perspective?
a. Social
b. Neuroscience
c. Cognitive
d. Industrial/organizational

ANSWER: b

98. Inspired by functionalism, some present-day psychologists argue that behaviors that serve an adaptive purpose are more likely to occur and can be passed down due to genetics. What is this perspective known as?
a. Evolutionary
b. Psychodynamic
c. Humanistic
d. Cognitive

ANSWER: a

99. A psychologist who seeks to understand and enhance the quality of life for individuals and their communities would most likely come from which of the following specialty areas in psychology?
a. Community psychology
b. Experimental psychology
c. Forensic psychology
d. Sports psychology

ANSWER: a

100. Which of the following steps in the scientific method comes earliest in the process?
a. Analyze data

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b. Form hypothesis
c. Choose research method
d. Make predictions

ANSWER: d

101. Which of the following is an early psychological perspective concerned with identifying the basic elements of experience?
a. Structuralism
b. Functionalism
c. Behaviorism
d. Humanism

ANSWER: a

102. Which of the following is an early psychological perspective concerned with how behavior helps people adapt to their environment?
a. Structuralism
b. Functionalism
c. Behaviorism
d. Humanism

ANSWER: b

103. Which of the following is a psychological perspective that emphasizes the study of observable stimuli, responses, and consequences?
a. Structuralism
b. Functionalism
c. Behaviorism
d. Humanism

ANSWER: c

104. Which of the following is a psychological perspective that emphasizes the personal growth and potential of all people?
a. Structuralism
b. Functionalism
c. Behaviorism
d. Humanism

ANSWER: d

105. Henry studies the relationship between rats' nervous systems and their behavior by sticking electrodes to their heads and observing them as they navigate a maze. Henry's field of study is best described as:
a. neuroscience.
b. behaviorism.
c. clinical psychology.
d. experimental psychology.

ANSWER: a

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106. Dr. Carvalho believes that people who are depressed think differently than people who are not depressed. Which psychological perspective best characterizes this belief?

a. Cognitive
b. Biological
c. Psychodynamic
d. Behavioral

ANSWER: a

107. Which of the following perspectives is most closely related to functionalism?

a. Biological
b. Evolutionary
c. Psychodynamic
d. Behavioral

ANSWER: b

108. The theory of natural selection inspired William James to create a perspective on psychology that became known as:

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

ANSWER: b

109. Any object or event that is perceived by the senses can be referred to as a:

a. stimulus.
b. response.
c. cognition.
d. criterion.

ANSWER: a

110. An organism's reaction to an object can be referred to as a:

a. stimulus.
b. response.
c. cognition.
d. criterion.

ANSWER: b

111. The psychologist who would argue that the unconscious mind plays a key role in human behavior is:

a. Wilhelm Wundt.
b. William James.
c. Sigmund Freud.
d. Martin Seligman.

ANSWER: c

112. A psychologist who takes both a cognitive and a behavioral perspective could be referred to as a subscriber to:

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a. the humanist perspective.
b. the eclectic approach.
c. positive psychology.
d. psychodynamic perspective.

ANSWER: b

113. A psychologist who argues that depression is due to repressed feelings that stem from childhood events demonstrates which perspective?
a. Evolutionary
b. Psychodynamic
c. Humanistic
d. Cognitive

ANSWER: b

114. A psychologist who develops tests to differentiate between introverts and extroverts could be described as a:
a. clinical psychologist.
b. social psychologist.
c. developmental psychologist.
d. personality psychologist.

ANSWER: d

115. A psychologist who studies how people change as they age could be described as a:
a. clinical psychologist.
b. social psychologist.
c. developmental psychologist.
d. personality psychologist.

ANSWER: c

116. Someone who designs the cockpits of planes so that he or she can easily be operated by pilots could be described as:
a. a biopsychologist.
b. an environmental psychologist.
c. an experimental psychologist.
d. a human factors psychologist.

ANSWER: d

117. A psychologist who goes to court to provide evidence that the defendant is not competent to stand trial could be described as a:
a. community psychologist.
b. cognitive psychologist.
c. social psychologist.
d. forensic psychologist.

ANSWER: d

118. Which of the following is an accurate statement about the central goals of psychology?

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a. The central aim of psychology is to give advice.
b. A goal of psychology is to be able to explain mental processes.
c. A goal in psychology is to use behavior to produce profit.
d. The only real goal of psychology is to understand how the brain works.

ANSWER: b

119. Which of the following psychologists would be least interested in the relationship between stimuli and responses?
a. John B. Watson
b. Ivan Pavlov
c. B.F. Skinner
d. Wilhelm Wundt

ANSWER: d

120. Wilhelm Wundt is credited with establishing the first psychology laboratory. Which of the following perspectives is most closely linked to Wundt's research?
a. Structuralism
b. Functionalism
c. Behaviorism
d. Humanism

ANSWER: a

121. The structuralist technique of observations involves:
a. saying whatever words come to mind.
b. dissecting the brain.
c. a self-observation.
d. trying to guess what other people are thinking.

ANSWER: c

122. A psychologist instructs the participants in a study to voice all their mental processes in response to someone knocking on the door of the lab. This process is repeated multiple times, and the psychologist uses this information to learn more about the structure of thought. What process is the participant engaging in?
a. Psychoanalytics
b. Introspection
c. Functionalism
d. The eclectic approach

ANSWER: b

123. James believes that all people hold unconscious feelings and attitudes that drive their behavior. Which of the following psychologists' perspectives would James agree with the most?
a. Sigmund Freud
b. Ivan Pavlov
c. William James
d. Edward Titchener

ANSWER: a

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124. Which of the following statements most accurately represents the impact of structuralism on the field of psychology?
a. It was the first attempt to understand how mental experiences are organized.
b. It stressed the role of the environment in determining behavior.
c. It argued that we can't know what's happening in the mind, so we shouldn't try to study it.
d. It proposed that natural selection could help explain why humans behave the way they do.

ANSWER: a

125. Inez Prosser, the first African American woman to receive a doctorate in psychology, conducted research on which of the following topics?
a. The self-perceptions of African American children
b. The self-esteem of African American children attending segregated and integrated schools
c. The equality between African American and Caucasian people
d. The pay disparity between African American and Caucasian psychologists

ANSWER: b

126. Mary Calkins became the first female president of the American Psychological Association in which decade?
a. 1900s
b. 1920s
c. 1940s
d. 1960s.

ANSWER: a

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Instructor Manual

Pastorino, What is Psychology?: Foundations, Applications, and Integration, 6e, 2027, 9798214158020; Chapter 01: 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 science of psychology. The chapter begins with an overview of the discipline and common misconceptions about the field. The main goals of psychology and psychological research are provided, along with a discussion of how psychologists use the scientific method to achieve these goals.

Next, the chapter details the steps involved when conducting research, including hypotheses, sampling, and research methods. The distinction between predictive and causal hypotheses is discussed. An in-depth presentation of how the scientific method is used to address psychological questions is provided with an example. The ways that psychologists obtain participants are described along with the importance of having a sample that is representative of the population of interest. The chapter then discusses these common research methods and their application to psychological questions: naturalistic observations, case studies, surveys, correlational studies, and experiments. Experimental research methods are presented in detail, including the necessary conditions for an experiment, variables, and experimental and control groups. The advantages and disadvantages of using each type of research method are discussed. The chapter then discusses ethical principles when conducting research on humans and nonhumans.

Next, a brief history of the field and psychological perspectives is presented, before more modern perspectives are reviewed. The chapter then moves on to discuss foundational fields of psychology, exploring psychology's roots and modern perspectives. Specialty areas in psychology are highlighted. The chapter ends with a presentation of gender and ethnicity in the field of psychology and efforts to increase the number of racial and ethnic minorities in psychology.

Learning Objectives

The following objectives are addressed in this chapter:

1.1.1 Define psychology.

1.1.2 Identify common misconceptions about the field of psychology.

1.2.1 Identify the goals of psychological research.

1.2.2 Outline the steps of the scientific method.

1.2.3 Distinguish between predictive and causal hypotheses.

1.2.4 Describe the advantages and disadvantages of observational, survey, correlational, and experimental research methods and the types of conclusions that can be drawn about behavior from each method.

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1.3.1 Describe the main ethical principles that guide psychologists as they conduct research.

1.4.1 Distinguish among the seven modern perspectives of psychology and the eclectic approach.

1.4.2 Identify the major historical figures that influenced psychology's development.

1.4.3 Compare and contrast the different specialty areas of the profession.

1.4.4 Describe how women and minoritized groups have contributed to the field of psychology.

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Complete List of Chapter Activities and Assessments

The following table organizes activities and assessments by objective, so that you can appreciate 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.

Learning Objective	Activity/Assessment	Source	Duration
	Icebreaker	PowerPoint	10 minutes
1.1.2	Written Reflection 1	PowerPoint	15 minutes
1.2.1	Knowledge Check 1	PowerPoint	5 minutes
1.2.2	Discussion Activity 1	PowerPoint	5–10 minutes
1.2.4	Knowledge Check 2	PowerPoint	5 minutes
1.3.1	Think, Pair, Share Activity 1	PowerPoint	5–10 minutes
1.4.1	Discussion Activity 2	PowerPoint	5–10 minutes
1.4.1	Written Assignment 1	PowerPoint	5 minutes
1.4.3	Think, Pair, Share Activity 2	PowerPoint	5–10 minutes
1.4.4	Written Reflection 2	PowerPoint	15 minutes
1.1.1–1.4.4	Self-Assessment	PowerPoint	5–10 minutes
1.1.1 & 1.4.3	Why Does The Field of Psychology Matter to Me?	MindTap	5 minutes
1.1.1–1.2.4	Learn It: What is Psychology and the Science of Psychology	MindTap	5–10 minutes
1.3.1	Learn It: Ethical Principles of Psychological Research	MindTap	5–10 minutes
1.4.1	Learn It: Psychology in the Modern World: Foundations and Growth	MindTap	5–10 minutes
1.1.1-1.4.4	Study It: Mastery Training	MindTap	5-15 minutes

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1.1.1-1.4.4	Study It: Student PowerPoint	MindTap	5-15 minutes
1.1.2	Apply It: Research in the Real World: Psychology Myths	MindTap	10 minutes
1.2.2	Apply It: Research in the Real World: The Research Replication Crisis	MindTap	10 minutes
1.1.1	Apply It: In My Life: Study Habits	MindTap	10-15 minutes
1.2.2-1.2.3	Apply It: In My Life: Scientific Method	MindTap	10-15 minutes
1.1.1–1.4.4	Apply It: Chapter Quiz	MindTap	15–20 minutes

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Key Terms

Behavioral perspective: an approach that focuses on external, environmental influences on behavior

Behaviorism: a psychological perspective that emphasizes the study of observable stimuli, responses, and consequences

Biological perspectives: an approach that focuses on physical causes of behavior

Case study: an in-depth observation of one or a few participants or settings

Causal hypothesis: an educated guess about how one variable will influence another variable

Cognition: mental processes such as reasoning and problem solving

Cognitive perspective: an approach that focuses on how mental processes influence behavior

Confidentiality: the ethical principle that researchers do not reveal which data were collected from which participant

Confirmation bias: a tendency to interpret people's behavior in a way that supports our expectations

Confounding variables: factors other than the independent variable that affect the dependent measure

Control group: the group of participants who do not receive the manipulation that is being tested

Correlation [cor-ruh-LAY-shun]: the relationships between two or more variables

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Critical thinking: thought processes used to evaluate and analyze information and apply it to other situations

Debriefing: the ethical principle that participants be fully informed of the nature of the study after participating in research involving deception

Dependent variable: the variable in an experiment that measures any effect of the manipulation

Double-blind studies: experiments in which neither the experimenters nor the participants know to which group (experimental or control) participants have been assigned

Eclectic [e-KLECK-tic] approach: an approach that integrates and combines several perspectives when explaining behavior

Evolutionary perspective: an approach that focuses on how evolution and natural selection influence behavior

Experiment: a research method that is used to test causal hypotheses

Experimental group: the group of participants who receive the manipulation that is being tested

Functionalism: an early psychological perspective concerned with how behavior helps people adapt to their environment

Generalizability [jen-er-uh-lies-uh-BILL-uh-tee]: how well a researcher's findings apply to other individuals and situations

Humanism: a psychological perspective that emphasizes the personal growth and potential of humans

Humanistic perspective: an approach that focuses on how people's view of themselves and the world influences behavior

Hypothesis: an educated guess

Independent variable: the variable in an experiment that is manipulated

Informed consent: the ethical principle that research participants be told about various aspects of the study, including any risks, before agreeing to participate

Institutional Review Board (IRB): a committee that reviews research proposals to ensure that ethical standards have been met

Introspection: observing one's own thoughts, feelings, or sensations

Meta-analyses: research procedures that combine the findings from a number of scientific studies on the same question or topic to establish the reliability of the findings, observe any overall trends, and resolve any discrepancies among the research studies

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Naturalistic observations: research studies conducted in the environment in which the behavior typically occurs

Negative correlation: a relationship in which increases in one variable correspond to decreases in the other variable

Neuroscience: a field of science that investigates the relationships between the nervous system and behavior/mental processes

Placebo effect: a measurable change in participants' behavior due to the expectation or belief that a treatment will have certain effects

Population of interest: the entire universe of animals or people that could be studied

Positive correlation: a relationship in which increases in one variable correspond to increases in the other variable

Positive psychology: the study of factors that contribute to happiness, positive emotions, and well-being

Prediction: an expected outcome of how variables will relate

Predictive hypothesis: an educated guess about the relationships among variables

Pseudopsychology: psychological information or conclusions that sound scientific but have not been systematically tested using the scientific method

Psychoanalytic theory: Sigmund Freud's view that emphasizes the influence of unconscious desires and conflicts on behavior.

Psychodynamic perspective: an approach that focuses on internal unconscious mental processes, motives, and desires that may explain behavior

Psychology: the scientific study of behavior and mental processes

Quasi-experiment: a research study that is not a true experiment because participants are not randomly assigned to the different conditions

Random assignment: a method of assigning participants in which they have an equal chance of being placed in any group or condition of the study

Response: an organism's reaction to a stimulus

Sample: the portion of the population of interest that is selected for a study

Scientific method: a systematic process used by psychologists for testing hypotheses about behavior

Sociocultural perspective: an approach that focuses on societal and cultural factors that may influence behavior

Stimulus: any object or event that is perceived by our senses

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Structuralism: an early psychological perspective concerned with identifying the basic elements of experience

Surveys: research methods that ask a large group of people about their attitudes, beliefs, and/or behaviors

Theory: an explanation of why and how a behavior occurs

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What's New in This Chapter

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

- Added a new "Psychology Applies to Your World" box on *Mastering the Course: Student Success*
- Training to be a psychologist has been folded into the main text
- Updated earning inequities in the field for women and underrepresented groups

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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 appreciate how all the content relates to the topics covered in the text.

I. What Is Psychology? (1.1.1–1.1.2) (Icebreaker, 10 minutes)
   a. Correcting Common Misconceptions About the Field of Psychology
   b. Psychology Will Teach You About Critical Thinking
      i. (Written Reflection 1, 10 minutes)

II. The Science of Psychology: Goals, Hypotheses, and Methods (1.2.1–1.2.4)
   a. Psychologists Are Scientists: The Scientific Method
      i. (Knowledge Check Activity 1, 5 minutes)
   b. Psychologists Ask Questions: Hypotheses
   c. Psychologists Strategize: Sampling and Research Methods
      i. Selecting Participants
      ii. Naturalistic Observations
      iii. Case Studies
      iv. Surveys
      v. Correlational Studies
      vi. Experiments
         1. (Discussion Activity 1, 5–10 minutes)
         2. (Knowledge Check Activity 2, 5 minutes)

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III. Ethical Principles of Psychological Research (1.3)
    a. Ethical Guidelines for Participants
    b. Ethical Guidelines for Nonhuman Research
        i. (Think, Pair, Share Activity 1, 5–10 minutes)

IV. Psychology in the Modern World: Foundations and Growth (1.4.1-1.4.4)
    a. Psychology's Roots and Modern Perspectives
        i. The Influence of Medicine
        ii. From Functionalism to Evolution
        iii. An Emphasis on the Unconscious
        iv. A Focus on the Environment
        v. Beyond Behaviorism: Humanism, Cognitive Psychology, and the Birth of Positive Psychology
            1. (Discussion Activity 2, 5–10 minutes)
            2. (Written Assignment 1, 5 minutes)
    b. Specialty Areas in Psychology
        i. (Think, Pair, Share Activity 2, 5–10 minutes)
    c. Gender, Ethnicity, and the Field of Psychology
        i. (Written Reflection 2, 15 minutes)
    d. Training to be a Psychologist

V. Mastering the Course: Student Success (1.5)
    a. (Self-Assessment, 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—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: **Anything You Can Do**, Duration 20–25 minutes.
    a. List the major approaches to modern psychology for students.
    b. Then ask them what type(s) of behavior each approach can best explain and what type(s) of behavior each approach would not convincingly address. Use student responses to demonstrate how these approaches can be used and how they can be tested.

2. Discussion: **Learning from History**, Duration 10–15 minutes.
    a. Why is it important to be knowledgeable about the history of psychology? What can we learn about current issues in psychology by looking at the past?
    b. How can historical views of psychology be useful in understanding today's problems?

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3. Discussion: **What About the Rest of Us?**, Duration 15–20 minutes.
    a. Early psychologists were, for the most part, white men.
    b. How might this have influenced the early conceptualization of psychology and the development of early theories?

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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. **Misconceptions About Psychology:** Classroom Activity
    a. Students will likely bring a number of misconceptions about psychology to your course. You may want to tap these false beliefs for your own information or for a lively discussion in class. You can determine what some of the misconceptions are in the following way:
        i. Pass out a blank index card to each student at the beginning of the first-class session. Ask the students to write down five things they already know about psychology. Be sure to tell them not to put their name on the card. Anonymity will encourage students to be more candid, giving you a larger number and wider range of misconceptions.
    b. You can discuss the misconceptions as soon as the cards have been turned in, but it may be better to wait until the next class period, so you have time to sort through the cards and ascertain any major trends. A discussion of your students' misconceptions will give you the opportunity to set a more realistic foundation for your course.

2. **The Clinical Bias in Psychology:** Classroom Activity
    a. Korn and Lewandowski (1981) introduced the term clinical bias to explain why graduate clinical psychology programs have so many more applicants than spaces available. They suggested "this bias exists because of the popular image of the psychologist as clinician, an image which has not been corrected by undergraduate education" (p. 149).
    b. In introducing students to the discipline of psychology, you may want to attempt to dispel this one-sided view of the field. Smith (1982) suggested a clever exercise to illuminate the extent of the problem for your students.
        i. First, ask your students to list five traits that are typical of a scientist.
        ii. Then ask the students to list five traits typical of a psychologist.
        iii. Have students share their descriptions with the class or collect the papers and read the descriptions anonymously. The difference between the two groups of adjectives is usually overwhelming;

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students do not recognize psychologist and scientist as overlapping terms. At this point, you can use your text's table of contents to demonstrate the diversity of scientific topics to be covered throughout the semester. Only a few chapters deal with the topics that students expect to see. During the semester, you can continue to stress the theme that Psychology is empirical to reinforce the point of this demonstration.

3. **What Interests You:** Journal Entry
    a. Ask students to come up with psychological questions that most interest them and then to categorize these questions by the subfield that would address each question.
    b. You may wish to prompt students with questions such as "how can employers increase job satisfaction," or "how can we learn more about dementia?" or "what happens in our brains when we learn?"
    c. Then ask students to discuss which psychology career choice (or choices) would enable them to address these questions.

4. **Dr. Phil and You:** Written Assignment
    a. Television shows featuring "psychologists" (not everyone providing advice is actually a psychologist) are a staple of "reality" television. Ask students to view or listen to an episode of such a show and write a review, being certain to include an evaluation of the likely "success" of the advice offered.
    b. What does the general public learn about psychology from these shows? What misperceptions exist? Why do you think that academic psychologists have such negative views of TV/radio "psychologists"?

5. **Current Job Opportunities:** Journal Entry
    a. Visit the **American Psychological Association's Career Center**.
    b. Identify three job openings that are of interest to you. In a one-page essay, describe what is involved in the jobs and why they interest you. What would you need to do to become qualified for these jobs?

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Additional Resources

External Videos

- **Five Psychology Experiments You Couldn't Do Today** (2016). SciShow (10:55 minutes).
    - Presents five questionable experiments that were conducted in the past
- **History of Psychology** (2013). Mr. Sunder (14:06 minutes).
    - Presents an overview of the history of psychology

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- **I Am Psyched! For Black History Month** (2018). American Psychological Association (51:02 minutes).
    - Three women (Dr. Allen, Dr. Malone, and Dr. Daniel) discuss their careers in psychology and the lessons for the next generation of women going into the field.
- **I-O Career Paths Tool** (2017). Society for Industrial and Organizational Psychology (0:52 minutes).
    - This short video discusses common career paths in industrial-organizational psychology.
- **Paul Bloom: The Psychology of Everything** (2012). Big Think (48:15 minutes).
    - Provides an overview of psychology, the disciplines within it, and its application to life using case studies of compassion, racism, and sex
- **Psychology: Science in Action – "I'm a Psychologist"** (2015). American Psychological Association (0:30 minutes).
    - This short video demonstrates the breadth and depth of psychology.
- **Psychology Research Methods** (2020). Rachelle Tannenbaum (11:00 minutes).
    - This video discusses the more commonly used methods to conduct research in psychology.
- **Understanding Driver Distraction** (2014). Psychology: Science in Action (3:09 minutes).
    - This video illustrates how psychologists apply research methods to investigate driver distraction.
- **What is Forensic Psychology?** (2019). British Psychological Society (4:15 minutes).
    - This video by the British Psychological Society provides an introduction to the field of forensic psychology.

Internet Resources

- **American Institute of Psychoanalysis**
- **Evolutionary Psychology**
- **Guidelines for Ethical Conduct in the Care and Use of Nonhuman Animals in Research**
- **PsychologyDegrees.org Psychology Degree Guide**
- **History of Psychology**
- **Office for Human Research Protections**
- **Research Methods in Psychology**
- **Society for Behavioral Neuroscience and Comparative Psychology**
- **Society for Humanistic Psychology**
- **The National Museum of Psychology**
- **A Brief History of Popular Psychology: An Essay**

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